

The Character Builder

DEVOTED TO PERSONAL AND SOCIAL BETTERMENT

Vol. 21

May 9, 1908

No. 11

All unpleasant states and extremes of feelings and thots are injurious to vital action. Anger will sour the contents of the stomach, and if frequently repeated bring on the most aggravated form of dyspepsia. Jealousy, if long continued in, may produce heart disease. Self condemnation diminishes the power of respiration and in fact all of the functions. A gloomy, forboding state, especially effects the liver. while worrying over the inevitable and apprehension of evil shatters the nervous system and may be the primary cause of many physical ailments. A very large percent of the diseases of modern life have their origin in mind.—RIDDELL



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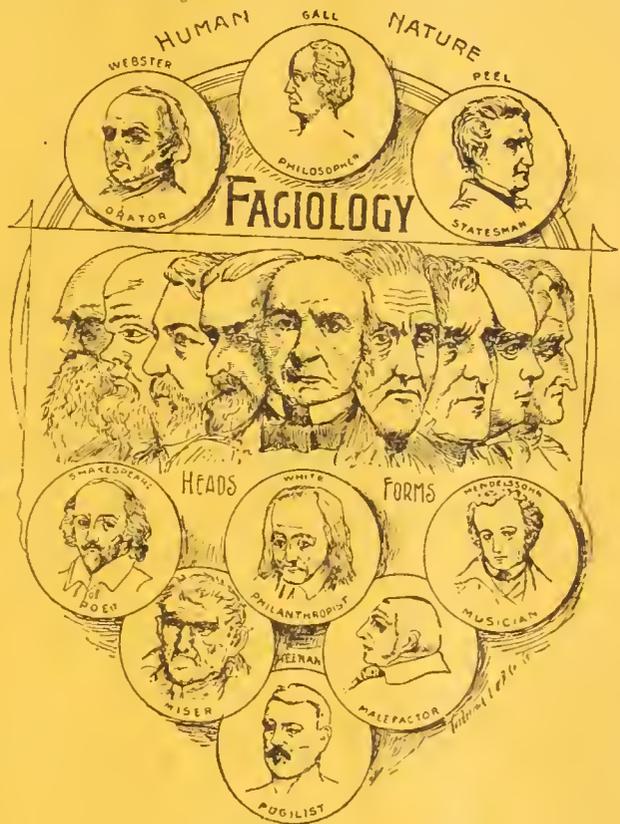
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THE CHARACTER BUILDER

A Human Culture Journal for Everybody

VOL. 21.

MAY 9, 1908.

NO. 11.

PROGRESS.

There are two attitudes toward social improvement, one of them is "laissez faire," "let alone," or "let matters adjust themselves," the other one is that an earnest effort on the part of the citizens of a community or country can hasten the desirable change.

The world's progress has often been retarded by the spirit that all things will adjust themselves without any effort on the part of the members of society.

This view is shown up in its true light in an article by William J. Armstrong that appeared in the *Arena* recently. The following is quoted from the article:

But this theory called laissez faire, placed in practice on American soil consecrated a century ago to equal rights, has created in that century a vast result of human inequality. It has distorted the just conditions of social life. It has estranged classes of citizens. It has placed the wages of toil in the hands of idleness. It has made Cunning a prince and Honesty a pauper. It has made Industry a slave to feed Insolence as a parasite. It has written despair over the doorways of millions of homes. It has dwarfed Childhood with premature toil. It has filled the breast of Labor with discontent, and the streets of cities with the tramp of soldiers in times of peace. It has placed manufacture under the sur-

veillance and protection of hired detectives—the Pinkertons and the police. It has laid the dead hand of debt on the ploughman, and pawned the lands of the West to the princes of the East. It has given to millionaire gamblers and railroad monarchs the power to lay an embargo on the wheat fields of the prairies, and "with a stroke of a pen to make famine crouch in the streets of our cities." It has made tender women toil for the pittance of beggars, or flee to prostitution for bread. It has made the anarchist and the tramp. It has handed over to merciless corporations the gigantic industries of the nation, to unseat the will and debauch the conscience of the nation itself. It has enfeebled the sense of national honor. It has made pillage for private greed of the resources of a mighty and generous people. It has kidnaped for monopoly the government of the United States.

