

THE CHARACTER BUILDER

VOL. IV

DECEMBER, 1903.

No 8.

KEEP ABREAST OF TRUTH.

"New occasions teach new duties;
Time makes aneient good uncouth;
They must upward still and onward
Who would keep abreast of Truth;
Lo! Before us gleam her camp-fires!
We ourselves must pilgrims be.
Launch our Mayflower and steer boldly
Thru the desperate witer sea,
Nor attempt the future's portal
With the past's blood-rusted key."

—James Russell Lowell.

THE PAST AND THE FUTURE.

With the increasing interest in preventive work, the time should soon come when any enterprise devoted to the prevention of abnormal social conditions will be self-supporting. In the past large sums of money have been expended to cure various social ills, but the efforts that have been made to prevent social abnormalities have not been a financial success. Every individual who deserves to succeed in life, has a desire to be self-supporting, and be free from the danger of becoming a public charge or pauper. It diminishes one's self-esteem to be dependent upon others. Every person who is devoted to some useful employment should receive enough for his labors to get the necessities of life. The same is true of any enterprise that is devoted to the uplifting of humanity. We think the work of the Human Culture company deserves to be classed with such enterprises.

It has been customary to carry useful enterprises thru their infancy and childhood by contributions from public funds. This has been limited to enterprises that provided for physical wants. Our work is to furnish mental food of a health producing kind. This enterprise

has passed thru an experimental or infancy stage; but was carried thru that period by private sacrifices and deprivations. For a detailed account of these we refer the reader to our friend W. A. Morton, who carried the predecessor of the Character Builder, nearly three years. As his sacrifices brought happiness to many of our readers, we shall ask him to give an account of his struggles for publication in this magazine.

During the past fifteen months the writer of this article has devoted more time and money to the Character Builder than any other individual, but he will not relate to you at present the details of the experiences of the past year. Permit him to say that it has been one of the most pleasant and agreeable efforts of his life. A dozen others have liberally supported the enterprise with money that was needed elsewhere.

Our gratitude goes out to our thousands of subscribers who have supported the effort to place wholesome literature on human science into the homes of the people. Judging from the numerous unsolicited testimonials of the merits of the Character Builder we are led to believe that the efforts have not been without good results. Our articles are copied in standard magazines of America and England, and our exchanges give us words of encouragement. We have on our exchange list eighty of the most progressive magazines on human culture in America and Europe. A number of them have given favorable reviews of the Character Builder. Dr. W. E. Bloyer, editor of the Medical Gleaner, Cincinnati, Ohio, writes in the issue of November, 1903:

"One of the most earnest, honest, uplifting, soul inspiring publications that comes to our exchange table is The Character Builder, published monthly by the

Human Culture Publishing Co., John T. Miller, D. Sc., editor, 334 South, Ninth East street, Salt Lake City, Utah. You cannot read a number of it without making new resolves. Its teaching thru and thru is for right and justice, unselfishness, and education." This comment has the ring of sincerity and coming from the editor of a medical journal that has advocated principles of truth during the fifteen years of its existence, gives us considerable encouragement.

We have aimed to bring before the people valuable truths on human culture at the lowest possible price. When we enlarged the Character Builder last March by adding one half as many pages as it had before, we left the price as before at 50 cents. Since that time our cash expenses have reached an amount each month that could not have been met if our agents had sent us the money in advance for every subscription; but the fact is that not all pay promptly when their subscription expires, altho some pay it before it is due. We have found that such a condition is not conducive to progress; the greater the circulation the greater the deficit. We are willing to send out a magazine at cost, but think mercy would rob justice if we were to do our work free and pay out a sum of money each month in order to publish a magazine with even as worthy a mission as the Character Builder has. We have, therefore, decided to raise the price of the Character Builder to one dollar per year in advance. We shall put a neat cover on it and as soon as possible enlarge it sixteen pages, and shall add a department on the elementary principles of nursing and non-drug treatment of disease. We believe that intelligent people will look upon this change as a decided advantage. Those who would oppose such a change are beyond the reach of the vital principles that we desire to bring before the people and must be aroused from their stupor by some other means.

The Human Culture Company has been incorporated for the sum of \$10,000. The stock is divided into shares of \$10.00

each. Most of this stock is still in the treasury and we invite persons who are interested in the work to purchase a share at \$10.00. It is the same as paying the subscription for ten years in advance. The share will entitle the holder to a continuous subscription to the magazine and to a reduction on all books and magazines on Human Culture.

We desire to remind our readers that the change we are making is not prompted by mercenary motives, but is for the purpose of self-preservation. There are now about twenty young, wide-awake, energetic men and women financially interested in this enterprise. We have the welfare of humanity at heart and invite kindred spirits to join us in the work. By a united effort we may make this enterprise a power for good in disseminating the principles of correct living. Every dollar invested in the work will be placed where it will contribute to the happiness and welfare of mankind. We appreciate the words of encouragement that come to us every day, accompanied by a little of the "filthy lucre" with which we are enabled to meet current expenses, and we would ask those who are in arrears in their subscription and are not yet enthusiastic in the work to send along their money and read the Character Builder carefully each month: if they do not get full value for their money, we ask them to discontinue it when their time expires. Until January 1, 1904, we shall accept subscriptions at the old price, as we desire to give all an opportunity to renew, but after that date the price will be one dollar, and we shall make arrangements to give each subscriber full value for his money. Money is a secondary consideration, but is absolutely necessary to carry on the work. Give the matter your attention now; do not delay it.

CONSOLIDATION.

Word comes to us just as we are ready to go to press, that the proprietors of the Journal of Hygeio-Therapy at Kokomo, Indiana, have decided to accept a propo-

sition we made them which will result in a consolidation of the Journal of Hygeio-Therapy with the Character Builder. Their journal is in its 16th year, and was edited by T. V. Gifford, M. D., to the time of his illness, which resulted in his death last September. The two magazines have the same mission, and it will be a decided advantage to unite them. The Character Builder will be sent to all subscribers of Hygeio-Therapy until their subscription expires. As these subscribers are devoted to humanity's cause we hope they will continue the support to the Character Builder which they have in the past so loyally given to the Journal of Hygeio-Therapy. In the near future we shall add a department on Hygeio-Therapy or non-drug treatment of disease, and nursing. We now have subscribers in all parts of the world and we invite our friends everywhere to assist in establishing the principles of correct living that peace, happiness and love to all men may become more universal.

CHRISTMAS—How many professed followers of Christ thruout the Christian world will celebrate this popular holiday without calling into action any of their mental powers except appetite! When one contemplates the great work of the Master, his soul is filled with admiration and his higher mental powers are called into activity. One who thinks of the admirable life of Christ; his kindness to the poor; his sympathy for the down-trodden; his mercy to the fallen; his loyalty to humanity; his stand against the forces that destroy mankind, and retard human progress; his efforts in behalf of the good and the true; his plan for the ushering in of the Brotherhood of man in its fullest sense, he sees the grossness and inconsistency of celebrating His birthday by consuming an extra quantity of food and by filling the system with intoxicating drinks. A large per cent of Christians? have not yet learned to appreciate anything above the physical plane and would deprive themselves of the necessities of life for a month in order to make gluttons and drunkards of

themselves on a day that should call forth nobler thoughts. Every friend of humanity should labor to remove this reproach.

POLITE BRIBERY.—On election days large sums of money are spent for carriages and automobiles to take voters to and from the polls. It does not always happen that the recipients of such favors vote for the party that furnishes the carriages. In small towns, where conveyances can be furnished without cost to the party there can be no valid objection to such a procedure; but in a city where political parties pay \$10 or more per day for automobiles and large sums for carriages this custom increases the danger of political corruption. The motives prompting those who send out the conveyances are selfish, besides the heavy campaign expenses incurred unnecessarily prevent persons of limited means accepting a nomination for office. Those who pay heavy campaign expenses are likely to find some method of making the taxpayer indirectly pay for all these unnecessary expenses. These evils have increased until an honest officer is required to work for the honor there is in the position and turn in his salary for campaign expenses. The dishonest officer is kept busy stealing enough from the public funds to pay the expenses. There should be a reform in this matter.

USEFUL CHRISTMAS PRESENTS.—During the next few weeks millions of dollars will be spent thruout the Christian world for presents that will be destroyed before Christmas day is passed. How much better it would be for parents to purchase toys and other presents of a useful and durable nature. The cheap, trashy articles that are usually secured for the children teach them to be wasteful. It is quite common to present picture books on this occasion. Care should be exercised to get such that will awaken pleasant thoughts in children. Battle scenes, between human beings or animals, should not be placed before children. I well remember a picture in a

school book of twenty-five years ago where an Indian stood with raised tomahawk in the act of splitting open the skull of a white woman. The educational value of such pictures is negative. The best American histories, such as Fiske's, are free from war pictures, and it would be much better for humanity if such horrible pictures were kept out of Christmas story books.

A VOICE FROM THE CORN.

I was made to be eaten, not to be drank,
To be husked in a barn, not soaked in a
tank;
I come as a blessing when put in a mill,
As a blight and a curse when run through
a still.
Make me up into loaves, and your children
are fed;
But made into drink, I will starve then in-
stead.
In bread I'm a servant the eater shall rule,
In drink I'm master, the drinker a fool.
Then remember my warning, my strength
I'll employ,
If eaten, to strengthen, if drunk to destroy.
—Selected.

The eminent Professor Wilder was reared a vegetarian, having passed his earlier years without even knowing that flesh food was ever eaten by human beings. When six years old, he saw on the table for the first time a roasted chicken, at which he gazed for some minutes in great bewilderment, when he seemed to make a discovery, and in his astonishment burst out with the remark, "I'll bet that's a dead hen."—Selected.

THE COLOR THEORY OF PROF. ELMER GATES.

There are certain emotions which retard circulation, respiration, digestion, produce pallor, hasten fatigue, and other emotions which do just the reverse. Fear causes a cold perspiration which differs chemically from that due to joyous labor. Anger fills the mouth with a bitter taste. By training the good emotions, life and health are promoted, while the bad emotions shorten life.

Thus, even in its chemical nature, the universe is moral.

Now, recently I have been able to prove that pleasing combinations and contrast of color produce anabolism (or

the life producing force) and that discords of color and unpleasant combinations thereof augment katabolism (the life-destroying force.) The conclusion is obvious that colors do this thru aesthetic emotions, which, when pleasant, act as all other pleasant emotions, and, when unpleasant, do as other unpleasant emotions. I have shown that the fatigue point occurs less quickly under emotions due to pleasant colors and more quickly under emotions due to unaesthetic combinations. Thought has no such relations. Colors affect metabolism (the process of physical life) only thru emotion, and intellectual states only so far as they produce emotions.—Eltka.

THINKING AND OBEYING.

By Ernest Crosby.

"Captain, what do you think," I asked.
"Of the part your soldiers play?"
The captain answered, "I do not think,
I do not think; I obey."

"Do you think you should shoot a patriot
down
And help a tyrant slay?"
The captain answered, "I do not think,
I do not think; I obey."

"Do you think that your conscience was
meant to die,
The captain answered, "I do not think,
I do not think; I obey."

"Then, if this is your soldier's code," I
cried,
"You're a mean, unmanly crew;
And, with all your feathers and gilt and
braid,

I am more of a man than you.
"For whatever my lot on earth may be,
And whether I swim or sink,
I can say with pride, 'I do not obey,
I do not obey, I think!'"

James—Are you cutting the sensational articles out of the paper before you take it home to your wife?

Prof. E.—No; I'm cutting out the millinery advertisements.—Gold and Blue.

Human Nature Department

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

MRS. ZINA D. H. YOUNG.

The photograph here presented is handed to the writer with the request to prepare a brief sketch for the Character Builder.

Where there is no opportunity to obtain the necessary measurements and where only one view of the head is given leaving the developments of the poster-



ior portion of the brain in doubt as in the present instance, we are necessarily restricted in our observations and deductions.

It is easy, however, in this case to determine the particular temperament and to form a very good idea of the intellectual and moral strength of character as indicated by the general contour of the brain and expressive features of Mrs. Zina D. H. Young; but after all there

is much more that is very important, and that would doubtless be of equal interest which cannot be seen in this photograph, and therefore difficult to describe.

At the same time it does not require any wonderful skill to read in this face something unusual.

Even a novice in Character Study, if shown this picture without any hint as to who she was, would be sure of at least one fact, viz: that she was not a cipher. Where there is sufficient mentality combined with her distinct temperament, we may be reasonably sure of a fixed and positive character, and one whose personality and influence would be firmly stamped upon the minds of those who know and associated with her in life.

The late Prof. Nelson Sizer, who examined more than half a million heads, said in one of his lectures to the students, that the large majority of people were like so many pickets on a long line of fence—one resembling the other so much there was nothing to attract special attention to any particular one; but dotted here and there at intervals along the line were the posts, stays and braces that were larger, stronger and deeper; and which performed the more important office of holding and binding the pickets in position.

This may not be considered a very happy illustration as applied to Mrs. Young, but it will serve the intended purpose of calling attention to the fact that the photograph of this lady bears evidence she was no ordinary picket. People of this make-up rarely scatter their energies, but have some well-defined aim in life and one usually considered remarkable in one or two directions.

The writer is not aware he ever saw the lady and certainly never had the pleasure of meeting her; but judging exclusively from the evidence of the

photograph, we at once discern a matured mind of considerable grasp, with fixed ideas of right and wrong, set in her views, pronounced in opinion and positive in character. The intellectual endowments, tho good, do not appear to be strong to the point of becoming dominant organs, and therefore will be used mainly to assist rather than lead the more powerful organs of the mind, which will be found along the medium line of the top head. Keeping in mind her temperament, the height of the head in the upper-back portion denotes the natural qualities of a leader.

She had stability of character and that special brand of perseverance and will power that ignores difficulties or opposition, and with her keen sense of consistency, could not be swayed by external pressure or induced to change her course except to the extent her judgment was convinced.

Her temperament is the one that takes a straight, undeviating course in life, is decided in manner, not subject to whims, impulse or change, and in addition to her firmness and conscientiousness, there is fair self-esteem, which imparts dignity, grace and self-possession—the essential qualifications, with good reasoning power, for one intended to direct, superintendent, and control. She would be in her element when intrusted with responsibility, and it would seem possessed to a rather marked degree those qualities of mind that specially fitted her to counsel, advise and direct,—to plan success and effectually resist the obstacles that might intervene.

