

THE CHARACTER BUILDER

A JOURNAL OF HUMAN CULTURE AND HYGEO-THERAPY.

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EDITORIAL.

The Character Builder uses the reformed spelling recommended by the National Educational Association.

THE NEW YEAR.—With souls full of gratitude for the success of the past; full of hope for the future; full of love for our fellowmen; full of desire to aid in the establishment of truth and justice; full of sympathy for our fellowmen, and full of confidence in the ultimate triumph of good, we begin the labors of another year. We are determined to devote more thought and space to positive teaching and less to the negative side of life. We shall aim to treat causes of abnormal social conditions and suggest effective remedies. Where negative influences are so skilfully secreted that they are not generally known to exist, it is necessary to point them out in order to arouse a sentiment that will succeed in displacing the evil by good. We believe in the doctrine of the great Teacher, that evil should not be resisted, but should be overcome by good. It is difficult to get rid of the evil thought without driving it out by a good one. Social evils are not overcome by preaching against them, but by establishing conditions that develop the higher powers of mind and lead away from evil. Ours is a work of construction rather than destruction; formation rather than reformation. We believe in gradual growth more than in abrupt changes; in co-operative effort more than in controversy. We shall enlarge and improve our magazine during the present year and shall aim to make it a real Character Builder by devoting its pages to the advancement of humanity's cause. We thank our patrons for their support in the past and solicit their con-

tinuous co-operation in human culture work.

CO-OPERATION IN HUMAN CULTURE.

In our last number we announced the consolidation of the Journal of Hygeio-Therapy with the Character Builder. We are sure this change will result in good for the cause of human culture. In looking over the sixteen volumes of the Journal of Hygeio-Therapy that have been issued since Jan. 1, 1887, we find contributions from the most able writers on non-drug therapeutics, hygiene, sanitary science and other studies of human culture and cure. Among these writers are Robert Walter, M. D., superintendent of one of the largest sanitariums in America, and author of "Vital Science," "The Exact Science of Health," etc.: S. W. Dodds, A. M., M. D., a graduate of Horace Mann at Antioch College, author of "Health in the Household" and other hygienic works; contributor to leading magazines of America; formerly dean of the Hygienic College of Physicians and Surgeons, at St. Louis, and associate physician in the Dodds Hygean Home of St. Louis: M. Augusta Fairchild, formerly professor in Trall's College of Hygeio-Therapy; author of "How to Keep Well," and "Women and Health"; proprietor of a sanitarium at Quincy, Ill.: A. G. Humphrey; proprietor of the Western Health Institution at Galesburg, Ill.: Dr. A. M. Ross, the learned scientist; Dr. Mary C. Lyon; Mrs. Shepherd, the author of "True Manhood" and "For Girls"; William Tebb, and numerous other faithful and intelligent workers in humanity's cause. The magazine contains many valuable articles by the editors, Dr. and Mrs. Gifford, and Dr. Rose

B. Jackson. Because of the merits of the magazine, some of the subscribers have been continuous patrons during the sixteen years of its existence. We hope to keep the standard so high that they will continue their patronage.

During the existence of the "Hygienic Association of America," the Journal of Hygeio-Therapy was their official organ. On Sept. 24, 1888, the following resolutions were passed by the association:

"Whereas, The members of the Hygienic Association of America are widely separated, living in different states and in Canada, we recognize the pressing need and the great demand for some means of communication with each other and especially with its officers, therefore,

"Resolved, 1st. That we hereby constitute The Journal of Hygeio-Therapy, published at Kokomo, Indiana, its special organ and means of communication until further ordered by the association.

"2nd. That we commend Dr. Gifford for his earnest labor in starting and establishing a journal that so clearly and thoroly voices the sentiments of the hygienists of America.

"3rd. That we pledge ourselves to do all in our power to increase its usefulness and extend its circulation; and,

"4th. That the constitution and names of members be published in The Journal, and all its proceedings be placed in the hands of the Secretary for publication at his discretion."

The officers of the association were: President, Dr. S. W. Dodds; secretary-treasurer, Dr. T. V. Gifford; assistant secretary-treasurer, Leroy Henry; vice president, Dr. U. O. Robinson of Atlanta, Georgia, Dr. A. M. Ross of Toronto, Canada, Dr. J. H. Lovell of Philadelphia, Pa., Dr. Sanborn of Tabor, Iowa.

The principles advocated in the Journal of Hygeio-Therapy and the Character Builder are so similar that no change of matter is necessary, except the addition of a department of Hygeio-Therapy, or Drugless Treatments. In this department articles from the most experienced practitioners using non-drug

medication will be published. The editor of the Character Builder is not a practicing physician, but for a number of years he has devoted much time to orthodox and heterodox medical studies. He has read the works of Trall, Jackson, Dodds, Fairchild, Walter, Kellogg, Oswald, Page, Holbrook, Nichols, and other leading authors of works on non-drug therapeutics. He spent one summer at the Invalids' Home with Dr. and Mrs. Gifford, Dr. Jackson and others, studying the principles of human culture and cure. He spent nearly two years at the American Medical Missionary College of Chicago, the only regular medical college in America that emphasizes Hygeio-Therapy besides giving all other studies of the best medical colleges. He has read the works of the most eminent authors in the Regular, Eclectic, Homeopathic, and Physio-Medical schools. He is very much indebted to the above-named authors and to Horace Mann, Maeser, George Comb, Dr. Andrew Combe, Gall, Spurzheim, Drayton, Jacques, Wells, Capen, Buchanan, Babbitt, Peebles, Riddell, Stockham, Shepherd, Cowan, Wood-Allen, Weaver, as well as to numerous other authors on human culture subjects, for the thoughts that have been most helpful in solving the problems of life. It appears that these authors have reached fundamental principles and their doctrines will stand the tests of all future time, because they are in harmony with truth.

"That which men abuse today,

Men of the future will adore,
And truth, which error seeks to slay,
Lives evermore."

We hope to collect the best thoughts of these and other writers who have had the best opportunities for investigation. Horace Mann met opposition half a century ago in his work of reforming education, but his work is now admired by the leading educators of the world, altho his entire system was based upon the despised science of phrenology. Dr. Trall met similar opposition in establishing true principles in the medical world, but it is remarkable how sentiment has

changed in favor of treatments that were then most vigorously opposed.

The aim of the Character Builder is to present true principles of education and of the healing art. We shall expose quackery, no matter how popular, and defend truth as we understand it, altho it may be unpopular. In our fight for truth we hope to have the co-operation and support of all who desire to see disease, vice and crime displaced by health, virtue, honesty, love, justice, and every power that will contribute to the welfare of ourselves and our fellow beings. We hope to make the magazine worthy of your patronage.

We invite you all to become stockholders in the Human Culture Company. This company has been incorporated for \$10,000, and the stock is being sold at par value in single shares of \$10 each. Every member receives a continuous subscription to the Character Builder as a dividend on his stock and can secure other choice magazines and books on human culture at a reduced price. The money will be devoted to the advancement of the cause. No cash salary will be paid to anybody, except the business manager, whose entire time will be required in the work.

The stock is being purchased by county superintendents of schools, teachers and persons of the various pursuits of life who are interested in the establishment of truth. Today we received a letter from a prospective stockholder in Old Mexico, and from one in Chicago. A few days ago we received ten dollars from our friend, L. H. Piehn of Nora Springs, Iowa, the national president of the Anti-Vaccination Society. We are encouraged by the favorable reception given the co-operative idea upon which the Human Culture Co. is based and trust it will become a power for good in the land.

We invite you all to co-operate with us.

CHURCH FAIRS AND CARNIVALS.—In considering these enterprises from the educational viewpoint, one is forced to the conclusion that they may

lead to evil, altho the motives of the promoters are good. The boy who attends the carnival and pays his nickel for a chance at the fish pond is a gambler in embryo. His motive is the same as the gambler's, but he has not as much to risk. The fascination of his first attempt remains with him, however, and as soon as an opportunity with a greater risk comes he is ready for it. How does the method of electing queens at carnivals differ from gambling? From the bill of one of these carnivals I quote: "The lady receiving the highest number of votes will be declared Queen, and if her vote reaches over 4,000 she will be presented with a cash prize of \$100. The price of votes will be five cents each, and the contest is open to all." What an opportunity for developing vanity, jealousy, and dishonesty! Some persons would pay their last dollar to see the lady of their choice receive the distinguished(?) honor. One instance occurred in this state a few years ago, where a certain young lady was chosen because her lover's purse was long and he did not hesitate to empty it. There may be other similar cases.

Have these carnivals an educational value, or are they merely a means of amusement and money-making? From one of the bills I copy the following: "Fifteen gorgeous booths; thousands of dollars worth of the finest holiday presents for sale." Many persons buy these articles merely because they desire to help the cause, not for the value the articles will be to them. From the same bill the following is quoted: "The wonderful Maze, Dante's Inferno, The Green Room, The Gnomes, The Fairy Grotto, Chamber of Horrors, The Doves, Hall of Relics, and like attractions too numerous to mention. Such an attraction as has never before been in the west." This reminds one of circus methods of advertising. There is much of a sameness in these carnivals. They are not limited to any denomination, sect or community. They may furnish a convenient method of raising money, and furnishing amusement, but from the educational viewpoint their value is not so ap-

parent. If the money that is spent by Christians for liquor, tobacco, patent medicines, tea, coffee, and other harmful substances were given to defray church expenses there would be no occasion for some features of the fairs or carnivals. Raffinig and other forms of gambling are vigorously opposed by religious denominations, as they should be; but the psychological effect of some features of the modern carnival are equally objectionable. Some may look at the matter differently, but if one will analyze the results carefully and study the causes of vices from which even Christians are not free, he must conclude that some of the vices have their origin where least suspected.

These sugestions are the private opinion of the writer, he alone is responsible for the statements, if there are any logical objections we shall give them space in any future number.

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SOME SIGNIFICANT FIGURES.

The following interesting figures are taken from the Gazetteer of Utah for 1878 and from Polk's Gazetteer for 1903. They indicate the growth of saloons, breweries, drug stores, etc., but do not give an accurate estimate of stimulants and narcotics consumed.

	1878	1903
Saloons in Utah	75	375
Drug Stores in Utah	14	118
Breweries and Brewer Agents	4	18
Cigar factories		24

The population of Utah in 1880 was 143,963, and in 1900 it was 276,749. The estimated population of the present time is about 305,000. That indicates that the population has a little more than doubled during the past quarter century, while saloons are five times as numerous; drug stores eight and three-sevenths times as numerous; breweries and agencies, four and a half times as numerous. If exact statistics of the use of tobacco could be obtained, it would be found that the tobacco evil has grown more rapidly than the liquor evil. From the report of the Utah inspector of foods we learn that

the people of Utah consumed 3,000,000 pounds of coffee last year, an amount equal to twelve pounds per capita. His report states that this is an increase of four pounds per capita during the past few years.

The increased consumption of stimulants and narcotics along with other abnormal habits of life has resulted in a great increase in the two professions that depend upon abnormal physical and social conditions of humanity, viz: medicine and law. Twenty-five years ago there were ninety lawyers in Utah; now there are 387, which is four and three-tenths times as many as there were a quarter of a century ago, while the population is only a little more than double. In 1878 there were forty-three doctors in Utah; now there are 288; the physicians have increased six and three-tenths times, while the population has a little more than doubled.

It is very evident that we have not made any progress toward the reduction of disease or of the use of stimulants and narcotics. Who is to be blamed for these negative results? Is it the home, or the school, or the press, or some other educational factor? One thing is certain, the methods thus far used are ineffective and should be substituted by some better and more effective ones. It is evident that the liquor evil will not be reduced or abolished by "high license." Something is evidently wrong in our methods of dealing with social evils. We have not sought out the causes and removed them. It has been stated by some American educators that some vices are increasing in the land at the same ratio that our educational system is growing. Statistics seem to bear out the statement. It is only true when applied to mental training, without giving due consideration to moral and physical education. While much attention is given to intellectual training the pupil is supposed to receive the necessary moral training incidentally. The large majority of boys and girls graduate from school without an intelligent understanding of the laws governing their own bodies and minds, this

ignorance, connected with the bad examples set by persons who should live more exemplary lives makes it possible for abnormal conditions to grow while we are progressing in an intellectual way.

A PUBLIC OUTRAGE.

One of the greatest outrages connected with the recent Thanksgiving day in this city was the manner in which some turkeys were killed and plucked by butchers and boys at the Success meat market on First South, near Richards street. One of the leading citizens of the city was driving by and seeing the outrage, asked two fellow citizens to have it stopped, because he had ladies in the carriage with him and could not very well attend to the matter himself. The two citizens who were asked to stop the outrage are Mr. Langton, superintendent of the People's Cash Store, and Mr. Pickering, a resident of Richards street, who has charge of the advertising for Z. C. M. I.

The butchers could not be persuaded to use a more humane method of preparing to kill turkeys, hence Mr. Pickering telephoned to the police. Officer Sperry came and we quote the result of his investigation from the Deseret Evening News: "The latter (Officer Sperry) began an investigation and learned from several witnesses that the three defendants had been killing turkeys by cutting their throats, and had employed a number of boys to do the picking. The latter, it seems, were in a hurry and did not wait until the birds had shuffled off their mortal coils, but began tearing the feathers off during the kicking process. This enraged Mr. Pickering and several other persons. * * * It was about the time that the Tabernacle services were over with, and a large crowd collected on the scene. Pickering, it is said, secured a camera and was bent on taking a snap shot at the butchers and their victims. Sperry says the man made considerable noise and he was able to quiet him only when he threatened to run him in. Sperry declined to arrest the three men unless some one agreed to file a complaint against them.

Mr. Langton and Mr. Pickering agreed to do this, and Sperry made the arrest. The men were released upon furnishing \$10 bonds each.

"When the case came before Judge Diehl yesterday afternoon, he promptly dismissed it, holding that if a turkey is so unfortunate as to have its throat cut and does not discover that it is dead until the feathers are being picked off, that it is no fault of the butchers. The birds ought to know better than to kick about a little thing like that anyhow."

If Judge Diehl made the remarks attributed to him above, he is not worthy to be a judge. In the report of the disgraceful proceedings as given in the "News," the matter was treated lightly. It is astonishing that such an influential paper as the "News" did not make use of such an opportunity to denounce such brutal treatment of animals.

The excuse usually made by officers for not bringing certain offenders to justice is that citizens will not testify against them. The case before us shows that such an excuse is not well founded. How can justice be done where citizens are humiliated by the press and the court when they are merely performing an unpleasant duty? What is the use of teachers emphasizing humane education when their work is thus overthrown? Some of the leading educators of our city think a great injustice was done by the court and by our daily papers in the way they disposed of this case of barbarism.