So much for laissez faire in unrestricted play on American soil for a century! It has shown this nation, which began in liberty a century ago, of the power of volition—the Delilah to the American giant. In the streets of our cities, on election days, the vote of an American sovereign is bought for a barrel of flour, because bread has become more precious than the ballot. In twenty states of this Union we innocently ask which is the railroad's candidate for Congress. That settles the question.

Every American industry passes rapidly into the hands of monopoly. The millions that are made pass to the pockets of the few, the Jack Sheppards and Dick Turpins of American society. These are the gentlemen in the United States Senate who sit like kings at the head of syndicates, give feasts like Lucullus, purchase admiration of a grateful people by flinging back to them in charities a fragment of the spoils of which they have robbed them, and lie in marble mausoleums costing a hundred and fifty thousand dollars, when they are dead. We do not envy them, living or dead. They, too, are the victims of the industrial morals of their time. But we do say that no dead American has a right to lie under a gravestone worth a hundred and fifty thousand dollars while a live American woman is starving in a garret.

The wealth of this world belongs to the quick and not to the dead. Civilization is not rich enough to furnish mausoleums for dead capitalists—or yachts for live ones. Its industries should be devoted to producing the necessities of life as long as one needy human being exists.

YOUR FATHER YOUR BEST FRIEND.

Editor Character Builder.

Dear Sir:—In your issue of March 2, an article with the above title contains a query as to why the son so often reaches mature manhood before he realizes how much his father is to him, and also as to the cause of the estrangement which too often exists between the father and son.

The article referred to would seem to indicate that it is the son's fault. Possibly so in some instances, but in the

majority of cases I believe the father is to blame, altho unwittingly so.

Many men enjoy their home life for a few years after marriage and then become so absorbed in business and money making they seem to forget that they owe their families anything more than food, clothing, schooling and social advantages, and apparently think that if they furnish enough money for the needs of the family their duty is done.

The consequence is, they grow away from their families, and the children grow up almost without their father except in a financial way, for he never takes time to play with them or to ask how they get along with their school work, or even to tell them that he loves them. The sons, as they grow up and experience new sensations, would often like to ask their father for some information, but he is so deeply engrossed in money making that he takes little notice of them, or gives evasive answers to their questions, so the boys get what information they can from other boys and other people and quit trying to ask father about it.

Thus a barrier grows between them, and the breach grows wider and wider, and the sons often feel that "father doesn't care" and takes no interest in them.

If fathers would only realize the importance of being more companionable with their sons, so the boys would know that father felt an interest in them and was willing to help them over the hard places in school work and in understanding themselves and the problem of life during the critical time of boyhood the father and son would not grow apart as they too often do.

Boys as well as girls have too often been repulsed by their parents when

the natural desire for knowledge led them to ask about the mystery of life.

The father desires that his sons may grow up to be good, true men, but neglects to explain to them the pitfalls which are all along the way and which they should guard against in order to grow up to noble manhood.

The writer of the previous article seems to think the boy grows away from his father, but that, in most cases, is because the father has first grown away from his boys.

Yours truly,

MRS. CELIA A. SMITH,
San Diego, Cal.

PREVENTIVE MEDICINE

A notable change in the attitude of the medical profession to the public is the growing belief on the part of intelligent and influential physicians that the doctor's first duty is to prevent disease.

As an example of the teaching of the medical journals on this point, quotations from the New York State Journal of Medicine are given:

"In the relation of the medical profession to the people, a most needful and important step is the education of the public. By that I mean awakening in the public mind an appreciation of the function, the aims, and the possibilities of medicine. . . . A barrier of secrecy has been encouraged by the doctors of the old school, and relics of the superstitions of medicine linger even yet. Happily, the work of breaking down these obstacles to the advancement of medicine is well under way. The publications and circulars issued by State and municipal depart-

ments of health are of incalculable value. Popular magazine articles and many books give the public further enlightenment. But still much good would accrue if medical men would contribute more upon medical subjects for popular reading. Certain laymen have rendered good service in this direction. The physician need not feel that in communicating medical knowledge to the public he is laying himself open to the charge of self-exploitation or of invading the field of the charlatan. It is the charlatan who is ever invading his field."

"The greatest need in our general system of education today is the compulsory study and teaching of biology, human physiology, hygiene, and the principles of pathology and therapeutics. The most important thing for the student to know about is himself, and this study should supersede all others."

