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GENERAL HEALTH

AUG 1 0 1926

"Sunshine and Values"

by

C. W. BARRON

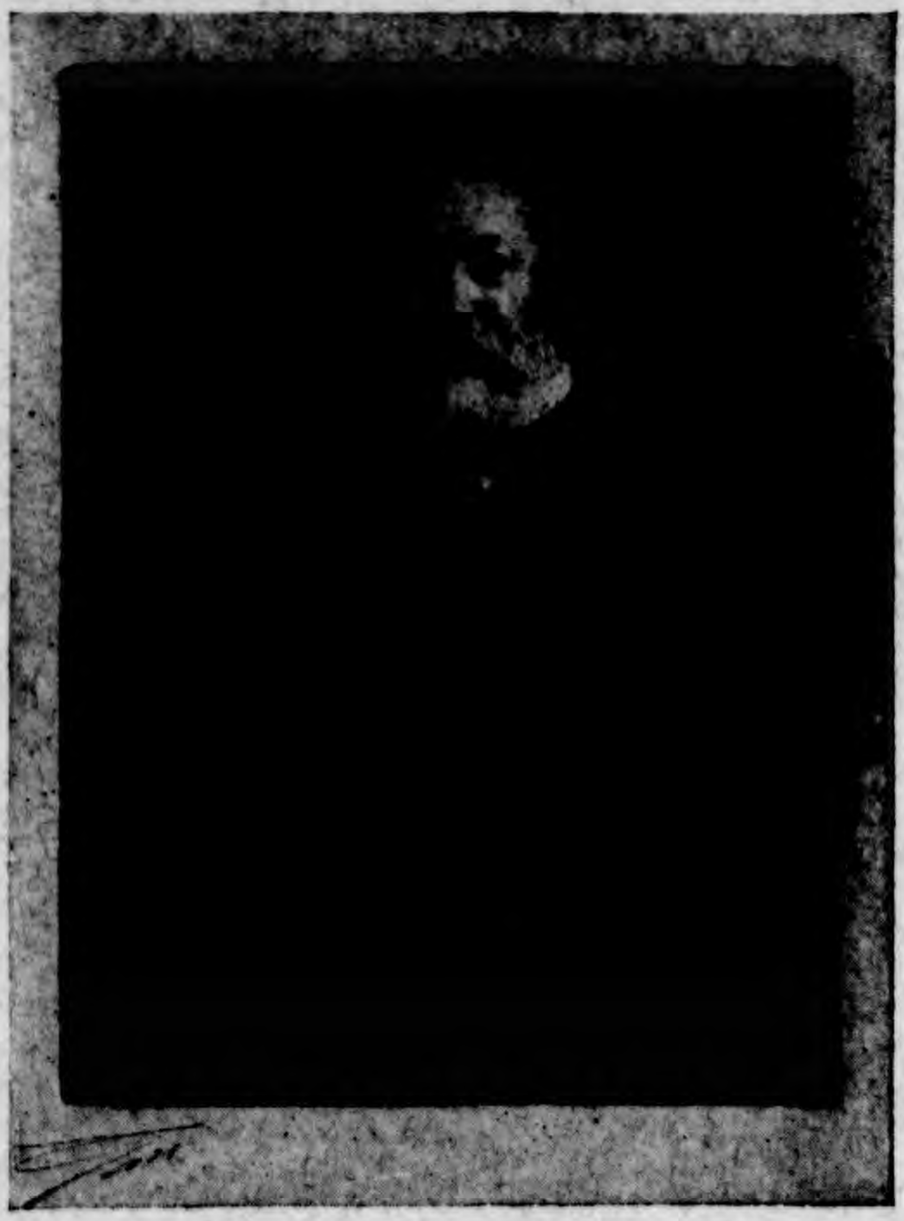
Publisher of

THE WALL STREET JOURNAL

Address to

The Wall Street Journal Staff

May 12, 1926



CLARENCE W. BARRON, ESQ.

Publisher of

THE WALL STREET JOURNAL

And International Authority on
Finance and Economics

Values in Sunshine

Remarks of C. W. Barron to the Staff of Dow, Jones & Co., and The Wall Street Journal

At the annual dinner of the staff of Dow, Jones & Co. and The Wall Street Journal in the Crystal Room at the Ritz-Carlton Hotel, Wednesday, May 12, President C. W. Barron took for his subject "Sunshine and its value in Wall Street, as well as in Florida and the human body."

Mr. Barron said:

Fellow reporters: You will, of course, expect me to report to you tonight. A few days ago I was at Battle Creek, and a delightful lady with whom I have often played bridge told me that last year being near my home in Boston she had telephoned my house and been informed that I was dying out at Battle Creek. Of course, I have now to go home and educate my household servants to be better reporters. I never had any idea that I had gone to Battle Creek to die. That is a place where you go to get well.

Although in a sense we are all dying, no man has a right to say of his neighbor that he is dying. Not, at least, until after he is dead. No man has a right to pull down another man's property, or its valuation. Pessimism has not the same right of expression as optimism, and please don't forget that in the conduct of our business.

No man has a right to pessimism as respects his neighbor, or his neighbor's property. (Applause).

Mr. Harvey's Double Error

Last December I was in London when Mr. Harvey, our late ambassador to England, gathering up some antique statistics, had attempted to tell the world in his North American Review that Great Britain was done for, that England must be considered hereafter a decadent nation.

Mr. Harvey was in error. But if he had not been, he had no right as our late ambassador to a friendly country to give utterance to such pessimistic expression. It was not helpful; it was worse than useless.

But with the assistance of my good London office, so well represented here tonight, I quickly gathered from the British Treasury and British Board of Trade the statistics to prove that Mr. Harvey was either a little bit late or a little bit early; that Great Britain was not yet done for, and that for the last six months of 1925 she was on the up-grade. (Prolonged applause).

Congratulations

We proved that Britain in 1925 had turned the corner financially, and tonight we can note that she has turned another corner in the triumph of law and order over anarchy and misrule. When you strike against the government you strike against the life of the nation.

Tonight I may congratulate you on the situation in the English-speaking world; on the commanding position of the United States for world peace and world prosperity, and on the position of Dow, Jones & Co. and The Wall Street Journal. This is an evening for congratulations, and a day for optimism—not a night for pessimism. (Applause.)

Sunshine Value in Florida

Returning from Europe, I went to Florida by the doctor's orders to get into the sunshine. Sunshine is not only the food for this planet, but is food and sustenance for everything that has life on it. The value of the whole great coast line of Florida, the value in its salt and its fresh waters, the value in its great and growing agriculture, the value in every one of its 37,000,000 acres, is the value of sunshine. The wealth of Florida now and hereafter is in the world's growing appreciation of the value of sunshine. Sunshine is not only good for the ground and for your body which comes from the ground, but there is another sunshine of the unseen world that is good for your soul, as well as your body. There is the sunshine of the Spirit; most important for us all to cultivate.

Thoughts May Shine

We need all good thoughts. They are not only helpful and buoyant, but life-giving. He who repeats with Professor Coue "Every day in every way I am better and better" is turning his face toward the sunshine. Now, don't take a short cut to it and say with the American doughboy—"Oh hell, I'm well." That cut to health cult is too short and does not reach to the right place. Let the sunshine linger with you a little longer and repeat with the Christian Scientists:

> "Think health and health will find you
> As certain as the day.
> Leave disease to lag behind you
> And lose you on the way."

When you take the yolk of an egg on your spinach, both of which will increase the sustaining iron in your blood, just reflect that that yolk comes from the sunshine. Hens kept in the dark can't lay eggs with yolk in them. Don't mind if my daughter here laughs at me. She thinks I don't know much about hens, although I may be great on Guernseys and Oak Farm certified milk for babies and the family.

Sunshine in Food

But I can tell you something about guinea-pigs (laughter). Not the guinea-pigs that we know in London finance, but the guinea-pigs in this country, which we know from the little book called "Pigs Is Pigs."

Scientific laboratories have experimented with the guinea-pigs to demonstrate the value in sunshine. They kept some guinea-pigs in the dark away from the light until they were nearly dead. Then they took half of them out for just 15 minutes a day, and with only 15 minutes a day for sunshine they recovered. Then another experiment was tried. They kept the guinea-pigs in the dark until they were nearly dead, and then they

took the food for the guinea-pigs and put it in the sunshine. And do you know those guinea-pigs got their sunshine through the food that had been given a sun bath, and they got well.

We are all in need of sunshine food, and we need to dwell in the sunshine as much as possible—sunshine within and without us.

Sunny Ford

If you want to see a man who believes in sunshine, and who has done more than any other man in the world to put people into the sunshine, take a look at the countenance of Henry Ford, if you can't meet him personally. He has one of the sunniest of countenances.

When I asked him last week how business was, he did not seem to care. He said: "We are not making as many motors as we expected to make, but we will make all the people want. We are making over 7,000 a day."

Of course business has not been so good as formerly with Henry Ford, for the reason that the country is so prosperous and the people have so much more money that they want to ride in a higher priced car. That is the one thing that is hurting the Ford business, but Henry Ford does not care. He is glad that the people have the money, and I am sure he would look forward with pleasure to a future where the Ford factory was closed, and every farmer was riding in a Lincoln.

Fords and General Motors

General Motors seems to be doing the big business this year. They have reported net earnings of more than $120,000,000 the past year, compared with $51,000,000 the previous year, and they put out the largest number of motors last month in the history of the company—136,000 cars.

The pessimist will say that business cannot continue. Therefore bears sell other people's General Motors, and if they could they would sell short stock of the Ford Motor Co. They sell General Motors because of its large output, and they would sell Ford stock because of its lessened output. You can never satisfy a pessimist.

Now I know you want me to be brief. Let me tell you a story from the black-faced comedians, McIntyre and Heath. One took the other from a stable where he had been working and eating regularly, and promised him everything on the road. When they were later broke and with nothing to eat the man from the stable sighed and said, "You took me out of a good job in the livery stable where I ate regular, and you promised me everything on the road. You even taught me table manners and how to eat with a knife and fork. That's one trade I ain't never yet worked at." I ain't never worked at the trade of being brief in speaking. (Laughter and applause.)

(After distributing some prizes among the men who had made the year's records, and reading the roll of red and gold star winners in the news department, Mr. Barron continued):

The Jeffersonian Newspaper

Our good friend Ames of Chicago who is here tonight and who has made such a handsome gain in his district sent me copy of a letter from Thomas Jefferson who wrote on June 11, 1807: "To your request for my opinion of the manners in which a newspaper should be conducted so as to be more useful, I should answer, by restraining it to the true facts and sound principles only. Yet I fear such a paper would have few subscribers."

Now a hundred years afterwards we have The Wall Street Journal, or rather we have the Barron financial publications, that were all founded on just that principle of reporting the true facts with sound principles only.

No Predictions

If there was anything that I determined nearly 40 years ago when I started in the news business for myself it was that I would not predict—we would let the facts do the talking and let the people make their own deductions. What I want to emphasize to you tonight on the subject you are to discuss is that "improvement in the service of Dow, Jones & Co., and The Wall Street Journal to the public" does not come from en-

larging our own opinions or deductions. It will come only from broadening and clarifying the financial field by a more intense digging into and gathering and presenting fully the useful facts of finance, the underlying facts and factors that make for valuations in this country, and also that warn of the pitfalls in business or finance. But we will let the facts do the talking.

Neither Bull Nor Bear

As I understand it we do not write either bear or bull articles, although the Street and our readers will denominate the article as bearish or bullish. It is not, however, for us to so denominate the facts. It is only for us to make the record, and make it full and complete.

I sometimes think I really don't recognize such things as bear or bull markets. Indeed, I am beginning to doubt if we are ever to have in this country again what we used to call bear and bull markets. In the old pre-war days our financial system made them. The bull market was begotten of easy money, and the bear market was begotten of tight money.

A Financial Revolution

Now the government through the Federal Reserve System is in charge of the money market, and all indications are that we are now more on the basis of Europe and England. You never hear there of bull or bear markets, except as respects individual securities or groups of securities. A falling market in rubber shares may reflect some changes in the rubber business, or a rising market in rails some government readjustments.

Investments on the other side of the water do not fluctuate with money as formerly in this country.

I believe the fever has now been taken out of money in this country under the Federal Reserve Act, and that we need now have no concern as respects money rates in this country for many months to come.

Therefore, the whole question of markets becomes one of fashion in business.

Railroad Investments

The public has not yet gotten it into its head that the government prevents railroad rate wars, and does not now permit the destruction of railroad properties by freight agents. The government is steadily working toward stabilization of rates and wages, insuring investment return on the values demonstrated by the railroad assets, which assets and valuations are on the whole about twice what the railroads are selling for in their share equities.

When the issue is fully fought out, the railroads of this country, capitalized at twenty billions, must be valued at not far from thirty billions. Unless you have a twist in money, how can you therefore have a so-called bear market, or decline in values for railroad equities?

Motor Transportation

I believe motors are going to take a large part in the growth of this country as respects transportation, that for the short haul motors are a primary transportation, and for the long hauls are a secondary transportation, and that to a considerable extent unprofitable passenger trains must be eliminated from the railroads and the business passed over to the motor highways, upon which more money per annum is being expended than was ever expended per annum on the railroads.