RUBBISH CANS.—Several months ago large rubbish cans were placed on the Tabernacle grounds to aid in keeping the grounds clean. Later such cans were placed on the street corners in the business part of the city and recently one has been placed in the post office. Good results are already observed from this movement. It furnishes an opportunity for citizens to help in keeping the streets and public places in a more orderly condition.

Every man stamps his value on himself.—Schiller.

Human Nature Department

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

JOSHUA HUGHES PAUL,

President Latter Day Saints' University.

Delineation by N. Y. Schofield.

As every individual flower without regard to its size, color, form or species, has its own peculiar charm to the ardent botanist, so the student of human nature finds in

key can be moulded into upwards of ten thousand different and distinct shapes without increasing its actual bulk or weight, how much more complex, how much more numerous and therefore more susceptible of variation are those conditions which enter into the mind and body of a human being, and which determine what we understand as human character.

But this is a digression and the the



each new subject something of special interest and value.

The diversity of human talent is wonderful. As the words in our rich and copious language are all made up by uniting and interchanging the twenty-six letters of the alphabet, so by a similar process but to a still greater extent are the varied shades of human thought and action in mankind diversified and multiplied beyond our power of comprehension by combining, in what appears like an endless chain, the innumerable phases and condition of mental and physical development.

If, as some writer has stated, an ordinary

thought was suggested by a study of the photograph of our subject, yet if followed it would lead us so far away from him we could not easily return within the limits of this article.

To return, therefore, to the point, the writer called upon President Paul by appointment and submits herewith a copy of the measurements, notes, etc., taken at the time and from which the material for this sketch is taken.

- Circumference measurement, around base of brain 22½ in.
- From orifice of ear, over the head to other ear 14½ in.

From root of nose over the head to occipital spine	14 in.
Diameter (caliper) measurement just above the ears	6¼ in.
Weight of body	140 lbs.
Large—	
Organic quality*	Veneration
Mental temperament*	Conscientiousness
Individuality*	Firmness
Size	Friendship
Weight	Destructiveness
Eventuality*	Secretiveness
Locality	Cautiousness
Comparison	Inhabitiveness
Causality	Size of brain
Ideality	Average—
Sublimity*	Health
Parental love*	Vital temperament
Combativeness	Human nature
	Benevolence
	Imitation
Full—	Mirthfulness
Breathing power	Agreeableness
Motive temperament	Constructiveness
Language	Amativeness
Calculation	Self-esteem
Hope	Approbateness

Of course there are a few other organs in the brain not included in the above list, as they are unnecessary for our present purpose, but attention is directed to those named with particular reference to the respective headings under which they are grouped, indicating their relative size and strength.

This may be of special value to those inclined to make their own observations and deductions, as everything we can say of Prof. Paul must have its root, its explanation and proof in one or more of the organs or conditions above given.

The first measurement noted is above the average, and the 22¼ inches is not classed as a large head, when the "quality" of organization is considered, which is very high in this instance, much of the seeming deficiency is counteracted.

Besides, if Prof. Paul had the full amount of hair which the law allows, the tape measurement would register perhaps one-half an inch more, thus entitling him to a twenty-three inch head.

The examiner, however, usually makes due allowance in these cases, and as a matter of fact the size, quality and activity of the brain in this instance is considerably in excess of the 140 pounds to sustain it. Here comes the examiner's opportunity to advise in regard to health. Professor Paul would be benefitted physically and mentally with a normal weight of 155 or 160 pounds. The difference between the latter weight and his present 140 or 142 pounds is the measurement of his weakness in this respect, as it indicates proportionate friction between mind and body, which in turn de-

notes danger sooner or later—as friction always does, until the relative parts are balanced.

The vital or nutritive temperament should be strengthened and the mental restrained. There is evidence of too much mental exertion to the neglect of physical needs, as is plainly shown in the center of the cheeks.

Professor Paul lives almost exclusively in the realm of mind. The body is a means rather than a source of pleasure; every ruling and permanent desire having its spring in some of the higher faculties that pertain to education, refinement or to moral and social advancement. The animal nature stands at zero. Where the conditions are reversed, the "quality" inferior, head small, body large and flabby, the person will be found to live in the base of the brain and locate his chief desires in the stomach.

Of course, Professor Paul—like the generality of mankind—has his quota of weaknesses that usually enter into human nature and which in the eyes of some are regarded as unqualified faults, but admitting this, it is certain Professor Paul could not be accused of sensuality, coarseness or any of those inherited or acquired habits that are opposed to good breeding, morality and refinement, for he is clean, both inside and out.

He has a positive, matter-of-fact mind, accurate reason, retentive memory, keen observing power, remarkable energy, strong combativeness, a warm social nature and a very high endowment of the artistic faculties. These are among the leading traits of the character and will be noticeable in his acts, manner, speech and methods.

A back view of the head will show considerable width just behind and slightly above the ears denoting that whether right or wrong, he has the courage of his convictions and cannot be easily frightened or intimidated. There is more justice and consistency than mercy in his composition. Benevolence, which gives sympathy and consideration without regard to merit is relatively small hence as a judge or jurymen he would pay more attention to solid facts than to sentiment and by some would be counted as rigid in discipline and severe in rebuke.

Certainly he would not sacrifice principle for expediency—is not built that way, and tho unwilling to make any compromise where duty or honor, as he sees it, are at stake, there is nevertheless a distinct mellow side to his nature where the affections are concerned.

While Benevolence is not a dominant organ, Friendship and Parental Love are both very strong, endowing him with that intense feeling of tenderness, forbearance and love that would cheerfully make any personal sac-

rifice in behalf of those to whom he is endeared.

It is clearly evident, however, from his peculiar make-up, that in secular affairs and in the regular routine of business life Professor Paul is a partisan. The diameter measurement of $6\frac{1}{4}$ inches between the ears is unusual. It bespeaks wonderful energy and with his large Firmness and Combativeness added constitutes a positive Character, that will stand for fixed and decided opinions. Out of these conditions will grow his aggressive, unequivocal, pointed "free lance" methods of doing business that is sure to provoke enmity and censure from those who in truth or in fancy have been injured; but on the other hand his honesty of purpose, his practical knowledge, his tact, clearness, dignity, industry and force of character will win and retain many warm friends who find in President Paul very much more to admire than to condemn. His inclination to criticize is natural and arises in part from his love of debate and partly from the fact that he possesses to an unusual degree the special qualities that make him expert in this line. He likes to direct, scrutinize, uncover and, if necessary, to expose. Deriving his ability from keen perceptive and acute reasoning faculties, he is not restrained from adverse criticism by any pity for his victim or fear for himself.

The lower portion of the forehead that is seen to be very prominent is a sort of mental cabinet or cold storage for facts, dates, figures, statistics, etc., all properly indexed ready for instant use, and which in debate will be very difficult to overcome and folly to ignore. Moving upwards, Causality and Comparison are likewise strongly marked, giving a logical analytical mind, capable of deep, original thought, while Mirthfulness, which widens the forehead at this point, imparts a ready wit and keen appreciation of the spicy, humorous things in life.

From this point, as we ascend, the forehead weakens until we reach the middle portion of Veneration. It would appear that nature had deliberately slighted, in a comparative sense, the organs of Imitation, Benevolence, Intuition and Agreeableness that she could still further endow Ideality and Sublimity, which are very close neighbors in the upper, front portion of the side head. At all events the two latter organs are exceptionally large as any one who will take a front view of the professor may readily see for himself. From these he derives his love of art, music and poetry. They are a constant source of pleasure and happiness second only to Parental Love. While Ideality fills him with the poetry and music of nature, Sublimity, which is linked by the organ of Hope to the organ of Veneration lifts

him at one bound from earth to heaven, and proves that the most exquisite joys in life come from within. It is the exceptional development of these artistic, refining faculties that makes the upper portion of the head seem flat or shallow. Actual measurement disproves this supposition, and while Professor Paul with his strong executive nature and practical, mathematical cast of mind could never become pious or santimonious, he is not lacking in Spirituality or Veneration. There is not space to dwell more in detail, tho Firmness, Self-Esteem, Continuity, Approbativeness and some other powers call for Special Comment. To sum up, we have in President Paul a good specimen of the mental temperament. The sharpness of the features—the nose and chin—indicate intensity. The eye is quick, thoughtful and searching; the mouth resolute and determined; the ear ambitious and the entire organization is fine-grained. He is extremely active, apt to attempt too much; neglects physical comforts for mental gratification, and eats to appease hunger rather than to enjoy his repast.

Professor Paul would have made his mark in law or, still better, in the writer's opinion, as a surgeon. Had he devoted the same efforts and energy to the latter profession that has been directed to the School and University, there is no doubt he would rank very high by this time.

As a teacher, he will be exemplary, circumspect, thoro, systematic and successful in benefitting others more than he will be benefitted himself.

BIOGRAPHICAL.

Joshua Hughes Paul was born in Salt Lake City, Jan. 20, 1863. Fortunately for him his early life was devoted to manual labor. This developed his finely organized constitution so as to give him a proper physical foundation for the intellectual pursuits to which his later life has been devoted. When a boy he herded cows, worked as a carpenter's apprentice to his father, and later worked at the bottling works of the Salt Lake brewery. At the age of eighteen he entered the University under Dr. John R. Park and in the course of three years graduated in the normal, the natural science, and the political science courses. He was then made a teacher at the University, and in the same year married Annie M. Pettigrew, a daughter of Bishop David Pettigrew. Professor Paul taught for nine years in the University, was associate editor of the Salt Lake Herald for one year, president of the Brigham Young College of Logan for three years, president of the Agricultural College of Utah for two years, has been president of the Latter Day Saints' University of Salt

Lake City for four years and at present presides over that institution. Under his direction the university has grown more rapidly than any similar institution in this region and is rapidly growing into one of the foremost educational institutions of the Rocky mountain region. For a short time President Paul was associate editor of the *Deseret News*. He has pursued post-graduate studies in political and social science and philosophy. He holds the degrees Ph. B., M. A., and Ph. D., from the Illinois Wesleyan University. His professorship at the L. D. S. University is that of philosophy. He has been one of the foremost exponents of psychology in Utah and has shown a keen appreciation of poetry and art. He might well be spoken of as having a poetic temperament. His strong esthetic and ethical powers have been plainly shown in his life. His countenance has the stamp of culture upon it and he is recognized as one of the foremost educators of this region. President Paul has lived in Utah during his entire life, with the exception of two years spent in Great Britain, mainly in Edinburgh and Birmingham. This sketch would be incomplete without some reference to President Paul's home life. An admirable simplicity reigns in his home. In the responsibilities of the home and the rearing of a family of boys and girls, Mrs. Paul has been an able companion, and has demonstrated that the mother's mission in the home, if faithfully performed entitles her to a share of the honor that is bestowed upon her husband, thru his services to humanity in a public capacity. In the case of President and Mrs. Paul there has been an intelligent co-operation that has resulted in domestic happiness as well as public honor. The day dreams of President Paul's boyhood and youth have been realized in a great measure thru his unceasing efforts. His life should be full of encouragement for boys who are ambitious to success, but have obstacles to overcome.

WHAT EMINENT MEN SAY OF PHRENOLOGY.

I look upon Phrenology as the Guide to Philosophy and the Handmaid of Christianity. Whoever disseminates true Phrenology is a public benefactor.—Horace Mann.

When a man knows himself, he knows what to do. Phrenology tells him who he is.—Chauncey M. Depew.

The Proper Study of Mankind is man.—Pope.

Much that I am I owe to my knowledge of Phrenology.—Henry Ward Beecher.

I am on the path laid out for me by a traveling Phrenologist many years ago, and I am not ashamed of it.—Dr. Parkhurst.

Every man and every woman can do something and there is plenty to do. Phrenology will tell each person what that something is.—Phil D. Armour.

I suppose I would have been farming in Highland county, Ohio, to this present day, had it not been for the dollar my father once paid a Phrenologist for a chart of my head.—Senator J. B. Foraker.

Phrenology has been a great benefit to thousands of young women in guiding them into proper and profitable lines of employment.—Mary A. Livermore.

It is right to tell the truth. Phrenology is truthful—therefore right.—Bishop Potter.

Of the four sciences, Phrenology, Geology, Chemistry and Electricity, I would place Phrenology at the head.—Dr. F. W. Gunsunlus.

I never knew I had an inventive talent until Prof. O. S. Fowler examined my head and told me so. I was a stranger to myself until then.—Thos. A. Edison.

Not to know yourself Phrenologically is sure to keep you standing on the "Bridge of Sighs" all your life.—Andrew Carnegie.

Phrenology is a philosophy that establishes itself whenever talent is found.—Dr. G. S. Mackenzie.

Dr. Robt. MacNish says:—All other systems of Mental Philosophy paled into insignificance when Phrenology came into the world.

Dr. Wm. Gregory, President Royal College of Medicine, says:—Phrenology constitutes the only satisfactory and consistent system of Mental Philosophy the world has ever seen.

The time is not far off when all other systems of Mental Philosophy will be put aside for Phrenology.—Prof. D. G. Halliburton.

I hold that Phrenology is more scientific; more lucid and satisfactory; more immediate and practical than any other philosophy known to mankind.—Chas. Maclaren, Editor "Scotsman."

Phrenology gives the only reasonable account of human nature which we possess.—Robt. Chambers, Editor "Chambers Journal."

Hon. Judge Cramton says:—Phrenology is the most important acquisition we have to modern knowledge.

Dr. Wm. Weir, lecturer on the practice of medicine and editor Medical Journal says:—I teach Phrenology to all my students as the only correct Physiology of the brain. I hold and maintain that the true Physiology of the brain cannot be explained save and except by Phrenological Principles.

Dr. Jno. Macintosh says:—The more closely I study nature—in health and disease—the more firm are my convictions in favor of Phrenology.

Dr. James Johnson, editor Medico-Chirurg-

gical Review:—I have long been convinced that the brain is the organ of the mind, and that Phrenology covers the whole range of Mental Philosophy.

Dr. W. C. Ellis, the greatest expert on Insanity and Diseases of the Mind, says:—I candidly admit that until I became acquainted with Phrenology I had no solid basis on which I could ground any treatment for the care of the insane.

Dr. James Scott, Surgeon and Medical Superintendent, Naval Lunatic Asylum, says:—During 10 years of my incumbency here, observation and experience have taught me that the only way to deal with the insane is thru the laws of Phrenology.

NEW NAMES FOR THE TEMPERAMENTS.

Suggested by John T. Miller, D. Sc.