"The engineer is most competent to keep his engine in a state of efficiency who best knows its construction, its workings, the dangers that threaten it, and how to overcome them. The most important thing that concerns the student is his own body, and the most important thing that concerns the race is its offspring. . . . Knowledge and more knowledge of ourselves is the need.

"Not infrequently we hear expressed the notion that it is best that laymen should not know about their bodies. People are going to have some sort of idea about these things, and it is better that they should know what is true than believe what is false. Among a community steeped in misinformation

the truth can do no harm. If they are not taught the truth, the newspapers and the charlatans will see to it that they get some sort of information."—Life and Health.

NINTH LESSON IN BREATHING.

(Written expressly for the Character Builder by Dr. Francis King.)

"Victory belongs to the most persevering."—Napoleon.

"Failures are but the pillars of success."—Byron.

Exercise 27.—Rythmic Breathing. Count mentally four (as four seconds) as you inhale. Now hold two, exhale four, hold empty two. Resume, this time inhale five, hold two, exhale five, empty two. Continue. Inhale as you count six, hold three, exhale six, empty three. Now inhale seven, hold three, exhale seven, empty three. Now inhale eight, hold four, exhale eight, empty four. Now nine and four. Now ten and five. Repeat daily.

Exercise 28.—Soul Illumination Breathing.—Stand. Raise the arms from the sides over the head in a circle as you inhale seven seconds, hold three, exhale seven as you bring the hands down before the face. Hold empty three. Repeat. Keep in your mind the prayer and realization of divine illumination of soul and life.

Regimen.

If your stomach is in a normal condition, eat anything that is not poisonous. One thing, however, must be observed if you would keep your stomach all right. Always stop eating before you are satisfied.

Pork should not be eaten at all if

you would keep your blood pure. The hog and the chicken are scavengers. They are both sweet meats, but our chief danger lies in indulging in that which is sweet to the taste or soul. Only inspected meats should be eaten, and then but once a day. There are those who advocate no meat. Some constitutions are ready for total abstinence by living spiritual lives. To come up out of the influence of the habits of past generations and heredity is a growth. To abstain from meats suddenly is dangerous to the health of some. It is a desirable life, but grow into it; do not force yourself into it.

Those who live on the higher planes of spiritual thought and life will find a growing distaste for meat. This is in the natural order. In your diet let there be a judicious mingling of vegetables, fruits and cereals. Do not eat over and over again the same thing. Cooking is a great art. A good, sensible cook is a gift from heaven. Live well. Enjoy all the fruits of the earth. Mother Nature intended you should eat plentifully of all her lavish gifts. Do not make yourself ridiculous by imagining you are called upon to renounce the things of earth so long as you are in the body. But be not like a hog, nor descend to the folly of a fool in your indulgences. Remember, the wise one knoweth the place and use of the body as a perfect medium of expression for the Principle of Life thru the mentality. Surfeited or gorged appetites of the body drown the soul in material grossness and delay the day of perfect freedom and happiness.

Sex Science.

Healthy associates, healthy books, and a healthy home are the essentials for a satisfactory mental environment of the adolescent.

Work or constant employment is one of the important features of sex hygiene. It takes the adolescent from himself, and tends to widen out his interests and ideals. It is strange that parents do not more generally see to it that their children are always interestedly employed.

In the same way bathing should be looked after. Specific directions and even supervision are desirable, until good habits have been formed.

One Source of Danger.

Little attempt has been made to secure for the girl some immunity, at least, from the pressure of school work at the monthly periods. There is abundant testimony, both from physicians and the sufferers themselves, to the fact that the lack of consideration during these periods has wrought a vast amount of ill.

The girl is naturally self-conscious. She is usually ambitious and unwilling to receive a low mark. Frequently a number of her teachers are men. These facts combine to lead the girl beyond her strength.

This problem should be met by teachers. Some provision must be made by which a whole or partial easing up of school work may be secured temporarily without embarrassment to the applicant. Where a physical instructress is employed, orders to the effect that Miss Blank should be excused for the time being from such and such work, might very properly emanate from her. Where there is no such teacher, some one of good judgment in sympathy with the stu-

dents should be appointed for this especial duty.

Test Questions From the Standpoint of Sex.