At present there is a buyer's strike against tires. Although the public never bought tires on the basis of rubber at $1.20, $1.00 or 80 cents per pound, it demands that as the price of rubber has fallen below 50 cents it should get tires proportionately lower. As a matter of fact tires were never sold on a basis of much above 60 cents for rubber.

Tires and Rubber

The tire manufacturers are having conferences and are generally standing together to get a fair value for their goods, although nobody seems to know what Firestone may do. If the tire manufacturers stand together tires will not be sold on either the basis of 50 cents

for rubber or $1.00 for rubber; at least not until such time as the inevitable dollar rubber comes into existence before 1930.

We are making now 60,000,000 tires per annum in this country, and if we do not restrict the use of rubber in some way we will require two-thirds of the world's rubber production to make those tires.

Figures have been made showing the date on which we will very likely be making and using 90,000,000 tires, and it is not so very far away. Tires are being worn out in this country as never before. Tires have got to be bought, and in increasing quantities, and as yet there is no known substitute for rubber. The companies carrying the biggest inventories will in the end make the biggest money. A tire company has got to carry a big inventory, as it requires five months to run rubber and goods through the inventory.

Now of course we don't say when is the time to buy rubber or when is the time to buy tires or when is the time to buy motors. But we must gather all the facts and put them chronologically and logically, and let the facts be clear to both buyer and seller.

No Predictions

I do not believe in this talk about a bear market or of recessions in business. Of course there will always be changes—ups and downs in many lines of business. But by all means avoid being led into the marshes of prediction and tipsterdom.

I am delighted when we call investment attention by the record or facts to a good investment that three or five years afterwards will cause our subscribers to rejoice, and I have always insisted that we avoid calling investment attention to a record or a line of facts that may so mislead them as to cause them to regret that they have ever read them, or subscribed to our publications.

Get the Facts

We are the Journal of Wall Street, and the Journal means the day to day record of the facts. Of course it is from the facts that any intelligent business man, investor or financier determines his course for the future, but we are not the party to determine his course.

We believe in the motto "Get the facts or the facts will get you," and we gather the facts for business men and investors that they may know the facts and figures and may not at some time be forced by the facts into an unpleasant situation.

Wages and Consumption

Personally, I believe that this country is piling up wealth as never before, is putting forth a wage fund that is consuming goods as never before, that the money rate will be lower instead of higher in this country, that goods are being transported and being consumed as never before, that steel and tires and motor cars are being consumed, worn out, as never before. I believe their certain replacement insures our steady prosperity, with irregularities according to public temper, fashion, politics, government, bear movements in Wall Street assailing values and sentiment, the undermining of confidence by predictions of bear markets, and mistakes in the managements of individual companies. But I must be careful how I give utterance to these sentiments, except in the public interest, and in such manner as cannot invite our subscribers to rely upon our personal opinions for their daily business conduct.

Facts and Not Opinions Should Make Markets

I do not care how many people denominated our reports concerning U. S. Alcohol as bearish, or our reports and studies in values on Atchison and New York Central as bullish, but we should not so denominate them. To us they are neither. They are just the straight record, which record when properly set forth may make bulls or bears, but we must not be those bulls or bears, or the creators or unmakers of markets.

The market I hope will continue to vibrate on the Dow-Jones news, but never on the Dow-Jones, the Barron, the Hamilton, the Bancroft, or the Hogate or the Hazen predictions.

Be Sunshine Builders

Another of my early principles established in the financial news business nearly 40 years ago was to "let ill tidings tell themselves till they be felt"—a line as old as Shakespeare. I did not go out singing, "We told you so—we told you that was going to happen." I have never done that in my life. I have never seen an honest corporation in trouble where I have pointed my finger, or where I have done anything to push it down or push it over or spread pessimism, or anything along that line.

Every business man is building for the future, and anybody building for the future had better stop if he follows bearish predictions.

Suppose President Coolidge predicted a bear market, would you think that he or the administration under his leadership were future builders of this great American nation, the hope of the world today? (Applause).

The pessimist has not the same right of expression as the optimist. No man has the right to depreciate the property of his neighbor by voice or pen.

Be sunshine builders! The sun is always shining somewhere, and prosperity is always with some industries in this country. I have never seen a time in 50 years' study of finance when there was not prosperity with some business, industry or concern in the United States.

Always the Facts

Look at these and emphasize the good and the helpful. Let the evil who would destroy, the pessimists that would tear down, take care of themselves. But we will always make note of the useful facts, good or bad. We will give the record and bring it right up to date daily, but we won't seek to give the record for tomorrow. Neither will we this year figure what should be the record for next year. We will let the record of the facts point the way. But we don't point the finger; although the facts we present may point the way.

Ford For Sunshine

I could but reflect as I went through the Ford Hospital at Detroit the other day, where Ford has invested ten million dollars, and they have 647 beds, and 790 employes, including 107 doctors, all doing no outside work, but entirely in the pay of the Ford Hospital, that the hospital business was not the real business of Mr. Ford. He is not the generator of diseases or misfortune, nor does he emphasize them, but he is helping to restore and improve service and restore manhood and womanhood in this country.

He has 750 so-called medical men, that is, men who have been injured or been under medical treatment, who are now employed in his reclamation department where they save $15,000,000 worth of waste products every year at the Ford Highland Park plant. Mr. Ford's real business is with his 49,000 employes at the Highland Park plant, and his 51,000 more employes elsewhere, and he is not talking about the sick at his hospital. He is not looking on the disease side; he is looking at the other side—the helpful side, and trying to help everybody over to that side.

Balloon Tires

After talking with Mr. Ford and going over his Highland Park plant, and noting how his locomotives were maintained, and how neat was his giant power plant, for you can wipe your pocket handkerchief on any part of his locomotives or on the floor or machinery of his great power plant and you will not pick up a speck of dirt or a drop of oil—unless that is the place for oil—I dropped in upon Mr. Chrysler and talked about the motor outlook and balloon tires, and the future of rubber.

I could but reflect as I left Detroit that we have seen many things in Wall Street go a-ballooning, and I questioned how far it was our duty to take the wind out of Wall Street balloons. It is sometimes a difficult thing to puncture a balloon tire in Wall Street without injuring the wheels of business.

Many a time I have seen things in Wall Street that were ballooning and that a little tack would puncture, but I would not put in the tack. I would only make sure that we were not in any way responsible for that balloon, or its operations.

A Puncture

Twenty years ago, by working day and night, I made sure that nothing in Dow, Jones & Co., The Philadel-

phia News Bureau or The Boston News Bureau, by one look or gesture, should bring on the 1907 panic, yet I saw definitely what was coming.

In 1906, with the assistance of Hugh Bancroft, we drafted a law for a legal currency expansion to take the place of illegal clearing house certificates. I went to President Roosevelt and told him what I would not tell anybody else, that one of the biggest panics in the world was coming in 1907, and that there was then not a law or a power in the United States to arrest it. I declared that it would require $500,000,000 to stem the next year's panic, and that was within 2% of the actual 1907 relief measures.

But I could get nothing done at Washington, and returned a bit discouraged.

However, I braced my feet against my desk and worked harder than ever day and night to watch every financial factor to make sure I was in no way responsible for what might come, beyond keeping the record straight.

It remained for the junior partner in a Wall Street banking house by an ill-advised report to precipitate the 1907 panic, but our hands were clean. We reported only the facts. So true was our reporting that when the president of the Stock Exchange, in the midst of the panic, went for a conference to the banking house of J. P. Morgan & Co., all that we reported was that the president of the Stock Exchange had at that minute crossed Broad Street to the office of J. P. Morgan & Co. We would not even predict a conference. He might have gone only for luncheon, to report a fact, or ask a question. We photographed the facts as they were, but never predicted. That is not our business.

When I thought I saw the end of the long watching and waiting I cleaned up my desk on a Friday and said—"Cole, I am not coming back until Monday. I am going to take a rest, but those clearing house certificates must issue, and don't pay any attention to denials. Don't make any denial of them unless it is an official denial, but see that we report promptly the minute they are voted."

The next day my sleep was interrupted by someone at noon to say that the custom house certificates would be issued. I simply said—"You mean clearing house," and turned over again to sleep. I won't say how many days I slept, but I did take a good long rest. I was back Monday morning at my desk, but a year had intervened.

Now we have an organization that is more than a one man organization and I hope we have clearly established principles in the conduct of the financial news of Wall Street.

Therefore the last six months I have felt free to attempt to keep the record straight in France, England, Cuba and Florida.

Let us now hear from those who have kept the record straight in New York, Boston and elsewhere.

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My Creed

By C. W. Barron

Publisher of The Wall Street Journal

I believe in service and I believe in happiness.

The laws of happiness are the laws of service;

And the laws of service are the laws of happiness;

And there are no other laws.

In The Wall Street Journal I have sought to create a service. I have striven for a creation so founded in principles that it can live as a service—live so long as it abides in the laws of that service.

I believe there is no higher service from government, from society, from journalism, than the protection and upbuilding of the savings of the people.

Savings in the United States may become investments, when guided by financial knowledge, more readily than in any other country of the world.

Wall Street steadily improves and increases its service to the whole country by reflecting the true position of American and world investments.

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Vol. 4 APRIL, 1935 No. 3

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E D I T O R I A L

The Year's at the Spring

SPRING arrived today, announcing it with a boisterous cerebration, quite unlike her gentle nature. She did not bring with her, either, her best friends, "Warm Sunshine" and "Balmy Southwind," but, just the same, we know that they are on the way here, and will be with us one of these days to gladden our hearts.

This is the time of year to take on new life, new ambitions, new courage and renew our faith in God and our fellow men. The time to be charitable, because in the dark wintry days we learned what a beautiful thing charity is; to be just and fair even though we have been unjustly treated. Suppose we have had serious losses, but think of the wonderful lesson that we learned by having them.

Let us remember that no one can get the best of us if we have learned to keep the best for ourselves, because we can not be kept down, because we will not be downhearted. We have learned that we can endure more than we thought, and from now on our "vision will be broader; fairer and more charitable." and that we need not push and crowd and injure our fellowmen, in our mad desire to obtain material things, which, in the end, do not put spring in our hearts or health in our bodies.

"The first rule of happiness is the doing of something for somebody. A word of cheer, a kindly act, interest in other folks, wise counsel, and, above all, lending a helping hand, with a smiling face. Let us get selfishness out of our systems, and not look for direct reward for the good we do. Plant the seeds; the harvest will come out all right later on.

Keep in good humor, for anger kills happiness. Do not quarrel; remember that "a soft answer turneth away wrath." Let the other fellow stew and fret and work himself into a fury, but you keep calm. It takes two to quarrel, and you must not be one of the two.

Start tomorrow, making it a point to say a pleasant word to everyone you meet. To those who are ill or in trouble, whisper the word of sympathy first, then a word of courage and helpfulness. To those who need advice, give your kindly counsel. Make it a point with everyone you meet to leave a helpful influence, whether it is a smile, a cheery word, a kindly handclaps or an act of kindness.

The very mental resolve to do this will start happiness your way, and the act of kindness you do will bring the happiness."

The Key to Chemical Types——

WHICH ONE ARE YOU?

DR. CORA V. GETTY

THE Myogenic (muscular) type is more favored at birth for health, success and happiness, than any other persons we know, primarily because of their well-balanced mental and physical mechanism. Their most pleasing, genial and attentive manner makes people feel at once that they are interested in their welfare and are more than happy to be of service to them.

In society they are great successes and may well be termed the "social lions" of the race. The Myogenic men or women are inherently our best "mixers," always harmonious and happiest when out among people. Their keen judgment, mental alertness and versatility soon win them the center of the stage, so to speak. They make excellent hosts and hostesses. At home or at social affairs they are always ready to assume command and smilingly carry on to a happy ending.

Men and women of this type are so polite and accommodating they make everyone like them.

Leading Chemicals.

Potassium is the leading element in this type and as potassium always attracts oxygen and iron, we may look for an abundance of these three chemicals in all healthy Myogenics.

Under the influence of this excellent trinity, we find a type that is by nature strong, positive, aggressive, hard-working, but sympathetic and a good friend.

Potassium compounds increase the alkalinity of the blood and lympth, promote normal heart action, normal arterial pressure, a general healthy condition of the circulatory and respiratory systems, elimination, muscular artcivity, and homegenesis.

Potassium makes the body less sensitive to pain, while lack of it makes pain almost unbearable.

General Descr'ption.

There are three of the muscular temperaments, all of which are quick, active and adaptable. The physical strength of these people resides in their muscle and ligamentous tissue.

The myogenic has muscle in the lead, his whole body has a rounded or oval appearance because of the uniformity of his fine muscular development.

His back is straight, with heavy muscles.

Body, well proportioned, with an average weight of 150 to 250 pounds.

Chest, large and full.

Vital organs, normally proportioned.

Arms and limbs, rounded, occasionelly fleshy.

Nerves, normally active.

Characteristic Tendencies.

Notwithstanding all of these natural advantages over other types, the myogenic often undermines his health and unfits himself for usefulness through his desire to "shine in society." He loves to "eat, drink and be merry," which proves to be his undoing. He is a good money-maker; does well in most all kinds of salesmanship, aviation, and engineering. In fact, he can succeed in most anything that he wishes to pursue. Some of our best story writers have been myogenics. Jack London, Rex Beach and Elbert Hubbard are all of this type. They like variety and change; for this reason they seldom stick to one thing long enough to become experts.