It will be noticed the forehead rises very high in the center, and from this point, as we move backwards, the same prominence is maintained, giving extra scope to all those faculties that pertain to the religious sentiments and moral life.

Here we may safely look for the keynote of her character,—the mainspring of her ambition and labor.

Veneration, Hope, Spirituality and Benevolence are all extra strong, as may be judged by estimating the remarkable

distance observable between the top head, where the hair is parted, and the orifices of the ear.

As a result, we know there is here immense reverence for God, respect for authority and a deep, active interest in any religious or philanthropic scheme that promised to improve the moral tone and lives of the people, or to alleviate suffering and distress. Her active Benevolence already alluded to would be one of the leading traits in her character and doubtless one of her greatest charms.

This is the source of that fountain from which we obtain the "milk of human kindness."

While parental love gives that intense affection of children—especially our own and those of our near kindred, Benevolence is much more general in its application encompassing, within its folds, all mankind without discriminating as to age, relationship or condition. The reader may derive a practical lesson by a proper consideration of the facts here furnished. In proportion that these moral attributes of the higher nature previously named dominate the character, so to a corresponding extent will the individual be removed from indulgence or even from a desire for the selfish interests and considerations that pertain to this life.

Their eyes are always directed to the future, and tho this class do not build railroads, lay out towns or create trusts and monopolies for the accumulation of wealth, their influence is indispensable to the temporal as well as the spiritual welfare of the community.

Take from man today this sense of justice, reverence for God, hope and faith in a future state together with the charity, kindness and sympathy growing out of these moral faculties, and civilization would soon drift into barbarism.

Such a woman was our subject—Zina D. H. Young. At all events such are the strong indications if the photograph may be relied upon. Intellectually she is well endowed, but it is more than likely these organs, as all others, would

be subservient to the higher faculties of the mind which would find expression in deeds of charity in promoting moral and social reforms and contributing in any way to the sum total of happiness based upon a firm, settled, unshakeable conviction that the present life is but a prelude to a higher, greater and better existence in a life to come.

BIOGRAPHICAL.

Zina Diantha Huntington Young was born Jan. 31, 1821, in Watertown, Jefferson county, New York, and died in her home at Salt Lake City Aug. 28, 1901. She endured the hardships of pioneer life for many years before coming to Utah in 1848. From the time of her arrival in Utah until her death she was identified with the movements introduced for the social betterment of the people in general and of her sex in particular. She was a prominent worker in the Relief Society from the time of its first organization in Utah, and in 1891, when the local organization was connected with the National Council of Women, she became vice-president of that great National organization. Aunt Zina, as she was familiarly called, took a very active part in sericulture in Utah and was chosen president of the Silk Association when it was organized in 1876. Later she took a course of medical studies that she might be better qualified for philanthropic duties. These studies gave her an interest in the work of social purity and the prevention of disease. The following description of her is given by Augusta J. Cocherson:

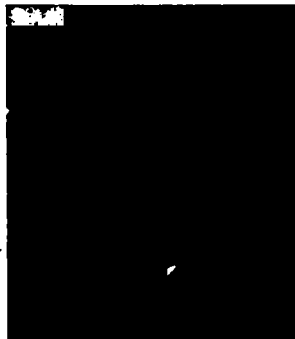
"Pictures and words are alike powerless to convey the beauty of her face, her spirit and her life. Each succeeding year adds a tenderer line to her face, a sweeter, gentler intonation to her voice, a more perceptible power to her spirit from the celestial fountains of faith, widens the circle of her friends, strengthens and deepens their love for her, and brings a richer harvest of noble labors to her name."

Her sympathy went out to suffering

humanity. As the National President of the Relief Society, her position furnished her an opportunity to labor to the end of her long life of more than four score years. Her long, earnest and noble life is worthy of emulation and greatly influenced many of her fellow beings.

ALL MEN ARE CREATED EQUAL, BUT NOT ALIKE.

Under this title the following excellent article appeared in a recent issue of Human Nature. The article was written by Prof. Allen Haddock, the editor of Human Nature, and one of the most accurate students of character in America. Several years ago we took a course of studies under Prof. Haddock and his associate, Prof. Holt, and were impressed with their skill in analyzing character. Those who are interested in human nature should send 5 cents to Prof. Had-



dock, 1020 Market St., San Francisco, Calif. for a sample copy of Human Nature:

All men are created equal, but no two human beings are alike in organization at birth nor ever afterward.

There is a great difference in the meaning of the words equal and alike; the former refers to the God-given rights of every human being to "life, liberty and the pursuit of happiness," while the latter refers to the sameness of organic structure.

Every child differs in character, disposition and talents from every other child.

No two heads and no two faces are exactly alike; indeed, no two things are exactly alike, not even two grains of sand, two blades of grass nor two peas in one pod, but they differ in form to some extent as one star differs from another star in glory.

Mother Nature grades men and she grades her metals. Gold is fine in structure, dross is coarse. Some men very fine in organic quality, others are medium or coarse; their character and tastes correspond.

This law of organic quality obtains in the vegetable kingdom as in the animal and mineral. *Lignae Vita* is dense and compact, pitch pine and bass wood are coarse and there are many grades between.

Human Nature is graded. Phrenologists classify them with as much accuracy as a florist "distinguishes roses from lillies, or hollyhocks from sunflowers." A mechanic is easily distinguished from a merchant; a doctor from a lawyer, and a born musician from an undertaker; a preacher looks like a preacher and the reason men look like what they are is partly because of their training and environment, but mostly because each possesses certain faculties peculiar to his calling, provided he is following a vocation in harmony with his organization. True, some preachers ought to be carpenters and there are carpenters who would shine better in a pulpit. However "the right man in the right place" is he who possesses mental faculties and physical structure fit for his place.

Nature puts out her signs that all may read, yet some men have eyes but see not and ears but hear not.

Organic quality is the foundation of the structure but not the building. The form, shape and size of the head (brain) is the main thing. However fine the quality, he is not a poet, philosopher or inventor with a narrow, contracted forehead like the barbarian, nor an intellectual man with a small head (brain) like the idiot.

A man with a head "villanously low" is not a kind, benevolent man, and if his

head is thin at the side, a little above and in front of the ears, he is not a good provider or acculator, but a spendthrift. A preacher of the gospel with a low, flat top head is neither religious nor moral but a hypocrite. The sincere minister of the gospel is a spiritual and moral reformer with a high development of the religious and moral faculties. Women are more moral and religious for this reason, they possess a higher top head, (the seat of the moral and religious faculties), together with a larger back head (the seat of the emotional sentiments) than men possess. A loving mother has a large back head that projects over the spinal axis like the end of an egg; but if her head be flat and level with the neck, she thinks children are "brats," she hates them and wants none.

In judging character, many things count, besides quality and size and shape of the head. Temperament—whether vital, motive, mental, nervous, sanguine or sympathetic temperament means something. Digestion, circulation, breathing power, color, complexion, expression, tone of voice, each and all are indices of character of which the modern phrenologist takes note, he takes in the whole man, not just the head alone as some suppose.

The medical method of studying the dead in searching of the living soul, is not worthy of men of science. The scalpel and the microscope can reveal nothing of mind when the spirit has fled.

The ante-deluvian method of searching the convolutions of the brain always did and always will result (Mr. Serviss put it in the *Examiner*) as "fragmentary and more or less unsatisfying." Then pray why not study the living? "The proper study of mankind is man," the living man, not a cadaver.

As to what a man really is, the form and shape of his head (brain) and body, together with temperament, organic quality, bodily conditions and facial expressions tells the story.

When the State is most corrupt, then the laws are most multiplied.—Tacitus.

SUGGESTIONS ON HOME MAKING.

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

EDUCATION FOR THE HOME.

Professor Oscar Chrisman of Ohio university makes a strong plea in the Arena for a change in our scheme of education which will recognize that women need different training than men. He believes strongly in co-education and in the emancipation of women; but he cites the common experience that nearly all girls who are educated for special callings generally surrender to the instinctive desire for a home, and he argues that deliberate attention should be paid to educating of women for this noblest of all callings—the care of a home and the bringing up of a family.

He points out the numerous physical, mental and moral differences between men and women. The male has the instinct of self-preservation more strongly developed; the female has the instinct of race-preservation, or parent love and sacrifice, more strongly. Man has developed primarily into a reasoning, deliberative being, while woman has developed more on the side of the instincts and emotions. This is only one difference between the sexes, but it is sufficient to show that training for women should not be the same as that for men, unless we want to run counter to nature.

The writer proceeds: "In education, then, we must recognize this home love in woman—must educate for it. I wonder if today in all this great country there is a single young woman that can truly say, 'I entered college to prepare myself for a home and I expect when I graduate to be able to care for a home and I hope to be given one. This is my sole ambition.' I know that we are approaching such, and that some day we will have organized 'A College for the Home,' where young women will enter whose sole or chief purpose will be to prepare themselves for the profession of home-making and maternity and will

expect upon graduation to go into a home of their own. They will not be ashamed to say that they are preparing themselves for these duties and that they expect to marry upon graduation just as they now state what they will do. Such a college will attract the finest and best young women in the country and the best young men will look to it for wives."

HOUSEHOLD ECONOMICS.

By Etta Morse Hudders.

Next to cleanliness and order in the household, convenience is the thing most to be desired. It is not enough to "have a place for everything and everything in its place," but that place must be accessible and nearest to the point where that article is likely to come into use.

A home may be ever so perfect in its appointments, and yet leave much to be provided in the way of little conveniences. It is these small matters that tax the ingenuity and intelligence of the housekeeper and, by suitable provisions, enable her to economize her strength and save unnecessary labor. It would be interesting to note how many useless steps might be saved in every household if convenience was one of the prime factors in its arrangements.

IN THE KITCHEN,

for instance, either mistress or maid must spend a considerable part of each day, and in that portion of the house little thought is given to the comfort and health of the worker, and those conveniences that mean a saving of time and labor.

The routine of the kitchen is very fatiguing under the most favorable circumstances, but why make it more so? Is there any good reason for being on one's feet "from morning till night," as so many women have occasion to remark? There is nothing so inimical to health as the habit of standing for lengthy periods in practically the same position. Each

day is one long stand to wash and wipe the dishes; stand to prepare the food and cook it, and stand to iron and do a host of other things. The notion that it seems "lazy" or "takes more time" to sit while preparing the vegetables, washing dishes, ironing, etc., is an absurdity, of course, but such an excuse will be offered in most cases if you ask "Why do you stand when you can sit?"

The ordinary kitchen chair is not likely to induce a reform in this respect. It does not bring one high enough with relation to the work to be done and this position causes an uncomfortable strain on the arms. A couple of cane seated stools of different height should be found in every kitchen. A footrest can be added with but little trouble. A low, easy chair should also be a part of the equipment, for use during the "waits" that do not permit of absence, but do give opportunity for a short rest. A tray topped table on casters will save much of that tramping that is the usual accompaniment of the clearing up of the table and putting away utensils after dishwashing. This table can be pushed back and forth from dining room to the kitchen and closets and insure the removal of the dishes in one trip and without danger of accident.

It has been found that cooking as a profession encourages the use of stimulants, the reason usually given being that the odor of the food while cooking destroys the appetite. In a properly conducted kitchen there should be very little, if any, odor from the cooking. The frying pan is one of the most unsavory utensils still in use, and should be seldom used. Much of the delicate flavor and nutriment of food is lost and burdens the air of the kitchen when vessels are used that do not have a tight fitting cover. The kitchen should be as well aired as the bed room, and a ventilating fan is of more service here than in any other part of the house.

A woman whose cook was efficient, but at times unreliable, made a study of what she called "the kitchen barometer." The variations in the menu usually indicated

the state of the cook's temper. When stormy conditions prevailed, everything was highly seasoned and peppery; a fit of the "blues" pre-occupation had a tendency to carbonize the bread and add a burnt flavor to the sauce. The same amount of observation in tracing the cause of these variations in the "kitchen barometer" might have suggested a cure. Foul air and fatigue from constant standing will wear out the best disposition in course of time, and a cook, like a cross child, very often does not know what is the matter.

CHRISTMAS MENU.

Sweet Potato Soup.

Steamed Potatoes with Brown Sauce.
Baked Cabbage. Green Peas.

Nut Roast.

Ripe Olives. Cranberry Sauce.
Plum Pudding with Lemon Sauce.
Dates. Nuts. Celery.
Sweet Potato Soup.

Take one pint of mashed sweet potatoes, rub together thru a collander, tomatoes, rub together thru a collander, salt to suit the taste, reheat and just before serving add a half cup of thick cream.

Baked Cabbage.

Cook finely sliced or chopped cabbage in as little water as possible until well done. Then let it cool. To one pint of cooked cabbage, add two well beaten eggs, salt to taste, add one-half cup of cream. Pour this over the cabbage, mix, and bake in a moderate oven until a custard is formed.

Nut Roast.

Take enough dried sweet corn to make one quart when cooked, and grind it thru a mill moderately fine, cook in as little water as possible until well done. Take one cup of peanut butter, one pint of bread crumbs, one tablespoonful of chopped parsley, one-half cup of chopped celery, three hard boiled eggs, two teaspoonfuls of salt. Mix the nut butter into a stiff paste with a little cereal coffee, add the eggs chopped, then the salt, celery

and parsley. Now stir all into the corn and bread crumbs, and bake in an oiled baking tin, one hour. When done, dish and garnish with parsley and lemons cut into quarters.

Cranberry Sauce.

For one quart of cranberries allow one pint of sugar. Put the prepared fruit in the kettle, on top of it sprinkle the sugar, then pour one cup of water over, and after they boil all over let them cook ten minutes closely covered and do not stir them. Remove the same and turn out into a dish for serving. When cold it will be a firm jelly, the skins will be soft and tender.

Graham Gems.

Beat the yolks of two eggs in two cupfuls of ice cold new milk; then add gradually, beating well meantime, three and one-fourth cups of graham flour. Continue the beating, after all the flour is added, until the mixture is light and full of air bubbles. Add last the whites of the eggs, beaten to a stiff froth, and bake at once in heated jem irons.

E. E. K.

Plum Pudding.

2 cups of sour cream.
2 cups of flour.
1 cup chopped apples.
grated.
1 cup of chopped apples.
2 cups of currants, picked, washed and dried.
Half cup of raisins, seeded and chopped.
One-third cup of citron, finely shredded.
Half cup of sugar.
1 teaspoonful soda, dissolved in boiling water.