The most important questions from the standpoint of sex in the light of the preliminary discussion are: Has the child a normal, healthy knowledge of sex from a trusted source, or has he or she only the morbid, immoral suggestions of it derived from coarse playmates? Can he confide in his parents? Does he have the right physical environment for sex hygiene as represented by nutrition, physical exercise, bathing, and clothing? Does he read good books? Has he good associates?

Special Cases.

Teachers as well as parents have been puzzled by children that are bright and active one day, stupid and immovable the next. Periodical attacks of stupidity, dark rings under the eyes, a desire to be alone, nervousness, inability to meet the teacher's eye, and especially a tendency to stay in bed in the morning, without cause, are symptoms of evil. None of them, however, carries proof of bad practices with it. In general, the teacher can only assert that something is wrong, and advise that a physician be consulted. A principal or parent can frequently, however, invite confidence and secure it to the very great benefit of the boy.

Growth During Adolescence.

Not only have parents been unwise in neglecting to teach the child of sex early enough, but we find both in parent and teacher a rather marked blindness to the real nature and far-reachingness of the changes of adolescence.—Stuart H. Rowe, Ph. D., in *The Physical Nature of the Child and How to Study It*.

The Character Builder

Published once a week, by the Human Culture Co.
34 So. Main Street, Salt Lake City, Utah.

Devoted to Personal and Social Betterment.

Entered at the Salt Lake City Post-Office as
Second Class Matter.

DR. J. T. MILLER - - - - - Editor
STAN. F. KIMBALL - - - - - Business Manager

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EDITORIAL.

Worthy of Universal Adoption.

One of the most unique movements along human culture lines is that recently inaugurated by President Frank Y. Taylor and his associates of Granite Stake, in connection with the Stake Mutual Improvement Association officers.

They have arranged to hold special meetings in all the wards on Sunday afternoons or evenings dividing the members into four groups for the purpose of better adapting the instruction to all: a mothers' group, a fathers' group, a young men's group, and a young ladies' group. Two ladies are appointed to talk to each group of ladies, and two men to talk to each group of men. The talks are devoted to constructive work on the principles of human culture that should be familiar to every parent and prospective parent.

The home and the school are the logical places to teach the principles of sex science and parenthood which should be a part of every young man's and young woman's education, but before parents are prepared to teach those principles properly they must first educate themselves in them: these meetings will stimulate an interest in this important subject. If such meetings could be held twice a year in every religious gathering thruout the world the principles of human culture might become as popular as the principles of agriculture, horticulture and animal husbandry have become during recent years.

During the past fifteen years the writer has devoted his best energies to disseminating the principles treated in the meetings referred to above, and can understand to a degree their importance in the work of personal and social betterment. The initiative has been taken and has been such a decided success that it is safe to say it can be successfully carried on in any community, if properly organized and conducted. It would scarcely be possible to devote the same amount of time and energy to any other work that would result in as great good to the community.

Human Culture Summer School.

Never before have parents been awakened to the needs of rational child training as they are today. During the past year thousands of parents in this region have been actively interested in parents' class work. Under the auspices of the public schools, parents' meetings have been held in all parts of this country.

With this awakening there is a

corresponding desire for information on the principles of child culture. Parents are learning that there is a science of human culture as well as of agriculture, horticulture, etc. The publishers of the Character Builder have arranged a course in human nature, practical education, health culture with rational methods of nursing, foods and scientific cookery, heredity and parenthood, and the essential principles of anatomy, physiology, hygiene and sanitary science.

The work in all these branches will be presented in the plainest language possible so as to be understood by persons who have not had training in the higher branches of education. While these courses are prepared to meet the needs of teachers and parents, they will be of interest and great benefit to any person who desires to know the laws and principles of human culture. The classes will all be conducted by specialists in these branches of education, who have conducted classes in some of our leading institutions of learning.

The classes will extend over a period of six weeks, from June 8 to July 24. The tuition for one class during the six weeks is \$6; for all the studies, \$10. All the classes will be held in the forenoon, beginning at 8 or 8:30, whichever time will best suit the convenience of the students.

For further information address The Human Culture Co., 221 Security & Trust Building, Salt Lake City.

The Signs of the Times.

The present trend of education is decidedly toward the mechanic arts, domestic science and agriculture. Sociology is rapidly taking the prominent position held for half a century by the biological sciences. The next study to deserve worldwide popularity is human culture based upon a scientific study of mind and body. If the

interest and intelligent effort to educate parents in the principles of human culture continues to increase as it has during the past five years, it will not be long before parenthood will be a profession.