Perhaps their greatest success lies in athletics and out-of-doors sports, though not often do they make it their profession.

Ruth Elder, famous English Channel swimmer, is a wonderful example of daring, determination, health and endurance. Frank Gotch, another of this type, won the world's championship as a wrestler and retired undefeated.

Their aptitude for new occupation ever arouses in them a desire to try out some different line of endeavor. To travel and explore new territory is the height of their ambition and pleasure.

They are always looking for an excuse to make a change. Work that requires concentration, sedentary or abstract work is a bore to the active myogenic. They have few faults, but if they fail to keep themselves well they sometimes become reckless, willful and at times sulky.

Fond of Change.

They should live much in the open air, do exercises daily to keep up their muscular strength, avoid strong stimulative foods and drinks, and learn to eat foods that are best for them. Most all of them have what we term a "sweet tooth." We have known them to eat two pounds of chocolate creams in an evening. Meat, such as steaks, is also a great part of their diet. This fills them with uric acid poison and brings rheumatism of the joints and muscles. Kidney diseases is also common among this type, brought on by wrong eating habits. They must watch their step as they grow older or they become overweight.

All of these undesirable conditions may easily be avoided by establishing right living habits. Next month we will study the Oxypheric.

CALCIUM *and the* Nervous Child

MABEL K. ALSPAUGH

(The first of a series of articles on Calcium.)

IN UTTER disregard of anything that may be said to the contrary, health is largely determined by the food that we put into our bodies. Berman says, "All animals, including human beings have the same chemical makeup as the food they eat."

Since this article is to discuss the nervous child and the calcium unbalance, we must not dwell too long on minerals in general.

America is rapidly becoming the home of the neurotic and on every side we are confronted with people with "jumpy nerves," or otherwise nervously disturbed. Only yesterday, as I waited at the depot, a fine-appearing boy walked up to the information desk and as he waited a minute or two he ran his fingers furiously back and forth across the front of the desk as if he were playing a piano. He stood first on one foot and then the other and fidgited generally. When he noticed that I was watching him, he did several other sillier things to demonstrate the conditions of his nerves to the interested observer.

There may be many reasons for our overflowing asylums for the insane, and many have been offered, but in a very large group of our neurotics, the blame must be laid to a disturbance of calcium metalolism.

As neurotic children grow into neurotic adults, one of the basic causes of their tendency to neurosis seems to come from calcium starvation.

Laird's Experiment.

Donald Laird recently made observation upon fifty-three nervous children in schools in Rome, New York. These children were selected by their teachers as being the most nervous children in their classes. They were not suffering from any diseases and appeared as healthy and well-fed as the other less nervous children. They were also normal in height and weight. But when tested they showed a number of the characteristic nervous instability. The nervous traits noted were thirty-four in number. Three groups were made of them. One group of ten was kept as a control group, and were given no dietetic attention. Seventeen of a second group were given a half-pint of milk at 9:30 A. M., five days a week. The third group of twenty-one were given, besides the half-pint of milk, a food concentrate containing much calcium, phosphorus, vitamin D, but "consisting mostly" of maltose and lactose to facilitate the absorption of calcium from the intestinal tract.

After two weeks, the first group improved a little over two per cent. The milk group, an eight per cent improvement, while the third group, on a really high-calcium diet, showed better than fifteen per cent improvement. Almost twice as much as the milk-fed group. A few of each group showed no improvement; however, eighty-five per cent of them showed a marked change on a lime-rich diet.

Calcium Deficiency More Common in Girls.

It took less lime for the boys to show improvement than it did the girls, which bears out the opinion that calcium metabolism is more staple in males than in females. This is undoubtedly due to a fact that is often overlooked, and that is good strenuous outdoor exercise is very, very important to calcium metabolism, accounting for the boys showing perstige over the girls, with their milder forms of exercise.

Nervous Traits Noted.

It may be interesting for you to know what particular nervous traits were noted in one boy of the Laird observation group.

1. Absent-minded or abstracted.
2. Difficulty in keeping at a task until finished.
3. Extremely slow in thinking and very illogical.
4. Mentally lazy and unconcerned about things.
5. Sloven in appearance and repulsive in bearing and physique.
6. Weak in competing with others.
7. Lacking in ordinary endurance.
8. Insensitive to social feeling.
9. Slow to accept new customs.
10. Servile, unemotional and generally dispirited.
11. Aggravating, cruel and impulsive.
12. Acting on the spur of the moment.

After two weeks of calcium feeding there was a marked improvement in all of the above mentioned traits, some even becoming normal.

Calcium deficient children, particularly those with weak parathyroid glands, show very poor social adaptability, at home, at school, with their playmates. They have a very difficult time in general, being called incorrigible by parents and teachers and considered as a rule unamenable to discipline.

(Next month we give the reasons, the food, and a general program to follow with your child.)

The Season Offers Adventures in Springtime Salads

ETHEL T. RAND

(Continued from March Issue.)

THE most popular foundation for the mixed salad is the combination of shredded lettuce and chopped celery, or the addition of grated carrot. To this may be added any of the other salad greens available that the taste dictates.

Here is a suggestion which has proven helpful to many people. If the ingredients are shredded, then mixed together with the oil or a little of the dressing and allowed to stand in the refrigerator a half-hour or more before serving, the taste will be greatly improved. So many cooks, in their desire to preserve the crispness of the salad, attempt to prepare it at that last hurried moment before mealtime. If they would try this new method, they would find such reward in convenience and quality, that they would never return to the old way.

A word of explanation concerning the ingredients of these "Springtime Salads" seems necessary, lest the reader wonder at the limitation. Of course, throughout the year, an infinite variety is afforded by adding many cooked vegetables not included in the present list. There are sliced beets, potatoes, peas, cooked asparagus, etc.—all very good. But in this "adventure" we are confining our attention to the "spring greens," used fresh from the garden. The chief value of the salad is to supply the vitamines and building salts to the system, those elements which are largely destroyed by cooking.

Having built our foundation, let us add some of the following possibilities: Water cress, parsley, spinach, raw asparagus tips, raw peas, endive, sheep sorrel, turnip tops, chickory, dandelion, chives and leek.

WATER CRESS

Water Cress heads the list in the number of organic minerals it supplies, because it has the advantage of feeding upon the minerals from soil and rock dissolved by the water, which it in turn presents to man in a form which can be readily assimilated. Some of the minerals, such as iodine, not obtainable in land plants in sufficient quantity, are furnished in abundance by cress. It possesses medicinal value to a superlative degree, its iodine being a tonic for the glands, other minerals acting upon the blood, skin and liver, its manganese strengthens the memory, and the fluorine preserves youthfulness.

PARSLEY

Parsley is noted for curing dropsy as well as being helpful in many other disorders, such as inflammation of the kidneys and bladder, and in tuberculosis.

SPINACH

Spinach contains more iron than any other food, and is so cunningly adapted to the needs of the human body that it is assimilated with the greatest of ease. In France its value as a cleanser of the system is so highly regarded that it is commonly referred to as the "broom of the stomach." It is indicated in all nervous disorders, insomnia, anemia, tuberculosis, and all wasting diseases. It is one of the best foods for hemorrhoids. Those who lack red blood cells or hemoglobin should eat freely of raw spinach. As a complexion beautifier, clearing the system and bringing color to the cheeks and brightness to the eyes, it far surpasses the finest cosmetics.

THE ONION

The **Onion** has long held a high place as a remedy. We are all familiar with its effective use in poultices for pneumonia, and for foul ulcers and boils, and onion juice for croup. The raw onion as a food is a great eliminator, a disinfectant and regulator for the bowels. It aids digestion, purifies the blood, and supplies an abundance of lime for the bones. Its juice will aid in dissolving gallstones.

Onions contain an aromatic oil which is thrown off by the lungs. If parsley is eaten with onions, the odor can scarcely be detected. Needless to say, the chlorophyll-bearing tops are richest in cell salts.

Related to the onion, **chives** can be used for variety, or **leek**, and **garlic** adds a piquant flavor.

RADISH

The **radish** is rich in iron, phosphorus and chlorine. Its healing action upon the kidneys has won for it the reputation of being one of the most reliable cures for Bright's disease of the kidneys. The tops of the tender spring radish should be included with the root in the mixed salad.

Much could be said for the medicinal value of the humble field plants, **dandelion, mustard** and **sorrel**, in addition to the fact that they supply a pleasing dash of flavor.

The following statistics should enhance our enjoyment of the "spring salad":

In 1.000 parts of water-free food the vital cell salts in rice are 4; corn meal, 6; whole wheat, 23; eggs and meat, 41; milk, 55; radish, 110; sorrel, 125; dandelion, 131; lettuce and celery, 180; spinach, 182; water cress, 190!

TO YOU . . . . —Madam

MARY HELEN DICE

PERHAPS in the beginning it just happened to be the cave man, instead of his partner, who went out to bring in the bacon in the shape of a sabre-toothed tiger or a fat dinosaur, or maybe they tossed up a boulder to see which one would go and he won. At any rate, man seems to have been the one to hunt while Mrs. Stonehatchet remained at the cave, keeping the fire, cooking the meals and sewing up a pair of fur rompers for Junior.

Staying at home did not keep her from thinking, so she turned her mind to it and presently had a bigger and better cave.

As a love of beauty is a gift to women that no wicked fairy can take away, she began to beautify her home, planted some prehistoric flowers in a paleozoic garden and did a little interior decorating with a few well-hung tiger skins.

It took her ages to finally decide that she could do most anything a man could accomplish; when it did occur to her, she went right out and began. But during all the ages, the action germ was in her soul, on call when needed.

In the Leang dynasty in very early China there was an incident which will show what I mean. The emperor Vouti attempted to capture the town of Ginching in the absence of its governor. His wife, Mongchi, harangued the small garrison, who were ready to give up, inspired them with her indomitable spirit and saved the town.

Then the English women had a hard time convincing their government that they could do factory work and release men during the World war. They not only did as well but proved to be much better.

How many unsung widowed mothers with no special training have stepped into dad's place and raised fine families. An article in the press, recently carried an account of a woman in Alabama. On the death of her husband, she was left penniless with three children to support, ages 10, 13 and 14 years. She borowed eight acres of land from a farmer and a hundred dollars from the government, then with the assistance of her children, she raised crops that enabled her to repay the loan and lay by a surplus for winter.

Women have always been progressives, while men have been the world's best conservatives. In style of dress, for instance, women have the ever-onward spirit while stylists have been trying in vain for years to inveigle men into new colors and weaves, but they still persist in "that is the hat me feyther wore" state of mind.

When women became doctors, lawyers, scientists, herpetolagists and what have you, professions in which many men have been for ages without really being in them, the male sex adopted the attitude of the old Irishman.

A friend was telling him about a man who jumped twenty feet.

"O, no," said he, "no wan cud do that."

"Yes they could, and it was your cousin, Mike, that dun it."

"O, well, he might."

With the "she might" accolade ringing in her ears, womankind went right on doing the impossible.

Time was when a woman who wrote used a man's name in order to get into print. How different things turned out to be. Now there are Amelia Earharts, Eleanor Roosevelts, lady congressmen, madam senators, famous names in health service, child welfare and social service with a feminine label.

Long ago a Mr. William Shakespeare said: "Age cannot wither her nor custom stale her infinite variety." Mrs. Roosevelt calls one of her radio talks, "It's a Woman's World"—well, why not?

Dr. Gordon V. Pefley

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Your Health Problems Solved

By DR. GORDON V. PEFLEY

Q.—What is the best way to take sun baths without getting any harmful results?

The harmful results obtained from sun baths is due to the fact that some people still think that "if a little is good, a whole lot is still better," and they over-expose themselves to the sun's rays. In consequence, they not only produce a severe burn, but congestion of the liver as well.

Those who are just starting to take sun baths must start in very gradually, particularly those who are light-complexioned, for their skin lacks the pigments which will turn aside an excess of the sun's rays. To begin with, sun baths should not exceed five minutes each on back and front, and be sure to cover the eyes, for the eyelids are not thick enough to protect the eyes, which are particularly sensitive to the ultra-violet in the sun's rays. At first, take your sun baths in the early morning or late afternoon, until your skin is sufficiently pigmented to protect you from the strong ultra-violet rays found in the sun's rays around noontime and the early afternoon. Increase your time of exposure one minute on both sides every other day until you are taking thirty minutes on each side. If you find this rate of increase is too rapid and produces sunburn, you must increase more slowly, as sunburn produces only harmful results, except where specifically produced for theraputic purposes.

Q.—How may one obtain vegetable juices?

Vegetable juices which have been already rendered can now be obtained in many of the larger cities, but must be kept in refrigeration to prevent deterioration. The best way to obtain vegetable juices, however, is to extract your own, as it can be done as needed, and then you are sure of getting the full value from them. There are machines on the market now at moderate prices by means of which you can easily extract the juice of any vegetable in a few minutes, when needed, and then you can be sure that there is no chance of deterioration.

Q.—What would you advise for my son, 8 years old, whose teeth are bad?

The principal elements concerned in the formation of teeth are calcium, phosphorus, magnesium and fluorine, so it goes without saying that foods high in these elements should be used in abundance. Also, particular attention should be paid to bowel action, as intestinal fermentation and putrefaction will liberate poisons, which, when absorbed into the bloodstream, will rob the body of its mineral, particularly calcium. Sun baths would also be beneficial, as it would increase the amount of Vitamin D in the body, without which the body cannot utilize calcium.