Time—two hours and a half.

First, dredge the sweet fruit with a portion of the flour; then make a batter by stirring together the crumbs and cream, the rest of the flour, the sugar and dissolved soda; beat very thoroly.] Then stir in the dredged fruit, the chopped apple and citron and mix all lightly together; pour the pudding into a round tin basin, previously oiled, cover with an inverted plate or pit pan, and place in a

steamer. Keep the water constantly boiling, and do not lift the lid until done; it will require two hours and a half. When taken out send directly to the table, and serve with fruit juice or lemon sauce.

S. W. D.

Lemon Sauce.

One pint of boiling water.
One and a half dessert spoonfuls of flour.

Two-thirds cup of sugar.

Juice of one lemon.

Tablespoonful butter.

Rub the flour and butter together in a porcelain dish; then pour on the boiling water gradually. Let boil five minutes, add sugar, lemon juice.

EMPTY STOCKINGS.

(Written for the Character Builder.)

Henry Nicol Adamson, American Fork,
Utah.

Oh, mothers in homes that are happy,
Where Christmas comes laden with cheer,
Where the children are dreaming already,
Of the merriest day of the year.
As you gather your darlings around you,
And tell them "the story of old,"
Remember the homes that are dreary,
Remember the hearts that are cold.
And thanking the love that has dowered you
With all that is dearest and best,
Give freely, that from your abundance
Some bare little life may be blest.
Oh, go where the stockings hang empty,
Where Christmas is nought but a name,
And give for the love of the Christ-child,
'Twas to seek such as these that He came.

Honey is wholesome and nourishing.
The juice of pineapple cuts the membrane from the throat in diphtheria.

Sour oranges are said to be a good fruit in cases of rheumatism.

The anti-scorbutic properties of lemons are well understood, and they are extensively used in gout and rheumatism.

"Throw physic to the dogs," they won't touch it, and if you feel "bilious" eat lemons or drink the juice in hot or cold water, unless you prefer to fast a few days, and so save an illness. Cranberries are used internally and externally in cases of erysipelas.

The raspberry and blackberry have long been recognized for their medicinal qualities. 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 that the earth produces, and if people ate a little fruit for breakfast and nothing else, the doctor's signs would diminish.—Health Culture.

CHANGES IN DIET.

Do not make hasty and complete changes in food unless necessary, as it is much easier to gradually accustom the system to new things. A flesh-eater might feel quite "collapsed" without the accustomed stimulus offered by flesh. But if whole wheat bread and nuts, peas and beans were more freely used they would supply the real need. Should any of these prove a disturbing element, then eggs and milk might be better, introducing fruit and nuts very gradually as part of each meal. Do not abandon animal food and its products and continue to make white bread your staple, unless you wish to starve. Fruits may be eaten at the beginning of a meal, or along with it, altho a delicate digestion will seldom tolerate fruits and vegetables, or fruits and meats at the same meal. Fruits cooked or uncooked with bread or thoroly cooked bread and vegetables with nuts are also good in combination, and meat, with bread of any kind and one or two vegetables, is perfectly satisfactory. Avoid highly seasoned and sharply spiced foods and do not destroy the flavor of any food with an excess of salt and pepper—the universal seasonings, and very much abused by careless cooks. It is an easy matter to use an excess of seasonings, but no amount of subsequent doctoring will remove it, and it is much more desir-

able for each to increase seasonings to suit individual taste.—Health Culture.

HEALTH HINTS.

Wealth and gout, dyspepsia and good living go together.

"But work conduces to longevity in a greater degree than ever cheerfulness or mere exercise."

I know no more agonizing problem than that presented to us by mutilated, broken, and deformed youth.

A tired man is many removes from a tired-out one, and there is a great deal in knowing whether your work is overdoing you or simply tiring you.—Blackie.

Another influence adverse to life is that mental feebleness which renders persons perpetually solicitous about their health, effeminate and unhappy.

"No young man can expect to reach long life who makes his body a rum jug, a whiskey cask, or a beer barrel, or who smokes poisoned cigarettes and cigars until he gets the tobacco heart, a trembling hand, and until his cheeks fall in and he grows black under the eyes. Religion may give him a new spiritual heart, but not a physical heart."

THE WALL DEFACING MANIA.

The proprietor of an English estate on which stand certain relics of the Cromwellian wars was for a long time annoyed by the constantly increasing number of names scratched, carved and scrawled on a certain stone slab. Eventually he caused a neat black plate to be affixed near the top of it, with a bold inscription in black letters.

"This is a List of Fools;
Please Add Your Name."

Since the placing of the table there have been no additions to the list, but signs are not wanting of frantic efforts having been made to erase some of the names already existing. Guardians of other historic monuments and public buildings please copy.

Equal rights allowed to all,

Whether large or whether small;
 Whether strong or whether weak,
 Each other's good we all should seek;
 Each for all to have a care,
 And each to have an equal share;
 And for each and for all,
 Combined we stand, alone we fall.

It will take many more horrible lessons before practical jokers will learn that they are playing with dangerous weapons. Some friends of Mrs. O. Mott of Newark, N. J., a short time ago thought it a good joke to plague her by hinting that her husband had another wife. She took the matter seriously and became despondent, and a few days ago she was found dead, from suicide.

THE THIRD LIFE.

(Written for the Character Builder.)

We know our Father's far too great
 And kind and just and true.
 To deem us fit to graduate
 When one short life is thru.
 As with this life, so with the next;
 'Twas thus throuout the past;
 Each action brings its own effects,
 A gain or loss, at last.
 For, while of him we are a part,
 We're so mixed up with human
 That conscience has to fight the heart,
 In order to illumine
 One lives with good deeds here below;
 For God has so decreed it;
 And we must guard the spirit so
 That Satan cannot lead it.
 And if we're faithful we shall see
 The Third Life's open door;—
 How precious is the thought to me
 That we have lived before!

MRS. L. C. BOYNTON.

Smithfield, Utah.

VIGOROUS BREATHING.

Deep breathing, then, is of the highest importance in maintaining the health of the stomach, the liver, and other abdominal organs. When deep, forceful respiration does not occur, the blood stagnates in the abdominal muscles and disease is the result.—Good Health.

THE POWER OF LOVE.—Alexander, Caesar, Charlemagne and myself founded empires on force, and they perished; Jesus of Nazareth alone, a cruci-

fied Jew, founded his kingdom on love, and at this hour millions of men would die for Him.—Napoleon.

Laughter is the medicine that keeps the doctor poor.

Envy is the drouth that dries up the spring of happiness.

A guilty conscience is usually hunting for a good excuse.

The man who is right never has to resort to a game of bluff.

"To model a statue and give it life is a noble work; to model an intelligence and give it truth is still nobler."—Victor Hugo.

The principles of true politics are those of morality enlarged.—Edmund Burke.

A guilty conscience is quite an uncomfortable bedfellow.

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

Doubtless there are times when controversy becomes a necessary evil. But let us remember that it is an evil.—Dean Stanley.

PARENTS.

who have trouble in keeping their children covered at night should purchase the New Era Bed-cover Holder. It operates perfectly. Some parents are compelled to get up several times in a single night to cover their children, besides, sickness often results from exposure that might be avoided by using this useful invention.

The price of the Bed-cover Holder is \$1.25. In order to give everybody who needs one an opportunity of getting it we will give a year's subscription to the Character Builder free with each one. Send your \$1.25, plus 15 cents for express, immediately, and renew your subscription free or make some friend a Christmas present of a year's subscription to the Character Builder.

Publisher's Page.

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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, 1912, at Salt Lake City,
Utah, as second-class matter under Act of Congress
of March 3rd, 1879.

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DEAR READERS: The price of the Character Builder is now \$1.00. (The reasons for the raise are explained elsewhere in this number.) You have given us your hearty support and to demonstrate our sincere appreciation, we will give you until December 31st to renew your subscription at the old price, 50 cents. At the beginning of the next volume a new department will be added treating on the elementary principles of nursing, and the most scientific methods of curing disease without the use of drugs. This alone will be worth double the price of the magazine.

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manity and to protect them, as far as lies in our power, from the human parasites that thrive upon the unsuspecting public by illegitimate means. We will not condemn the liquor and the tobacco habits on one page and advertise the demoralizing stuff before the people on the other. Neither will we declaim against the medical quack and the cunning fakir in one column and permit him to display his deceitful business in the next. "Clean all thru, from cover to cover," is our motto, and whatever is said or advertised in these columns will be for the moral and the physical good of our fellow men, prompted by an honorable motive and published with a pure intent. Isn't a magazine that has your every interest at heart worthy of your patronage? The Character Builder is your friend and you cannot afford to bar it from your library. Send your subscription TODAY, while you can get a DOLLAR magazine for FIFTY CENTS. This most liberal offer is extended to every one of our six thousand subscribers, and that means YOU. Do it now.

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Physical and Moral Education.

DOES IT PAY TO BE A MILLION- AIRE?

If I Were a Millionaire.

How many times I have wondered
How life would seem, dear heart,
If from our modest dwelling
Stern poverty should depart;
If the cottage became a castle
Furnished with treasures rare,
And we had everything that we'd have
If I were a millionaire!

Suppose, dear, a stately butler
Awaited your every sign;
And the water upon the table
Should change to sparkling wine;
Suppose that a dainty pheasant
Replaced our now humble fare,
And the table groaned with the things
we'd have
If I were a millionaire.

Suppose that our stables sheltered
Full many a well groomed steed;
That you rode in your Vic in comfort,
Or hunted in field and mead;
Suppose that each day brought nothing
Of worry and trial and care,
As we've often thought the days would
be
If I were a millionaire.

Would the logs in the hearth burn
brighter
Than those chips in our tiny grate?
Would the feeling of home be stronger
If dinner were served in state?
Would a spin in your Vic be better
Than our walks in the twilight rare?
Would the love in our hearts be greater
If I were a millionaire?

Would we be more to each other
If trouble were swept away?
Would the sun in the west glow softer
Than now, at the close of day?

Life is but a mighty heart-throb,
And the love that makes life fair
Would be no greater and truer, dear,
If I were a millionaire!
—Colorado Springs Gazette.

THE FOOTBALL MANIA.

Every fall for a few weeks the football mania takes possession of a large number of Americans. We are not free from this mania and its evils out west. From the educational viewpoint, the results of the game are mainly negative, but as an advertisement and money-making scheme, it is proving quite successful. Eight games were recently played between the Bostons, the leading team of the American league, and the Pittsburg, the leading team of the National league. The gate receipts for the eight games were \$50,000. The players received from \$1,200 to \$1,800 each for the eight games.

In the last number of the Character Builder, we printed an article that appeared in the Oct., 1903, number of the Medical World. We give below the remainder of the article for the consideration of our readers:

It is not expected that the above will convert football maniacs. Nothing will do that. The players will continue in their bruising and maiming career, and the "rooters," both male and female, will continue to pay big gate-money for the privilege of screaming—I suppose the Roman ladies and gentlemen screamed with delight when the Christian martyrs were cast among the wild beasts in the arena of the Colloseum. Perhaps that is an extreme and an unfair comparison. But here is one that is fair: it is very seldom that a military battle results in 25 per cent of the combatants being killed and wounded.

Just a word as a spectator: The writer has seen very few games of football, and

each time he has been disappointed; because the game is not a spectacular one, and any skill that may be involved is hidden, nearly always, in the bunch of players who are nearly always huddled together. Baseball is very different. Here superiority depends upon skill and fleetness, both of which are in plain view of the spectators; and danger of personal injury of the players is almost entirely absent. No wonder that baseball has become our National game, being constantly patronized by all classes; but during about six weeks in each autumn, society and culture has its annual football spree, with all the harrowing attendant incidents mentioned in the above selections.

Before leaving this subject, allow me to here present an article by Elbert Hubbard, which appeared in the *Cosmopolitan Magazine* for last March. Hubbard flourishes a brilliant pen, but much that he writes might as well have remained unwritten, as far as service to the world is concerned. But now and then he writes something that proves that the man has a real mission, so beautifully are his words, sentences, and ideas woven together, in advocacy of higher and broader ideals, or so incisive are his words in the condemnation of wrong; and his famous "Message to Garcia" was highly inspirational. Here is the article above referred to, from the *Cosmopolitan*:

A GLADATORIAL RENAISSANCE.

"In the days of gladiatorial contests in Rome, men were occasionally matcht to fight with beasts. Lucretius, writing on the subject, apologizes for these contests, and says: 'Care is always taken to see that the man is not overmatcht; the spirit of fair play must not be violated. He must have a chance for his life, otherwise the auditors will manifest their disappointment.'

"Finally there came a day when man was matcht against man. And, in the time of Marcus Aurelius, an order was issued that deadly weapons should be taken away from the gladiators, and they

should fight only with bare knuckles, with the cestus, or with clubs.

And these recognized forms of sport continued and came down to us, so that, until twenty-five years ago, men fought in England and America with bare knuckles, skin-tight gloves, and single-sticks. In the British army, soldiers still fight in a friendly way with the single-stick, with the result of an occasional broken head; and, in Scotland, I have seen soldiers 'betting' with their belts, and these, being loaded with a heavy buckle, make a rather formidable weapon. But it is always one man against another.

"To meet the growing sentiment against brutality, laws have been passed in England forbidding all prize-fights excepting where six-ounce, at least, padded gloves are used. Within two years laws have been passed in every state in America forbidding prize-fights absolutely. We still have "contests" for points, but the police interfere when these degenerate into a fight.

"But it is always man against man, and these men, too, must be in a degree mated. And so we have our featherweights, lightweight, welterweights, and heavyweight.

"Recently, in Omaha, Joe Gans, a lightweight, was matcht against Peter Mahr, a heavyweight, for a six-round contest. The men met and fought two rounds, when the disapproval of the audience was so great that the referee had to end the fight. The schoolboy maxim, 'Take somebody of your size,' is pretty good ethics after all.

"However, brutality is not dead, and the thirst for blood is still among us. And to minister to this thirst we have introduced a sport more brutal than ever Claudius countenanced.

"But to the new regime 'fair play' is utterly lost sight of, and eleven men may fall upon one and so grind him into the mire that he is no longer recognizable as a human being. And, at sight of these things, the winning side breaks into exultant howls of delight, just as the dames of Rome howled themselves

hoarse when their favorite gladiator had won, and stood victor with his foot upon the neck of the prostrate victim.