The pathological classification of the Temperaments into Sanguine, Billous, Nervous and Lymphatic, or a similar arrangement with different names, was used almost universally by physicians and students of human nature until less than a century ago, when Fowler brothers suggested the anatomical classification based upon the relative development of the three systems of organs: the nutritive, the motor and the sensory. They named the Temperaments, motive, vital and mental. Their classification is scientific, as it is based upon structure and not upon color, as the old one was, but it is difficult to convey the meaning desired, by the names they used. Motive is a psychological term, while motor expresses the physiological function of the organs that predominate in that temperament. Vital does not express the characteristics that are conspicuous in the nutritive temperament. Nutritive Temperament is a more expressive form. Vital may as well refer to the motor type. Much explanation is necessary in classes to convey the correct meaning of the temperament usually called mental. As the word mental is used when the sensory organs predominate, the temperament might as well be called the sensory. These terms may have been used, but the writer has not seen them in print, altho he has read most of the books devoted to human nature. The terms Motor, Nutritive and Sensory Temperaments are more expressive and are suggested for use in describing the physical types, anatomically.

The blunder of parents has been that they want their children to be clever, rather than useful. And the educators have fanned the fallacy—hence the incompetents.—The Philistine.

Social Progress.

Nottingham, England, a city of 250,000, has owned its street railways for two years, and at a fare of 2 cents a mile made a profit of 1.1 per cent per annum on the capital invested.

A HYGIENIC RESTAURANT.—During the past month the proprietors of the St. Helena Sanitarium Food Store have opened a health restaurant on Main street, between Z. C. M. I. and the Templeton, in Salt Lake City. No stimulants or narcotics of any kind are served or offered for sale. The Seventh Day Adventists are conducting similar restaurants in most of the large cities of America. Healthful living is one of the leading principles of their religion, and they have done effective work in establishing these principles in all parts of the world. There is no other place in America where health principles are so carefully observed as in the west end of Battle Creek, Mich., the headquarters of the Adventists. There people dress for comfort and eat for health.

We can heartily recommend the Health Restaurant to the merchants and citizens of Salt Lake who eat to live and keep well. When our friends from the country come to Salt Lake they may get a good wholesome meal there at a reasonable price.

As it is customary in this epoch of commercialism to pay for most favorable comments that appear in print, we take this opportunity to state that the above is given absolutely free and that we have no connection whatever with the enterprise, except that we are interested in the principles they are practicing. They are principles that are emphasized in the religion taught us from childhood. When these principles are universally practiced the world will be better than today.

Churches, like department stores, carry the wares that are asked for.—Philistine.

EDUCATIONAL NOTES.

PATENT MEDICINES.

"The state board of health is carefully working out its investigations of the patent medicines that are sold in such quantities in this market. From one small bottle of cough medicine two grains of cocaine were taken, the retail price of the "medicine" was fifty cents, and the cost to the manufacturer three cents. One bottle of bitters yielded forty-seven per cent alcohol, within three per cent of proof spirits. Another alleged "elixir of life" that has been sold in this market in almost carload lots, was found to contain twenty-seven per cent alcohol and a little flavoring. There is quite a lot of alleged medicines that are showing up just about such analyses, and when the board gets its facts in order, there will be a move against these nostrums that promises to bring dearth and desolation to the contents of thousands of feet of shelving in local drug stores."

The above appeared in the Deseret Evening News of December 5, 1903, and proves the statements made a number of times in the Character Builder. When the "News" knows the facts about these nostrums, why does it not quit advertising them? One-half page of the Semi-Weekly News was recently devoted to an advertisement of Hostetter's Bitters, which contains 47 per cent of alcohol, or only 3 per cent less than proof spirits. The other nostrum referred to above is, no doubt, Peruna, the great tonic that contains 27 per cent of alcohol, and yet the Deseret Evening News often devotes an entire page to an advertisement of that humbug. Thru such advertising this pioneer paper has done more to make the people of this region the victims of patent medicines and quack doctors than has any other paper or other means of advertising. From a single patent medicine firm the News received \$3,000 at one time for advertising such nostrums, and

the poor deluded victims foot the bill. Will this outrage never stop?

The 27th annual meeting of the American Humane Association was held at Cincinnati. It was decided to take out incorporation papers in the District of Columbia, so as to give it a national status in dealing with interstate questions such as the humane treatment of live-stock in transit.

INFLUENCE OVER PROFESSORS.—M. Leopold Mabileau, the French sociologist, in a lecture in French at the University of Chicago, in criticism of American colleges, said that as they were founded by private individuals the professors were not free to think and write as they pleased, but were controlled to a large extent by the opinions of the board of trustees. In many colleges a professor is only "a hireling in a cage," said he. In France, where the government controlled the universities and colleges, a professor was perfectly free to think and speak as he pleased, even tho it were contrary to the views of the trustees.—Pathfinder.

At a gathering of western educators in Chicago, Professor H. L. Boltwood of Evanston, Ill., condemned the spirit of cowardly brutality, meanness and class distinction that subsists so generally in colleges. He deplores the fact that the daily newspapers give columns to football news where they give only lines to truly educational topics.

The annual football game between the United States naval academy and military academy teams at Philadelphia, resulted in a naval victory. As a game, however, the exhibition was a disgrace, the occasion having degenerated into a mere society "function" to bring together the big bugs of army and naval circles.

Publisher's Page.

The CHARACTER BUILDER

For Home and School.

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

\$1.00 A YEAR, IN ADVANCE.

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

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

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

RATES FOR ADVERTISING:

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

Business communications should be sent to No.
722 McCornick Building. All letters to the editorial
department should be addressed to No. 334 South
Ninth East Street, Salt Lake City, Utah.

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

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

TO THE FORMER SUBSCRIBERS OF HYGEO-THERAPY.

On account of the illness and death of Dr. Gifford, a few numbers of Vol. 16 of the Journal of Hygeo-Therapy were not issued. In order to begin Vol. 17 with the January number, 1904, the back numbers of the Character Builder will be sent to you without extra cost. As the two magazines are now combined and have in the past advocated the same principles, there will be no disadvantage in completing Vol. 16 of Hygeo-Therapy with numbers of the Character Builder. Some of you have been subscribers to the Journal of Hygeo-Therapy since it first began, sixteen years ago. We desire your co-operation in the good work. Before receiving the Hygeo-Therapy subscribers, the Character Builder had a monthly circulation of 6,000 copies, but it did not support itself, because of the extremely low subscription price of 50 cents. The prospects are that the magazine will soon be self-supporting. We sent all of you the December number, which is the first since the consolidation of the two magazines. We solicit a prompt renewal of your subscription. We

promise you that every dollar sent us will be devoted to humanity's cause. We are determined to make the magazine a factor for good.

—○—

MOVED.—Our office is now No. 722 McCornick building. Don't forget this change when you call or write.

—○—

Wanted.—We still have a few positions for bright, energetic young men and women to represent our liberal combination offer of the magazine and "Child Culture."

We mean what we say when we tell you that our wide-awake representatives are making from two to three dollars a day. Write at once for particulars. We can give you a temporary or a permanent position.

Address, "The Manager."

—○—

When you renew your subscription, don't fail to give the name in which the paper is being sent. Where this is not done, the same family may get two magazine and be charged with two subscriptions. Such an error is not ours, in which case we are obliged to charge for the two magazines.

—○—

Don't ask us to stop your subscription unless you send money to pay for the back subscription.

—○—

All subscriptions must be paid in advance. This rule will be strictly followed in the future.

HUMAN CULTURE BOOKS.

- Child Culture and Educational Problems, by Riddell and Miller, 50 cents.
 A Plain Talk to Boys, Riddell, 10 cents.
 Heredity, Riddell, \$2.50.
 Human Nature Explained, Riddell, \$1.50.
 The New Man, Riddell, 25 cents.
 School and Fireside, Maeser, \$2.00.
 Preaching and Public Speaking, Nelson, \$1.50.
 Woman and Health, Fairchild, \$2.50.
 Health in the Household, Dodds, \$2.00.
 The Temperaments, Jaques, \$1.50.
 A Manual of Mental Science, Fowler, \$1.00.
 New Physiognomy, Wells, \$3.00.
 Brain and Mind, Drayton & McNiell, \$1.50.
 The Constitution of Man, Combe, \$1.25.
 Life and Works of Horace Mann, 5 Vols., \$12.50.

Physical and Moral Education.

"SWORDS AND PLOWSHARES."

From the above named book, written by Ernest Crosby, and published by Funk & Wagnalls Co., Lafayette Place, N. Y., we take the following:

There is "great rejoicing at the nation's capital." So says the morning's paper.

The enemy's fleet has been annihilated.
 Mothers are delighted because other mothers have lost sons just like their own;
 Wives and daughters smile at the thought of new-made widows and orphans;
 Strong men are full of glee because other strong men are either slain or doomed to rot alive in torments;
 Small boys are delirious with pride and joy as they fancy themselves thrusting swords into soft flesh, and burning and laying waste such homes as they themselves inhabit.

Hail to the hero!

Decked out in blue, red, and gilt, as in war-paint!

Rejoicing like a savage in a long head-feather and gold shoulder fringes!

Proud to commit with these adornments all the crimes for which he would be disgraced and punished as a felon without them.

Modestly bearing on his breast a star and ribbon which say, "I am a hero," as plainly as the beggar's placard says, "I am blind."

Admitting that he obeys orders without thinking, and thus proclaiming his complete abdication of conscience and intellect.

Hail to the hero!

O shades of Cervantes!

Come back and draw for us another Don Quixote to

Prick this bubble of militarism as you pricked that other bubble of knight-errantry.

The world yearns for your re-appearing.
 Come and depict the hero!

—Our Dumb Animals.

NEWSPAPERS AND PUBLIC MORALS.

By John H. Evans, of the L. D. S. University.

(Written for the Character Builder.)

I.

On the day that the notorious murderer,

Peter Mortensen, was put to death for his crime, the "Deseret Evening News" boasted that it had got out four editions of the paper and that more copies, by several hundred, were sold than had been disposed of on the day when a President of the United States was assassinated. It took pride, too, in the fact that only a few minutes had been permitted to elapse from the death of this criminal till all the details of his last days were cried up and down the streets by the newsboys. As a fitting climax to all this "enterprising" speed and painstaking journalism, the regular evening issue came out with six out of twelve pages devoted to the minutest particulars of this and other murders. On the same day, also, a lecture of unusual interest on the aims of education was delivered in Barratt Hall by one of the most thoughtful educational leaders of our country; and there appeared in an obscure corner of the same paper a meagre notice of the fact, occupying not more than two inches of space! Here, surely, is a text for the moralist.

Nor is there any apparent reason why the News should have stopped here. It might have gone on to speak of the hundreds of dollars it had spent, during the two years since the crime was committed, in reporters' wages, and of the many pages these industrious reporters had written, that the people of this intermountain region might be kept well informed concerning every detail of the case—of the movements of the murdered and the murderer since they first saw the light of day; of the history of both of their families and also that of their wives and their wives' relatives; of the arrest, trial, and imprisonment of the culprit; of the biographies of the jurors who rendered the verdict as well as those of the officers and attorneys involved in the case; of the efforts of the prisoner's lawyers to secure his release; and, toward the end of the affair, of the appearance of the convict, the way in which he occupied his time, what he ate for breakfast, dinner and supper, what he said to this, that, or the other person, and how he looked when he said it; until he was the one man in this entire region whose name was on everyone's lips, when in fact his punishment should be that no one in all the land would name his name.

Nor do I particularize in the attitude of the News in the Mortensen case as a rare thing. We mention it merely because it appears to us the climax in a method pursued by the News now for some time past. Not

long since we had column after column, under flaming headlines, giving the minutest details of the escape and capture of the notorious desperado, Tracy. And only recently we had similar accounts of the "heroism" of our own jail-breakers in their desperate efforts to escape. Pick up almost any issue of the News and you will need no argument to convince you of these lamentable facts. Now we are told in a wordy press dispatch, a column long, of the murder, in New York city, of a man whom nobody in the rest of the United States has ever heard of before, and if he has, he could take no conceivable interest in the man's death; now it is the gruesome story, spread thin over three columns, of a negro rape in the South; now it is an advertisement of a patent medicine that is diametrically opposed to a fundamental principle of Christian teaching. Burglary, embezzlement, divorce, rape, suicide, murder—do not these items make up the greater part of many an issue? And are not all these dressed up in such a way as to infer that very great importance attaches to them? We positively sicken at the mere enumeration.

Nor do I single out the Deseret News in this way because it is alone in this deplorable perversion of the purpose of the daily newspaper. The other papers of the state and of the country are in the same, if not worse, condition. For instance, the Salt Lake Tribune, in one of its voluminous Sunday editions summarized the news of the world, including mountain and coast, the state and the city, in such a manner as to bring to mind with alarming effect the true state of newspaper degeneration. Out of a total of thirty-one principal items of news, eighteen concerned crime in its worst phases, not to speak of petty offenses against the law of both God and man. But I particularize in the case of the News partly because of the firm stand which it has taken editorially against all forms of sensationalism, partly because of the very unusual and powerful influence it wields over its numerous body of readers. No paper is in a better position to realize so keenly the evil effects of deliberate lying in the public prints and of dressing up those fabrications in a way to attract the most attention. And no other periodical in the land is looked up to by its readers with such confidence in its reliability.

I make bold to declare my belief that such an over-emphasis of the bad that is in the world and such a slighting of the good is worse on the public morals than the most exaggerated form of sensationalism. For sensationalism is mostly estimated at its real value; it deceives few; while the constant emphasis of crime carries an influence with it the evil fruits of which are

not apparent to many. "Oh, it's only a newspaper story," is, for the most part, the only comment on the "yellow journal." The other, on the contrary, is read and believed with an eagerness that is nothing short of amazing to anyone who stops to think.

These are the facts; now what can be the results?

II.

One very patent effect is, that the papers render an incalculable service to the vicious. A crime is committed, say a robbery or a murder. The very next morning or evening a detailed account of it appears in the daily journal. Not only so, but every movement of the officers is given, as well as a forecast of what these men are likely to do next; and the reporters are often very clever in the way they obtain police news and predict the movements of public officials. Hence, an offender against the law needs only to buy a daily paper and he can read all about his crime, and the directions his pursuers are likely to take. He is thus in a good way to evade the law altogether, or at least to baffle, for an indefinite period, its best efforts to capture him. Without this information on the part of the newspapers, he would often be at a loss to know how to act, and would be safely lodged behind prison bars much sooner than is now the case. It is true that the railway and the telegraph are at the service of the law, but they are equally at the service of the criminal element.

Then, again—and this is of even more importance—these minute accounts of the way in which crime is committed are of the utmost value in training the criminal in his profession. He can see and profit by, the mistakes of his partners in crime. They learn, too, how best to dodge the authorities. With a record before him, of criminals and their ways, the offender can tell pretty accurately what to do in this or that emergency. Hence, the papers that indulge in this greed for details of crime are clearly helping the immoral element that destroys order in society, instead of casting their powerful influence on the side of law and civilization.

Moreover, such horrifying details actually help to make criminals of young boys who would not otherwise be turned into the downward path. Look at the eagerness with which they devour details of a prize fight, a clever theft, or a murder. What other future than that of a criminal can there be before the boy who feeds so much on such diet? Would it not be better to put into his hands a paper in which you have less confidence as to its conscience, but one against which you can sufficiently warn him? Yet this is the sort of literature which furnishes

almost the only reading of many thousands of our young people.