Q.—My husband, who is a baker, would like to know what goods would be best to bake for health purposes?

To begin with, as it is necessary to educate your patrons, many of whom are ignorant of health principles, it would be best to confine yourselves to baking 100 per cent whole wheat bread and rolls. If you can develop a real trade in these two articles, you will be doing a real service, as the American people are heavy bread-eaters, and if you can get them to change to eating 100 per cent whole wheat bread, you will have accomplished a great deal. Some of our greatest scientists tell us that even though the rest of the diet be correct, the regular use of white bread in the diet will seriously unbalance it.

Q.—During pregnancy, is it safe to take frequent enemas? How many times a day should the bowels move? What can be done to make confinement easier?

Yes, enemas may safely be taken during pregnancy, if not too hot, and not too large. Quite often they are necessary, as the size of the child increases and the tendency toward constipation grows. The bowels should move at least once a day, and twice would be better. The ease of confinement is due partly to the bony structure of the body, but the ability of the necessary muscles and other structures to relax is dependent upon the alkalinity of the body, and proper blood and nerve supply to the parts involved. Therefore, a balanced, alkaline diet is necessary, and in the later stages of pregnancy, many authorities recommend the copious use of orange juice. Mild exercises, including long walks, hot sitz baths, and spinal manipulation are all very beneficial. Assume the knee-chest position for a few minutes every day, to relieve the pressure on veins draining the legs, so as to prevent them from swelling. All of these things, together with a proper frame of mind, will help to make confinement much easier.

Let us be health fans, not health fanatics.—Harrison.

All beginnings are within ourselves.—John Wanamaker.

HIGHWAY TO HEALTH

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Foundation of Correct Living

By DR. MARKO J. PETINAK

THE foundation of correct living evolves philosophy, science and practice. There are established principles practiced by all healthy individuals and violated by all sick ones. One may, or may not, realize it. It is hard for some people to get rid of old impressions and equally difficult to grasp new things with accuracy. Therefore, one should learn to omit the old things which seem to be erroneous and have courage to accept the new, which seem to be true. Careful judgment will enable one to avoid being caught in the subtle trap of unqualified methods, which often lead one to disaster.

Men can learn the most valuable lessons from the principle of Nature's work and if we embody our practice with her teachings, we will correctly illustrate the necessity of proper quantity and quality for right mental and physical balance.

Instances are far too numerous where people have carefully and delightfully practiced one of the cardinal principles of man's essentials, namely, mental, physical or social, and have overlooked the others which are equally important to the system, based not only on human rules, but on natural laws.

Information based on experience is worth more than opinion founded on theory. All knowledge is relative, therefore advice should be subjected to the acid test of application before it can be valued.

The average man has no knowledge of the effect of right thinking and wrong thinking and very little knowledge of food and its combinations that he puts into his body daily. Some people think all they need to do is to fill the empty stomach; it doesn't matter if they eat tomotoes, meat or rocks, just so they fill up. Few realize that what we put in our body today is what our body is going to be tomorrow.

Men often speak of greatness, conquest and victory over this, that and a million things, but it is hard for them to see or understand that the greatest conquest, or victory, lies in self-understanding, which no man has completely achieved. Why not exercise our will and desires in that direction? Men cannot bring happiness to themselves, or others, when their hearts are full of dislikes and ill-will. Immunity from disease cannot be bought any more than one can buy one hundred years from life, but all can be reached successfully by correct living. With wrong living, our minds are filled with fear and worry and our bodies become sources for germs. It is well to remember that germs cannot live without food; then why not feed our bodies instead of the germs. The bodies of men cannot be any better than the men who inhabit it.

There is a great need in the today for well qualified men and women to teach it mental, physical and spiritual science, based upon the intelligence that teaches us to use the instruments that science has given us, and, best of all, gives us the right understanding of the use of the greatest instrument, the body, with its various mental and physical functions.

One or two individuals cannot perform miracles, the general public needs to be awakened to the importance of right thinking and right living. We should always remember that ills are partly phyiscal, partly mental and partly spiritual. Usually medical students have little information on the physical part, and none at all on the others; they leave college without this information, hoping to serve the human family. Their intentions are undoubtedly right, but the effect is usually disastrous.

Most of us rejoice to the highest degree when everything is going well with us, according to our liking, but let this be changed and we immediately lose the bright outlook and become pessimists. We become irritated and discouraged and our disappointments are magnified.

Do not expect life to always be a smooth road. Work hard and learn good lessons that Nature offers to us daily. Hard work is a panacea for many ills. Idleness is a germ that causes many ills. Make each day a pleasant day. Improve yourself in some way every day. By doing so, you will improve the world in general.

Just as the darkness follows the setting of the sun, so does a countless number of diseases follow an overloaded stomach; therefore, the foundation for correct living is, and ought to be, the greatest foundation of all foundations, for it holds the greatest wealth in the world, which is health. Parents should give this priceless knowledge to their children, so they may go through life healthy and happy.

The philosophy outlined in the following lines should become a part of everyone's life, as it explains the fact that what we feel today is the result of what we did yesterday and what we hope to be tomorrow.

"Where is that beautiful canary bird of yours that used to sing so clearly and sweetly?" asked Mrs. Weatherbee.

"I had to sell him," Mrs. Butlam said, tearfully. "My son left the cage on the radio set and he learned static."—Montreal Star.

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CARROTS IN VARIETY

By ELLIE CORBETT

After reading about the value of carrots in the last issue of the Health Herald, probably all of you resolved not to let a day pass without using them in some form. Here are a few suggestions:

Cocktails.

Extract the juice of carrots and combine with the juice of either celery, pineapple, orange or apple.

Salads.

Shredded carrots and fresh coconut, diced celery, on lettuce.

Carrot, pear, banana, with chopped nuts.

Carrot, pineapple, celery.

Carrot, apple, raisin, cottage cheese.

Carrot, apple, small seedless grapes.

Carrot, apple, dates, celery.

Puree of Carrot Soup.

Shred 6 carrots and boil in a small quantity of water; when tender, rub through a sieve, seasoning with salt, bit of sugar, and hot cream; beat well, let boil up, garnish with minced parsley and serve.

As a Cooked Vegetable.

There are many ways of serving cooked carrots: steamed, baked, mashed, creamed, escalloped, or cooked in the parchment paper. Then they may be combined with other vegetables, as peas, diced celery, rutabages, parsnips, or with green onions, using only the white part.

Carrots Maitre d'Hotel.

Cut small carrots in halves, lengthwise, and cook until tender; drain, place in a saucepan with 1 tblspn. butter, 1 tblspn. minced parsley, juice of 1 lemon, and if desired, a dash of paprika, and some brown sugar; toss lightly over the fire until well heated, serve in a hot dish.

Flemish Carrots.

Slice 3 large carrots, cook until tender, and drain. Cut 1 onion into small dice, brown in butter until soft, season to taste, stir in 1 tspn. lima bean flour, add the water in which the carrots were cooked, and cook until thickened, then add the carrots and chopped parsley.

Steamed Carrot Pudding.

1 cup raw grated carrots.
1 cup w. w. flour.
1 cup brown sugar.
1 cup raisins.
3 cups nutmeats.
1 tspn. cloves.
1 tspn. baking soda.
2 tspn. baking powder.
2 eggs.
1 tblspn. cream.

Mix dry ingredients, beat egg yolks and whites separately, add cream to yolks, pour into stiffly beaten whites. Pour over the dry ingredients and mix well. Steam 3 hours. Serve with your favorite sauce.

As a Coffee Substitute.

Years ago, carrots were used in this way: Cover a large cooky sheet with very thin slices of carrots, spread out singly and brown in a hot oven till crisp, but not burned. Turn them over and brown the other side. These may be ground in a hand mill and used for a very palatable coffee substitute.

Sour Cream Cake.

1 cup brown sugar.
½ cup butter.
1 cup whole wheat flour.
Yolks of 4 eggs.
½ cup sour cream.
½ cup water.
1 tspn. soda.

Cream sugar and butter, add egg yolks, cream and water with soda dissolved in the flour and crackers. Bake in layers in a moderate oven. Put together with whipped cream and cream on top of it.

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The Day of Specific Cures is Over

ETHEL T. RAND

"The dawn of intelligent all-round physical, mental and moral regeneration is here."

How often we have witnessed the gradual disappearance of many specific problems upon the return to natural living habits.

Since the new-found knowledge concerning our glands has been made known, hosts of remedies for gland disorders have flooded the market. We are impressed with the theory that our endocrines dominate the entire life-cycle of growth, maturity and old age. They certainly have a potent influence on our health and well-being. So we have a right to ask what value can be found in drug store remedies—extracts from the genital or other excretory glands of animals which are supposed to feed those glands in our own bodies. We put aside our emotional reaction or repulsion toward the new practice and turn to the findings of authorities on the subject of-endocrinology.

Dr. George A. Dorsey says, "Dried brains for insanity, tetanus, epilepsy, dried lungs, tonsils, retina, iris, nasal mucous membrane and such." He sums up his opinion in the emphatic expletive—"Rubbish!"

But we are attempting to step beyond the emotional to intelligent explanations.

Another authority, Carlson, tells us, "With diet, rest and other proper hygenic measures gland extracts are as 'potent' as the bread pills of old and no more."

Another writer doubts whether the constituents of these gland preparations have any active principle in them. He believes the animal extracts are inert and any apparent benefit from their use can only be ascribed to the power of mental suggestion.

One of the most rational articles on the subject has been written by Dr. Milton Powell in which he presents in a sane and dignified manner the results of his extensive research and practice.

"My objections to the system of organo-therapy, or the administration of gland products, may be summed up as follows:

1. The glandular products act only as stimulants and it is a well-known fact that stimulation is followed by enervation, action and reaction being equal and opposite. In no sense can these preparations be regarded as cures by cause removal.

2. Though masquerading as the latest modern scientific discoveries, organo-therapy is really a retrogression to the medical superstition of the Dark Ages, when preparations from animal entrails were thought to be a cure for human bowel disorders and extracts from eagle's eyes were given to people suffering from short-sightedness.

3. Our various endocrine glands work in harmony. No gland functions for or by itself, or lives a life of independence. What assurance is there that in stimulating one set of glands, say, the gonads, the delicate balance which should exist between all the glands may be upset and nature's finely adjusted glandular equilibrium seriously disturbed?

4. Without cause - removal there can be no cure. By return to natural habits of life in eating, drinking, resting, working, moral, social and sexual conduct, Nature helps the sufferer to improve his general health so markedly that the affected glands, whether gonads or thyroid, pancreatic or pituitary, are enabled to resume normal functioning.

Let us stop looking for bottled cure-alls but get busy regenerating our bodies as a whole and our glands will look after themselves.

"THE DAY OF SPECIFIC CURES IS OVER!"

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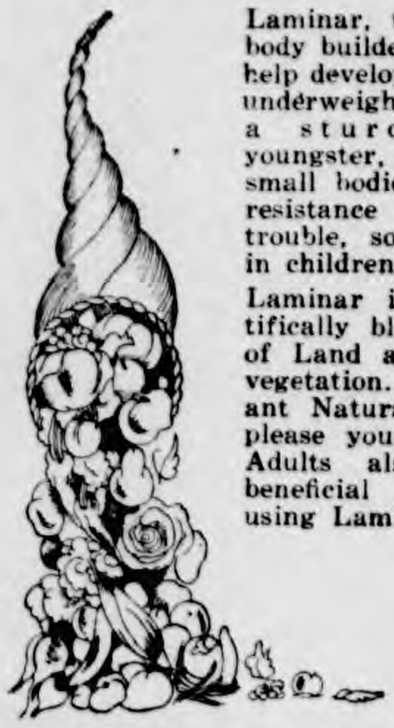

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Nineteen wide centuries have come and gone, and today He is the centerpiece of the human race and the leader of the column of progress.

I am far within the mark when I say that all the armies that ever marched. and all the navies that ever were built, and all the parliaments that ever set, and all the kings that ever reigned, put together, have not affected the life of man upon this earth so powerfully as has that one solitary Life. — Phillips Brooks.

Rattles Entertaining

Stretch a heavy cord across the top of the crib from one side to the other and on the cord hang one or two fascinating rattles. They will entertain the young baby for hours at a time as when the little hands are not busy the feet are.

When you relax, your body recharges itself.—Harrison.

Goat Milk For Health

More vitamins, economically and pleasantly secured as part of your every day diet—not just one special vitamin, but balanced proportion of vitamins—are offered by a diet calling for goat milk.

The Journal of Biological Chemistry, Vol. 87, 1930, pp. 103-126 (Steenbock's report), states: "Goat milk has a naturally high A and D vitamin content, due to the animal's ability to synthesize these two structures, not only from the food it converts into these forms, but also from the processes set up direct by irridiation from sunlight."

And the 1931 report of the United States Department of Agriculture shows that goat milk contains more vitamin B and C than cow milk.

Hence, it seems authoritatively proven that goat milk does offer more vitamin A, B, C and D, than other milks.

Add to this a higher general nutritive value, a softer curd with resulting ease of digestion —and you have a nearly ideal food for infants, and for any type of debility.

It's Up to the Worm.

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Little Boy: When I eat an apple worms have to look out for themselves.