The mission of the Character Builder and our other work is to promote these principles and to help the youth develop pure thots and noble lives.

For six months, in spite of the money stringency, this work has been self-supporting, but our printing plant, which is the financial salvation of our work, has not yet been fully paid for. The printing and Character Builder cannot pay current expenses and meet the obligations on the plant as they come due. Quite a number of our Salt Lake friends are assisting us by purchasing stock in the company. If a few of our readers on the outside will send \$10 each for a share of stock we can clear up the obligations and give the necessary time to the Character Builder to greatly increase its usefulness. A number have recently declared their intention to take a share of stock. We hope to hear from them immediately. If all the people of the Intermountain West combined will contribute one-half as much to this work as the poverty-stricken editor has given himself, all obligations will be paid off and the work will be self-supporting for all future time. If the thousands who have exprest appreciation of the work in words will give it ten almighty dollars each, we will never need to say another word here about money. Don't wait until you are millionaires before you invest in a character building enterprise. DO IT NOW.

YOUTHS DEPARTMENT

A DROOPING MOUTH.

Don't let your mouth droop. A drooping mouth is responsible for many a sickness. When you are not feeling well, when you are tired or discouraged, disappointed or deprest, the first indication will be the droop in the mouth. When the mouth droops, then the mental activities droop, and the whole physical organism gets out of repair, and you feel droopy and you look droopy. A droopy individual like a droopy chicken is not a very charming or inspiring sight, and, perhaps, like the droopy barnyard fowl, should be isolated from his companions. There is nothing as doleful as the company of a person with a drooping mouth.

We are not talking to those who are facing some awful calamity or passing thru some great sorrow. We do not expect them to be merry—at least not until time can soften the pain.

But to that great mass of people who take life too seriously, who allow trifles to irritate them, petty obstacles to discourage them, little disappointments to depress them, these people who magnify their troubles and retail their woes. Those people who imagine they are to be pitied and with drooping mouth pose for sympathy. Cheer up! Get the droop out of your mouth. Make the corners of your mouth turn up instead of down. If no other way, take your fingers and twist the corners up. When you are feeling irritated or deprest or discouraged or tired, watch your mouth. Don't let the corners sag. Make the corners bow upward, even if you have to use the finger exercise. Do this when you are feeling your worst and very soon the sun will shine brighter, the sky will take on

a bluer tint, the weariness, the annoyance, the disappointment and depression will have vanished, and life will be all rose-color again.

A New York firm applied to Abraham Lincoln some years before he became president as to the financial condition of a neighbor. Mr. Lincoln replied as follows:

"Yours of the 10th inst. received. I am well acquainted with Mr. ——— and know his circumstances. First of all, he has a wife and baby; together they ought to be worth \$50,000 to any man. Secondly, he has an office in which there is a table worth \$1.50, and three chairs worth, say, \$1. Last of all, there is in one corner a large rat hole, which will bear looking into. Respectfully yours, A. Lincoln."

SCOWL, AND THE WORLD SCOWLS AT YOU.

(E. E. Keeler, M. D., in Good Health Clinic.)

Nine people out of every ten met upon the streets of the city are hiding themselves behind an ugly frown. Whether there is contentment and love within, or the charred embers of grief, disappointment and hate; there is the same scowl, the gloomy frown, the mouth dropped at the corners, the perpetual mask worn by young and old. The merchant scowls at his clerks, the teacher scowls at her pupils, the mother scowls at her children; from cradle to grave we see scowls everywhere.

And this is not an exceptional condition of ugliness presented by those who frequent Bargain Counters, Police Courts and Slaughter Houses, but it is the general rule; it applies to 99 per cent. of humanity. Now I deny the charge that that proportion of mankind is controlled by the principles of greed, graft, treachery, despair, ill-nature, tyranny or pessimism; then why do we scowl? There is much happiness yet on earth, but the only time to see smiles is when the home team is winning.

Count the pleasant, smiling faces you meet out of the first hundred people you pass and you will be appalled at the number of foreheads wrinkled and mouths whose corners droop to this one who smiles.

An old writer says, "We must laugh before we are happy, for fear we die before we laugh at all," and judging the faces we meet we would conclude that laughter was a misdemeanor and happiness a penal offense.