"During the year 1902 two men in America were killed in prize-fights; and, in a season of three months just past, twenty-one men have been killed playing football. Fifteen of these died from broken necks or broken backs. How many men have been ruptured and permanently injured in various other ways no man can say.

"At Lafayette, Ind., on Thanksgiving Day, I saw the game between Purdue and Notre Dame. Five men were injured and carried from the field, their places being filled by waiting substitutes. But one of the injured men seemed to be suffering from concussion of the brain, and, altho he was not insensible, he was for the time deprived of his right mind. He was a maniac, and ran screaming into the scrimmage, striking at everybody, and friends had to rush in and overpower him. And the game went right along as if nothing had happened.

"What became of the poor fellow I do not know, but I do know that two young men with whom I am personally acquainted are now in lunatic asylums as a result of football, and there ravings are the cries and signals of this game. If you still think that football is manly sport, you might interview the parents of these young men.

"The result of the Purdue game was a draw, 6 to 6. There were hundreds of women present—all were delighted. Everybody said: 'What a beautiful game!' At the Lahr House, where I stopt, the visiting Notre Dame boys were cared for. I mingled with the students, and saw each of the fourteen Notre Dame players who had taken part. In physique, two hours before, they were magnificent; now they were a sorry sight. Several could not walk without leaning upon friends, and all were more or less bruised and battered. A physician, whom they had brought with them, was in attendance. He told me the next morning that he had spent the entire night looking after his charges. And very proud

was this doctor to show me that all of his boys were on hand for breakfast. But all limpt, all were sore and lame, and all were dull in intellect. They had gone thru a terrific ordeal, so that Nature had no strength left for wit or that genial play of thought, without which a man is only a brute.

"Misuse your body, and soul will flee; thought will take wing, and all fine emotions of sympathy, aspiration, hope, and kindness will depart and leave the palace of your brain desolate.

"I lookt over those football players at breakfast the morning after the battle, and not one of them would I have hired to do anything. They were even too lame to dig in the ditch! if I had wanted some one to carry a message to Ali Baba, I would have called in a gamin off the streets rather than trust one of those bruised-up, drowsy giants. And as for intellect, there was not a man among them who had mind enuf to match that of a ten-year-old girl.

"Of course, I know that this condition of deadness would not last—they would get rested up, and doubtless in a few days be pretty good fellows and possibly fair students. But the point I make is this: football makes no man better; makes no man more useful; helps no man to do better work.

"A man may be a pretty good fellow in spite of football, but no man is more of a man because he plays football.

"And now the curious part is that all this deadly brutality is a product of our schools and colleges. Schools stand for culture; but, instead of producing culture, we get the strange paradox of an unmanly sport, that would have even made the ancient Romans stand aghast.

"It makes one think of the remark of Ernest Renan, who said: 'You can never find God in a theological seminary.'

"And here is an institution standing for culture which supplies us the very acme of the other thing.

"Any institution that represents actual life would never tolerate football a moment, for it interferes with, and is a hindrance and a menace to life. If you want

life, and life in abundance, you can never hope for it thru football. A great manufacturing company at South Bend has a habit of encouraging games and athletic sports among its workers. I met one of the managers of this great concern last week, and we spoke of this feature of physical culture.

"Do you have a football team?" I askt.

"He smiled and answered: 'I hope not—our efforts in the line of athletics are with an eye to helping along our work. The man who plays football is good for nothing else.'

"But football in moderation,' I ventured.

"Can you shoot a gun with moderation?' was the rejoinder.

"Would a railroad manager encourage his brakemen, firemen and engineers to engage in football? Well, hardly! He would have to hire a new lot of men at once if he did. Those football players I saw at Lafayette hadn't energy enuf left after the game to safely climb the side of a box car.

"The entire intent of football is violence; and that it may be scientific violence makes it no less brutal. No young man can play the game without being less of a man, and without taking on the instincts of a brute. There is a football face just as surely as there is a prize-fighter's face, and between them there is no choice. To push, shove, jostle, and "tackle" become his habit of thought, his dream, and this desire of his life writes itself upon the countenance.

"At Ann Arbor I saw the curious sight of the professor of oratory drilling a thousand students in a new yell. This yell was the invention and creation of the professor—he was very proud of it. It ran this way: 'Ricketv, rickety, pickety, ran, gan, Mich-i-gan—Mich-i-gan, b-a-a-a-h-h!

"This was practiced over and over and over, so it could be used effectively at the coming contest between the Michigans and Wisconsin. It was a note of defiance and derision to be bawled by a thou-

sand lusty throats whenever Wisconsin happened to gain a little.

"If Michigan seemed to be getting ahead, there was another yell, but keyed differently, and expressing exultation.

"These things were explained to me by the professor of oratory.

"I congratulated him.

"And now do you think that an institution that has a part and parcel of life would tolerate either the game of football or the manners and etiquette of the game?

"Never!

"A college is an imitation of life—a make-believe; a place where young folks are supposed to be getting ready to do something. Most colleges are endowed—bolstered—institutions; and so are not bound to be practical. Thus we have the spectacle of a professor of oratory lending himself to teaching a yell of derision, and for the time losing sight entirely of his real mission, which is supposed to be to help his students in becoming useful citizens.

"Football and hazing spring from the same savage soil. Both are found only in educational institutions—neither has any direct relationship with true education. Both are fungi on the body pedagogic.

"The practical world has no use for football. The game will have to go, and its passing will not be regretted by those who love books and ideas, and prize that mintage of mind which manifests itself in courtesy, kindness and a just appreciation of all that is beautiful, good and true."

Education should be physical, moral and mental. By discouraging football, we do not wish to be understood to under-rate the importance of the physical side of education. Its importance is increasingly recognized. But proper physical education should be for symmetrical development and the preservation of normal and well-balanced health. Over-development for a brief season of supreme effort, physical training to be then largely or completely suspended, is a very improper kind of physical education. Ef-

forts or contests that strain the powers to the utmost frequently cause permanent injury. Prize fighters and other professional athletes are not long-lived, as a rule. Physical training should be for health—while in college, and should be continued for the same purpose after leaving college. It should not be dull and uninteresting, like sawing wood; it should be done for pleasure rather than as a duty; it should be constant rather than intermittent; it should be attractive and interesting, not brutalizing, and free from danger to life or limb. This kind of physical training is an important part of a rational education; it is of permanent value, and in no way an injury, either to the student or to the community. Every educational effort and process should be an up-lift to both individual and community.

ANTITOXIN.

Followers of the antitoxin fad are demoralized by its waning popularity, and are resorting to abuse of those who have exposed its quackish nature. Such methods are impotent to stay the doom of antitoxin. Medicine is a science. Abuse is not proof. All remedies must stand the test of close examination.

It is painful to see the lack of mental breadth displayed by members of a scientific profession, when they resort to the use of coarse expressions, and low insinuations, directed at those whose fault is that they differ in opinion. Human nature is stronger than the love of truth in the pompous fellow, whether he happens to be a doctor, or a layman. He cannot be mistaken. Passionate self-assertion overbalances intellectual grasp. He is right because he is he. If you do not believe as he does, he hates and villifies you.

But human passion makes no impression upon facts. Despite abuse, arbitrary assertions, the ingenious manipulating of statistics, etc., the fact remains that antitoxin is simply a solution of trikresol, or carbolic acid. The horse juice employed as a vehicle, is so thoroly sterilized, now-

adays, that it is absolutely inert, and does not count, one way or the other.

Doctors everywhere are beginning to learn that it is the antiseptic in the serum which is potent, and, consequently, to deny the authority which antitoxin has relied on to "make good."

A plain, everyday doctor cannot see the sense of using horse serum to make his antiseptic solutions, when distilled water is so much cheaper and cleaner. That is precisely what the antitoxin proposition amounts to. You pay several hundred dollars for an ounce, or so, of a horse-juice solution of trikresol, or carbolic acid, plus the prestige acquired for the fad by sensational newspaper advertising, and the unproved assertions of self-constituted authorities.

The failure of antitoxin is conclusively shown in the resort of its advocates to ridicule and abuse, and their despairing abandonment of legitimate efforts to establish antitoxin on a scientific basis. Little by little it is surely losing ground, which it will never recover again. Truth, alone, is immortal. The longer an error lives, the more certain and absolute its final downfall. There is nothing vital in antitoxin, except the trikresol, or carbolic acid; hence all that will survive to us is a knowledge of the value of these antiseptics in certain types of diphtheria.—Editorial in Medical Brief.

WALKING AS A RECREATION.

To him who studies his brother man few things are more inexplicable than the mysterious laws which govern what his pleasures shall be and how and where he shall indulge in them. This unwritten code of regulations is sometimes known by the name of fashion, but what applies most admirably to the cut of a coat or the curve of a hat-rim does not universally hold good for those sports and pastimes with which the wearer of these articles occupies himself for his own amusement. Fashion prohibits the free play of individuality, and individuality provides fashion with the cue. The strange reversion to the ancestral recrea-

tion of walking which has manifested itself lately is actuated by something more than fashion. The practice of cycling for amusement and health is no longer carried on by such vast numbers as was the case two or three years ago. Men must do something to exercise themselves, therefore they walk. It is simply a natural reaction, and from the medical point of view, there is much to be said in its favor. In the first place, it is Nature's mode of exercise, and consequently it is adapted to the needs of the body without calling it to assume artificial and sometimes harmful attitudes. Secondly, it is more productive of proper expansion of the lungs than probably any other form of out-door sport. It is therefore a great preventative of consumption. And finally, it is a recreation within the reach of all, requiring no outlay beyond a stout pair of boots and a determination to take things cheerful.—Med. Press and Circular.

I regret to say that some physicians are in the habit of prescribing remedies that (altho they may relieve pain at the time of ministration) should not be known by the patient, because in the end they may do more harm than good.

A student who had just taken leave of his preceptor, to start out in the practice of medicine on his own responsibility, was called back, and the old physician said to him, "I want you to understand one thing: Doctors kill more than they cure." What a humiliating confession for a doctor to make, and yet, humanly speaking, is it any worse to kill our patients outright by heroic treatment than it would be by prescribing medicated liquors as kept in stock by the druggists of today, or by the narcotic hypodermic injections so freely used at the present time.—Selected.

DRAM DRUG STORES.

One of the serious things incident to the prohibitory gains under local option law, is the evolution of the whisky drug store. Nothing has done more to nullify

prohibitory effort and discourage prohibitory sentiment than the fact that the useful and honorable profession of pharmacy could be made so easily to lend itself to the saloon-keeper's designs.

Local option victories have been fruitful and hopeful in very exact proportion to the extent to which drug stores were included in the schemes of reform.

It is doubtful whether a complete census of liquor dealers would reveal any meaner class of men than those who in the name of pharmacy turn their prescription cases into bars and screens, and sell the worst whisky at the highest price.

The very elite of the Pharisees are the goodish men who belong to church, and lead sober lives, and who would be thrown into spasms at the thought of being classed with saloon-keepers, but who, in fact, are saloon-keepers of the meanest sort, by virtue,—or rather by vice,—of their dram drug stores that do all the evil of the saloon without possessing any of its useful and kindly features. The church has purged herself of liquor sellers. Her druggists are suffering for like attention.—Editorial in "The New Voice."

FRUIT IN DIABETES.

The editor of the Charlotte Medical Journal states that the ordinary diabetic directions for meat, eggs and milk with the exclusion of all vegetables containing starch, is found to be greatly supplemented by large quantities of fruit. It is found that they give variety to the diet, and furnish the much-needed carbonaceous elements without increasing the sugar.

TREATMENT OF COLD IN THE HEAD.

The hydropathic treatment of a cold in the head is more reliable than any other. It is as follows: In the morning, after rising, and at night before retiring, wash the feet and legs as high as up as the knees in cold water, then rub them with a rough towel, and massage them

till the skin is red and glowing. In addition to this, cautiously snuff tepid water up the nose frequently during the day, and sip with a teaspoon a glassful as hot as can be borne an hour before each meal, and at bedtime. A few days is often quite sufficient for simple cases, and obstinate ones yield if the treatment is prolonged. No medicines are required. **If taken in the first stages of the disease,** a cold is broken up which might otherwise become a severe case of bronchitis, lasting many days or weeks.—N. Y. Med. Times.

RATIONAL CURE FOR SMALL-POX.

A recent dispatch from Cleveland, O., mentions a new cure for smallpox that was tried at the detention hospital. It may be remembered that the city of Cleveland was recently the scene of a determined and successful fight against smallpox, without the aid of vaccination, by a thoro house cleaning of the city, and the liberal use of disinfectants. The remedy referred to consists of a hot water bath, in which permanganate of potassium had been dissolved. The water is heated to a temperature of 102 degrees before the patient is immersed in it, and he is allowed to remain there from fifteen to twenty minutes according to his strength. In severe cases two baths are administered daily. The physician who has administered the treatment says he tried it on thirty-one patients, and has not lost one. This, of course, is not conclusive, as the patients might not have died anyhow.

It seems difficult to comprehend that such an application to the skin can cure a disease which must necessarily be caused by impurities in the blood.—Los Angeles (Cal.) Times.

In commenting on this the editor of Vaccination says: There is nothing new to Anti-Vaccinationists about this cure for smallpox. It is the process introduced by Professor Pickering, of London, when he came to the United States in 1893; and it was from him personally that I learned

it. It has proven very effective wherever used, and shortens the duration of the disease, so that a cure is generally effected in from forty-eight to seventy-two hours; the most severe cases are cured in less than one week. Drug doctors never do things right. The baths should last from 45 to 90 minutes; or even longer, and the cure is very rapid.

OPIUM HABIT.

The facts about the formation of the opium habit are these: Laudanum and paregoric, whose bases are opium, are domestic remedies, to be found in every house in the land. Children are trained to be familiar with them, their uses and doses, and lose all fear of their misuse, so when they grow up they are quite prepared, when worried or in pain, or sleepless, to try the soothing effect of the seductive drug. Not unfrequently an habitual morphine eater advises a friend to try its quieting effects. Sometimes the habit is either inherited or taught from parent to child, as the writer found in a number of instances. Women who use alcoholic beverages sooner or later take some anodyne to quiet their unduly excited nerves. From these beginnings the progress is steadily downward.—Md. Med. Jour.

PREVENTION OF DEAFNESS.

The great and constantly increasing prevalence of deafness should make parents and all those having charge of the young very careful in the treatment of the ears. Many cases of deafness in adult life could be traced back to one of several easily preventable causes, if all were known.