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SECOND ANNIVERSARY OF THE HEALTH HERALD

The Health Herald is celebrating its second birthday anniversary this month. It is the youngest member of the health magazine family on the Pacific coast, but you will all agree, I am sure, that it is a lusty infant. Showing what proper food, thought and exercise will do in creating health and personality.

So far, it has experienced none of the diseases of childhood to stunt its growth and development. Its teething has not been entirely free from pain, and it and it did start to run before it was quite able to walk, resulting in a few falls that created temporary bruises, but no broken bones.

Besides the phenomenal growth, the Herald visits seventeen foreign countries every months, as well as every state in the union.

HAUSER THRILLS LARGE PORTLAND AUDIENCE

As the last page of the paper goes to press, Bengamin Gayelord Hauser is holding a large group of enthusiastic health students under the spell of his magnetic personality, at the Neighbors of Woodcraft auditorium.

Dr. Hauser is in the "pink of condition" and certainly handles his campaign with becoming dignity.

Army Dentist: "My man, you don't have to pay for teeth extraction in the Army."

Recruit: "I know that, sir, but I'm just counting my money before they put me under gas!"

A cheeky person asked a minister: "Can you tell me the shortest way to heavon?"

The minister, who was quick at repartee, replied: "Certainly, turn to the right and keep going."

"Is the lady of the house in?"

"Yes, but she's asleep just now."

"Good! I'm selling alarm clocks. Take one in and see if it won't do the work."

Gleanings

WOMEN CAN'T KEEP SECRETS, SAYS TANG

Women cannot keep secrets, says General Chi Tang, commander of the first group army corps in Kwantung province. And for that reason he has ordered that all women already on the payrolls of armies in South China be discharged at the earliest opportunity.

Women have long been employed by Chinese armies for intelligence work, clerical work and in other capacities. But the general will have no more of them.

"They can't keep military secrets," is the general's only explanation.

PAUL DE KRUIF, IN THE LADIES HOME JOURNAL

The brain surgeon, Harvey Cushing, is quoted as having said in a recent speech, "It will be a great shock to laymen to learn that a great part of what is called scientific medicine is a fetish, and wholly unscientific. We have instruments of precision in increasing numbers with which we . . . at untold expense . . . take observations, the vast majority of which . . . are nothing compared with the careful study of the patient by a keen observer using his eyes and ears and fingers and a few simple aids."

Fossil Ear of Corn

For twenty-five years scientists of the Smithsonian Institute have called a certain Inca Indian relic they had a "fossil ear of corn." Recently it was found to be a baby's rattle made of clay. Now they console themselves with the thought that it was a clever imitation. And the civilized world trusts such men to tell the origin of man, the age of the world, the future of the race.

"Take time to be courteous." Adams.

SEPDELENTHERAPY AND ITS FOUNDER

Alexander Muller, creator of sepdelentherapy, has at last met with recognition—even in the "scientific" world. Unable to ignore him longer, official science has decided to honor him. He has received a call from a university in California to become a member of its faculty. A chemist and pharmacist by training, Muller has devoted the last 35 years to efforts aiming to make healing a more practical art. A keen observer and a man of bold reasoning, he was among the early students of radiant energy as applied to healing problems, and ultimately evolved a therapy of his own—sepdelentherapy.

This method is founded on the use of four different sodium compounds, the electrolytic qualities of which were exhaustivey studied by Muller. Twelve different mixtures of these ingredients provide the means, according to the discoverer, of "regulating the life-electricity and osmotic pressure, thereby enabling the plasm in the blood to increase its capacity for carrying the life-giving oxygen; so that there is no possibility of bacteria continuing to thrive in blood so benefited, and in tissues nourished and cleansed by such a blood stream." Thus, Sepdelen — Muller's product — is "the strongest biological antiseptic in existence." Authenticated claims are made that it is helpful in all diseases—at least those due to disturbed metabolism. In other words, the increased oxygenation of the blood effects a cleansing of the whole body, and tends to restore that perfect balance of inner forces which is the essence of health.—From Nature's Path.

"Truth wears no mask; bows at no human shrine; seeks neither place nor applause; she asks only a hearing."—Redfield.

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FOR HEALTH

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COMING—A NEW DEAL IN HEALTH

By CLARA COGSWELL INGHAM

We are becoming a nation of weaklings. Our destructive habits are sending endless throngs crowding through hospital doors. Millions of dollars are spent in a vain effort to overcome disease.

There cannot be found, in any church, theatre, or modern gathering, three persons without glaring evidence of disease. Each from the throats of children and thousands of eyes are covered with glasses. Could anything be more needed than a "New Deal" in health?

In almost every group there abounds artificial teeth, goitrous necks, weak eyes, tubercular lungs, swollen ankles, enlarged abdomens, rolls under eyes, twitching nerves, and many, many other forms of degeneration with long and various names. This continual rampage of misery is an indictment against the concoctions sold from the shelves of the "corner" drug stores and the billions of dollars our government spends for medical advice, serum and vaccine.

The "New Deal" in health must lift us out of the "One Hundred Million Guinea Pig" strata, where we inoculate and vivisect mice, rats, cats, rabbits, children, and even our most faithful friend, the dog. No real health regime could permit of diagnosing by spinal puncture, jabbing a piece out of a lung, drilling a hole through the skull, cutting open the abdomen, contaminating the blood with pus, or any of the ruthless methods commonly used today. Nor will our county hospitals be built under the eves of medical colleges, where they are so readily turned into human vivisection plants. "My people are destroyed for lack of knowledge." Hosea, 4:6.

America's masses will be lifted out of the slough of disease by knowledge of the laws governing their existence; "and ye shall know the truth, and the truth shall make you free." John, 8:32. The coming "New Deal" in health will teach the study of living tissue, through food chemistry, sanitation, and all that pertains to human welfare.

With a new economic system, providing each with an abundance of the necessities for wholesome living and a "New Deal" in health that teaches constructive habits, folks created in the Image of God should remain without blemish through their span of life.

HOW ABOUT THIS TEST?

A professor in the University of Chicago told his students he would consider them educated in the best sense of the word when they could say "yes" to every one of these questions:

Has education given you sympathy with all good causes and made you espouse them?

Has it made you public spirited?

Has it made you a brother to the weak?

Have you learned to make friends and keep them?

Do you know what it is to be a friend yourself?

Can you look an honest man or a pure woman in the eye?

Do you see anything to love in a little child?

Will a lonely dog follow you in the street?

Can you be high minded and happy in the meanest drudgeries of life?

Do you think washing dishes and hoeing corn just as compatible with high thinking as piano playing and golf?

Are you good for anything else?

Can you be happy alone?

Can you look into the world and see anything but dollars and cents?

Can you look into a puddle by the wayside and see a clear sky?

Can you see anything in the puddle but mud?

Can you look into the sky at night and see beyond the stars?

Katherine Schleef, M. D.

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WATCH YOUR DIET

By BON SANTE

Beri-Beri—the ultimate of malnutrition—is rife in Newfoundland. We quote from a cable despatch:

"Doctors of the outports are fighting a battle with beri-beri, dreaded disease that stalks in the wake of poverty and cripples many of its victims so they cannot return to work when jobs are available.

"Repeated visitations of the disease in villages have left the human stock deteriorated physically, mentally and morally.

"Some hope is found in return of the island to the status of a Crown colony; but, in the opinion of Dr. C. F. Parsons, superintendent of Notre Dame Ray Memorial Hospital, economic rehabilitation of the country must await restoration of its people to health.

"Dr. Parsons has been practicing in Newfoundland and Labrador for more than twenty years.

"He explains that beri-beri is found in people who live on a highly restricted diet, 'such as the dole diet,' AND FINDS A RELIABLE REMEDY IN WHOLE WHEAT FLOUR. Service clubs in St. John's are endeavoring to supply as much as their means permit. Some northern outposts are isolated for the winter. In these, spring will find youths tottering or crawling. Many of the aged will have been buried as the result of beri-beri."

There is a lesson in this for Canadians. There are many cases of beri-beri in Canada. The number of people who are suffering from malnutrition are legion, and these people are by no means confined to those dependent on charity or relief.

People who eat white bread and white flour products all suffer more or less from malnutrition unless they take enormous quantities of eggs, milk, etc., to make up for the loss of vitamin B taken from the grain in the manufacture of white flour.

Vitamin B is the great bodybuilder. It is found in most highly concentrated form in grain. It is desirable, therefore, for health, to eat wholesome bread and wholesome products. It is a scientific fact that death fol—(A Toronto Paper).

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HERBS—THEIR RELATION TO HEALTH

(Continued from Page 4)

Truth forever on the scaffold,
Wrong forever on the throne,
But the scaffold sways the future,
And behind the great unknown
Standeth God within the shadow,
Keeping watch above His own.

In the memory of many, you will recall when doctors prescribed alcoholic stimulants. Do they do it today? Seldom. What brought about this change? The common people, by educating and informing the public as to the damage alcoholic medication and beverages were doing, secured needed legislation. Those with open minds know that our asylums, our institutions for degenerates and morons, our prisons and penitentiaries, are filled largely as the result of drink and habit-forming drugs. It is estimated that in another fifty years, at the rate we are going, fifty per cent of the population will be inmates of these institutions, while the remaining fifty per cent will be taxed to take care of them. The outlook is not bright. We must be light-bearers, as Paul said we are debtors both to the Jew and to the Greek.

Just think what it would mean to go through an epidemic and be able to relieve suffering and save life because we know what to do and can give and select the proper remedies at the proper time. We would not then be at the mercy of ill-advised friends, doctors or surgeons. In times of great stress and danger we should know what is safe and what is unsafe. Every truth-loving person should continue this reform that was started a hundred years ago. It is folly and wicked to violate nature's laws and administer poisonous drugs and serums.

Hippocrates, called the father of medicine, lived some four or five centuries before Christ. He had a sound foundation for the healing of the sick. He taught that the human body, in most instances, engendered its own poisons, that the alimentary tract, the stomach and bowels required the most attention and that no more foreign substances in the way of poisonous drugs be introduced, that the skin be made active, that its millions of pores be freed that it might rid itself of disease, that fresh air be provided in abundance, that simple food be served such as the sick could handle and instead of ministering poisonous remedies, that roots, herbs and leaves be employed. Hippocrates said, when he followed these principles he was eminently successful and only when he departed from these standards was he disappointed.

In my next article, I shall bring to your attention some of the uses that this marvelous plant life—herbs—mean to the human family. Just think of it, the most dreaded of all diseases, leprosy, has found a cure in chalmoogra oil, procured from the chalmoogra tree. This tree has always been in existence and the remedy was there, to be had had we known about it.

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A preponderance of sodium food mineral must be furnished the body in every case when an effort is made to cleanse the system of toxic impurities. This procedure results in the most certain and rapid results. Truly, it is marvelous! (The details can be worked out only by a masterful knowledge of food chemistry.) Our plan is furnished you with this vital information.

After the body has been cleared of its poisonous debri, another more balanced program is installed. Thus you come into possession of knowledge best fitting your specific need, and can be employed with the most gratifying results during the remainder of your lifetime.

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- SEATTLE

SEATTLE LEAGUE

The Health Education League of Seattle proved its ability to put things over in a big way at its Health Food Festival, Tuesday evening, March 19.

The artistic and colorful hall at Hoffmansgave was filled to capacity and the display by the various health food stores were interesting and unique.

The profit from the sale of food was most generously donated by the stores to the league fund.

There was not a break in the well organized program from beginning to end. The music by the Pitman twins, the little Spanish dancer, Miss Mabel Jones with her lovely violin solos, the short talks by the Health Food Store proprietors, all proved excellent entertainment.

Mabel K. Alspaugh, of Portland, national secretary and editor of The Health Herald, was the guest speaker of the evening.

NEW OFFICERS OF THE SEATTLE LEAGUE

President, W. Roberts.

Vice President—Mrs. Minna Parks.

Secretary — Mrs. Viola Sprague.

Directors—Mrs. Blanche Stevens, Miss Mary Collentine, Miss Clara Hatlestad, A. G. Elereck, Carl Sward and Elbert Moe..

To the Absent Ones.

Folks, you missed something good, when you failed to appear at the Health Festival last Tuesday night. Besides the demonstration of marvelous healthy food, the league served its guests with Loma Linda wafers and Kafir tea.

"Drudgery is unloved work. To love our work enlarges our capacity for loving people, and the more we love people, and the more we love, the more radiant we become."—Towne.

Realistic Ambitions

Happiness is found not in getting what one likes, but in liking what one gets.

A somewhat similar thought has been written this way: Some people yearn so intensely for the future that they have no liking for the present.

The wise man, therefore, does not try to play a game for which he cannot qualify. He adjusts his demands to his capacities. He takes what he can get and likes it, knowing that the law of compensation will protect him.—Oklahoma City News.

Bad Business.

Charitable Lady—Here, my poor fellow, is a quarter for you. It must be terrible to be lame, but I think it must be worse to be blind.

Panhandler — You're right, ma'am. When I was blind, people was always handin' me counterfeit money.—Pathfinder Magazine.

Alcohol kills everything that lives; preserves everything that is dead.

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If you are subject to colds, flu, etc., your parathyroids are below normal. Balance the parathyroids and watch results from proper calcium foods. See this test and you will be surprised, and it may answer the long sought question in diet. Room 210 Shafer Bldg., Tuesdays, 8 o'clock p. m.