II.

But there is an evil effect that is even more serious than this. Indeed, this result is insignificant when compared with the subtle effect which such methods have on the morals of the public generally.

It is a law of human growth that man becomes like that which he is constantly thinking about. Our thoughts have a wonderful power in shaping our character. The mere contemplation of a noble act may exert its influence over our entire lives. A good picture or a beautiful song will raise us out of ourselves, will lift us above the petty trivialities of our surroundings. So, on the contrary, will a bad picture or vulgar music lower our character. We may not appreciate the change, but change there is nevertheless, upward or downward. The more we let our thoughts dwell on the good, the true, the beautiful, whether we do so consciously or not, the better will be our conduct; and, conversely, the more we live with ignoble thoughts, consciously or unconsciously, the baser will be our actions. This is a commonplace thought which I have no need to dwell upon.

Now, the newspapers, by constantly over-emphasizing the immoral and the criminal, compel their readers to dwell more on the evil than on the good. In the particular case with which this article opened, we have an instance of the papers thrusting a most shocking and repulsive piece of human conduct on many thousands of men and women, whose lives cannot but be worse from merely having heard of this affair. A friend of mine reports that in a hundred and fifty towns in Utah and Idaho, which he visited during the six months from the time the murder was committed till the jury rendered a verdict of guilty, the people could scarcely talk of anything that was not connected in some way with this horrible murder. It is foolish to urge that the people need not read about such things unless they wish to do so, for every one has more or less appetite for the unusual; but few people, and they are only those of strong wills, can resist the temptation to read a lot of lurid details, even about a murder. And people cannot help thinking and feeling strongly concerning that which has impressed them deeply.

Besides, these accounts of crime are often told in such a manner as to throw about the criminal a glamour, in which the reader forgets that he is reading of a person who is trying to escape from justice. The convict is made a hero of. The murderer breaks down in parting with his wife and children; or the jail-breaker is injured, and has to lie out all night in the rain and cold. The result is that a good deal of the dread that ought to attach to sin and crime in any

form is taken from the mind; and those who experience such feelings, be they well-intentioned or not, cannot fail to have deep down in their hearts an element that will furnish them a less reliable safeguard against wickedness. That is a profound truth which Pope embodied in these lines:

"Vice is a monster of so frightful a mien,
As, to be hated, needs but to be seen;
Yet seen too oft, familiar with her face,
We first endure, then pity, then embrace."

And the effect is none the less destructive to morals that we would not do the like. The mere thinking about it will make us the less invulnerable against evil, in spite of ourselves. We have all seen the inexperienced cyclist trying to avoid the post immediately in his way; the more he keeps his eye on it, the more he is likely to run into it, whereas if he did not look at it, nine chances to one he would never hit it. It is something like this in reading these particularized accounts of crime.

IV.

I know what the papers would say in extenuation of this unwholesome practice. The people demand this kind of reading. They would, therefore, tell the moralist that he ought first to reform the tastes of the public, then the necessary change in the daily journals would follow. The News in particular would urge that the paper must be "up to date" in order to pay its way. But both of these positions are erroneous. The daily papers are probably the most potent influence we have of forming the public mind. They should therefore see to it that what appears in their columns is for progress and civilization. There would perhaps be a faint clamor for a short time, on the part of the unthinking; but this would give way to a more substantial demand. The public has a right to require of the daily papers that they give the news of the world. But they do not require that the truth be distorted, that evil predominate, or that these should be dressed up in such fantastic apparel.

As for the position in which the News finds itself, it is inconceivable that it should copy the fashion in order to live, to go contrary to its conscience that it may be "up to date." Better die by far than to contribute to the making of a contaminated atmosphere which its unsuspecting readers must breathe. But the News would not be the worse off financially by preserving its moral rectitude. Its circulation would increase. The confidence which the people of this locality have always had in the News would not then be betrayed. The attention of right-thinking people elsewhere would be attracted to it. At any rate, it would be consistent with its character as a religious journal, and would be faithful to the interests of truth and advancement.

THE ATHLETIC CULT.

Anything that Dr. S. Weir Mitchell might say on college athletics or college life would have value simply because he said it, and his remarks on athletics in modern college life have additional force because everybody must recognize the essential truth of his criticism. Let no one underestimate the value of athletics as a means of recreation and as a method, as Dr. Mitchell says, of making the body sound and of keeping it sound, but the excesses of athletics, the betting, the professionalism, the conversion of so fine a game as football, with its mass plays, into an engine for the infliction of the greatest possible amount of permanent personal injury, and the exaltation of athletics into the aim and end of college existence, as the one thing needful, receive the deffest and most effective strokes from Dr. Mitchell, who says ironically:

"It is needless to insist on what we missed and what, in consequence, my generation failed to be and to do—it is sadly interesting to speculate on what we might have been—for by this time you must all be aware that, without college athletics, no nation can long survive. Who can doubt that the discipline of the football field must have been terribly missed at the "Bloody Angle" and on Cemetery Hill?

"We played hard in my college days, but we talked of our sports less than you do. On the other hand, we were enthusiastic concerning the rising literary lights of Tennyson and Carlyle, and had, as I take it, a keener interest in the intellectual life of the world and of the college than exists today."

It is undeniable that athletics do have "too large a place in life and talk of the college men of today. The desperate desire to win has obliterated to a large extent the true sportsmanship, and has had the unhappy result of defeating the very aim of athletic pursuits, which is to afford amusement and healthful exercise to the great body of the students. Under the present system the average student's

welfare is largely overlooked, and the interests of the students and of the college are concentrated on the few in the eleven, on the nine or in the crew.

The general student body, which should be taking part in the healthful exercise, concentrates its attention in a feverish manner upon the score or so of champions, or would-be champions, who can scarcely be distinguished from the baldest professionals.

Then, too, it should not be forgotten that, after all, the true object of the higher education is to create and strengthen the intellectual life—the things of the spirit; and the exaltation of athletics today tends to the exclusion, or total obscurity, of those better and more important things. Fortunately, there is a reaction against the excesses of athletics today, and the better colleges and universities are using their influence to abate the evils of which Dr. Mitchell so justly and forcibly complains.—Ledger.

At a Chicago conference of the women deans of co-educational colleges and universities, the consensus of opinion was that too much social gaiety was creeping into the college life of the girl students. The deans favor the college plan of residence, instead of big dormitories.

PUNISHMENT FOR REFORMATION.

The following excellent article appeared in the Phrenological Journal for June, 1869. It contains many suggestions that are valuable and timely now. We are yet a long way from ideal conditions in the treatment of abnormal human beings. There is too little done to reform criminals, the spirit of revenge enters too much into the treatment of them. The article referred to is as follows:

The question of punishment and discipline in the family, the school, the army, the navy, and in asylums and prisons, has engaged the minds of educators, philosophers, and philanthropists of all

ages. In the early centuries the rule of revenge governed. It was "an eye for an eye and a tooth for a tooth." Then all prisons were not only places of punishment, but of torture. It is but a few years ago when there were in England nearly a hundred different crimes punished with death; while now there are two—treason and murder.

Modern civilization has modified punishment thruout Christendom. But we have not yet risen above the old Mosaic doctrine of revenge; or fully adopted the more Christian theory of reforming instead of torturing the criminal. Flogging has been abolished in our army and navy, and in many of our penitentiaries; but it is continued in some families, in one or two of the States, and in many public schools.

The straight-jacket, hand-cuffs, and chains are still used in the worst of our lunatic asylums; but in those presided over by more sensible and humane men, kindness is found to be a more potent power. Public discussion, newspaper agitation, and state legislation will still further modify and improve our modes of punishment. Here is one of the most practically successful plans that has been applied in prison discipline. It is called the Irish System of Imprisonment. The treatment of crime and criminals was a problem that had tasked the thought and study of the ages. There was scarcely a more perplexed question in the whole range of human inquiry; but Sir Walter Crofton, in originating what was known as the Irish prison system, had come nearer to a solution of it than had ever been reached before. The best thinkers had given in their adhesion to the system, especially the late Count Cavour, of Italy. It had been for fifteen years in operation in Ireland, where it had borne the best fruits; and the writer believed that it would yield fruits equally precious if adopted in other countries.

The Irish system might be defined an adult reformatory, where the aim was to train the prisoner in such a way that, on his liberation, he would be able to resist temptation, be inclined to lead a

worthy life, and possess both the power and the wish to earn honest bread. This was done by placing, as it were, the prisoner's fate in his own hands, and by enabling him, during his imprisonment, to raise himself by good conduct and industry, step by step, to greater freedom, privilege, and comfort, while idleness and disobedience kept him in a state of coercion and restraint.

There were three stages in the Irish prison system, or four if the period was included during which the convict was out on his ticket of leave. The first stage was intensely penal. Cellular separation, with low diet and uninteresting employment, was the mode adopted here. Eight months of solitary confinement was the rule, but this might be somewhat shortened by uniform good conduct. This stage did good work if it succeeded, as it commonly did, in planting in the convict's mind the feeling that there must be an active co-operation on his part with his keepers in the effort to effect his improvement.

The second stage was that of progressive classification, worked on the mark system. There were four classes in this stage, and a given number of marks must be earned to advance from one to the other. The maximum number attainable in a month is nine—three for conduct, three for industry, and three for school. On emerging from the cellular prison the convict entered the third class. Eighteen marks were required to pass from this to the second. By a like probation, tho of longer duration, he rose to the first and finally thru the same process, to the exemplary class. At each advance, the prisoner's condition was improved; his privileges were enlarged; and particularly, the percentage of his earnings placed to his credit was increased. All along misconduct was punished by putting the offender back one or more steps. It was obvious how powerful was the motive held out by these several inducements, and especially by the large deductions from the term of sentence to good conduct, diligence, and a studious attention to learning.

The third stage was the intermediate prison, so called because it held a middle place between an imprisonment strictly penal and a condition of unrestricted liberty. The imprisonment here was of a moral kind—no walls, no bolts and bars, and very little supervision. There were two intermediate prisons—one in Dublin and one at Lusk, twelve miles out. The prisoners in Dublin worked at mechanical, those at Lusk at farm labor. The uninstructed, without hesitation, to go anywhere in the city and country. Their education was continued and greatly extended by daily lectures on practical and scientific subjects. They were now, for the first time, permitted to send a small part of their gratuities from earnings in procuring personal comforts, yet even this was generally saved. Indeed, the main design of the permission was to cultivate habits of economy, providence and thrift.

The fourth stage was that in which the prisoner was released on ticket-of-leave. In Ireland, contrary to what happens in England, a bona fide police supervision was kept upon the prisoner, which was found as useful to him as to the community. The result was that, whereas when this system was first put in operation it was with the greatest difficulty that employment could be found for any of the discharged convicts; now that difficulty was reversed, so that it was harder for an employer to procure a liberated convict than it was for a convict to find an employer. Upon the whole, for Ireland the vexed problem, "What shall we do with our criminals?" which had been for ages a crux terribilis to the nations, seemed to have a satisfactory solution.

This is in keeping with science, common sense, and with Christianity. Indeed, it is God's plan in dealing with all his creatures. By obedience to his laws we are put forward and receive credit-marks—health, happiness, prosperity; while disease, despondency, and premature death come of disobedience, dissipation, wrong doing, and wrong living. We hope our civil authorities, our religious

and scientific teachers, will investigate this question; look at it thru human nature, as explained on phrenological principles, and then apply those laws for the government, improvement and elevation of our race, which are based on common sense and human nature.

Let our prisons be converted into physiological, educational, and religious reformatories. There is good sense in putting a whisky-drinking and tobacco-stuffing criminal on a low diet, and keeping him for a time in close quarters. By this means his system becomes renovated, his blood purified, and his bad temper subdued. Then, when fitted for promotion, he takes a realizing sense of his situation, and works with his keepers, and with the laws of his own being, for advancement and real improvement.

There are many among us who fall into vice and crime more thru ignorance and weakness than from intention. Let those who are temperate, intelligent, and self-regulating be lenient to the unfortunate, and put them in the way of recovering both physical and moral health.

SCHOOLS SHOULD TEACH CULTURE.

President Eliot of Harvard university again takes up the American public school question in the Atlantic Monthly. Ignoring the question of direct religious training in the schools, he, nevertheless, urges that special attention be paid in our schools to fostering family love, respect for law and public order, love of freedom, reverence for truth and righteousness and the doctrine that we are all members of the same family, and one another's keepers.

He says it is high time that a direct vigorous inculcation of the fundamental social sentiment should be properly made a part of the discipline of every school and college in the country. It is the lack of proper home training that makes apparent the need of such discipline. But the objection to President Eliot's idea usually urged is that altogether too much work has already been shifted onto the public schools.

♦ ♦ Suggestions to Parents and Teachers. ♦ ♦

CONTAGION OF IMMORALITY.

By John T. Miller.

Extraordinary precautions are taken in every community to protect the people from contagious diseases. If a contagious disease becomes prevalent schools are closed and all kinds of public gatherings are suspended; but the contagion of immorality may spread among the youth of every home in a community without calling forth the necessary effort to suppress it.

In every city, town, and hamlet of our country obscenity is perpetuated, from year to year and from generation to generation, by persons who would be very much offended if they were not classed among respectable and intelligent members of society. The contagion of vulgarity and obscenity are spread so generally thruout the land that it is impossible to teach the laws of our being to a mixed class of students in our schools without causing the blush of false delicacy to appear on the countenance of some of the pupils and the snicker of ignorance on the face of others. That deplorable ignorance of sexology and the principles of personal purity is aggravated by false delicacy on the part of many parents and teachers.

In the *Osteopathic World* of July, 1903, W. R. Dobbyn, Ph. D., writes: "There is no subject which is of more importance to the future of our race than that of sexology. I well remember the time in my high school course when we were told to buy Martin's "Human Body" to be used as a textbook on the subject of physiology. After we purchased the book and glanced thru it we found an appendix devoted to "Reproduction and Development." Imagine our surprise when the instructor ordered the class to leave their books on his desk at the close of the recitation. In the morn-

ing the books were found in their owner's desks but the appendices had been cut out. The reader can well imagine what sly winks and schoolboy pantomime were indulged in upon this discovery. Every time the students opened their books mutilated leaves called their attention to a tabooed subject and urged their minds, groping in darkness, on to conjure up all sorts of evil pictures gleaned from the highways and byways of evil suggestion. Young people need help on this subject of sex relation and reproduction. Not only the young people, but married people as well, need some good plain common sense instruction on this subject."