First, mistaken ideas as to cleanliness are fruitful of mischief. The old rule that while the outside ear must be kept clean, the inside ear will take care of itself, is a good one. Nature provides a secretion—the natural wax—to this end. There are also tiny, fine hairs at the entrance to the canal the work of which is to act as sentinels against dust and dirt.

The wax itself is bitter in taste, and is a guard against insects. Only by rare accident would an insect enter the ear, and when in it would be quite as anxious for release as its unwilling host. When this accident does occur a little sweet oil should be poured in to drive the insect out.

The faithful but ignorant nurse should be instructed not to roll up corners of washrags and towels and force them into the opening. Even if no further harm is done some water will almost certainly find entrance, and this is not only dangerous in itself, but tends to injure the protective qualities of the wax.

Another great fault is the ignoring of the danger-signal of earache in children. In former days, when less was known about the treatment of the ears, and when there were no specialists, the administration of some pain-reliever, such as hot applications or laudanum water, and the ignoring of the reason behind the ache were more excusable than they would be today. To relieve the pain is well so far as it goes; but at the same time a specialist should be consulted as to what lurks behind the pain. Many parents who would think it a shame to let a child suffer from toothache and not take it to the dentist will watch some poor, little, helpless sufferer grow up on earache, as it were, and seem to regard it as some mysterious insult on the part of nature. Most of nature's insults are patient, faithful warnings in disguise, and this is especially true of ear symptoms in the young.—Youth's Companion.

THE SPIRIT OF LOVE.

Oh, for a breath from the gardens of God!

To sweep through the ranks of the envious crowd,

And stamp out the jealousy, weakness and strife,

That burns like a furnace, that cuts like a knife.

And breathe o'er each spirit the incense of peace,

'Till unfoldment shall bless, and envy shall cease,

'Till each one shall own the worth of a brother,

Acknowledge the rights which belong to another.

There's room in the world for all who are in it

To work every hour, to work every minute;

And to those whose work shall perfect the most good,

The world has a place where they are understood.

It is not mere words that count in the race,

Where liberty reigns, where tolerance is grace;

But a spirit of love, universal and grand, Uplifting, unfolding, encircling the land.

—Elizabeth M. Campbell.

A SALOON AD.

The following advertisement was published in the Fayetteville (Tenn.) Express and was said to have been paid for by a saloon-keeper named H. F. Johnson. We reproduce it verbatim without vouching for its authenticity:

"Friends: Having opened a commodious shop for the sale of liquid fire. I embrace this opportunity to inform you that I have commenced the business of making drunkards, paupers and beggars for the sober, industrious and respectable portion of the community to support. I shall deal in family spirits that will excite men to deeds of riot, robbery and blood, and by so doing diminish the comfort, augment the expense and endanger the welfare of the community. I shall undertake at a short notice and for a small sum, and with great expectation, to prepare victims for the asylums, poor-houses, prisons and gallows. I will furnish an article which will increase the amount of fatal accidents, multiply the number of distressing diseases and render those which are harmless incurable. I shall deal in drugs which will deprive

some of life, many of reason, most of prosperity and all of peace, which will cause the fathers to become fiends; wives, widows; children, orphans, and all mendicants. I will cause many of the living generation to grow up in ignorance, poverty and crime, and prove a burden and a nuisance to the nation. I will cause mothers to forget their offspring and cruelty to take the place of love. I will sometimes even corrupt the ministers of religion, obstruct the progress of the gospel, defile the purity of the church and cause spiritual, temporal and eternal death."—Selected.

OSTEOPATHY.

By Ralph Kendrick Smith, D. O.

Osteopathy is a complete system of drugless therapeutics based upon the removal of the physical causes of disease by manipulation. All other scientific methods of physiological therapeutics are also used as indicated, but the chief treatment is corrosive—the reduction of the lesion, which the Osteopath tries to find as the primary cause of the condition presented. Osteopathy is, then, simply applied anatomy and physiology—the Osteopath is an expert anatomist and physiologist—not simply a text book expert, but a practical expert. I recall a case of an eminent divine who was treated ineffectually by several leading regulars for kidney disease. The Osteopath was the only one who could give him relief, and his diagnosis was cerebral tumor; his prognosis, death. The regulars persisted in treating the kidneys.

The osteopath treats the cause; the medical practitioner too often treats only the symptom—the osteopath therefore claims that his results are more often permanent, as the removal of the cause has a greater effect upon a disease than the overcoming of its symptoms.

With these few remarks I will leave the reader to form his own opinion of osteopathy, after reading the following from Appleton's Cyclopaedia:

"Osteopathy (from *osten*, bone; and *pathos*, suffering): A method of treat-

ing diseases of the human body without the use of drugs, by means of manipulations applied to various nerve centers, chiefly those along the spine, with a view to inducing free circulation of the blood and lymph, and an equal distribution of the nerve forces. Special attention is given to the readjustment of any bones, muscles, or ligaments not in the normal position.

"The system was formulated in 1874 by Dr. A. T. Still, a physician of Baldwin, Kan., who, having become dissatisfied with the results attained thru the practice of medicine, determined, if possible, to discover a more natural and efficacious method of healing. He reasoned that a body so perfectly constructed mechanically should be able to protect itself against the inroads of disease without the artificial aid of external substances, except those employed as food. His next conclusion was that 'a natural flow of blood is health, and disease is the effect of local or veneral disturbance of blood.' With this as a working hypothesis, he made a series of experiments, the result of which convinced him that the various organs of the body were controlled by the nerve centers located chiefly along the spine, and that these could be operated upon and controlled by pressure or stimulation of the fingers.

"He holds also that if the bones, muscles, arteries, veins, lymphatics, glands, organs and tissues of the body are in their correct anatomical positions disease cannot exist. Displacement may arise from a variety of causes, such as a fall, a blow, a strain, or atmospheric changes. Pressure upon the blood vessels or nerves in the immediate vicinity of the part so affected will follow, and a consequent shutting off of the nerve or blood supply to some organ, which will then become diseased. With a readjustment of the displaced part will come 'perfect freedom of motion of all the fluids, forces and substances pertaining to life, thus re-establishing a condition known as health.'

"Osteopathy does not confine itself to a treatment of maladies of the bones, nor

does it find in diseased bones the origin of all pathological conditions. The name was considered by Dr. Still as applicable to his system because of the relative importance which his theory gives to anatomy, and because of his belief that 'the bones could be used as levers to relieve pressure on nerves, arteries and veins.' Treatments, which do not as a rule occupy more than twenty minutes, are given thru thin garments, and not, as in massage, upon the bare flesh. No machines or appliances are used. Among the complaints said to have been treated successfully are heart and lung diseases, nervous prostration, sciatica, lumbago, all forms of neuralgia and paralysis, asthma, catarrh, incipient consumption, spinal curvature, eye and ear affections.

"The first institution for the training of practitioners in osteopathy was opened about 1894 in Kirksville, Mo., under the name of the American School of Osteopathy. Since then others have been established in different parts of the United States."—HealthCulture.

CHARACTER BUILDING.

(Written for the Character Builder.)

By Frank Tasker, Wyoming, Iowa.

In character building, as in other operations of a specific kind for a definite purpose, there is a real necessity for proceeding in a positive way. Exact knowledge is a prime requisite to the completion of the effort.

All will admit that in a case of physical mechanics an acquaintance with the parts to be used in effecting a structure is essential to a safe and progressive action. And so it must be in an effort as to mental mechanics. One must know the parts that are in existence to deal with and their nature. Not only this, but the appearance of the completed structure must be idealized in order that each part to be used in the work may be formed so as to help effect a harmonious result.

A fair understanding of the modus of character expression is of much value to him who would intelligently go about the task of character building. The abso-

lute strength necessary to be given each part, it is essential to correctly estimate, that the structure shall be the most presentable possible from the material at hand for use.

What is character? It is the confluence of faculty action.

Therefore, in order to go to the important work of moulding or formulating character, with a good chance of success, the labor must be prefaced with a clear insight into the nature of faculty. The faculties should all be pretty well mastered before the task is begun. Haphazard proceeding is too hazardous. Some person might be injured thereby. Some life might be destroyed, and this by reflex action vitiate the existence of others equally valuable.

This matter of character building must be carried on in an active sense. It can be done only by the person who is to give expression to it by his or her own personality. Advice and instruction may be given by another, and a careful and constant guiding hand offered, but so far as the actual building is concerned, it must be self-done.

Phrenology is the science par excellence for character building. It gives a clear conception of the many intricate variations in character,—which are good and which not, and tells how to so play upon the keyboard of mentality with the force of suggestion, example and general environment as to draw out all of the best possibilities of the individual. Yet, remember that the action must be within, because the change is to be within.

That which is within can not be operated by a power from without. The person to be changed in a mental moulding process may be told what to do and how to do it, but the doing is of necessity the part that the grower must see to. It is a case of development and this comes only from exercise.

Work means activity, and a well-regulated activity is followed by growth. Character in its highest phase of expression is a growth. Notice the difference between adult persons of about the same years counted in time, but of different

ages counted from a standpoint of mental efficiency. One will have the contour of immaturity and the other is possessed of a bold, self-reliant, executive and masterful expression.

In the one there has been a growth and development that has arrived at the point of maturity. Character building is not an easy thing in many cases. He who attempts the role of an auto-constructor shall be brought face to face with not a few difficulties. Grave responsibilities present themselves to those who would assume the part of directing others to the goal of man's highest attainment. The importance of doing the building in a good manner is measured by the duration of a character's existence; also the possible influence on others should incite to an exalted motive and a high aim.

"Americans look today not to legislatures, but to her homes as containing the bud and promise of her future glory."

They who provide the food for the world decide the health of the world. You have only to go on some errand amid the taverns and hotels of the United States and Great Britain to appreciate the fact that a vast multitude of the human race are slaughtered by incompetent cooks. Tho a young woman may have taken lessons in music, and may have taken lessons in painting, and lessons in astronomy, she is not well educated unless she has taken lessons in dough!—Talmage.

"The first wealth is health," says Emerson.

A knowledge of sanitary principles should be regarded as an essential part of every woman's education, and obedience to sanitary laws should be ranked, as it was in the Mosaic code, as a religious duty.—Sel.

Sir Isaac Newton, when writing his great work, "Principia," lived wholly upon a vegetable diet.

He that will not reason is a bigot.

He that cannot reason is a fool.

He that dares not reason is a slave.

—Drummond.

PULL TOGETHER.

(By Earnest Crosby, the Whim.)

To make men pull together—that was the aim which civilization set before itself; and the first slavery showed the way. Men pulled together at the word of command; the pyramids rose, Rome swallowed the earth—men worked long and wearily and without a doubt that here was the finality of things. Their dreamers and sages and saints could picture no golden age without slaves, and the strong arm of the law made them toil. But man grew, and looked, and asked why, and slavery shriveled and died. And still the object was make men pull together, and the wage-system showed the way. One man grasped all the good things he could and hugged them, and said to those who had none, "Work for me and I will give you a little." Men pulled together again with hunger in their eyes; factories sprang up, railways encircled the earth—men labored long and eagerly and without a doubt that here was the finality of things. Their dreamers and sages and saints could picture no golden age without the wage-system, and the strong arm of the law guarded the piles of good things and let the men go, for now men strove to get work, and it was no one's interest to keep them thru the winter, and the death of a man, such as once fetched his weight in coin, was no longer of consequence, for another would do as well. But man grows and looks, and asks why, and the wage-system blanches with terror. There is a new way to make men pull together. Love, free co-operation, equal service, true honor and honesty—have you never thought of these things? Let us dream better than the old dreamers—and pull together.

Simpler manner, purer lives, more self-denial, more earnest sympathy with the classes that lie below us—nothing short of that can lay the foundations of the Christianity which is to be hereafter, deep and broad.—F. W. Robertson.

♦♦ Suggestions to Parents and Teachers. ♦♦

PERSONAL PURITY.

Every child should be taught the laws of personal purity. Many require counsel before the age of six, if secret vices are to be prevented; others do not require it until twelve. Nearly all parents postpone these matters, three to five years longer than they should. It is better to be a little in advance of the requirements than too late. Overly particular and prudish parents often assume that because their child has been prevented from associating with the perverted, it needs no instruction in personal purity; a greater mistake could hardly be made. The spring source of vice is more often within. My experience in directing the lives of several thousand children has taught two things: (1) only about one child in a hundred receives proper instructions early enough to protect it; (2) that the very nice boys and girls,—whose parents have presumed to keep them innocent, by keeping them ignorant and protected from perverted children—are nearly all victims of secret vice.

Ignorance is a poor guide to virtue. Every child should be lovingly and wisely instructed relative to the uses and abuses of the sex function. A single warning is not sufficient and does but little good. We continually instruct the intellect and repeatedly appeal to conscience to make the child honest; in like manner, we should thoroly instruct and repeatedly encourage it to keep its every thought and desire pure. It should be taught that impure thoughts and unchaste desires are seeds of vice, which if planted in the head and heart are sure to have their fruition in conduct.

The above excellent suggestions are from Prof. Riddell's most recent work, "Child Culture." The author of this excellent little work has devoted his life to the betterment of his fellowmen. His lectures have inspired thousands to live

a better life and his printed works: Heredity, Human Nature Explained, The New Man, A Plain Talk to Boys, and Child Culture are a source of inspiration to all who read them. Two years ago arrangements were made with the author to have an edition of A Plain Talk to Boys and one of Child Culture printed in Utah. Ten thousand copies of each book were printed and thousands of them have already found their way into the homes of the Rocky Mountain region. The following favorable criticisms on "Child Culture" have been offered by leading educational magazines:

Public Opinion: A little book containing much good philosophy and sane advice.

The School Journal, New York City: "Child Culture" will amply repay careful reading and re-reading. * * * A more suggestive and helpful volume for the average parent and teacher would be hard to find.

Education, Boston: "Child Culture" is a pocket handbook of ethics and character training of great practical value to parents and teachers.

Journal of Pedagogy, Syracuse, N. Y.: * * * Parents who follow the suggestions of "Child Culture" will accomplish much more for their children than they would if they adhere to traditional methods.

Primary Education, New York and Boston: "Child Culture" is a book for thought and study for all interested in children. The chapter on "Mental Suggestions" is full of interest for teachers.