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3. If you are burdened with seemingly unfair responsibilities—work.
4. If you are happy—keep right on working.
5. Idleness makes room for doubts and fears.
6. If disappointments come—work.
7. If sorrow overwhelms you, and loved ones seem not true — work.
8. When faith falters and reason fails—just work.
9. When dreams are shattered and hope seems dead—work.
10. Work as if your life were in peril. It really is.
11. No matter what ails you —work.
12. Work faithfully.
13. Work is the greatest material remedy available.
14. Work WILL CURE both mental and physical afflictions.
15. Work is CONSTRUCTIVE ACTION and the very essence of life itself.
16. CONSTRUCTIVE ACTION MAKES ALL THINGS POSSIBLE.

"You do not know beans from barley corn, when it comes to the actions of anybody but yourself."—Elizabeth Towne.

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Honey and Raw Sugar Products
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New Vegetable Discovered

Eugene Arnett is growing in his garden at Putnam City, a suburb of Oklahoma City, a new vegetable which might be called a "gourd-cucumber."

Arnett, reputedly a seeker, through diet and gland control, of a race of "supermen," has announced he has crossed successfully the Spanish gourd with the native cucumber, the result being a small vegetable greenish in color, and about the size of a small pomegranate. It tastes like a cucumber.

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THE DRUGLESS DOCTOR'S DEMAND

By BERNARR MACFADDEN

We are all somewhat impressed with the sacredness of life.

We shudder when we think of anyone being buried alive.

Our sympathies are often roused when we think of a murderer counting the days before his execution, but if death should occur through the mistakes of a doctor, no special interest is manifested.

Why should our interest in the sacredness of life lessen when associated with the doctoring profession?

We might say that the doctor has a right to kill or cure.

In the quiet of the sickroom God only knows how many unnecessary deaths have occurred, due mostly to mistakes, and the mistakes of doctors are buried under six feet of earth, and "dead men tell no tales."

Our present method of licensing physicians is barbarous. A physician, regardless of the school from which he may have graduated, should prove his right to practice through the results that he obtains by the practical application of his methods.

There should be no favoritism in the healing world.

Where one school of healing is favored, and all others excluded, a monopoly is created which stultifies initiative and encourages the misuse of power.

The drugless doctors ask no favors. If they are capable of securing a higher percentage of cures than are at present being obtained by other members of the healing profession, they want the right to practice. If they can save life, ameliorate suffering, they want the right to earn their living in this work.

We have not climbed to the very summit of human knowledge. There is still something to learn, and the laws of our land should encourage by every possible means every effort that may be made to delve into the mysteries of healing.

If the drugless doctors are forced to obtain through legislative amendments the right to sign a death certificate, possessed by the allopathic profession, they will doubtless do so; but the majority of these practitioners would prefer the elimination of all favoritism of this sort.

Let every man stand on his own merits regardless of the school from which he may have been graduated. No school can make a brilliant man out of a dunce. Some men could never be made into doctors, no matter how much medical learning they acquired.

Let each individual member of the healing profession stand or fall by the results of his work. Practically every real believer in medical freedom would endorse the following:

Practitioners demand the right to practice the art of healing in accordance with the authority secured from any recognized school from which they may have graduated, or from the record of cures that they may have made through adherence to their principles.

As American citizens we demand the freedom of our own bodies. We demand that vaccination and all other compulsory medical measures be abolished. We demand the right to patronize any practitioner whose principles of cure and methods of procedure appeal to our reason and conscience.

The healing art should have the advantage of an open field. Give to every man the credit that is due to him for his achievements. Results in the healing art should bring the same degree of credit as they do in other fields of activity. And every practitioner is measured by this method alone, those who are capable will rise into the sphere to which they belong.

The rotten apple spoils its companions.—An old Spanish Proverb.

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MANUFACTURERS OF ASPIRIN RESTRAINED

WASHINGTON — The Bayer Company, Inc., of New York, was ordered today by the Federal Trade Commission to cease "unfair competitive practices" in the sale of aspirin. The commission said the company did not contest the proceedings and consented to the order.

The company is prohibited from stating or implying that the word "aspirin" is the company's trade-mark and from asserting without proper qualification that the product has "no harmful after effects," "does not depress the heart" and the like. The company likewise was directed to stop advertising that aspirin not manufactured by it is counterfeit or spurious.

The irony of it! It was left to a business division of the government to bring to light that "aspirin" is not without harmful effects and does depress the heart.

Your Child and the Movies.

"Your Child and the Movies" is the name of a wonderfully fine booklet by Fred Eastman, professor of religious drama and literature at the Chicago Theological Seminary. It should be in the hands of every parent in the land. A copy of it can be obtained by sending 10 cents to the Christian Century, 440 S. Dearborn St., Chicago.

Keeping Well Club.

Without a doubt, the most valuable human possession is health. As a nation, we are losing millions of dollars each year because of poor health caused by preventable ailments. If a sufficient number of errors in our "living plan" were removed, such a lamentable state could not exist.

The effects of past errors need not be permanent. The old "Health Deal" can be supplanted by a new constructive regime which will eliminate the possibility of future illness; restore lost "pep," ambition and all the wonderful results of a healthful, strong and vitally commanding personality. Truly, an ounce of prevention is worth a pound of cure.

Millions of people go about their daily routine feeling rundown, nervous, and never really well. Such individuals actually lack the knowledge which would keep them healthy at all times. Many imagine that they have something in their "makeup" which must keep them eternally unwell. This is, indeed, a grave mistake, such reasoning actually does lead them to an early grave.

Our "Keep Well Club" aims to do away with many of the "bewhiskered" ideas relative to health and disease. Our personal guidance plan will apply to each individual as strictly as if they were in our doctor's office in person.

Our staff doctor is a regularly licensed drugless physician. We have selected this man because of his well known ability to treat patients by correspondence. All mail is first read by us, turned over to the doctor, and censored again before going out to the subscriber.

Our instructions to subscribers will not be "ready made," or taken from a book. They will cover information on the subject of diet, and every type of home treatment will specifically fit the needs, and which will insure health progress. We will help you "build up" a health-maintaining system of lifelong value.

You should carefully describe your condition, and what you wish to accomplish in the way of health improvement. The doctor will be governor by your statements, and by the analysis of the urine, which you will send in with each report. A questionnaire blank and a mailing tube for the urine will be sent from this office upon request. Please write plainly.

If you desire information "'Way Ahead of the Times," on the subject of healthful living, we are ready to serve you now.

Please send me, without obligation, the particulars about joining the "Keeping Well Club."

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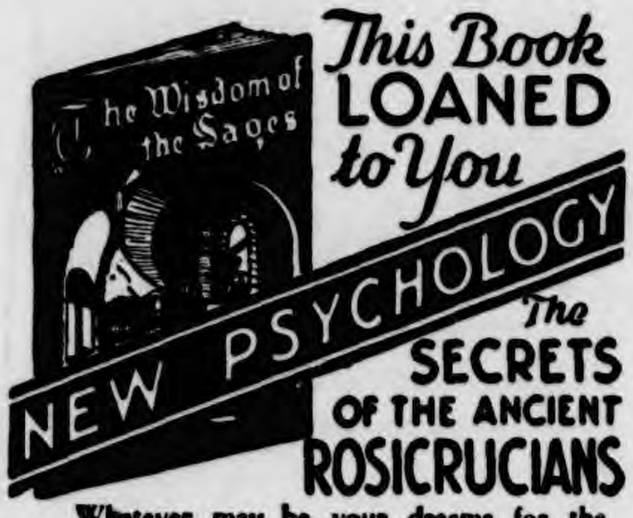

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Lacy clouds, azure skies,
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Grasses ripplig in th' breeze—
(Wait a minute—I'm going to sneeze,
I've got hay fever.)
Sprig id filby raibedt clad
Calls to every lass ad lad,
Rapsodies ov luv divide,
Id th' flash ov fleetig sigd,
Fills wid melody each pause—
(I cad't joid id much because
I've got hay fever.)
Sudshide, gladdess, flowers, birds,
Exaltation beyod ords!
Damped not by sudded raid
Dashig 'gainst th' widdowpale,
Nor by blossoms wed with dew—
('Cuse me, pleace—Kerchoo! Kerchoo!
I've got hay fever.)
Nod a flower nor a boddet
Some one writes a poem od it,
Poetry and sogs so fide and fradic,
All 'bout Sprig beig so romadic.
Oh, I'm 'appy as any thig—
(But I'm sorry, I can'd sig,
I've got hay fever.)
—Rita B. Hollingsworth.

Just Too Much Eat

A cold is not a cold to me, it's nature's way to tell
That I've been dining recently, not wisely but too well.
A snuffly nose has come to mean that I've enjoyed, erstwhile,
Some breaded pork chops, nested deep in sweet spuds, "Southern style."
Or else, perchance, a wondrous steak with onions crisp and brown
Has made my liver make of me a menace to the town.
Or it might be a chunk of cheese or mince pie, hot and sweet;
But a cold is not a cold to me—it's just too much to eat.

The Ultimate Curse.

Nitt: "May all your children be radio announcers."

Witt: "And may all yours have to listen to them!"

Mirtholitis.

"So the doctor's trial marriage has been found out?"

"Yes, and he's been arrested!"

"What's the charge?"

"Practicing without a license."

Hubby Was Willing.

Wife—The new maid has burned the bacon and eggs, darling. Would you be satisfied with a couple of kisses for breakfast?

Husband—Rather! Bring her in.

Not Dependable.

Boss: "When you called up my wife and told her I would be detained at the office, and would not be home until very late, what did she say?"

Steno: "She said: 'Can I depend on that?' "—Vancouver Province.

Anything You Want.

Tramp: "Could you give a poor fellow a bite?"

Housewive: "I don't bite myself, but I'll call the dog."—Pearson's.

Piper: "What was the rumpus at your sweetheart's house late last night? A fire Alarm?"

Gray: "No, a sire alarm."

Ego.

"What is Dr. Breakum so chesty about?"

"He just found out how important he is."

"How so?"

"He is being sued for $50,000."

Making It Tough.

A fellow has to be a contortionist to get by these days. First of all, he's got to keep his back to the wall and his ear to the ground. He's expected to put his shoulder to the wheel, his nose to the grindstone, keep a level head, and both feet on the ground. And, at the same time, look for the silver linng with his head in the clouds.

The self-righteous never succeed.

God is most generous; only people are stingy.

Commercialism has no conscience, no heart, no ethics.

Who loves most is nearest kin to God.

Difficulties are God's ladders.

A man tied down by responsibilities is one who rises.

Pull with people; not against them.

Set your rudder before sailing.

A: "Haven't I seen your face before?"

B: "I wouldn't be surprised; that's where I usually wear it."

AFTER ALL——

there is nothing so satisfying as genuinely good, wholesome food . . . Why eat any other?

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HIKING SCHEDULE

April 14—Hamilton Mt. and Beacon Rock. We are sure that Mr. Robin will again be with us. Elmer Robarts will be the leader. Meet at S. E. Grand avenue and Madison street at 7:30 A. M. Fare, 70c, members; 80c, non-members. Register, TA 2002 or EA 3672.

April 21—Easter novelty hike. Amy Bowen has a short hike and some Easter surprises planned for us during the afternoon. Meet at N. E. 82nd and Sandy boulevard at 1:30 P. M. The Rose City car will take you to 82nd street.

April 28—Eagle Creek-Tunnel Falls. This is always a very scenic 13-mile hike. Meet at S. E. Grand avenue and Madison street at 7:30 A. M. Fare, 70c and 80c. Register, TA 2002 or EA 3672.

May 4-5—May Day party at Jake's Place. The entertainment committee is working out plans for a splendid good time. May Queen, dance with the Progressive Oregonians orchestra, May Pole dance, recreation. These are just hints of the good things in store for you. This is the first week-end trip of the spring season. Jacob Cohen will be in charge. Be there by 8 P. M. Total cost, 70c. Register, EA 3672 or TA 2002.

Pathfinders Banquet.

The Pathfinders enjoyed their annual health banquet at the Masonic temple on March 9th. There were 120 present and everyone present was loud in his praise of success of the affair. Mr. Jacob Cohen and Mrs. Amy Bowen deserve much credit for engineering it through. While Mrs. Ellen Marx made a reputation for herself as a skillful cateress. The program was varied and unusual. Jean Bowen, Don Plopper, Luverne McGrow, Margaret Lewis were the hits of the evening. Ralph Burroughs proved his ability as a master of ceremonies.

Have courage, friends, all is not lost, and you would be sure of this if you had attended this banquet. One hundred twenty peppy, young people with no stimulants, not even a cigarette.

Join the Pathfinders.

Springtime Is the Time to

ELIMINATE

. . . . . the easy way is to follow the HAUSER way

Complete stock of HAUSER books and products endorsed by him.

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WILLIAM R. REECE ENJOYS AN UNUSUAL BREAKFAST

Of late I have been enjoying perfectly delicious breakfasts. The procedure is as follows: (1) Set up the meat grinder, equipped with the blade for making nut butter; (2) Select and clean two good-sized carrots; (3) Take one dozen dried black figs; (4) Grind the carrots and figs together; (5) Separate the white of one egg from the yolk and beat to stiffness with two teaspoonfuls of rag sugar; (6) Mix all together, including the egg yolk; (7) Serve with milk or cream, whipped cream if you prefer; (8) Sit down to a king's feast.