It is astonishing that with all the good books published on this important subject, sexology and kindred studies are entirely neglected in the education of most of our young people and they are permitted to get their training from a filthy source. Fathers, mothers, teachers, are you aware that sexual immorality, which is one of the greatest evils of modern civilization is largely due to inexcusable neglect! There is scarcely a youth in the land whose mind has not been poisoned by obscenity before he reaches the age of 14 years. Cases of sexual immorality among very young children are often brought to my attention by persons who are familiar with real conditions. These conditions cause the greatest anxiety on the part of intelligent parents for the welfare of their children, but are we doing all in our power to create a pure, moral atmosphere in which our children may develop to manhood and to womanhood? How many parents instruct their boys and girls in the principles of life and purity? After a careful inquiry I am compelled to say that few fathers make companions of their sons and give them the information that would be of greatest value in life. Mothers are almost as negligent in

this respect with their daughters. Because of this neglect on the part of mothers many girls who are ignorant of the physiological changes of the body during puberty have been so negligent that they have permanently injured their health.

If the contagion that produces impure thoughts in the minds of young people, could be kept away from them they would grow up with the pure thought uppermost in the mind, and would be disgusted by the thought of any abuse of the sex function; they would be prepared for intelligent fatherhood and motherhood. One of the principal causes of domestic unhappiness would be removed; the brothel would not be as conspicuous a feature of our civilization as at present, and one of the greatest blocks to the progress of civilization would be removed.

As long as this important training is neglected in the home and in the school, education will be very imperfect indeed. The stain of vice on the countenance covers a multitude of book learning in the mind. After fifty years' experience as a school teacher, Dr. Maeser said, "I have never been in a school where I could not see the slimy trail of the serpent, the symptoms of secret vices, on the countenances of some of the pupils," and in his book, "School and Fireside," page 41, he says that there is not an experienced teacher in the land who has not noticed the same conditions. Conditions have changed very little since that time, and will not change until the causes of the evil are removed. This condition is not limited to the grades, but may be found in high school and college.

This ignorance of sexology and abuse of the sex function is not due to a lack of interest on the part of the majority of young people, but to a lack of provision of these studies in our school curriculum. For a number of years it has been my privilege to meet with young men in higher institutions of learning for the purpose of considering the problems of heredity, personal purity and kindred studies, and I have found the young men very much interested in them, and desir-

ous of reading the best books devoted to these important studies. Boys and young men who do not have an opportunity to receive regular instructions on these subjects might read with great profit and interest such books as "A Plain Talk to Boys, on Things a Boy Should Know," by Dr. N. N. Riddell, "The New Man" and "Heredity and Prenatal Culture," by the same author. "True Manhood," "The Doctors Plain Talk to Young Men," "The Science of a New Life," "Almost a Man," and numerous other works within the reach of all, are full of excellent suggestions.

Girls should read such books as "For Girls," by Mrs. Shepherd, "Woman and Health," "What Women Should Know," "Tokology," "Heredity and Prenatal Culture" should be read by girls well up in their teens. "Almost a Woman," by Dr. Mary Wood-Allen, World's President of Purity Work is an excellent little book. Parents, teachers or young people who have no books on these subjects can get the above or other carefully selected books at publishers' prices, from the Human Culture Co., Salt Lake City.

If parents and teachers will co-operate in teaching the youth principles that will help them to grow strong physically, mentally, morally, and spiritually, they will receive their everlasting gratitude and one of the greatest sources of evil will be removed. The result is worth the greatest effort of humanity. Create pure moral surroundings for boys and girls. Restrain the foul-mouthed carrier of the contagion of immorality.

THE LOST BOY.

In this commercial age the average father has little time to bother with his boy or get acquainted with his family. There are comparatively few fathers who have learned the secret of getting into a boy's heart, keeping his sympathies, guiding his appetites, developing his virtues, and building him into a manly man. Jean Paul was perhaps not far from the truth when he said, "The education of most fathers is but a system of rules to keep

the child at a respectful distance from him and to train it more in harmony with his comfort than the child's strength; or, at most, under a tornado of wrath, to impart as much instruction as he can scatter."

There is much truth in the old saying, "The hand that rocks the cradle rules the world;" nevertheless, if the boy is to be saved, the father must do his part. The hand that rocks the cradle rules the baby; but when the baby boy enters the streets, he needs the counsel and companionship of his father.

There is something in every boy that demands the influence and masculine sympathy of the mature man; few boys develop aright without it. The father who would save his boy should make a "chum" of him from early infancy. It is easy to guide a boy as long as you keep his confidence. If confidence is once lost, it can seldom be restored.

A father can not be too careful about his personal habits. The average boy thinks his papa is about right, and consequently he feels he can do whatever papa does. The most effectual way, therefore, to direct a boy aright is to live an exemplary life before him. It is all but impossible for a boy to go astray if he have the loving counsel and sympathetic companionship of a noble-hearted, temperate, honest, pure-minded father.

The lost boy is usually the neglected boy, or the boy whose father placed a bad example before him. No man has a right to preach to his child what he lacks the moral courage to practice.

The father who is not willing to give up his bad habits in order to set a good example before his children is unfit to be the head of a family. A father who was carelessly scaling a precipice was startled by the cry of his little boy, "Choose a safe path, Papa, for I am following you!" Would that all fathers might hear the cry of this boy and choose a safe path for their boys!

The above common sense remarks are from Prof. Riddell's excellent little book, "Child Culture," which is receiving the hearty approval of leading educators and

of the American press. We quote below the testimonials of practical educators concerning the merits of the book.

Dr. Herbert A. Parkyn, M. D., C. M., editor of "Suggestion": "Child Culture" will be read, enjoyed and employed by persons of all ages in every walk of life. I unhesitatingly pronounce it to be the most valuable work on the molding of child character that I have ever examined.

Prof. W. E. Watt, A. M., Ph. D., principal of Webster School, Chicago: "Child Culture" is a book with a real message. Every parent and teacher in the world should read it. None can afford to be without it. I would not take from my stock of knowledge what I learned, from the chapter on "Mental Suggestion" for any price that could be named.

Dr. John P. D. John, D. D., LL. D., ex-president of DePauw University: "Child Culture" is a book of absorbing interest and great value. It is rigidly scientific and eminently practical. It deals with vital truths and deserves the widest circulation among the homes and schools of our country.

Dr. W. L. Davidson, D. D., secretary of the American University, Washington, D. C.: I have been exceedingly interested in reading "Child Culture." Every line is rich with valuable and helpful instruction.

Dr. R. S. McArthur, D. D., LL. D.: I have read "Child Culture" with equal interest, profit and pleasure. It is marked by sanctified common sense on every page.

Dr. Thos. E. Green, rector Grace Church, Cedar Rapids, Iowa: "I have read "Child Culture" with great delight and rejoice that a strong mind is dealing with what should be our most sacred responsibility.

HEREDITY is one of the greatest factors in race progress. Notwithstanding the importance of the science, there is quite a general ignorance concerning its laws, among people of all classes. There are many people today who like those described by Dr. Holmes half a century

ago, "Think everything may be done if the doctor, be he educator or physician, be only called in season," but as he suggests, "In season is often a hundred or two years before the child is born, and people do not send as early as that." There are many who give no thought to heredity and prenatal culture, but expect the teacher to transform the child of poor inheritance and neglected prenatal training, into a model citizen.

An eminent physician and educator has said: "He who can convince the world of the importance of the laws of hereditary descent, and induce mankind to conduct themselves accordingly, will do more good to them, and contribute more to their improvement, than all institutions and all systems of education." This is rather a stronger statement in favor of heredity than most modern scientists would be willing to accept, but it is certain that if the heredity influences were improved the environment would be more favorable. The work before us in reaching a higher plane of life is one of formation rather than of reformation. It is a well-known truth that physical, mental and temperamental peculiarities are transmitted from generation to generation. This being true, the parent who gives his child a good mental and physical endowment does more for him than the parent who leaves his child millions of dollars in money. Besides the heredity that comes from generations back there in the initial impression and prenatal life where the future destiny of the child is modified for good or evil. It is of vital importance that the bodies and minds of parents be in a proper condition at the time that the physical tabernacle of the spiritual life is being formed, and is being developed to the stage of independent life. It is folly to believe that this responsibility devolves entirely upon the mother; the father's part of the responsibility is equally great. Common sense and scientific principles are applied in the breeding of animals, but in the development of the body for the human spirit inexcusable ignorance and negligence are almost universal.

Concerning prenatal training, Dr. Guernsey says: "When pregnancy occurs, just as soon as the fact is suspected the little embryo should be regarded as already a member of the family. Every act of each parent should now be performed in some degree with reference to the forthcoming infant. The mother's thoughts particularly should be directed to it as much as possible whilst performing the uses of life. She should read much that is elevating and ennobling in character, as this gives a good purpose in producing a more perfect, more healthy and more brilliant child. Do not forget that the education of the child begins in utero."

In order to improve the physical and mental condition of future generations it is necessary that scientific principles be observed by prospective parents in selecting a life companion. Every boy and girl should be familiar with the temperaments, and, when the most important step of life is taken intellect as well as the emotions should be consulted. The welfare of future races demands that there be physical and mental harmony in parents. There must be a more conscientious study and practice of the scientific principles governing our beings if we desire to labor to the best advantage in humanity's progress.—J. T. Miller.

The American Mother comes to us this month greatly changed in appearance, with a new name. After this the magazine will be known as American Motherhood. The editors are Mary Wood-Allen, M. D., and Mrs. Estelle M. H. Merrill. Dr. Wood-Allen is so well known for her purity work that her work needs no other recommendation. American Motherhood is published in Boston, Mass. It is the organ of the American Mothers' Association of the United States and is published at \$1 per year. The magazine has an important mission and we believe it will send out as good thoughts from the Hub of the Universe as it has sent out from Ann Arbor and Battle Creek, Mich.

HYGEO-THERAPY OR DRUGLESS MEDICATION.

HYGEO-THERAPY.

By John T. Miller.

It is with much pleasure that we begin this month a department of Hygeio-Therapy, or drugless treatments. There is no subject of which there is more universal ignorance than of the proper treatment of the sick. Physicians and professional nurses are supposed to have all necessary information about the treatment of acute and chronic ailments, thus relieving all other persons of the responsibility of being trained in the art of nursing the sick. While disease is as prevalent as at present the elementary principles of nursing should be a part of public school education. Many lives are lost every year for the want of proper care while passing thru some form of disease. The most effective remedy for this evil is a universal knowledge of the principles of non-durg medication; wholesome food, cleanliness, proper dress, massage, pure air, osteopathy, hydrotherapy or the scientific use of water, electrotherapy or the application of electricity, etc. It is not possible for all to become experts in the application of these remedies, but if the science of health and the philosophy of life were understood, the various kinds of medical quackery within the profession and outside would be greatly reduced. One of the strongest evidences of our ignorance of health principles may be found in the fact that the people of America use every year \$200,000,000 worth of patent medicine and pay out as much more for drugs prescribed by physicians. It is still believed by many that drugs cure disease; that the magic of salves heals sores; that linament cures sprains, etc. The ignorance of biological laws and the superstitious credulity in the assumed power of drugs makes fakirs and charlatans wealthy; fills sanitariums with chronic invalids;

keeps the credulous poor, and cuts short the lives of the victims.

For sixteen years the Journal of Hygeio-Therapy has printed the following principles in each issue: "1. Animal organisms have no power to change inorganic matter to organic: they cannot use inorganic matter to build up any part of the body. Only plant life force organizes. Animal life force reorganizes. No power intrinsic in matter, as chemical affinity, or attraction, has any influence in building up and sustaining the particles in place in animal organisms.

2. Disease is not, as is generally supposed, an enemy at war with the vital forces; it is not a THING to be subdued, killed, nor cured; it is a remedial effort; a vital process of purification or reparation. A cause, which is an abnormal condition, precedes disease. All curative power is inherent in the living system. The only condition of cure (as well as of health) is obedience to physiological law. Drugs (dead matter) can not "act" on the living system, but are acted upon by it. Diseases are caused by poisons (impurities), either retained or taken into the system, where they become injurious to life and health. Drugs (poisons taken in) are causes of (not "remedies for") diseases; instead of curing the patient, they add diseases to those already existing. To attempt to make such persons well by giving substances that would make well persons sick is bad philosophy and equally bad practice. The only method of cure based on common sense is the one which employs health-giving (not disease-producing) agents; such methods only can aid and direct the vital powers; any others must weaken, pervert and destroy them."

Some of our readers may think this statement about the use of drugs too strong. There are instances where drugs should be employed. If a person has

taken poison accidentally or intentionally, a drug should be given as an antidote. When a surgical operation is necessary a drug should be given to produce anesthesia. With these exceptions it is rarely necessary to use drugs unless the aim is to kill something. One Professor of *Materia Medica* in a regular medical college stated that there are only two instances where hot or cold water will not bring about the desired results better than drugs. The exceptions are biliary and renal colic. In these an opiate will relieve the pain more quickly than will hot water applications and might be used. Drugs might be used to kill tapeworms or other parasites in the alimentary canal. Drugs might be used to kill the parasite that causes itch. Drugs are very useful for spraying trees, killing mites in the barnyard; destroying bedbugs, fleas and similar creatures. These are legitimate uses for drugs, but when we see them sent out to all parts of the country by carloads and swallowed by a credulous public, we are reminded of the statement by Dr. John Mason Good: "Drugs have destroyed more lives than war, pestilence, and famine combined," or the statement of Dr. Oliver Wendell Holmes: "I firmly believe that if the whole *materia medica* AS NOW USED, could be sunk to the bottom of the sea, it would be all the better for mankind—and all the worse for the fishes."—*Medical Essays*, page 201.

The leaders in medical thought and practice are discarding drugs and discouraging the use of them. In 1888 Dr. S. Weir Mitchell wrote in his book, "Doctor and Patient":

"There are those of my profession who have a credulity about the action of drugs, a belief in their supreme control and exactness of effect, which amounts to superstition, and fills many of us with amazement. This form of idolatry is at times the dull-witted child of laziness, or it is a queer form of self-esteem, which sets the idol of self-made opinion on too firm a basis to be easily shaken by the rudeness of facts. But if you watched these men, you would find them changing their idols. Such too profound

belief is apt, especially in the lazy thinker, to give rise to neglect of more natural aids, and these tendencies are strengthened and helped by the dislike of most patients to follow a schedule of life, and by the comfort they seem to find in substituting three pills a day for a troublesome obedience to strict rules of diet, of exercise, and of work."

In a speech before the British Medical Association in 1901, Dr. Goodheart stated: "Coming then to drugs, why do we give them? To cure disease, you answer at once, and think the question unnecessary. But wait a minute; drugs are given for several other reasons, some of which are far less free from criticism; sometimes because the patient will not be happy till he gets them; sometimes to hide our ignorance or to mark time while we watch and wait; and then we often give drugs as an experiment in the hope that they may do good. All treatment by drugs is more or less of an experiment."