Popular Educator, Boston: "Child Culture" explains the most effective ways of cultivating desirable traits of character. It contains much that will commend it to thoughtful minds.

Normal Instructor and Teachers' World, Danville, N. Y.: The purpose of this work is to present the fundamental principles of physiological psy-

chology and mental suggestion and outline rules for their application in the development of the child in character-building. Every proposition is expressed in the most non-technical and concise language and is pre-eminently practical. The book should be included in every teacher's library.

Kindergarten Magazine, Chicago: In the short time that it takes to read "Child Culture" parents and teachers will find practical answers to many questions that arise in the daily training of the child. It gives specific directions for strengthening all weak qualities, eradicating evil tendencies, and establishing the higher virtues.

Connecticut School Journal, Meriden, Connecticut: In a delightful little book entitled "Child Culture" by Newton N. Riddell, there is a chapter on Suggestion which will help in the government of every school room in Connecticut.

Northwestern Journal of Education, Seattle, Wash.: The book is written in popular language with an entire absence of technical terms. At the same time the work is entirely scientific in its treatment of the subject. Every parent and every teacher should have this book and master its every sentence. It is specific and practical.

Educational Gazette, Rochester, N. Y.: "Child Culture" is quite out of the usual order of works on child study. The author has avoided all technicalities and has aimed to adhere strictly to scientific principles. The book has been printed for the good it will do.

THE AVOIDED SUBJECT.

The Woman's Christian Temperance Union will do a great work if it can, by appealing to the intelligence of children in the schools, dissipate some of the mawkish sensitiveness on sexual matters that prevails in modern society.

There is no real safety in ignoring danger; yet the only attitude taken usually by parents and teachers toward children when questions of sex arise is to ignore them. This is no way to meet

the problem, and we are glad to see that the W. C. T. U. has the bravery to approach this truly vital subject from the front.

It is a most portentous question how much and when to explain to children what little is known about the profound mysteries underlying sex and procreation. A teacher who has had long experience and great success tells us that she has had no secrets on this usually avoided subject with her pupils. She approaches the matter gradually, and leads up to it by starting with the sex relations observed in plants. When these are understood there appears no indelicacy in making the transition to the animal family.

The treatment of the subject admittedly calls for the exercise of great tact and conscientiousness. But there is no question that the relations between boys and girls and alike between grown-up men and women and even between parents and children are, by reason of a prudish and mistaken evasion of all subjects involving sex, made strained, false and wicked. A more frank and sincere treatment of this subject will do much to help solve collateral problems, and we have no business to evade the issue.—Pathfinder.

OUR GIRLS.

By Margaret Evans, M. D.

Until the age of thirteen, we believe girls fully capable of carrying on their studies with boys and that there should be absolutely no difference between their physical, mental or industrial education. They should be encouraged to engage in the same sports, as it will improve the girls physically, broaden them mentally, and do much to take the rough edges off of boys. After this age, it is wise to allow slight barriers to grow up.

At puberty the character of the girl gradually changes. Her tastes, which have been up to this time those of her young brothers from whose general physical form she did not greatly differ, are now considerably changed. The romping, rollicking girl becomes shy and

retiring. She becomes self-conscious and womanly characteristics take possession of her. New desires and emotions arise, and she gives up many of her childish ways. She begins to question the why's and wherefore's, and demands reasons for the course laid out for her. While a child she was willing to accept unquestionably the commands of her parents, she has now reached the years of discretion, and can be managed only thru the power of reason.

As a rule a woman continues to grow and develop until the age of twenty-five years, but the most critical time of all her life is the period of puberty, which is characterized by psychic and physical changes so important as to deserve the most careful attention. Unusual demands are made upon the system, and the extraordinary changes occurring within a year or two at this time are very remarkable. The angular, awkward girl develops into a creature of graceful and symmetrical curves. Her breasts expand, her hips broaden, the abdomen enlarges, and she grows tall and slender. The hitherto inactive and incapable generative organs increase in size and take on new activity. If of a nervous temperament, tho usually kind and affable, she is likely now to be cross and irritable. Her disposition becomes uneven and she is subject to spells of depression and despondency. Around the girl should now be thrown a gentle and protective care, and she should be treated with the considerative kindness which her conditions demand.

This ignorance of mothers, and their failure to counsel their daughters respecting the dangers incident to this period is undoubtedly the cause of the greater proportion of the life-long sufferings and premature breakdowns, to which women are subject. Many an invalid would be well today if she had received the proper attention at this time. Many a hysterical woman would be stable and strong only for the consequences of inadvertant imprudence during her change from girlhood to womanhood. Unstable and erratic parents who give their daughter

her poor, nervous apparatus, should make every effort to guide her steps from the perdition of nervous wreckage. Young girls are often quite reckless regarding the care of their bodies, but it is the solemn duty of mothers to impress upon them the fact that their whole subsequent life will be influenced in no small degree by the manner in which they care for their health during this period. The girl should be relieved of taxing duties of every description. Work is wholesome and to get tired is wholesome, but at this period it is best to occupy both mind and body with light, congenial employment. Whatever stimulates the emotions or taxes the nervous system, should be avoided. The mind should be kept in a calm and undisturbable condition, and severe mental application is highly imprudent. Many a mother whose rugged rearing has given her a robust frame and a sturdy nervous system, takes infinite pains and pleasure in denying her daughter the very training that made a woman of her. Don't lead your daughters into pleasures and duties beyond her years. She will become a woman soon enough, and to force mature functions through an immature organism is a crime which generally lies in a mixture of ignorance and vanity on the part of the parents, who wish their children to excel in attainments. They will accomplish much more in the end if they will, at this period, leave the schoolroom and take a year's congenial holiday, if they will spend as much time as possible in the open air and in God's beautiful sunshine, and be relieved of severe burdens of every kind. Let them build a bulwark against nerves by developing strong lungs and a vigorous digestion. They then will re-enter the schoolroom fully prepared for the attainments of a grand, useful, and noble womanhood.—Pacific Health Journal.

THE IDEAL LIFE.—The heart given to our Father; the hand given to our brother; the life given to both—truly this makes life admirable.—J. G. Holland.

EDUCATIONAL NOTES.

PROF. MOMMSEN DIES.

GERMANY.—Prof. Theodor Mommsen, the great scholar and historian, died in Berlin Nov. 1, at the advanced age of 68. He was Germany's foremost man of letters. From boyhood he was an earnest student, and during his long life he served as professor at the leading German universities. He was dismissed from Leipzig on account of his pernicious activity in politics, and later was tried on a charge of slandering Prince Bismarck, but was acquitted. Mommsen's greatest work was his "Roman History." He began this in 1856 and had not finished it when he died. He went into his subject in the characteristic German exhaustive way and his work will long remain as a standard. During the Spanish-American war he wrote an article fiercely scoring the United States, which he said had become "a robber power, a piratical power," which, by "pouring its incomparable resources into military designs might menace the world's quiet," and might, like Rome, "carry forays into every continent." Some months ago while looking for a book in his library he set fire to his long and thick head of hair with a candle and his face was severely burned.—Pathfinder.

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DEATH OF PROF. ALEXANDER BAIN.

—In Aberdeen, Scotland, on Sept. 18th, 1903, the death of Dr. Bain occurred. He was eminent as educator, logician and philosopher. He was in his eighty-sixth year at the time of his death. Dr. Bain was for many years professor of Logic and English Literature at Aberdeen University, and was elected to the position of Lord Rectorship. He is the author of several popular works, and was generally recognized as a leading authority on educational subjects. He accepted more of phrenological philosophy than most modern educators. He paid

some very high tributes to the science of phrenology in his book, "The Study of Character." In education, he was especially well known for his views that man's powers are limited and that it is exceptional for a person to excel in both physical and mental pursuits. Few men of the nineteenth century influenced education more than did Dr. Alexander Bain. With Herbert Spencer, Alfred Russell Wallace and other British philosophers and humanitarians, he opposed the Boer war. He was a friend of justice and truth.

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MEN VS. WOMEN TEACHERS.

—Prof. Bell, of Holyoke seminary, has been collecting from over 1,000 teachers data from which to decide the old question whether men teachers or women teachers are the more successful. Fifty per cent of the women and 80 per cent of the men expressed the general view that men teachers are superior. Prof. Bell, however, concludes from analyzing all the answers that for children up to 10 years of age women teachers are far in the lead, while from 10 to 13 the women and men teachers take equal rank, and above 13 the men teachers meet with the most success.

He believes that the pupil should have the benefit of contact with teachers of both sexes. Pupils of 13 and over, he says, are devoted hero worshipers, and the ideal teacher is a man of high character, great force and delicate tact, to whom the pupil can look up as a sort of paragon.—Pathfinder.

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All the young women stenographers in the general offices of the Grand Trunk railway have been discharged, the complaint being that they are too much given to candy-eating and talking about outside matters, and in general not devoting their mind to the interests of the company.

At the educational conference just held at Chicago, Principal A. E. Hearn of Phillips Academy, Andover, Mass., condemned the use of unmanly deception in athletic games: "Sly and underhand practices are encouraged just so far as detection does not ensue."

Booker Washington, head of the negro industrial school at Tuskegee, Ala., in his report says that the number of students fitted for useful callings at that school in the past 22 years has been 6,000. Of these, not one, says he, has been convicted of crime, and with few exceptions they are doing well. This year's enrollment is 1,550 students. Funds for the school are solicited.

The religious press is filled with advertisements of patent medicines which are doing fully as much damage as the use of intoxicating liquors. The religious press will advertise any kind of whisky, if you put the proper label on the bottle. There is everything in the name . . . By means of advertisements strongly charged with suggestions, the patent medicine fakirs are creating yearly a vast army of invalids beside which the drunk army is but a corporal's guard. Truly, suggestion rules the world, for good or ill, and the religious press is a strong propagation of evil suggestions.—Suggestion.

A WANT IN EDUCATION.

By Emil Maeser, Instructor in Mechanical Drawing, L. D. S. University.

There has been and is an ever-increasing demand for education along somewhat different lines from those given in our institutions of learning at the present time. Our schools of all grades are doing a noble work, but notwithstanding this, there is a want for something more practical, which will not consume almost a life time in its acquisition. Manual training, consisting of some work in wood or something along the domestic lines, is given some attention in our schools, but in order to get a meagre

knowledge of these important things, the student, who perhaps will never enter any of the learned professions, is compelled to spend years of time and labor in the acquisition of other subjects, which outside of the mental training they give are absolutely worthless to him. There will be found plenty of material for mental training in the industrial pursuits, besides being useful in the life's labor of the individual.

If education is to prepare men and women for usefulness as citizens, husbandmen and housewives, why not bring them directly in contact with the things most necessary for them to deal with thruout the remainder of their lives. Many of our college-bred boys and girls might very consistently be called "educated incapables," they are in every sense impractical, and if thrown upon their own resources, would be unable to successfully fight life's battles.

Germany and Switzerland seem to be the first to take recognition of these facts and have established Polytechnic or Industrial schools where all manner of trades are taught systematically, and by this means they will in the near future have the best skilled workmen in the world and will become nations of producers and not consumers alone.

Look at some of our school girls, burdened with Algebra, Geometry, etc., overexerting their mental powers and the very thing which education intended, viz: to make useful and intelligent housewives, has been frustrated and they have been made fit for the grave, at an age when they should begin to live.

The arts and sciences should not be discouraged, but the practical things with which the majority of the human family must deal should be given much more attention. The tendency of our school boys and girls to look with disdain upon the labor of the hands is highly dangerous to society and all trades should be taught in such a way that those who follow them will feel a dignity and pride in doing the best work required at their hands.

Waste to a large degree is coupled with plenty. On account of the plenty, waste

has grown into our character as a nation and come to do with time as with all other matters. It crept into our belief in respect to educational matters, and would be there yet more than it is, but for the growing notion of economic application of effort to result, which bids fair to revolutionize human life in every capacity. Dr. Butler of Columbia University says: "I hold that this same element of waste has crept into our educational system, and that it has tended to increase during the last generation, and that it has now reached the point where it is our duty to consider seriously whether we may not check and overcome it. * * * The boy who goes thru our educational system from top to bottom has grown to manhood and has used up more than one-third of his probable life before he is ready to enter upon a practical career. * * * I have sometimes thought that those who are so fond of exaggerating upon method are very much in the position the Good Samaritan would have been in, if, upon finding the poor traveler upon the roadside on the way from Jerusalem to Jericho, he had taken a good look at him and had gone off and written a monograph on the relief of the suffering. What the traveler wanted was relief, not to be made an item of scientific study."

We do not desire less education, but we do desire less misdirected effort. We want schools which will give more practice and make men and women capable of using their hands in connection with their brains.

ARE THE RICH HANDICAPPED?

Dr. Wm. T. Harris, U. S. commissioner of education, made a talk before the kindergarten convention at Pittsburg in which he said that an important duty of the schools in this country is to educate the children of the new-rich for filling useful positions in the world. Such children, he says, are apt to be "willful and capricious, slothful and uncertain, and altogether unmanageable pupils." They slip thru school and college on

their money and come out prepared for nothing but lives of dissipation, extravagance and general uselessness.

As a rule, it is true that the children of wealthy parents, far from having extra advantages, are actually handicapped in the struggle of life. Pampered and petted and led to believe that their money will see them thru every difficulty, they lean heavily on the world for support and unless they possess an exceptionally strong character they degenerate and become nonentities or worse.

Take your own community, analyze it, family by family, and you will find that—not of course in every case, but as a generality—the men and women who are doing the work of the community today are ones who have come up, and are not the sons and daughters of those who were at the top a generation ago. In a given town the families that furnished the bankers and foremost business and professional men a generation ago are now in many cases on the road to actual extinction. The sons and daughters have suffered from the blight that nature sends along after wealth and distinction. New blood has come in, and the bankers and business and professional men of today are the sons of farmers and shoemakers and carpenters.

This is the way Providence has of evening things up; it makes one life fruitful and happy and the next one barren and discontented. Many people think they could ordain a system of life which would distribute the favors and the drawbacks with less partiality than now. That is a big question. God does not forbid us to improve on nature; we are doing so constantly in producing new fruits and flowers and bettering the breeds of livestock, for instance. Nature does not care for individuals, but she has wonderful success in developing the best in classes of individuals. We may not see the justice in the child of the rich man's being doomed to degeneracy while the child of the obscure toiler is developed up to take his place. The system is wasteful, but like the pruning of a tree it may improve the general results.