I vary this sometimes by using an apple with the carrots instead of the figs, or raisins, or dried apricots, or prunes, or fresh cocoanut, or what have you. When I first arise, I precede this by about an hour with a glass of apple, or orange, or other fruit juice. This sort of breakfast makes a "meal in itself." It is especially good for those inclined to constipation. It is quickly prepared; needs no cooking, is not as expensive as so-called breakfast foods, and is about 12 times as nourishing. Try it once!

"Take time to be courteous." —Adams.

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Same Old Story

Angry Father: "Well, young lady, explain yourself coming in at this hour!"

Daughter: "Oh Daddy, I was sitting up with the sick son of the sick man you are always telling mother you sat up with."

If you have a friend whom you would like to give a lift" on the road back to HEALTH, bring or mail the following subscription blank to HEALTH HERALD, 813 Guardian Bldg., Portland, Oregon. It will be the kindest favor you can do.

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Acquaint yourself with nature's great outdoor laboratory whose Roots, Herbs, Leaves and Barks provide a sure remedy for every human ill, relieve pain and restore health as pleasantly and effectively as nature's water quenches thirst.

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—Sustains the Heart.
and Large Blood Vessels.
—Is used to Relieve Congestion
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GOOD WORDS

OF THE

SOCIETY OF CHRISTIAN ENDEAVOR.

VOL. 3. ALFRED CENTRE, N. Y., SEPTEMBER, 1888. No. 3 & 4.

SKETCHES OF THE FIRST SEVENTH-DAY BAPTIST CHURCH OF ALFRED.

RELIGIOUS ASSOCIATION.

The first record of such an association is dated July 4, 1812, which, after reciting the objects of the meeting and the agencies through which it was called, gives the following basis of union:

SECTION I.

ARTICLES OF FAITH.

Art. 1. We believe the Scriptures to be the word and truth of God, and with the light of the Divine Spirit is the rule of our faith and practice

Art. 2. We believe the ten commandments that were given down to Moses on Mount Sinai to be binding on us, and the seventh day to be the Sabbath of the Lord.

Art. 3. We believe the words that Christ told Nicodemus in being regenerated and born of the Spirit and believe we have experienced the same.

Art. 4. We believe in following the example of Christ in baptism by way of immersion, and in the institution of the Lord's supper.

Art 5. We believe also in the requirements of laying on of hands, washing one another's feet and religious fasting, but would not make these three points so essential as to debar from fellowship.

Art. 6 We believe in the resurrection of the dead and eternal judgments, future rewards and punishments according to the deeds done in the body. This we believe, Lord strengthen our faith.

SECTION II.

ARTICLES OF COVENANT.

Art. 1. We, the subscribers, do covenant together as brethren and sisters and bind ourselves through the assistance of God we will continue our meetings on the Sabbath days, as far as the hand of providence will admit, and try to worship God as the Lord may persuade our souls, and try to live weekly as becomes Christians.

Art. 2. We agree to watch over each other jointly and severally for good, that is to try to admonish all disorderly conduct. in whatsoever way it may appear, by scriptural measures and with gospel and try to live in obedience to the law and gospel of God, and to encourage holiness and persevering. This will we do if God permit.

Now there were about twenty-four members, males and females, viz : Stephen Coon and his wife, Nathan Green and his wife, Clark Crandall and his wife, George Lanphear and his wife, William Saunders and his wife, Stephen Coon, Jr., and his wife, Luke Maxson and his wife, William Davis and his wife, Edward Green and his wife, Maxson Green, James Fisk, Rebecca Stillman, Britty Wells, Sally Coon, and Nancy Teater, joined covenant and kept up our Sabbath meetings and were wonderfully blest both in union and increase to our number.

In September, 1813, it was decided to form a church whenever a convenient opportunity should offer; and on the 3d of October, Eld. William Satterlee, of Berlin, being with them, the matter was laid before him, and after consultation

the society preferred separate organization, and became a branch of the Berlin Church. The members of the society who had formerly been members of a First-day Baptist Church in Brookfield, usually designated as Eld. Marsh's Church, united with the Berlin Church through this "Branch," and several who seem to have held no former church connection received the "ordinances," and likewise joined the Berlin Church. From this time in the records the terms "Branch" and "Society" are used synonymously to designate the organization until it became an independent church.

At a meeting held August 11, 1816, George Stillman, Clarke Crandall, Daniel Babcock, Abel Burdick, Abram Crandall, Richard Hull, and Nathan Green were appointed to prepare articles of faith and covenant, and a church constitution; and it was voted to send letters to the Berlin and Brookfield Churches, asking for assistance in organizing the Branch as a separate church. In accordance with the request, Eld. William Satterlee and Bro. George Maxson from Berlin, and Eld. Henry Clarke and Bro. Charles Babcock from Brookfield, met with the Society on the 20th of Oct ber, 1816, and after examing the constitution and articles of faith and covenant, and ascertaining the state of Christian fellowship among the members, it was decided to grant the request. After a sermon by Eld. Satterlee from Matt. 18: 15–17, Eld. Clarke gave the hand of fellowship to the church through Bro. George Stillman, who had been chosen to represent the Society for that purpose.

EARLY LEADERS.

At a meeting held at the house of Edward Green, August 21, 1812, the Society made choice of Stephen Coon, Sr., to take the lead of its meetings until a new choice should be deemed necessary.

At a meeting held August 6, 1813, David Satterlee was called on to "improve his gift in the ministry of the gospel and to take the lead of meetings on the Sabbath."

In September, 1815, George Stillman was chosen to take the lead of the meetings.

October 2, 1816, the date of the organization as an independent church, George Stillman and Daniel Babcock were chosen Deacons and presented to the council called to organize the church for ordination; and on the next day the ordination took place with the following exercises:

Introductory sermon by Eld. Henry Clarke.

Examination of candidates.

Laying on of hands by Eld. William Satterlee.

Hand of fellowship by Eld. Clarke, who also gave the charge usual for deacons together with the charge of baptizing.

July 4, 1817, Daniel Babcock and Richard Hull were called to the work of the ministry, to serve alternately; and on February 5, 1819, it was voted that Nathan Pierce and Abram C. Crandall improve their gifts whenever the case might require.

May 6, 1821, Eld. Amos Satterlee united with the church, becoming the first ordained minister in its membership.

September 12, 1824, a council consisting of Elds. Eli S. Bailey, William B. Maxson and John Green met with the Church for the examination and ordination of Daniel Babcock and Richard Hull to the ministry. Eld. Bailey was chosen Moderator, and after satisfactory investigation of the unanimity of the church in the call, the council having invited Eld. Amos Satterlee to unite with them, took a recess to examine the candidates. After the examination, the council reported in favor of the ordination, which took place on the 16th of September, with the following exercises:

Introductory discourse by Eld. Bailey, from 2 Cor. 5: 20.

Consecrating prayer by Eld. Maxson.
Charge by Eld. Green.
Hand of fellowship by Eld. Satterlee.

In the latter part of 1830, or early in 1831, Eld. Spencer Sweet of the First-day Baptist Church embraced the Sabbath and united with this church, his name first appearing on the business records of the church in January, 1831; and in the following April, the church expressed its freedom for him to preach among us; and in April, 1832, the church voted that Elders Hull, Babcock and Sweet should preach alternately once in three weeks.

In February, 1837, Eld. Joel Green was called to labor for a season, and promptly entered into the work, which appears from the church records to have continued about four months. His labors seem to have been largely devoted to matters of discipline, family visiting and the settlement of matters of difference which had naturally arisen from the diverse views and interests of the resident ministers and their personal friends, in which he seems to have been quite successful. He also assisted in revising the constitution and articles of faith and covenant of the church, which were much improved in expression, and reduced very nearly to their present form.

THE following extracts are taken from the report presented at the last meeting of the Y. P. S. C. E., by Prof. N. W. Williams, who was appointed a delegate to the national convention of the Society at Chicago:

This is said to be the largest convention, by delegate, of a religious nature ever held in this country, there being over four thousand delegates present besides a large number of visitors. It was certainly inspiring to see so many young people together and to hear them sing, "The Vows of God are on You." The Society of Christian Endeavor has had a marvelous growth. Although it is but seven years since its organization, there are now five thousand societies with an aggregate membership of three hundred and ten thousand. The spirit of the work is admirable, and with experience great results may yet be expected of the Society of Christian Endeavor.

THE Ladies' Aid Society for the past six months has, as usual, been actively engaged in good works. Among the objects which have occupied the attention of the society during this time, were the remodeling of the church desk, aiding the sick and poor in our midst, and assisting in the outfit of our missionaries, who soon leave for their field of labor. At the meeting in July, the society voted to assume one-fourth of the indebtedness of the church, which means labor and sacrifice on the part of its members. Although this is a great undertaking, it will be accomplished, for its members are earnest and united.

PHILLIP PLACE died at Alfred, N. Y., June 24, 1888, in the 73d year of his age. He was baptized in early manhood and united with the First Alfred Church, of which he remained a faithful and exemplary member until his death.

MRS. TACY A. POTTER died at Alfred Centre, N. Y., May 25, 1888, in the 55th year of her age. Her life was a beautiful example of Christian graces and virtues.

EDDIE E. SHERMAN died at Alfred Centre, N. Y., May 31, 1888, after a very brief illness, in the 24th year of his age.

EMILY E COON THOMAS died at Alfred Centre, N. Y., May 4, 1888, aged 65 years.

ORANGE JUDD GREEN died by drowning at Ithaca, N. Y., June 10, 1888.

Married, in Alfred Centre N. Y., May 29, 1888, GEORGE W. TRUMAN and CORA MAE DAVIS.

Married, in Alfred Centre, N. Y., June 30, 1888, M. B. KELLY, Jr., and KATE F. THRELKELD.

Married, in Alfred Centre, N. Y., July 19, 1888, Prof. CHARLES M. POST and DOLLIE I. MAXSON.

CONSTITUTION
OF THE
FIRST SEVENTH-DAY BAPTIST CHURCH OF ALFRED.
ADOPTED DEC. 31, 1882.

ARTICLE. 1. *Name.*—The corporate name of this church shall be the "First Seventh-day Baptist Church of Alfred."

ART. 2. *Membership.*—Any person may become a member of the church by a majority vote of its members after giving evidence of regeneration and faith in Christ, and being immersed in water in the name of the Father, Son and Holy Ghost, and observing the Sabbath of the Lord, which is the seventh-day of the week, and no person shall be hastily received into the church to the grief of any member thereof.

ART. 3. *Officers.*—The officers of this church shall consist of a Pastor, the elders who may be connected with the church, three or more deacons, a chorister, nine trustees, and such other officers as may be thought necessary by the church.

ART. 4. *Election of Officers.*—The election of trustees shall be so arranged that three shall be elected each year at the annual meeting of the church, and they shall hold their office three years; vacancies occurring by death or otherwise shall be filled at the first regular church meeting or at such times as the church may direct. The other officers of the church shall be elected at such times and in such a manner as the church may direct

ART. 5. *Duties of Trustees.*—Section 1. They shall organize by electing their own president, vice president, secretary and treasurer, who shall be officers of the church and of the trustees, and whose duties shall be the same as those of such officers in similar bodies.

SEC. 2. They shall have charge of the church property, both real and personal; transact all business relating to the renting of pews, the payment of pastor's salary and other temporalities of the church, such as raising and disbursing of funds, as provided by law under the direction of the church, and report annually to the church the financial condition and needs of the church, and oftener if called for.

ART. 6. *Voters for Trustees.*—The members of this church of full age, and every person of full age who shall for one year preceding have been a paying pew holder or seat holder in this church, or shall have been during said year a yearly paying subscriber for the support of the church, shall be a voter for and eligible to the office of trustee.

ART. 7. *Government*—The government of this church shall be vested in the members, seven of whom shall constitute a quorum for the transaction of business.

Advisory Commitee.—To aid the pastor in the spiritual care of the church, the elders and the deacons, (the pastor being ex-officio a member) shall constitute an advisory committee, to whom shall be referred all applications for membership before presentation to the church for its action. To advise with the pastor as to religious and church meetings, discipline, etc., and to arrange for the supply of the desk when not otherwise provided for.

ART. 8. *Meetings.*—The church shall hold its annual meeting for the election of trustees and the transaction of other business on the first First-day of December each year at one o'clock, P. M., unless otherwise ordered by vote of the church, and the fiscal year shall begin on the first day of January. Said meeting shall be duly notified in the Sabbath morning meeting two Sabbaths previous to such meeting. Other meetings shall be held at stated times, or may be called by order of trustees or of the advisory committee when the interest of the church seems to demand.

ART. 9. *Duties of Members.*—It shall be the duty of members of this church to bear equally according to their ability the necessary expenses of the church, also to attend when practicable all the meetings of its appointment, such as covenant, etc., with punctuality, and especially the Sabbath meetings, and diligently to attend meetings for the transaction of business. An unreasonable neglect of the above shall render any member liable to discipline as in other cases of delinquency.

ART. 10. *Discipline.*—The rule laid down by Christ (Matt. 18: 15, 16, 17,) forms the best model of discipline, and shall be invariably followed by this church except in cases of notorious public offense, which may be reported directly to the church.

ART. 11. *Amendments.*—This constitution and by-laws may be altered or amended at any annual meeting by vote of two-thirds of the members present, provided that the proposed alteration or amendment shall have been presented in writing at a previous meeting, and provided that two notices shall have been given of such proposed alteration or amendment in connection with the notice of the annual meeting.