In 1886 the eminent American physician, Austin Flint, in an address before the British Medical Association, said:

"The progress of medicine induces, slowly but surely, changes in popular ideas. The physician of the future, will perhaps be not better appreciated, but there will be a truer estimate of medical knowledge, and of the medical profession. It is a pleasant thought, that hereafter the practice of medicine may not be so closely woven as heretofore, in the popular mind, with the use of drugs. The time may come, when the visits of the physician will not, as a matter of course, involve the co-operation of the pharmacist; when medical prescriptions will be divested of all mystery, and have no force in the way of fortifying the confidence of the patient.

"The medical profession will have reached a high ideal position when the physician, guided by his knowledge of diagnosis, the natural history of disease, and existing therapeutic resources, may, with neither self-distrust nor the distrust of others, treat an acute disease by hygienic measures, without potent medica-

tion. When this time comes, a system of practice which assumes to substitute medical dynamics for the *vis medicatrix naturee*, will have been added to the list of bygone medical delusions."

There is a decided tendency in medical practice to substitute hygienic treatment for drug medication. In theory or sentiment great progress has been made, but the majority of regular practitioners use mainly drug treatments because of their convenience. When a knowledge of the laws of life becomes more common among the people there will be a radical change in medical practice. Numerous books and magazines on non-drug medication are finding their way into the profession and into the homes of the people. Blackison & Sons recently published a series of eleven books on drugless treatment of disease, written by some of the leading physicians of America. The F. A. Davis Pub. Co. have published a volume of more than 1,200 pages on "Hydrotherapy, or The Scientific Application of Water in Disease," written by Dr. J. H. Kellogg, the superintendent of the greatest Sanitarium in America. A similar work of 2,000 pages, by Dr. Bitz of Germany has passed thru one hundred editions and more than a million copies have been sold. Dr. S. W. Doods, an eminent hygienic physician, has nearly finished a large work on hygienic medication. Numerous smaller works are being published, and some excellent magazines are devoted to the cause.

In this department of Hygeio-Therapy we shall present short articles in simple language, so that they may be of interest to all of our readers. The articles will be written by physicians who have had much experience in the treatment of patients without the use of drugs. We believe that our readers will find this department one of the most helpful in the magazine.

We believe in positive education and shall, in each instance, offer something better than that which we ask the reader to discard. It is sometimes necessary to call attention to the abnormal in order to create a sentiment in favor of the nor-

mal, but the experience of the past is, that no good is accomplished by condemning the bad without offering the good to establish in its place. The most effective way to improve conditions is by overcoming evil with good. There is great need everywhere for more rational methods of treating the sick, and we hope to do our readers a real service by giving them the most scientific methods of preventing and treating disease.

GOITER: ITS CAUSES AND TREATMENT.

By S. W. Doods, M. D.

Goiter develops in its worst forms in the mountainous districts of Europe, Asia and South America. It is seen, too, in Mexico. The disease prevails in the Alps, the Pyrenees and the Andes. As to the cause or causes of this unsightly tumor there is no difficulty in ascertaining them. Any crude earthy material that finds access into the glands, as limestone, magnesia, etc., is liable to produce the disease. It is often met with in Canada, New England, and also in the middle and western states. The habitual use of limestone or other hard water is a common cause of goiter; the writer has seen whole families disfigured in this way. Women are said to be oftener affected than men, perhaps because they live more indoors, and, therefore away from the sunlight. The enlargement, as a general thing, takes place gradually, and is often more prominent on the right side and in front than on the left side.

The tumor is painless, except as there is pressure on the neighboring blood vessels. It rises and falls during the act of swallowing, moving with the larynx. The veins covering it are swollen and prominent. It sometimes interferes with respiration, causing difficulty of breathing. Large pendulous growths usually produce less discomfort than the small encircling tumors which extend downward into the thorax. Headache, a tendency to sleep, or even tetany and convulsions, are symptoms that are likely to develop.

Sudden death may occur in some cases, either from pressure upon the pneumogastric nerve or from a severe hemorrhage.

The prognosis is rather favorable as to life, but unfavorable as to cure. The course of the disease is chronic. The only way to get rid of this affection is to remove the cause. Many drugs have been recommended, but as a rule they are worse than useless. An entire change should be made in the dietetic and other habits of the individual. He should live in the open air and sunshine. The patient should drink habitually an abundance of pure soft water; the distilled is best. The food should be plain and unstimulating, consisting largely of fruits and grains, from which seasonings are practically excluded. Anything that will facilitate absorption, as frequent bathing, massage, etc., given to the whole body as well as to the affected parts, will help to reduce the swelling. Electricity judiciously applied is also a valuable agent. The same may be said of the massage roller.

Patients who have become greatly emaciated, as from a low fever, sometimes find on convalescing that the goiter which they carried for many years had entirely disappeared. The process of absorption that went on during the fever reduced the enlargement in the thyroid gland. Habits of eating that are gross, tending to clog the depurating organs, favor the development of goiter; the same is true of sedentary habits. And yet, in our limestone regions where hard water is used habitually, even those who are thin, muscular and active may have the disease. An ounce of prevention is worth more than a pound of cure. To maintain the glandular system in a normal condition we must keep out of the blood those crude substances which the absorbents cannot handle successfully. This is the whole secret of doing away with goiter and other glandular enlargements.—Health Culture.

Small men are provincial; mediocre men are cosmopolitan, but great men are universal.—Philistine.

CURE FOR INSOMNIA OR SLEEPLESSNESS.—"Difficulty in digesting food is a very common cause of loss of sleep. This can sometimes be obviated by eating a much less quantity during the day or by fasting or by eating no supper. A little hot milk, or an apple or some other light diet, just before going to bed, has served to help some people to sleep, but as a rule it is better to eat nothing at all for three or four hours before retiring. One who cannot sleep must not forget the importance of exercise. Get the muscles tired and hungry for rest. Furthermore, exercise as a rule stimulates the digestive organs and does away with the necessity of their doing work overtime during the hours when sleep is desired.

"If you can't sleep draw up your knees and massage the abdomen, and, as you exhale deeply, press down into the abdomen and pull upwards with the hands. Pay special attention to hard spots. After massaging the abdomen get out of bed and exercise. About the best exercise is the "dip." Have the body stretched out parallel with the floor and supported by your hands and toes, with your nose touching the floor. Then lift up the body until your arms are straight. Keep this up until thoroly tired. Deep breathing is also a valuable exercise for producing sleep. Inhale slowly to your utmost capacity, and then exhale as much as possible."

The above practical suggestions are from an article by Dr. C. W. Young, in the *Osteopathic World* and should be of benefit to persons suffering from sleeplessness.

Another remedy that is quite often recommended is the neutral bath. The water should be about the same temperature as the body. Such a bath has a quieting influence upon the nervous system.

The wet girdle or abdominal bandage is quite commonly used to overcome sleeplessness. Fold a thin towel three or four fold so as to make a bandage about three inches wide. Dip into cold water, wring dry and fold around the

body at the abdomen, cover this with two or three fold of flannel wide enough to completely cover the wet girdle and fasten securely with safety pins. These are often worn all night by patients suffering from insomnia and usually give relief.

These measures relieve the person, but are merely palliative. They do not remove the causes of the sleeplessness. In order to remove the causes there must be a change in the mental and physical habits of the sufferer. Permanent relief comes thru strict obedience to hygienic laws. Often the causes have been in operation for a great length of time and one must not hope for a permanent recovery at once. Opiates are always harmful in such cases as there is danger that the repeated use of them will form a most destructive habit in the user.

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OSTEOPATHY.—This method of treating disease has made a remarkable growth during the past ten years and is today one of the strongest competitors of regular medication. There is a strong prejudice against the practice among non-progressive regular practitioners and its principles are not yet well understood by the majority of physicians or by the laity. We quote the following definition of Osteopathy from the *Osteopathic World*: "Osteopathy is that science or system of healing which emphasizes, (a) the diagnosis of diseases by physical methods with a view to discovering, not the symptoms, but the causes of disease, in connection with displacements of tissue, obstruction of the fluids and interference with the forces of the organism; (b) the treatment of diseases by scientific manipulations in connection with which the operating physician mechanically uses and applies the inherent resources of the organism to overcome disease and establish health, either by removing or correcting mechanical disorders and thus permitting nature to recuperate the diseased part, or by producing and establishing anti-toxic and anti-septic conditions of the organism or its parts; (c) the application of me-

chanical and operative surgery in setting fractured or dislocated bones, repairing lacerations and removing abnormal tissue growths or tissue elements when these become dangerous to the organic life."

Among the Osteopaths are some of the most scholarly men and most skilful anatomists in the medical profession. It may be of interest to our readers in Utah to know that Dr. C. A. Whiting, who was formerly professor of the biological sciences in the University of Utah, is now president of the faculty in a College of Osteopathy at Los Angeles, Calif. After Dr. Whiting left Utah he took post-graduate studies at Leland Stanford University, and then became connected with the Osteopathic College. He is enthusiastic over his work and has promised to give us some articles on the science for publication in the *Character Builder*.

A new era in medical practice has come. As blood-letting was displaced by drug-medication, so drug medication is being displaced by the various rational methods of non-drug medication. We welcome the change. It will do much to abolish professional and non-professional quackery. The inevitable change is observed by the progressive members of the medical profession. Dr. Maurice F. Pilgrim of New York says: "Whether he would have it or not, it is evident to the most casual observer of the trend of medical events, that a new era in therapeutics has been inaugurated and entered upon. For years, our profession was reproached with the taunt from the lips of the critical if not unfriendly laity, that while surgery has made rapid and brilliant strides, therapeutics has stood still. It was measurably true. The era of slavish dependence upon drugs is rapidly giving place to advanced therapeutic methods in the treatment of a large and increasing number of the diseases of the human body. No matter whether we deplore it or rejoice because of it, the fact nevertheless remains that the propulsively progressive spirit of the age appears to be back of these movements and actually forcing what may be very properly called ad-

vanced therapeutics upon the attention of our profession."

While there may be unqualified practitioners sailing under the colors of Osteopathy, the science is absolutely free from any kind of occultism or quackery and conscientiously practiced is superior in some diseases to any other kind of practice. The best that can be done for the diseased body is to establish normal action of all the organs and remove the causes that produced the abnormal action. Osteopathy is not a fad, it has come to stay. If conservative medication does not succeed in absorbing Osteopathy, it will be combined with other systems of non-drug medication and will receive the support of intelligent people who have become dissatisfied with the drug medication of the past and present.—J. T. Miller.

There is no remedial agent the scientific use of which demands so thorough and practical a knowledge of physiology as does hydrotherapy. Used empirically, water is certainly less likely to lead to disastrous results than some medicinal agents, the consequence of their unscientific use being only too forcibly illustrated in the terrible damage resulting from the use of patent medicines. Nevertheless, water as a remedial agent is, like powerful drugs, a two-edged sword, and its unscientific use has not infrequently produced most untoward results. Indeed, it may well be believed that the very general prejudice prevailing, among physicians as well as the laity, against the employment of water in treating disease, is largely due to the injurious effects which have followed its bungling and unsuccessful use by so-called water-cure doctors, and well-meaning, but unfortunately not well-informed, enthusiasts; who, having themselves experienced good results from the use of this simple and versatile therapeutic agent, have unwisely undertaken to cure all their sick friends by means of the same prescription thru which they were themselves benefitted. To use water intelligently, one must be a thoro physiologist, and must have an

especially good understanding of the anatomy and physiology of the skin and the nervous system." Rational Hydrotherapy, page 53.

THE PATENT MEDICINE SWINDLE.—Persons who are victims of Peruna or the "Patent Medicine" habit should read an article in the December number of Physical Culture, by G. F. O'Brien, who is past master workman in the Peruna traffic. No section of our country is free from the drug evil, and never before was the credulous confidence in these deceptive nostrums greater than at present. One firm spent \$800,000 in one year in advertising a single patent medicine. According to the most accurate estimation, the people of the United States spend each year two hundred million dollars for those drugs. Rich and poor, high and low are found among its victims. Quacks and charlatans go from town to town hypnotizing people into the use of their nostrums. Billboards, newspapers, and drug stores suggest the use of those destroyers of health. Barns and fences are covered with advertisements that capture the credulous. Like prize fighters and fashions in dress, patent nostrums become very popular and are soon displaced by others. There is a great similarity in these drugs: most of them contain alcohol; all of them relieve the purse and fill the body with impurities; many of them cost the manufacturer five cents a bottle and are sold to the public at one dollar a bottle; all depend upon ignorance of physiological and hygienic principles for their popularity; most of them are warranted to cure every disease of the body; they all have a mental effect on the user; they are manufactured and patented for the money they bring the proprietor, and all will be discarded when we know ourselves.

Customer—Give me ten cents' worth of paregoric, please.

Druggist—Yes, sir.

Customer (absent mindedly)—How much is it?

Druggist—A quarter.—Exchange.

SUGGESTIONS ON HOME MAKING.

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

HOUSEKEEPING AS A SCIENCE.

There is a new science abroad in the land. It is the science of housekeeping. This new science is taught in many schools and colleges. In Chicago the public schools have taken up this matter. Ten of the schools are taken as centers of instruction. One hundred and forty-five schools send pupils to these ten centers. Last year five thousand pupils availed themselves of the opportunity of learning how to prepare a good meal.

Each girl in the school is given a certain quantity of food material, and under the personal direction of the teacher she makes it into some tempting dish. She is taught the origin of the food products, the uses and the nutritive value of each. She must learn how to make good bread, and how to broil a beefsteak. Not only this, but she is taught how to select good food, how to tell a good steak from a bad one. After she has learned the preparation of more elaborate dishes, she is also taught how to take care of a house, the lighting, cleaning, fuels, laundry work and sanitation. In fact, she is taught those practical things which will enable her to be complete mistress of a home, whether she does her own work or employs servants.

This movement cannot be too highly recommended. There is no science of more practical benefit to mankind than domestic science. Upon good cooking and a well-kept home depend the health, happiness and comfort of the household. The woman who cannot make a digestible loaf of bread, who does not know how to cook plain, wholesome food, who hasn't the first idea how to keep a house orderly, clean and comfortable—that woman is not fit to marry. She may know Greek, she may know Latin, she may be versed in ancient history or mythology—I believe she should if she has the time and opportunity, but I do con-

tend that with all her learning she should get a thoro knowledge of the practical things of every-day life.

Many a woman has driven her husband to the saloon or divorce court by her miserable cooking and her slatternly housekeeping. Soggy bread, greasy fried meat, half-cooked vegetables, are neither nourishing nor satisfactory, but leave a craving that causes many a man to seek relief in alcoholic drinks.

That woman whose house is in confusion from morning until night, no place for anything, nothing to be found when wanted, chairs covered with dust, articles of clothing strewn from garret to cellar, the entire home constantly in a state of disorder and untidiness—such a woman would drive most men to drink or divorce. It is a rare man who can live with such a woman and still preserve his manhood.