There is, then, no need for the poor or the obscure to feel that there is no chance for them, or that they are hopelessly distanced by those who have been granted an apparently better start. Rather there is a chance for each one of us, no matter what our condition, and we are required only to put ourselves in harmony with the law of our existence.—The Pathfinder.

An anti-corset decree has been issued by the Minister of Education in Saxony, who holds that tight lacing is as fatal to intellectual development as the cigarette. By this decree no girl wearing a corset may attend the public schools or colleges.

PRESENT TRAINING AND FUTURE CONDUCT.

Character is growth, not a creation. Every thought has its effect toward beautifying character, and strengthening it in the right, or toward making it the opposite of all that is lovely and good. Therefore take jealous care of your thoughts, guard carefully the intents of your heart, consider candidly the motives of your life. Resist the wrong for the sake of the strength—the self-control—you will gain thereby. When a temptation comes to do some little act of dishonesty, or even of carelessness, resist it. Gain the victory in the minutest details of your life; you will thus be stronger for its other and larger duties.

Take care of your personal appearance, of your manners, of your actions, as carefully when no one is present to see as when you are surrounded by those whose respect you wish to gain. Carelessness in little things, at times when nobody sees, begets the same fault in larger matters, and when people do see.

Many an old man owes his childishness, his carelessness about his personal appearance, his uncouth conduct, to years of training in the moments when he thought it didn't matter. Many another owes a sudden downfall from respecta-

bility to the secret thoughts of his heart, cherished thru a long course of years.

Therefore weigh every thought, word, and action of your life, and make each conform to principle. The Bible says that the sinner "shall be holden with the cords of his sins." 'Tis so; the little cords of our daily life, easily broken one by one, are woven together in our later years, and make a rope that binds us fast.—E. B. Melendy.

Social Progress.

All the saloons and gambling houses in Kansas City, Kans., were closed this week, as a result of the citizens' threatening to oust the mayor and other city officials. Notwithstanding the prohibition law the saloons have run openly for years almost without interruption.

The Audobon Society of Washington has just held an exhibition at which a number of local milliners showed samples of ladies' hats that were trimmed without the use of any bird wings, heads or plumage tabooed by the society. The idea was to furnish the public with an object lesson as to what can be done to make women's headgear beautiful without destroying bird life. The milliners and the bird defenders have signed a truce on this subject and they are now working hand in hand to protect our native birds.

One thing is certain, fashion has set her heart on short dresses, and short dresses will be worn by wise women this winter.—London Graphic.

In the twentieth century war will be dead, the scaffold will be dead, royalty will be dead, and dogmas will be dead; but man will live. For all there will be but one country—that country the whole earth; for all there will be but one hope—that hope the whole heaven.—Victor Hugo.

YOUTH'S DEPARTMENT.

THE INFLUENCE OF BOOKS.

One's reading is, usually, a fair index to his character. Observe, in almost any home you visit, the books that lie on the center-table, or note those that are taken by preference from the public library; and you may judge, in no small degree, not only the intellectual tastes and general intelligence of the family, but also—and what is of far deeper moment—their moral attainments and spiritual advancement. "A man is known," is it said, "by the company he keeps." It is equally true that a man's character may, to a great extent, be ascertained by knowing the books he reads. You may, indeed, judge a man more accurately by the books and papers he chooses than by the company he keeps; for his associates are often imposed upon him, but his reading is the result of choice.

All the life and feeling of a young girl fascinated by some glowing romance is colored and shaped by the page she reads. If it is false, and weak, and foolish, she will be false, and weak, and foolish, too! but if it is true and tender and inspiring, something of its truth and tenderness and inspiration will grow into her soul, and become a part of her very self. The boy who reads deeds of manliness, or bravery and noble daring, feels the spirit of emulation grow within him; and the seed is planted which will bring forth fruit of heroic endeavor and exalted life.

In reading it is a safe rule to abstain from all books which, while they have some good things about them, have also a mixture of evil. You have read books that had the two elements in them—the good and the bad. Which stayed longer in your memory?—Always the bad! The heart is often like a sieve, which lets small particles of gold fall through, but keeps the great cinders. Once in a while there is a mind like a loadstone, which, plunged amid steel and brass and filings, gathers

up the steel and repels the brass, but it is generally just the opposite. If you attempt to plunge thru a hedge of burrs to get one blackberry, you will get more burrs than blackberries. You can not afford to read a bad book, however good you are. You say, "The influence is insignificant;" but I tell you that the scratch of a pin has sometimes produced lockjaw. Alas if, through curiosity, you pry into an evil book; your curiosity is as dangerous as that of a man who should take a torch into a gunpowder mill merely to see if it really would blow up.

To read with profit, books must be of a kind that will inform the mind, correct the head, and make the life better. These books should be read with attention, understood, remembered, and their precepts put in practise. One good book, so read, is of more value than a superficial reading of fifty books, equally sound. Books of the right character produce reflection and induce investigation. They are a mirror of mind, for mind to look in. Of all the books ever written, there is not one that contains lessons and precepts so instructive, so sublime, and in so great variety, as the Bible. Resolve to read three chapters of this wonderful Book each day, for one year, and you will find realities more wonderful than any pictures of fiction.

A little library, growing larger every year, is an honorable part of a young man's history. A library is not a luxury, but one of the necessities of life. It is not like a dead city of stones, yearly crumbling, and needing repairs; but, like a spiritual tree, it yields its precious fruit from year to year and from age to age.

A book is the most appropriate gift that friendship can make. It never changes, it never grows unfashionable or old. It is soured by no neglect or jealous of no rival; but always its clean, clear pages are ready to amuse, interest and instruct. The voice that speaks the

thought may change or grow still forever; the heart that prompted the kindly and cheering word may grow cold and forgetful; but the page that mirrors it is changeless and faithful. The Book that records the incarnation of divine love is God's best gift to man, and the books which are filled with kindly thought and generous sympathy are the best gifts of friend to friend.

Make up your mind what is best for you to read, and read it. Master a few books. Life is short, and books are many. Instead of having your mind a garret crowded with rubbish, make it a parlor with rich furniture, beautifully arranged, in which you would not be ashamed to have the whole world enter.

"There are many silver books," says one writer, "and a few golden books; but I have one book worth more than all, called the Bible, and that is a book of bank notes." Some books are to be tasted, others to be swallowed, and some books are to be read only in parts; others to be read wholly, and with diligence and attention.

In our libraries we meet great men on a familiar footing, and are at ease with them. We come to know them better, perhaps, than do those who bear their names and sit at their tables. The reserve that makes so many fine natures difficult of access is entirely lost. No crudeness of manner, no poverty of speech, no unfortunate personal peculiarity, mars the intercourse of author and reader. It is a relation in which the interchange of thought is undisturbed by outward conditions. We lose our narrow selves in the broader life that is opened to us.

Haxlitt has told us of his first interview with Coleridge, and of the moonlight walk homeward, when the eloquent lips of the great conversationalist awoke the slumbering genius within him, and made the old, familiar world strange and wonderful under a sky that seemed full of new stars. Such intercourse with gifted men is the privilege of few; but in the library there often grows up an acquaintance more thoro and inspiring.

Books are rich, not only in thought and

sentiment, but in character. The best society in the world is that which lives in books. To the weak, as well as to the strong, in their hours of weakness, books are inspiring friends and teachers.

W. A. COLCORD.

EVOLUTION.

She sketched a husband strong and brave
On whom her heart might lean;
None but a hero would she have—
This girl of seventeen.

Her fancy subsequently turned
From deeds of derring-do;
For brainy intercourse she yearned
When she was twenty-two.

The years sped on, ambition taught
A worldly wise design;
A man of wealth was what she sought
When she was twenty-nine.

But time has modified her plan;
Weak imbecile or poor—
She's simply looking for a man
Now she is thirty-four.

—Punch.

FORBIDDEN FRUIT.

Robert Page Gains a Promise From His Son.

[Written for The Character Builder, by
Henry Nichol Adamson, American Fork, Utah.]

"Yes, David, I have thought it over carefully, and I advise you to take unto yourself a wife," said the farmer, as he leaned back in his chair and watched the blazing fire.

David laughed dryly. "But I have no desire to marry just yet, father. I may think about it five years from now."

"A good position has been offered you, David, but you need a good wife to help you. Nothing helps a man along in this world, so much as a good wife."

"Nothing," said David, "except a good father and a loving mother."

"Yes, your mother and I have done

what we could to give you a start in life. But one day we shall be laid in God's acre and we shall be glad to see you married to a good woman before that time comes."

David sat looking into the fire in silence. At length he said:

"But whom am I to marry? Until now I had hardly given the matter a thought."

"Have you never met a woman you could love as a wife?"

"Never!"

"Then I want you to go to Philadelphia and look for one."

"What?" cried David, in surprise. "I have often wanted to see our old home since we came here to Wyoming, but you have always thot it best to go on with our work here in the Big Horn Basin. I shall certainly be glad to go back to my native city. But what does mother say to it all?"

"She agrees with all that I have said," returned the farmer.

"It wil be three months before you begin work. Much can be done in that time. You may even find a wife in three months."

"I shall go, father, but—well, I'm afraid I can't promise to bring a wife with me when I return."

"Don't say what you will or will not do. Just wait till you get amongst the pretty Philadelphia girls."

"Forewarned is forearmed, father. But where am I to go first?"

"You will be the guest of my old friend, James Gray. His wife is dead and his daughter Alice presides over his house. There is one thing, however, I must impress upon you. You must not fall in love with Alice Gray."

"Why?" asked David.

"I would rather not explain, but I desire that you look for a wife elsewhere."

"And yet she is the daughter of your old friend," protested David.

"That makes no difference," said the father, hastily.

"Is she too old?"

"No, she is about two years younger than yourself; and I am told that she is very pretty."

"Then what is your objection to her as a daughter-in-law?" asked David, his curiosity now thoroly aroused.

"David," said the father, gravely, "I shall not say more of my old friend's daughter, only this, don't fall in love with her."

"Very well," said David, indifferently. "Miss Gray and I shall meet and part as friends—nothing more. But I must confess that what you have said has made me anxious to meet the young lady."

James Gray Makes a Demand of His Daughter.

"Alice" said her father "David Page, the young man I told you of will arrive tomorrow night, and I want you to see that he enjoys himself while he is here."

"Very well, Daddy. How long will he be with us?"

"I shall insist on his remaining with us till after Christmas."

"Oh, then he will be here for my Christmas party."

"So he will, and, Alice?"

"Yes, Daddy."

"Remember you don't fall in love with him."

"Oh!"

"No, you must not fall in love with David Page; I forbid it."

"I forbid the banns," mused Alice, but aloud she said:

"Is he so terribly fascinating that you need to give me this warning?"

"I would rather not say more about it. For his father's sake we shall give him a kind welcome, but you must not fall in love with him."

Alice looked at her father a moment rather seriously, then she burst into a hearty laugh. "Ah, well, Daddy, don't worry about that. I think there is no danger of my falling in love with Mr. Page. But really I feel anxious to meet him."

On the following evening, when David arrived at Mr. Gray's home he was given a hearty welcome and soon felt quite at home. Upon retiring he said to himself: "Well, I am more than pleased with my new friends. Miss Gray is charming. But why on earth did she

look at me in such a quizzical way?" He did not know that Miss Gray was soliloquizing in her own room,—“He seems very nice indeed, but I wonder why he looked at me like that?”

The Christmas Party.

David had made up his mind to return home before Christmas, but Alice persuaded him to remain.

Her party was a great success. She made a charming hostess. Late in the evening, Davis went into the conservatory, feeling disappointed at not seeing more of Alice. She missed him and came in search of him. “You are lonely,” she said. “Are you sorry you remained?”

“Of course I’m not sorry, and I’m not lonely, now,” he replied with a smile. Alice gave him a quick glance; then holding out a cracker, she said: “Pull!” He did as he was bidden, the motto remaining in Alice’s hand. After reading it, she passed it to him, and gave him a mischievous look. He read, “Trust him not.” “What rubbish,” said he, crushing the motto in his hand.

“Don’t get angry; try again,” said Alice. This time David read the motto and passed it to Alice. “Any truth in that?” he asked.

Alice read, “She is a coquette! beware!”

“Do you think that of me,” said she.

“Really, I don’t know what to think of you,” replied David, earnestly.

“Am I such an enigma?”

“You are a mystery,” said David, bluntly.

“What is there about me you don’t understand.

“Well,” said David, after a pause, “I often find you looking at me in a peculiar way, as if you had been told something about me, and were trying to find out if it were true. Is that not so?”

Without looking up, Alice said, “I was told something about you,” then, looking him full in the face, “and I often find you looking at me in the same way.” David blushed, but said nothing. “Am I right?” persisted Alice.

“Your are quite right.”

There was long pause, then Alice said,

“I shall esteem it a favor if you will tell me what was said to you about me.”

“And if I refuse?”

“Then I shall keep my secret.”

“My conclusion is reached; I agree to your terms,” said Alice laughingly.

“Very well; begin please.”

“Oh, no,” cried Alice; “you first.”

“Pardon me,” said David with a smile and a look, “but ladies come first.”

“Not when it comes to telling secrets,” laughed Alice. “Besides, you agreed to tell me if I would tell you afterward.” David laughed.

“I’m afraid I don’t quite remember making such a bargain, however, it doesn’t matter,” he said. And he told his story in as few words as possible. There was silence for a moment. “Well?” queried David.

“There seems to be a conspiracy afloat,” Alice replied.

“How so?”

“Because my story is the same as your own.

“Indeed! Explain, please.”

“Well, the funny thing is my father forbade me falling in love with you.”

“What!”

“It is true, I assure you.” Then there was a long pause. David was quite near Alice, so near that he fancied she could hear the quickened beating of his heart. He tried to look into her eyes, but she would not look up; she was nervously dissecting a crimson rose and gaining no truth whatever from the operation. David’s head bent lower, his hair touched her forehead.

“Have you obeyed your father, Alice,” he whispered, lingering lovingly on her name. There was no reply, but the rose petals continued to fall.

“Alice,” said he, clasping the rose and the hand that held it, in his own. “Alice, answer me.”

“Have you obeyed your father’s wishes?” was her reply, but she did not raise her eyes.

“No, of course I haven’t. Did you think I could know you this long and not love you? But tell me, Alice,” he

whispered, drawing her close to him, "you have not obeyed your father."