"Laugh and grow fat," is a saying of old:

Whether or not 'tis the cause of obesity,

This I believe, in the physical man,

Laughter demands as a sort of necessity.

A happy disposition is an attribute of longevity. Other things being equal, the man who laughs will be healthier than the one who scowls.

A writer in an exchange says: "A mirthful, rollicking spirit that seeks to avoid the solemnities of life, always ready for a hearty laugh, saying, 'Well, it is no laughing matter and no matter if you laugh,' and so laughs, will keep away much that shortens

life. I believe there is authority that some will not question for saying "that a merry heart doeth good like a medicine." A rousing good hearty laugh will stir up and stimulate the nervous system most helpfully, promoting digestion, respiration and all of the vital functions.

The man who will laugh heartily every day will add to his length of days. Far better a smile than a sigh, which is said to be a nail in our coffin.

One of the ways of curing the "Worry Habit" is to laugh at the frightful spectre about which you were beginning to worry.

"Look for happiness and pleasure,
You will find them all the while;
If you bring a smiling visage
To the glass, you meet a smile."

Fall in with Brother Reeves' suggestion and form a "Laughing Club." If you have only one loyal member, it will be a grand success. To be a successful business man need not mean the wearing of a perpetual frown; it is only undertakers who need a grave face.

CHEERFULNESS IS POWER.

"Fate itself has to concede a great many things to the cheerful man." The man who persistently faces the sun so that all shadows fall behind him, the man who keeps his machinery well lubricated with love and good cheer, can withstand the hard jolts and disappointments of life infinitely better than the man who always looks at the dark side. A man who loves shadow, who dwells forever in the gloom—a pessimistic man—has very little power in the world as compared with a bright, sunny soul.

The world makes way for the cheer-

ful man; all doors fly open to him who radiates sunshine. He does not need an introduction; like the sunlight, he is welcome everywhere.

I think the first virtue is to restrain the tongue; he approaches nearest to the gods who knows how to be silent, even tho he is in the right.—Cato.

SORRY SPORT.

A cynical Frenchman once declared that the average Englishman, when he arises, says: "What a fine morning. Let's go and kill something!" A correspondent of the Times recently called attention to the fact that, after two thousand years of the sermon on the mount, and the admonition that "love is the fulfilling of the law," we are still very close to the primitive man, whose one idea of sport was the shedding of blood. The correspondent closed his admirable letter as follows:

"Society is lamenting today the increase of violent crime among our youth. What wonder? When we arm them with deadly instruments to shed innocent blood, what wonder that the victim does not always belong to those sub-human races to exploit, slaughter, and torment which we seem to claim as our special prerogative?"

Let us not forget that it is but a short step from the slaying of warm-blooded animals that think and enjoy life as we do, to the slaying of our fellow creatures.—Los Angeles Times.

THE PASSING OF THE BROOM.

The broom threatens to be as obsolete as the old copper warming-pan, judging from the number of vacuum dust removers which are being placed on the market. The change is one which meets

with the unqualified approval of all who know what a breeding ground for disease is the common dust of our houses. Every housewife who is possessed of cleanly instincts should welcome an apparatus which removes dust instead of scattering it in all directions. . . . Moreover, removal of dust and its collection in a receptacle by means of a vacuum cleanser, permits of its absolute destruction by fire. . . . The broom may clean the surface of the carpet, chair, or curtain effectually enough, but the dust is removed only to be scattered elsewhere and to be spread over an even wider area than before.—The London Lancet.

A GREAT TEMPERANCE WAVE.

Probably never before in the history of this country has the question of the relation of the liquor trade to communal life received wider—not to say wiser—consideration than at present. Thru the ordinary news channels information is repeatedly brought of this or that community passing a measure either prohibiting the trade altogether, or placing it under increasingly stringent regulations.

To group some of the ascertained facts suggests that, for some reason or other, a great temperance wave is sweeping over sections of the land that up to the present have not favored prohibition, but now wish to free themselves from the incubus of the saloon. And the singular fact is that this anti-saloon movement is not being fathered or fostered by any one political party, or by any one Christian denomination. It is largely a citizen movement, in which men of every political stripe and of every religious faith are co-operating.

In the most concise form here are some of the facts.

By actual and reliable statistics 33,600,000 of the 80,000,000 people of the

United States are today living in communities in which, so far as law goes, the sale of alcoholic beverages is absolutely prohibited.