If a husband fails to support his wife, she can, in most states, get a decree of divorce for non-support. That is right. The man has failed to do his part in the life partnership. But what of the woman who is no housekeeper? Has she not failed to do her part? She gives her husband dyspepsia with her wretched cooking, she drives him to the verge of despair with slattern housekeeping, she causes her children to be sick because of the unsanitary condition of the home; but yet the law will not recognize this man's complaint. It is just such homes as these that are the hot-beds of moral and physical disease, that rack the nerves and sap the vitality of men.

No woman should accept from any man the honor of being mistress of his home until she has mastered the science of housekeeping. If she cannot cook a wholesome dinner and keep her house clean and comfortable, she cheats the man she marries. Even tho she has servants at her command, she should have a practical knowledge of all that is in-

volved in domestic science, in order that she can intelligently direct her servants.
—Medical Talk.

When parents send their children away to school let them decide before leaving home what course to pursue. Many girls come to me when the school year is half over and wish they had taken a domestic science course for the little they glean from some of our girls makes them feel that woman's sphere is in the home. And what could bring more joy and happiness than home making, and the rearing of children who become the noblest work of God.

One of our great lady singers who left a public life for a home and family said there was more pleasure in hearing her little ones lisp the word Mamma, than in all the public applause she had ever received.

For two years I have had an opportunity of observing the progress of this science at the L. D. S. University. The girls are very much interested in the study of scientific home-making. These studies are so closely related to the every day life of the girls that they will greatly aid in the development of true womanhood. Such studies are an essential preparation for making a home where love, peace and harmony dwell.

The following article was written last week by one of the girls as a class preparation:

WOMAN IN THE HOME.

"Home is woman's kingdom and there she reigns supreme. It is the wife's honored task to care for the home and make happy her husband and the children entrusted to her care. All praise be to her who so rules and governs in that kingdom, that those reared beneath her roof shall rise up and call her blessed."

Since woman fills such a responsible position how very necessary it is that she qualify herself for her duties of life. It is woman's mission to become a mother and what a great privilege it is. Young girls do not realize what a blessing it is to be called "Mother." Such an idea to

them is simply shocking, but what married life is happy without children.

In order to perform her duties in the best possible way, the wife must be in perfect health, for no woman can make home life perfectly happy if she has poor health. Youth is the time to lay the foundations of future health and happiness. In this enlightened age there is no excuse for women having poor health, brought about by improper dressing and by the violation of other laws of health.

Our earliest and best recollections are associated with home. There the first lessons of infancy are learned. The mother's heart is the child's first school-room. The parents' examples are imitated by the child, so it is very necessary that the parents be what they wish their children to be. The privilege of planting the seeds of love in the child's heart belongs to the mother. It is she who must fit them to meet the duties and the trials of life.

Not only does the mother exert a great influence over her children, but succeeding generations partake of her influence. It is necessary that she cultivate her mental faculties to the fullest extent that she may be the better qualified to educate her children, especially her daughters, who in turn will become mothers. In social life we find that the truest wives and the most faithful and patient mothers are women of cultivated minds.—Ida Hyde.

SOME LUNCH EVILS.

The proper feeding of the infant and the child is one of the most important questions of practical hygiene. The poorly fed child is going to be the weak man; for a man is what he eats—or rather what he has eaten. A generation of properly fed children means twenty years hence a generation of strong men and women. It is an important matter, so important that it is generally overlooked.

A potent factor in the production of weakness and disease among children is the mid-day lunch of the child attending school. Most mothers seem to feel that

anything will do for the child's lunch; and the luncheon hastily prepared by mother or maid is a dietetic abomination. The child, anxious to get to its games, tag, jackstones, tops or baseball, hastily crams down his throat a combination of corn beef sandwich, pickles, cake and perhaps a segment of pie. He then rushes away to spend the remaining fifty minutes of the noon hour in violent bodily activity. Under these circumstances even a normal meal could hardly be digested. As for the dietetic absurdity called the school lunch, it simply ferments in the stomach, generating poisons which, absorbed into the system, produce many and varied evil effects.

Instead of carrying lunch with them to school, many children are provided with money with which to purchase lunch. This is almost or quite as pernicious in its effects as the home-made lunch; for the children invariably spend the money for pie, cream puffs, candy, ice cream, soda water and other concoctions which gratify the palate, but which are entirely unsuited to their needs. The immediate results are often dizziness, nausea, lassitude and irritability. There is frequently an aching hunger owing to the gastric inflammation produced by the acrid products of the fermenting stomach contents. To satisfy this hunger the child will have at three or four o'clock a snack which makes the condition worse. So matters go on until, after a time, an attack of indigestion, diarrhoea, malaria or "cold" partially cleanses the system.

In France and Germany, where the school hours are much longer than in this country, also at the English public boarding schools, physical breakdown among the pupils is practically unknown. This largely owing to the fact that the school lunch provided, altho nutritious and palatable, is always simple and contains neither meat nor pastry.

Some women of Chicago, realizing the importance of this matter, have inaugurated a crusade against the school lunch. This is a movement in the right direction. The hygiene of childhood cannot receive too much attention. As a great

thinker has said, "Let us live for our children."—Health Culture.

NUTRITIOUS AND HEALTHFUL LUNCHEONS.

Nut Sandwiches.

Spread two slices with peanut butter and cover one slice with seeded raisins; put the other slice on top. A glass of stewed fruit or two apples. A cup custard or any simple pudding, as rice or tapioca baked in a cup are very often satisfactory when rich cake or pie is injurious.

EGG SANDWICHES.

One hard boiled egg chopped fine with chopped parsley or chopped celery, or celery salt and a little lemon juice added to form a paste. Spread on buttered brown bread.

Nut Sandwich.

Spread thin slices of bread with honey or jelly and sprinkle with walnuts or almonds or a mixture of them chopped fine. Chopped nuts and dates make a good sandwich.

"The work of the home is a writing on wax, which becomes more adamant, and retains the work of every lightest touch forever."—Henry.

Better an hour spent in adorning the soul of a child, than the skirt of a dress.—Lucy Rider Meyer.

If we save the children of today we have saved the nation of tomorrow.—Mary H. Hunt.

Teach them that wealth, costly marble, fine statuary, elegant appointments and the world's social standing can never make a home; but that the humblest cottage may be a home if the woman who presides in it be a true home-maker.—Emma F. Drake, M. D.

Mrs. E. B. Ayers, of the physical culture department of Syracuse university, addressing the New York Assembly of Mothers, blamed C. D. Gibson, the artist, for the prevalent self-conscious pose of girls and the "kangaroo walk."

YOUTH'S DEPARTMENT.

WHAT IS GOOD?

"What is the real good?"
I asked in a musing mood.

"Order," said the law court;
"Knowledge," said the school;
"Truth," said the wise man;
"Pleasure," said the fool;
"Love," said the maiden;
"Beauty," said the page;
"Freedom," said the dreamer;
"Home," said the sage;
"Fame," said the soldier;
"Equity," said the seer.
Spake my heart full sadly:
"The answer is not here."

Then within my bosom
Softly this I heard:
"Each heart holds the secret:
'Kindness' is the word."
—John Boyle O'Reilly.

THE SECRET OF IT.

By Susan Hubbard Martin.

Why he turned in at the parsonage gate that afternoon Mr. Barton Ellsworth did not know. He had just met the professor, and his brows were knit ominously over the interview. He was not in a friendly mood, yet his steps turned intuitively toward the little house.

"Yes," the old professor had said, as he rubbed his glasses reflectively, "your son could lead his classes if he would; he has the ability. But instead of that, his standing is dangerously near the failure mark. If he does not take a different course he will not pass the spring examination. I have reasoned with him, but he seems to have no care or ambition in the matter. Such a splendid intellect, too! There's a curious lack of enthusiasm about him. Have you talked to him Mr. Ellsworth?"

Barton Ellsworth's sad face grew set and sadder still.

"No," he answered, shortly. Why, it had been weeks since he had as much as spoken to the boy, he thought.

"The truth is, professor," he went on, "since my wife's death I've scarcely noticed the lad. I haven't cared much whether I lived or died, and the boy never took to me, anyway. If his mother had been spared—" His voice broke.

"Yes, yes," the old professor answered hastily, "I know it. It was a sad blow, Mr. Ellsworth, and the lad's loss is equal to yours. Never forget that. Sometimes we're selfish, even in our grief. A mother's influence knows no boundaries."

"Thank you," was the answer. "I'll see Basil and—"

"Be gentle with him," interrupted the old professor, warningly. "Such lads need careful handling. A word too much, and the work of years is undone."

"I see no reason why Basil should not study," Barton Ellsworth answered, coldly. "I never had to be urged when I was a boy, and I did not have half his opportunities. Well, good day, professor. It's a little hard to a man of my pride to hear such a report of my only son, but my cup seems full of bitterness just now. Drop in and see me some evening. I'll be glad of a chat with you. My best regards to your wife. Good afternoon!"

The old professor looked regretfully after the tall figure as it strode away. "It's a thousand pities," whispered the good man, "that Ellsworth looks at things in the way he does. If Basil's mother had only lived—but I am afraid his father's pride and severity will only chill the boy. What Basil needs is a wise and tender hand just now. Well, well, we can only advise in these cases, and pray."

As Barton Ellsworth came to the parsonage he went in. He had never been

there before, for the minister's pastorate was yet new. The parsonage was a sunny little house, just now overflowing with children, for the new pastor had a family.

The minister's wife herself came to the door in answer to his ring. The baby, some fourteen or fifteen months old, was clinging to her skirt.

"No, he's not at home," she said, after Barton Ellsworth had introduced himself and asked for her husband. "But won't you step in for a moment? Do?" she urged, gently, for she had heard of his great sorrow and read with a woman's quick and ready sympathy the trouble in the thin, sad face. "My baby's just learning to walk," she added, stooping to unclasp the chubby hand. "This is her second day's experience." She smiled down at the tiny toddler at her feet, such a wonderfully beautiful smile.

Barton Ellsworth saw the look. "There's a woman with a mother's heart," he thought instantly. "Edith was always like that."

Because of his wife, he followed her in. "I'll stop just a moment," he said.

The minister's wife led him into the little sitting room. The floor was littered with children's toys. There was nothing fine in the room, only old plain chairs, a good picture or two, and an open piano, but it had that indescribable look of home about it that grand houses so many times lack.

Two little boys about four and six were playing contentedly on the floor. "This is Paul and this is Silas," the mother explained, smilingly. "We like Bible names best," she added. "Our baby's name is Ruth."

She drew forward the best chair the room afforded. "Come here, dears, and speak to the gentleman," she said.

The little boys rose obediently, moving shyly toward their visitor. Something in the two pairs of brown eyes raised to his moved him strangely. They reminded him of Basil. What a fine little fellow he had been, and how proud Edith was of him.

"When I am old and helpless," she had often said, "my son will take care of me.

Look at him, Barton. Aren't his eyes beautiful, and see his firm little muscles. There's no baby like mother's boy!" she had cried, catching him to her heart.

The little boys, having spoken to him, went back to their mother. They leaned upon her affectionately, pressing their dimpled hands against her pretty gown. He noticed that she did not rebuke them.

"You have quite a family," he remarked gently. "There are two more in school, I understand."

"Yes," smiled the minister's wife, "two girls, Mary and Rachel. And you—you have a son, too."

Barton Ellsworth nodded and his face grew stern. He thought of the professor's report. "Yes," he answered, "one—only."

The little woman saw the look. She took the chubby hand of the smallest boy, clasping it fondly. "They're a great care," she said, gently, "but we have always been so fond of our children."

Barton Ellsworth winced. He thought of his great empty house, of its lonely grandeur, its silent rooms impregnated, as it were, with his great grief. No wonder the boy did not like to stay in them. And what was it she had said? "Fond of her children." The words rang in his ears still.

Had he been fond of Basil? Had he taken the interest a father should have taken in an only son? He had left the boy to the emptiness of the silent house, full of the memories of his mother, shutting himself in the library night after night. He had evinced no care in the lad's progress, had made no effort to win his love or confidence. Day after day he had sat opposite him at meals, silent, stern, unapproachable. Was it strange, then, under these conditions, that the boy was about to fail? Was it to be marveled at that he had lost heart in his studies?

He looked across at the minister's little children as they clung about their mother, and in that moment it was shown him what a parent ought to be. "God forgive me!" he thought.

The minister's wife looked after him

a little puzzled. "I wonder what could have moved him so?" she whispered. "There certainly were tears in his eyes."

That night at dinner Barton Ellsworth looked at his son. "How did school go today, Basil," he said.

The boy dropped his fork. The question, coming from the usually silent figure opposite, startled him. A flush rose to his cheek. "Not very well, sir," he stammered. "I—I—"

"Are the studies too hard?" asked the kind voice.

"No," was the answer, "I could do them all right, but the truth is, father, I haven't been studying."

Barton Ellsworth rose. "Bring your books into the library, Basil," he said. "I think you and I can help one another." He went over and stood by him. "I want my boy to be a good student," he said. "Nothing short of the best will satisfy me. I met the professor today, my son," he explained, "and he thinks you could do better if you really set your mind on it. We'll see if he isn't right. It's partly my fault, Basil," he went on. "I've neglected you. I want my boy to forgive me; will he?"

The quick tears rushed to Basil's eyes. "Don't, father!" he said in a broken voice. "It's all my fault. I didn't study because—I didn't think you cared."

Barton Ellsworth stooped and kissed the smooth, boyish cheek. "I do care very much, my son," he said.

He seemed to see again a little woman with pretty children clinging to her gown. How they loved her! She was making a success of her mission and he had come near failing in his. "We have always—" he heard the soft voice speaking again—"We have always been so fond of our children!" Ah, that was the secret of her power, and he had found it out.

"Come, Basil," he said, gently, "come, my son." And arm in arm they went into the library, where the picture of a lovely woman smiled down upon them, as if she knew and understood.—Youth's Companion.

WISDOM IN WIT.

A BOY'S COMPOSITION ON BREATHING.

Breath is made of air. We breathe with our lungs, our lights, our livers, and our skin if it's not all stopped up with powder. If it wasn't for our breath we would die when we slept.

Our breath keeps the life a-going thru the nose when we are asleep. Our noses were made for breath and our mouths for food, and to talk with.

Women that stop in a room all day should not breathe. They should wait till they go out of doors.

People in a room make bad, foul, unholv some air. They make carbonicide. Carbonicide is poisoner than a mad dog. A heap of soldiers were in a black hole in India and Carbonicide got into that hole and killed nearly every one before morning.

Girls and women kill the breath with corsets that squeeze the diagram. Girls can't holler or run like boys because their diagrams are squeezed too much. If I was a girl I'd wish I was a boy, so I could run and holler and breathe lots of air and have bright eyes, rosy cheeks, a big appetite, and a good diagram.