"No, David, how could I?" There was another silence, a long sweet silence, and then Alice remembering her duty as a hostess, hurried back to her guests, followed by David.

The next morning David and Alice were talking over the "conspiracy," as they called it, and trying to enjoy the novelty of it all, tho each felt somewhat doubtful as to the outcome.

"What will our fathers say, David? If they are really in earnest."

"But they are not," interrupted Mr. Gray, entering the dining room followed by Mr. and Mrs. Page. There was a general hand-shaking and a shower of good wishes on the happy lovers.

"Well," said Mr. Gray, laughingly, "the betrothal feast seems to be in waiting and if you are all as hungry as I am, you will appreciate Alice's culinary art."

David demanded an explanation of his father's and Mr. Gray's strange actions as soon as they had all expressed their appreciation of Alice's delicious and wholesome breakfast.

"Well, it is very simple," said Mr. Gray. "We forbade your loving each other because we wanted you to love each other."

"What!" came in a chorus from David and Alice.

"Yes," said Mr. Page. "We desired that our children should marry each other. Could we have accomplished our desire by ordering them to do so? No, we knew human nature better than that; we ordered them not to fall in love with each other, you know the result."

"And, my dear children," said Mrs. Page, "disguise it as we may, there has been from the beginning of the world, a wonderful fascination in forbidden fruit."

HARVEST DAYS.

It was sunny August morn,
And soft the southern breeze
Fluttered about the shocks of corn,
And gently stirred the trees.

The birds sang loud, the winds sang low,
Ah, summer days too quickly go.

As Hëtty thru the cornfield went
With basket on her arm,
Filled full of fruit and dainties, sent
To reapers on the farm,
Half dreaming on her way, she heard
The song sweetly sung by wind and bird.

The reapers, 'neath the oak-tree's shade,
Resting from work awhile,
Looked up to greet the little maid
With kindly word and smile.
Then spake one, "Little maiden, say,
Why do you look so sad today?"

"The sun shines bright, the day is fair,
And plenteous will the harvest be;
The birds are singing everywhere,
All Nature's full of glee."
"Nay," answered then the maiden,
"Nay,"
Too quickly goes each summer day.

"Winter will come with frost and snow,
And birds will all have fled,
And all the trees their leaves have lost,
And all the flowers be dead.
And where the corn is on the ground
Will be but stubble all around."

"Ay, so!" the old man said, "Ay so,
Sweet summer days must flee;
But then without the winter's snow
Where would the summers be?
Each season hath its good, my lass,
Altho the summer days quickly pass."

PATENT REVERSIBLE POEM.

(Turn according to the weather.)
Oh, don't you long for summer days,
The drowsy drone of bees;
While on the grass the golden light
Comes checkered through the trees?

Oh, don't you long for winter days,
When in the frosty night
Earth dons her diadem of ice,
And robes herself in white?
—New York Sun.

OUR BOYS AND GIRLS.

A CHRISTMAS STORY.

(Written for the Character Builder.)

It was Christmas eve, and as the twilight deepened into darkness the large feathery flakes of snow came down slowly and quietly.

There was a chatter of merry voices in Aunt Hannah's big dining-room as the crowd of girls sorted their pretty presents and arranged them in baskets. Lucy was reading the names from a list given her by one of the merchants, and Alice was writing each name on a bit of white card-board, thru which a bright ribbon was tied; while the other girls and Aunt Hannah were fastening the names to the presents.

Suddenly there was a loud clatter on the porch and a heavy rap on the door. Aunt Hannah cautiously opened the door and looked out.

"Who's there," she asked.

"Why, Aunt Hannah, we boys have decided to put off our skating party till some other night, and we came to see if the girls would let us go with them," said Harry.

"Too late! too late!" came in a chorus from the dining room.

Aunt Hannah stepped aside as Alice came to the door to speak for the others.

"Oh, Alice, please let us go with you. We shall be ever so good if you will," pleaded the boys.

"But you do not know the Christmas carols."

"Yes, we do! You just ask Aunt Hannah."

"Yes, girls, they have learned them all."

"But you have no presents, and no baskets, and no lanterns," objected the girls.

The boys laughed and so did Aunt Hannah, as she stepped to the door and told them to come in. And when the girls saw the boys' baskets of apples and nuts, and their lanterns decorated

with bright tissue paper, they were glad to have the boys go with them.

"What are these little cards for, Nell?" asked Harry.

"Why, those have the names on them of all the aged people and poor children. We have a basket for each poor family and for every aged person in town."

"That's fine," said John. "And now let us put some apples and nuts in each basket and we shall be ready to go."

The lanterns were lighted and the boys and girls set forth to carry joy and gladness thru the village. They went from house to house singing their pretty Christmas carols and leaving the baskets at the homes of the aged and poor.

At last they had given all of the baskets but one, which was to be left at the home of a poor widow. They came up to the house quietly. There was no blind at the window, and as they came near they could see three empty stockings, hanging on the wall. A little child lay sleeping in the cradle at its mother's side and the two other children were listening to the beautiful story she was telling. The carol singers listened too, and this is the story as that mother told it:

"The shepherds were in the fields watching their flocks at night, and an angel of the Lord came to them. They were afraid, but the angel told them to fear not for he had come to bring them good tidings of great joy. Then he told them that the Saviour of the World was born, and when the wise men went to find the Saviour, they were led by a bright star until they came to a stable. When they entered they saw a beautiful woman with a sweet, innocent baby in her arms. That baby was the Christ-child. And when He grew to be a man He was so noble and good that God loved him more than any other man. He was always as pure and true as a little child. He used to call the children to him and bless

them. Christmas is the day we remember as his birthday. It is the time when every little child's heart should be full of joy and peace and love; and every little girl and boy should think of the Christ-child and try to be like Him. For Christ said, 'Follow me. I am the Way, the Truth and the Light.'

When the story was finished the girls and boys sang a low sweet Christmas refrain. Mrs. Lane came to the door and thanked them for remembering her. "I cannot tell you what peace your sweet music has brought to my heart," she said.

"And we thank you, Mrs. Lane," said Lucy.

"I do not know why you should thank me," answered the kind widow.

"Maybe we did wrong, Mrs. Lane," John explained, "but we came just as you began telling the story of the Christ-child, and so we listened. Now we all want to be more like Him."

When they gave Mrs. Lane the Christmas basket her eyes filled with tears, and she said, "Surely you are doing the work of angels. May peace and joy be with you."

O, how happy the girls and boys were that night. And when Christmas dawned, bright and beautiful, they awoke with hearts full of love and gladness. They carried sunshine with them all the day long, for they remembered the Christ-child and tried to do as they thought He would do. In making others happy, they were blessed.

What are you girls and boys going to do on Christmas? Remember, every girl and boy can say kind words and do good deeds. And if you do, your faces will grow beautiful, your lives will be full of sweetness, and every one will love you. Try it. When Christmas-tide comes, remember the Christ-child.

LELLA MARLER.

Boys and girls, do you know the names of your two best friends? They are beautiful names and you learned them long ago. Every day that you live these names will grow sweeter and dearer to you. If you wish to make these friends

happy, you must be kind to them always and try always to do right. Their names are Father and Mother.

LITTLE BY LITTLE.

"Little by little," an acorn said,
As it slowly sank in its mossy bed,
"I am improving every day,
Hidden deep in the earth away."

Little by little each day it grew,
Little by little it sipped the dew;
Downward it sent out a thread-like root,
Up in the air sprang a tiny shoot.

Day after day, and year after year,
Little by little the leaves appear,
And slender branches spread far and wide
Till the mighty oak is the forest's pride.

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

WISDOM IN WIT.

ALL THE DIFFERENCE.—He: "I am rather in favor of the English than the American mode of spelling."

She: "Yes?"

He: "Yes, indeed! Take 'parlour,' for instance. Having 'u' in it makes all the difference in the world."—Popular Phrenologist, Brighton, Eng.

Papa—see here, Willie, you mustn't bother me. When I was a little boy, I didn't bother my papa with questions.

Willie—Maybe if you had, pa, you'd be able to answer mine.—Philadelphia Ledger.

In a reading class a little girl read thus: "The widow lived on a limbacy left her by a relative."

"The word is legacy, not limbacy," corrected the teacher.

"But," said the child, in great seriousness, "my sister says I must say limb, not leg."

"I assure you, madam," said he, "that I would not be begging my bread from door to door if I could but procure employment at my profession."

"Poor man," replied the good woman, as she handed out a pie, "what is your profession?"

"I am an airship pilot, madam."

POSITIVE AND COMPARTIVE.

Man's words to man are often flat,

Man's words to woman flatter.

Two men may often stand and chat—

Two women stand and chatter.

—Philadelphia Press.

Miss Screecher—So Mr. Critique said my singing was heavenly, did he?"

Mr. Howels—Well, not in so many words.

Miss Screecher—What did he say?

Mr. Howels—He said it was unearthly.
—Chicago News.

No political party yet has had the bravery to incorporate the "Ten Commandments" in its platform. The discussion of the commandments against stealing, bearing false witness, worshipping false gods, coveting, etc., would be very embarrassing in a modern political campaign.—Pathfinder.

Many a boy has been called lazy when he was simply the innocent victim of a germ disease. The scientists have now found that laziness is due to the presence in the system of the hookworm, alias ankylostomum, alias duodenale, alias uncinariasis. It is hoped that from this time on no boy will be chided for laziness. It is the germ that should be blamed.—Pathfinder.

Oh, horrors! We spend more in chewing gum than on missions! Ah, but by keeping some jaws busy, otherwise than in talk, we do the best kind of mission work.—Brooklyn Eagle.

"I suppose your men of leisure over here travel a great deal," remarked the British tourist.

"Oh, yes," replied the native, "they have to."

"Indeed?"

"Yes, we keep the tramps on the move in this country, I tell you."—Philadelphia Press.

Women's sleeves this winter will again be of the style which will cause them to drag in the butter and soup when passing things to the table.—Atchison Globe.

In the day of the germ theory, fools rush in and kiss one another where angels stand off and shake hands with rubber gloves.—Detroit Free Press.

It is with narrow-souled people as with narrow-necked bottles—the less they have in them the more noise they make in pouring it out.—Selected.

Mr. Rockefeller lost his overcoat the other day and he has just raised oil another notch to pay for it. Every time he has any bad luck or wants to make a gift to a university, he charges it up to the public in this way. At least so say the cynics. The Standard Oil company reports as an excuse for the raise that the wells were "giving out." This is true enough, but they neglected to say that what the wells were giving out was oil.—Pathfinder.

A marriage of an American heiress to a foreign nobleman is not always a union of dollars and sense.

If the hot air expended in a political campaign could be stored away for use in the winter, the coal trade would be paralyzed.

Books Received.

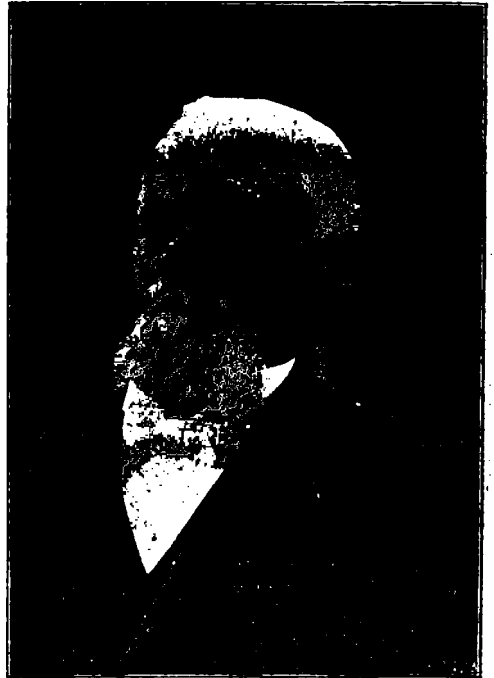
HISTORY OF SOCIALISM IN THE UNITED STATES, by Morris Hillquit, 371 pages, cloth, \$1.50. Funk & Wagnalls Co., New York and London.

This book should be read by everyone who desires to know the history of Communism and Socialism in America. It is written in a most interesting style. The author is fair and unprejudiced in the treatment of the subject. It gives the history of Socialism up to date and differs from the standard works of Noyes and Nordhoff by emphasizing Socialism and giving only a brief account of the Communistic Societies of America. Some of the principal topics treated are: Early Socialism; Sectional Communities; the Owenite Period; the Fourierist Period; the Icarian Communities; the Modern Movement; Anti-Bellum Period; the Period of Organization; Socialist Labor Party, and Present-Day Socialism. Every chapter in the book is full of interest and can be read with profit by every person who is interested in the progress of humanity. The author points out the failures as well as the successes in the struggle toward a more perfect form of government. With the present growing interest in social science among the masses, the book before us should become very popular.

THE CONSTITUTIONAL RIGHTS OF PHYSICIANS, or the Legal Status of Doctors Everywhere Under the Flag, by R. C. Bayly, A. M., M. D., 168 pages, cloth. Lesson Leaf Pub. Co., Decatur, Ill.

In this work Dr. Bayly argues that a physician who is qualified to practice in one state of the Union should be permitted to practice in any other state without being compelled to pass an examination or to pay a fee. The author speaks plainly and forcibly concerning the abuses of State Health Boards and proves conclusively that "Medical Practice

Acts" have not resulted in suppressing quackery. The author's arguments are upheld by the most distinguished members of the professions of law and medicine. The testimony of these is freely quoted. Every American citizen should be interested in the questions discussed in this book. Medical quackery never before was more popular than at present; and the most brazen quacks that have imposed upon the people of our own state are regularly licensed physicians who have violated and continue to violate the ethics of their profession by the methods that they have adopted to capture the credulous who are ignorant of scientific principles. Dr. Bayly discusses causes and suggests a remedy.



DR. KARL G. MAESER'S book, "School and Fireside," has been reduced in price from \$2, \$2.75 and \$3.75 to \$1.50, \$2, and \$2.50. The Human Culture Co. has arranged to handle the book, and is now making the following liberal combination offer: For \$1.50, plus 15 cents postage, we will send a copy of the

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Children have more need of models than of critics.—Joseph Joubert.

In character, in manner, in style, in all things, the supreme excellence is simplicity.—Longfellow.

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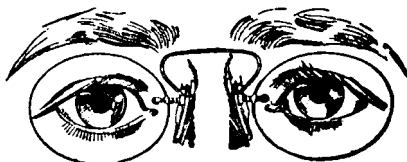
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