National legislation has shut out the sale of such beverages in the Capitol. Liquors are not allowed to be sold at any of the many army posts. No liquor can be sold to any Indian either on or off his reservation. The Hepburn-Dolliver act to prevent the shipment of liquor into states that have adopted prohibition was defeated in the last session of Congress by a very narrow margin, and stands a good chance of being ultimately passed.

The South is moving against the traffic. Georgia has become a prohibition state this year. So has Alabama. Mississippi is moving in the same direction. Ninety-nine per cent of North Carolina is dry. Tennessee has only five wet communities. Virginia and West Virginia are more than half dry, and Florida more than two-thirds.

Kentucky, which has more than \$100,000,000 invested in the manufacture of liquor, has ninety-seven of its 119 counties under prohibition. Louisiana has practically driven the saloon interests into New Orleans as its last cover.

Texas is more than half dry, and has drastic laws against passing round a flask in a railway train, while the sale of liquor is prohibited in dining cars—those saloons on wheels.

Oklahoma has entered upon her career in statehood as a prohibition state, and the saloons which have been in the territory have already been ordered out.

Indiana has drastic laws against the liquor traffic, and is considering others yet more drastic. In a poll of the Ohio state Senate recently, seventy-two out of eighty-six members went on record as favorable to state prohibition. Pennsylvania is to vote on the question of a local

option law at the coming April election, and is agitated at present thru all her communities as never before.

But time would fail us to go over all the facts. Yet there is one that cannot be overlooked, as it has an educational interest. Nearly all the large colleges of the West and South have been swung into line in this movement for temperance. Leagues have been formed in them, committing their members not necessarily to total abstinence, but to use their influence definitely after they leave college to further temperance measures in the communities in which they may reside.

And, according to the latest reports, 48,000 students are already enrolled in these college temperance leagues.—*Journal of Education*.

“Triflers make perfection,
But perfection is no trifle.”

Every day is arbor day in the life of a wide-awake Christian, for he is planting seeds of truth, nourishing them tenderly, and digging out the old worthless roots of error and burning them in the fire of self-purification, daily striving to beautify his mental home.—*Ida T. Davis*.

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OUR BOYS AND GIRLS

TRUE STORY OF A CAT.

While teaching school in a little town in Georgia the following story was told me as true:

Thomas was a large, yellow cat, very beautiful, and much loved by his mistress. During the day and the early part of the night he used to lie on the rug in front of the big log fire. One evening the family all went off to a neighbor's house to sit awhile, leaving no one at home but Thomas. They left him in his usual bed on the rug by the fire, which was burning very brightly. They did not want him to get cold, for the night was extremely chilly, so they did not put out the fire. They had not been gone more than a half hour when, sitting in the neighbor's house, they heard something at the door. Upon opening the door, in walked Thomas. Straight up to his mistress he walked and began to claw her dress. She tried to scat him away, but he clawed at her and looked into her face and meowed. He would walk to the door and then come back to her and act in the same manner. She at last got up, determined to follow him and see what he wanted. He led her home, and when she got there she found that the log had tumbled down onto the floor and the floor was in a light blaze. The cat has been the means of saving his mistress' home from burning, and probably several others, as the houses were close together.—D. Bell, in *Our Dumb Animals*.

ONE MILLIONAIRE.

"He's a millionaire, that boy is."

The boy I was walking with looked across the way at the lad of whom my words were spoken. There was certainly nothing about the latter to suggest his wealth.

"You don't say so! It can't be really so; he looks almost shabby."

"No matter for that. I live in the same block and I know. But I did not say he was worth a million of money."

"Oh!"

The boy who was listening looked rather disappointed. Still, he was anxious to know what the other one might have, anyhow, so he asked "What then?"

"He is what is called a millionaire of cheerfulness. He is merry and bright the whole day long, not alone when all is sweetness and light, and when it isn't he has such pluck and spirit, and such un-failing good nature, that he must have a million to draw upon, tho he pays no tax upon his capital. You never see him scowling or hear him whining. So he scatters his blessings all about and is a blessing to the neighborhood. I wish there were more millionaires of cheerfulness. There might be, if everybody gathered up all the sunshine to be had and it was given out as royally as Rob who goes whistling yonder."

Then I went on, leaving Dick to wonder whether he was as rich as Rob, and if not, why not.—*The Advance*.

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