Give me air or give me death!—Selected.

He—Look at that woman on the other side of the street waving her hands about her head. Is she practicing physical culture?

She—Mercy, no! She's describing her new hat to another woman.—Kennebec Journal.

When a man marries for money he generally earns all he gets.—New York Press.

It's funny how a woman's figure improves along toward evening.—New York Press.

OUR BOYS AND GIRLS.

WHEN MOTHER IS FROM HOME.

The cook is cross, and father bangs
The door when he comes in;
And sister? Well, the way she does
Is surely a sin.
She worries till I almost wish
The judgment-day would come;
And all the folks—but me—get wrong
When mother is from home.

Somehow the house seems sort o' cold.
And empty like to me;
And when a fellow comes from school,
There ain't no one to see
That he gets pie and cake and things
Before he starts to roam.
It's worse than a boarding house
When mother is from home.
She's just been gone a week today—
She said she'd stay 'most two;
And if she don't get back on time,
I don't know what we'll do.
With everybody cross around,
And me just left to bum,
I tell you, boys, I'm living hard
When mother is from home.

PUSS FINEFUR'S ADOPTED FAMILY.

By Susie M. Best.

Bunny Bunch was the happiest mother rabbit in the land. Her last batch of babies (there were six in it), was a batch to be proud of. Blind, naked little creatures they were, and perhaps you and I would not have considered them beauties. But Bunny Bunch did, and her approval was of much more consequence than ours.

Somebody else thought Bunny Bunch's babies worth admiring, too. And who do you suppose it was? Why, Puss Finefur, to be sure,—the handsomest black cat in the country. He thought Bunny Bunch's babies were so pretty that he tried to adopt them. I must tell you all about it.

Bunny Bunch lived in a wooden box in a coal shed. To protect her from the inclemency of the weather, her owner had nailed a cover over the top of the box,

but left an opening at the side large enough for her to creep in and out of as she wished. This made the box warm enough for Bunny Bunch herself, but she knew it would never be cozy enough for her little naked babies. So, some time before they were born, Bunny Bunch made a comfortable lining for the box out of fur that she pulled from her own breast. When it was all padded and lined, Bunny Bunch thought it was a nest fit for a king rabbit; and the baby rabbits thought so, too, when they came to live in it.

Puss Finefur was the pet of the family who lived in the second floor flat, but he was always prowling around the downstairs premises. He liked to visit his neighbors. One day, when Bunny Bunch's babies were a few days old, she left them in the box, and stole out to the yard to stretch her limbs and hunt something good to eat.

While she was gone, Puss Finefur came nosing around the box. He saw the six blind babies, he determined on a closer acquaintance. So he ushered himself into their box; and instead of gobbling them up, as most cats would have done, he began licking their little bodies quite affectionately.

The little creatures, feeling something big and warm and furry near them, at once concluded it was their own dear mamma come back; and forthwith they nestled themselves close against him. Puss Finefur evidently was not displeased with their attentions, for he just lay right down and let the little things crowd as close to him as they wanted to.

Pretty soon Bunny Bunch came in herself, and at first she was in a great fright to see Puss Finefur hugging her babies; but he gave her several reassuring "meows," and, finding upon investigation, that he hadn't eaten any of the six, Bunny Bunch nestled herself down on the other side of the box; and there

they lay, Puss Finefur on one side, Bunny Bunch on the other side, and the six babies between them. That was Puss Finefur's first visit to the rabbit box, but it wasn't his last by a good many. Every day regularly, for a long time afterward, whenever Bunny Bunch left the box, Puss Finefur walked in, and the babies grew very fond of him; and, as his fur was good and thick and he was such a warm, cozy kind of cat, they hardly knew the difference between him and their own mamma.

Bunny Bunch was glad enough to leave them in Puss Finefur's charge. She felt that they were safe with him, and that no harm could befall her beloved family while they were in the care of such a devoted nurse as Puss Finefur. And none ever did. The babies all lived and grew up to be very fine rabbits and to this day they are great friends with Puss Finefur. And this story is a true story.—Kindergarten Review.

DO IT.

If you have a task to do, lad, do it.
Do not dally half a day; get thru it.
Do not mix your work with play,
Do not idle by the way,
Go and do it right away—do it.

If a lesson you should learn, then learn it;
If the grindstone you must turn, then turn it.
Strike out boldly like a man,
'Tis by far the better plan;
Do the very best you can, lad—do it.

If the garden you must till, then till it;
If the wood-box you must fill, then fill it.
Tho the task be not so fine,
Do not fret or mope or whine,
Do your duty, line on line, lad—do it.

Should the woodpile need your strength and muscle,
Get your coat off with a lively hustle;
Every stick that you shall split
Is a tribute to your grit,
And will harm you not a whit; then do it.

Never mind if your task seems lowly,
Never mind if your reward comes slowly;
Keep your conscience clean and white,
Keep your courage strong and bright.
And you'll surely win the fight; then do it.

Never fear but what the world will know it.
Just pursue your quiet way,
Make the best of every day,
Do your duty while you may, lad—do it.
—Youth's Companion.

WHEN GODFREY GROWS.

I wonder when it is I grow!
It's in the night, I guess.
My clothes go on so very hard
Each morning when I dress.

Nurse says they're plenty big enough;
It's cause I am so slow.
But then she never stops to think
That children grow and grow.

I wonder when! I can't find out.
Why, I watch Tommy Pitt
In school for hours and I can't see
Him grow the smallest bit!

I guess that days we stay the same,
There's so much else to do
In school and play, so I must grow
At night, I think—don't you?
—Lilla Thomas Elder in Youth's Companion.

A LITTLE GENTLEMAN.

I know a well-bred little boy who never says
"I can't";
He never says "Don't want to," or "You've
got to," or "You shan't";
He never says "I'll tell mamma!" or calls
his playmates "mean."
A lad more careful of his speech I'm sure
was never seen!

He's never ungrammatical—he never men-
tions 'ain't";
A single word of slang from him would make
his mother faint!
And now I'll tell you why it is (lest this
should seem absurd):
He's now exactly six months old, and cannot
speak a word!

—St. Nicholas.

Books Received.

RATIONAL HYDROTHERAPY, a manual of the Physiological and Therapeutic Effects of Hydratic Procedures, and the Technique to Their Application in the Treatment of Disease, 1193 pages, with 293 illustrations, by J. H. Kellogg, M. D. Published by the F. A. Davis Co., Philadelphia. Cloth, \$6.00.

This work is from an author who has devoted a lifetime to the practice of the principles explained in the book and has visited the leading institutions of the world where these principles are applied

in the treatment of the sick.

Dr. Kellogg is a recognized authority on these subjects. He has for many years been superintendent of the celebrated Battle Creek Sanitarium, where thousands of chronic invalids are treated every year.

Rational Hydrotherapy is probably the most exhaustive work ever published on Hydrotherapeutic methods of treatment. The work is written for physicians and nurses, but contains much that is of interest and profit to the laity. The subjects are treated under the following headings: Historical. The Physics of Water, Air, Heat and Light in Relation to Hydrotherapy. Anatomy and Physiology in Relation to Hydrotherapy. The Physiological Effects of External and Internal Application of Water. The Physiological Effects of Friction or Mechanical Irritation of the Skin. The Physical Effects of Light. The General Principles of Hydratics. The Therapeutic Effects of Hydratic Applications. General Rules, Principles, and Suggestions Relating to the Practical Employment of Hydrotherapy. Hydratic Institutions and Their Equipment, and the General Management of Cases. The Technique of Hydrotherapy. Hydratic Prescription Making. Summary of Experimental Work. Bibliography. Index.

There is a disappointment to the student of hydrotherapy in not finding the names of Trall, Jackson, Shew and their successors, who have done so much to popularize the practice in America. This omission may be due to the fact that Dr. Kellogg is president of a Regular Medical college, and the work of those pioneers is not generally recognized by the regular profession. Their work made hydrotherapy popular among the laity and created a demand for such a work as the present in order to qualify practitioners to give the desired treatment. It is gratifying to see rational measures becoming popular. The present work is of great value in the profession. We used some of the advanced sheets of the book in medical college two years ago and learned to appreciate their value. Every

physician and nurse should have a copy of Rational Hydrotherapy and practice its principles.

—○—
THE MONEY POWER FAMILY, by R. B. Bayly, A. M., M. D., with an Introduction by M. D. Kizer, 96 pages, price 25. Published by the author at Decatur, Ill.

In a vigorous and original manner the author points out the danger of permitting the "Money Power Family" to control our Government. The book is well worth reading. It suggests to the citizen his duty.

—○—
HELPS TO HEALTH AND PURITY.—A book for young men, by E. A. King, B. D., 127 pages, cloth 50c. For sale by Young Men's Pub. Co., Sandusky, Ohio.

This little book is full of practical suggestions for young men who are the victims of impure thoughts or who have injured themselves by the vices of youth. The author gives "quack doctors" their just dues and gives an outline of a course that will restore health and vitality where these have been lost. It is a safe book for young men to read who need the advice of a friend, but is not intended for boys who need only positive instruction concerning the proper development of normal physical and mental powers.

—○—
 (The following is a sample of encouraging letters that come to us nearly every day. We appreciate the kind words of our friends.—Publishers.)

Clifton, Ida., December 9, 1903.
 Human Culture Publishing Co., Salt Lake City, Utah:

Please find enclosed a one-dollar bill to pay up arrears for Character Builder for 1903 and to continue its mission at our home for another year. where it has ever had a hearty welcome.

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—○—
 Self-reverence, self-knowledge, self-control—these three lead life to sovereign power.—Tennyson.

—○—
 Character gives splendor to youth and awe to wrinkled skin and gray hairs.—Emerson.

NURSERY RHYMES.

By Arthur S. Phelps.

"Uncle may I go out to sail?"
 "Yes, my dear, next Christmas;
 You may sail your ships in my new canal,
 But don't go near the Isthmus!"

Dewey, Schley, Miles,
 See how they run!

They ran after Favor with all their life,
 But she reaped their hair with the scalp-
 ing knife,
 Did you ever hear such a tale in all your
 life,
 As three blind mice?

Li Hung Chang was a merry old soul,
 And a merry old soul was he;
 He called for his Bear,
 And he called for his Bull,
 And he called for his Japanee.

Johnny Bull, the colony eater,
 Had a nation of Boers, but he couldn't
 keep her;
 So he dug her a grave as deep as hell,
 And there he kept her very well.

We Spaniards had a pony,
 His name was Philippines;
 We sold him to the Yankees,
 To feed on pork and beans.
 They chased him, they shot him, they
 dropped him in the mire;
 We wouldn't sell our pony again for all
 the Yankees' hire.

—The Whim.

LIFE FOR LIFE.

By Dr. C. E. Boynton, Smithfield, Utah.

(Written for the Character Builder.)

The little girl took very ill.
 Chills ushered in a fever.
 Some said, "Oh, call the doctor now,
 For we can not relieve her".
 But others said, "Let's wait a while,
 Doc costs a pile of money,
 And send today for Granny Grey,
 And try her rum and honey."
 Now Granny closed the windows tight,
 For fear there'd be more chilling,
 But did not know, in doing so,
 She helped along the killing.
 The face was red, and aching head
 Most drove the poor child crazy.

With laudanum she doped her some,
 For Granny was a daisy.
 She put a linseed poultice on
 That weighed five pounds or over,
 And wound her round with a woolen "gound"
 And put on heaps of cover.
 Beneath such weight hearts suffocate,
 But common sense seemed scanty,
 She built more fire, piled blankets higher,
 And almost cooked the shanty.

The child cried, "Give me water cold,
 Oh, give me water, WATER."
 "No, not today," said Granny Grey,
 "No, not today, my daughter."
 And faster flew the fevered pulse.
 The child's blue lips seemed burning.
 Her burdened breast, in pained unrest,
 Told how the heart was churning.
 "Is there no hope," the mother cried,
 "Is my sweet girl a-dying?"
 "Does God forsake? My heart will break!
 "Marm Grey, you hike, a-flying!"
 "Go for Doc Dick, confounded quick;"
 "Or else this case is slaughter."
 "No more these swine shall doctor mine,"
 "Without good air and water."
 And Doctor Dick got there blamed quick.
 He sent that poultice kiting.
 The woolen "gound" no one has found,
 Up to the present writing.

And that child drank; she tried to thank
 Doc Dick, for that small favor.
 They let in breeze, which gave her ease,
 'Till neighbors thought they'd save her.
 Alas, too late! Next morn at eight,
 They fold her hands; she's sleeping;
 Not by God's will—God does not kill.
 He takes them in his keeping.
 They think it death: There seems no breath;
 The heart is faintly beating;
 A gasp, a sigh—now will she die?
 Life struggles while retreating.
 In the noble fight thruout the night
 The doctor, cool as ice is,
 Awaits a change—to him not strange—
 He guides her in the crisis:—
 "A MESSAGE FOR DOCTOR DICK:
 It is his son; while chopping;—
 Has cut his thigh"—"Fly, doctor, fly,"
 "They say there is no stopping
 The blood." But does the doctor go?
 Says he—"Get Doctor Weaver."
 For now my place is with this case.
 Tell Chet I can not leave her."
 But Dr. Weaver could not be found.
 Too late the vein was tied.
 The eye once bright, gave up its light,
 And Chet, the chopper, died.
 Still lives the girl, that Doctor Dick
 Saved on that awful day.
 And gossips tell, "That she got well
 By the help of Granny Grey."

A man may be wrecked as a ship. Con-
 science is an anchor. Terrible it is, but true,
 that like the anchor, conscience may be car-
 ried away.—Victor Hugo.

Be noble! And the nobleness that lies in
 other men, sleeping but never dead, will rise
 in majesty to meet thine own.—Lowell.

The charm of reading is in the recognition
 of what we know.—The Philistine.

Be ashamed to die until you have gained
 some victory for humanity.—Horace Mann.

A pure life brings a clear conscience.

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A man's own conscience is his sole tribunal, and he should care no more for that phantom, "Opinion," than he would for the judgment of the ignorant.—Selected.

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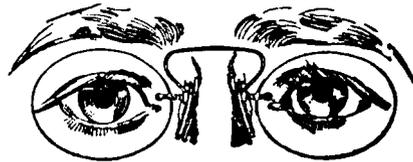
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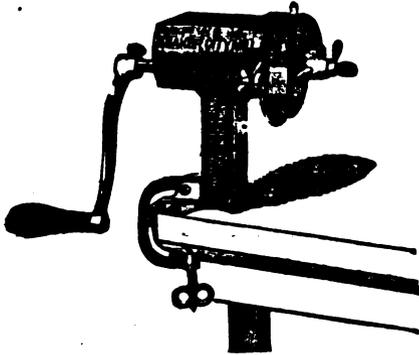
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