BY LAWS.

ART. 1. *For Trustees.*—The annua meeting shall be held the last First-day of November of each year.

Sec. 1. *Meetings.*—They shall hold regular meetings at such times and places as they may direct, and special meetings may be called by the president or any three of its members.

Sec. 2. *Seal.*—They shall have a corporate seal.

Sec. 3. *Quorum.*—A majority of the trustees shall constitute a quorum for the transaction of business, and a majority vote on any question shall decide that question.

Sec. 4. *Meeting of Church, how called.*—It shall be the duty of the president or in his absence the vice-president or pastor to call a meeting of the church when so ordered by the trustees or by the advisory committee or three of the members of either.

Sec. 5. *Delinquent Trustees.*—Whenever a person elected trustee shall have for a term of six months ceased to attend church or to support its worship, his place may be declared vacant by an official notice of the Board of Trustees to the church, and a new election shall be ordered to fill the vacancy.

ART. 2. *For Advisory Committee.*

Sec. 1. *Organization.*—They shall organize by electing a chairman and secretary.

Sec. 2. *Meeting how called.*—Meeting of the committee may be called by the pastor or chairman or any two of its members.

Sec. 3. *Quorum.*—Three members shall constitute a quorum for the transaction of business.

ART. 3. *Communion and Covenant Meeting.*—Communion service shall be held the second Sabbath in January and once in two months. Covenant meeting the day previous at 2 P. M., and may continue in the evening.

ON Friday evening before the communion Sabbath in May, the ordinance of baptism was administered by the pastor to three candidates, and on the following day they were received into the church by the right hand of fellowship, together with seven others by letter.

THE next regular communion service will occur on Sabbath-day, Sept. 8; Covenant meeting Friday afternoon at 2 o'clock and in the evening at 7.30. It is hoped that all who can possibly will be in attendance.

As ONE of the factors making up the social, moral and spiritual element of the First Alfred Society, the Woman's Christian Temperance Union is striving to elevate humanity by patient, prayerful and persistent effort. Six years of experience since its organization have taught us some useful lessons. First, that strength lies not in numbers alone, but that unity of thought and purpose guided by the Almighty hand can give the victory over the arch fiend whose power seems unconquerable. Second, we have learned to do the work which belongs to us to do, and not that so often advised by those who seek thus to relieve themselves of all responsibility. The temperance work, like many others, gathers interest by thought and investigation, and the more we do the more we see the need of doing, till we are filled with wonder and astonishment that any mother can sit contentedly without doing what she can to stay the tide of evil which threatens her own household. Doubtless we have had a feeling of personal security in our quiet seclusion from the outside world, but alas! the day of security, if ever there was one from evil temptation, is far in the past. Let us awake to the facts as they are before us.

The regular meetings of the Union, held the third Tuesday in each month, are very interesting and profitable seasons to those in attendance. Our membership is gradually increasing, yet we would that many more might come and enjoy them with us and receive the blessings.

By mutual interchange of thoughts and ideas at our mother's meetings, the young and the old are learning that which will bear fruit in after years. The mother's prayer meeting draws us near to each other and to the true source of help we so much need.

The children are not forgotten. Mrs. Kate Kelly, an efficient and deeply interested leader, conducts the Loyal Temperance Legion, trying to interest them in temperance work; and here let me plead with the mothers again, that they see to it that their children attend these meetings. The real enthusiasm and love for the work there gained will be as a bulwark against temptation when we cannot shield them. Will not this be sufficient reward for all our efforts?

A MEMBER.

THE Young People's Society of Christian Endeavor have recently adopted the national badge. It is a neat monogram in two styles, of silver and gold.

SOMETHING new in the line of social festivities was the Milkmaids' Festival, given in Brick Hall, on the evening of Aug. 1st, by the Y. P. S. C. E. Various delicacies of which the dairy was the source, more or less remote, were offered at low prices and partaken of with great satisfaction. The social was of course pleasant, and good music added to the enjoyment of the evening. The numerous milkmaids and lads, in appropriate costumes, saw that every one's wants were supplied. Beautiful, hand decorated *menu* cards were given as mementos of the occasion.

THE Christian Endeavor Society wish to express their regret for the irregularity and delay in the publication of GOOD WORDS. It has been the aim of the society in publishing the paper to put before the people the work of the church and the society, and to preserve in it a record of the current history of the church. It has also been the aim to issue each number during the week preceding the communion service, as a reminder to the scattered members of the church, and to call their thoughts home at that time. The failure to accomplish this purpose is deeply regretted. At the last meeting the society voted to enlarge the September number to supply as well as possible the non-appearance of the July number.

It will doubtless be of interest to all who have formerly attended the young people's Sabbath afternoon prayer-meeting, and also to the older persons interested in the meetings and in the Christian welfare of the young people of Alfred, to learn that the meetings of this summer vacation have been of unusual interest and, we trust, of unusual benefit.

It is a well-known and sad fact, especially to the workers in the Y. P. S. C. E., that as a general rule the meetings in the vacation have few present, partially due, we suppose, to the fact that so many of the students who usually attend while the school is in session are away; and also, there is no doubt, that during the summer some find it more pleasant out of doors than in the prayer-meeting room. But, as it has been remarked by a number of the regular attendants who have been here for some time and have thus had the opportunity to attend during other vacations, the attendance has been very good and the interest has seemed to be about the same as during term time. Those present have been very prompt in making the meeting what it should be, in giving their testimonies to the goodness of God, in expressing their more earnest desires to serve him, and exhorting those out of the fold to come to Christ now. It is with great gladness of heart that we write such an account of our afternoon prayer-meetings this vacation, and we thank God for his goodness to us and his presence with us, as we feel he has been with us to help and to bless.

The Woman's Evangelical Society completed on July 19th a year of unusual prosperity. In addition to the monthly and quarterly meetings, which were well sustained, a public session was held on Thanksgiving evening, and a New England supper was given on the evening of February 14th. The following are some of the objects which have received the attention of the Society for the past year: For the publishing of Miss M. F. Bailey's leaflet, $5; to the Revs. Mayes and Shaw, $10 each; for the relief of the Salemville Church, $20; for the Randolph missionary outfit, $10; to the payment of the China Helper pledge, $50; a pledge of $50 for the Jewish mission in Galicia for the coming year, and the sum of $10 paid. "Mite Boxes" for the reception of thank-offerings have been in use, the formal opening of which will occur on the evening of the annual public session in November. The interest in evangelical work has seemed to increase in proportion to the demand, and as the opportunities for such labor were never so great, so the desire to multiply ways and means to meet the occasion has never been equalled in the history of the society.

The attendance of the First Alfred Sabbath-school has been very good throughout the year, having an average of 177. Since the last election of officers, the school has been divided into main and primary departments. The primary has 4 teachers and a superintendent, with an average attendance of 30. The main department has now 13 teachers, with an average attendance of about 125. The library was closed for some time to be re-arranged. New books have been added, increasing the number to 218 volumes. All have been re-catalogued according to the new system which has been introduced.

Sabbath-day, Aug. 18th, was celebrated as children's day and a day of thanksgiving by the First Alfred Church. Fruit, flowers and products of the field were tastefully arranged about the pulpit. The music was selected with special reference to the children, and the entire services of the day were in harmony with the occasion.

FIRST ALFRED CHURCH.

PASTOR.

REV. W. C. TITSWORTH.

DEACONS.

B. F. Langworthy, A. C. Burdick,
H. C. Coon, J. G. Allen.

TRUSTEES.

A. B. Kenyon, - - - - - - *President.*
A. K. Ryno, - - - - - - - *Clerk.*
T. B. Titsworth, - - - - - *Treasurer.*
A. C. Burdick,
J. N. Potter.
H. M. Maxson,
A. R. Allen,
Wm. C. Burdick,
H. C. Coon.

SABBATH-SCHOOL.

E. P. Saunders, - - - *Superintendent.*
H. C. Coon, - - - - - - *Assistant.*
Flora Stillman, - - - - *Secretary.*
A. C. Hunting, - - - - - *Treasurer.*
Chas. D. Stillman, - - - - *Librarian.*
Jessie Crandall, - - *Assistant Librarian.*
O. E. Burdick, - - - - - *Chorister.*
C. M. Post, - - - - - *Assistant Chorister.*
Mrs. G. W. Rosebush, - - - *Organist.*
N. W. Williams, - - *Assistant Organist.*

Y. P. S. C. E.

Maud Hoard, - - - - - *President.*
Alvord B. Clarke, - - - *Vice President.*
Gertrude Burdick, - - - - - *Secretary.*
Martin Sindall, - - - - - *Treasurer.*
Myra Clark, - *Corresponding Secretary.*
Hattie Burdick, - *Chairman Lookout Com.*
A. C. Hunting, " *Prayer-meeting* "
Edna Bliss, " *Relief* "
N. W. Williams, " *Missionary* "
J. A. Platts, " *Music* "
Rev. W. C. Titsworth, " *Literary* "
Flora A. Randolph, " *Social* "
C. Belle Witter, " *Temperance* "

LADIES' AID SOCIETY.

Mrs. W. C. Dunham, - - - - *President.*
Mrs. W. H. Bassett, - - - *Vice President.*
Mrs. E. P. Saunders, - - - - *Secretary.*
Mrs. T. B. Titsworth, - - - - *Treasurer.*

DIRECTORS: Mrs. L. A. Hull, Mrs. E. S. Bliss, Mrs. L. A. Platts, Mrs. W. C. Burdick, Mrs. D. R. Stillman.

LADIES' EVANGELICAL SOCIETY.

Mrs. L. A. Hull, - - - - - *President.*
Mrs. S. C. Burdick, - - *Vice President.*
Miss Madelia Stillman, - *Recording Secretary.*
Mrs. L. A. Platts, *Corresponding Secretary.*
Mrs .C. M. Lewis, - - *Treasurer.*

W. C. T. U.

Mrs. W. C Burdick - - - - *President.*
Mrs. E. P. Larkin, } - - *Vice Presidents.*
Mrs. A. A. Allen, }
Mrs. E. J. Potter, - - *Recording Secretary.*
Mrs. E. S. Bliss, *Corresponding Secretary.*
Mrs. C. M. Lewis, - - *Treasurer.*

YOUNG PEOPLE'S PRAYER-MEETINGS.

SABBATH AFTERNOON, 4 O'CLOCK.

The subjects and leaders for the Sabbath-afternoon prayer-meetings for September and October are as follows:

Septemer 1, "Self Examination,"
REV. W. C. TITSWORTH.
September 8, "Result of Unbelief,"
MRS. C. M. POST.
September 15, "The Living Fountain,"
G. W. HILLS.
September 22, "The Path of the Just,"
MRS. G. W. LEWIS.
September 29, "Our Admonitions,"
PROF. C. M. POST.
October 16, "The Christian Armor,"
MRS. M. B. KELLY.
October 13. "God's Presence to Lead,"
A. A. LEWIS.
October 20, "Bearing Testimony,"
MISS LEONA BURDICK.
October 27, "Faith," FRANK BURDICK.

SERVICES AND APPOINTMENTS.

Morning service, Sabbath-day, - - 11 A. M.
Sabbath-school, Sabbath-day, - 3 P. M.
Young people's meeting, Sabbath-day, 4 P. M.
Children's Prayer-meeting, at the Reception Room, Brick Hall, Friday, 6.30 P. M.
Prayer-meeting, Friday. - - 7.30 P. M.
Communion service, second Sabbath of January, March, May, July, September, and November.
Covenant meeting, afternoon and evening preceding communion.
Teachers' meeting, Thursday, - 7.30 P. M.
Church services at the Chapel, each Sunday while the school is in session, - - - - - - - 10.30 A. M.
Bible class, following church service.
Students' prayer-meetings, at Memorial Hall, Sunday evening, - 7.30 to 8.30 P. M.
Y. P. S. C. E., first Monday each month, 7.30 P. M.
Ladies' Aid Society, first Wednesday afternoon each month,
Ladies' Evangelical Society, last Wednesday in November, February, May, and August, - - - 2 P. M.
W. C. T. U., third Wednesday, each month, - - - - - - - 2 P. M.

GOOD WORDS.

A BI-MONTHLY PERIODICAL PUBLISHED

—BY THE—

FIRST ALFRED Y. P. S. C. E.,

To represent the work of the Society, and of the First Alfred Church.

It is edited by the Pastor, assisted by the Literary Committee of the Society.

Any who do not receive the paper will please give us their names if they desire it. Those who wish to aid in its support will send 25 cents for one year's subscription, which will be received by Flora A. Randolph, or the Pastor.

Entered at the post-office at Alfred Centre N. Y. as second-class mail matter.

610.7 March 1905

ENTERTAINMENT

INSTRUCTIVE AND PROFITABLE

School of Health

CONDUCTED BY

A SKILLED PHYSICIAN

Assisted by a Successful Domestic Science Teacher and a Battle Creek Trained Nurse

SCHOOL OF HEALTH

This school will be conducted under the auspices of the International Health Association by the physicians and nurses trained at the Battle Creek Sanitarium. The course will consist of two lessons a day with additional hours for private instruction and practice classes. The subjects to be considered this year are two: First—How to Keep Well, Better Than to Get Well. Second—The Study of Nature Food and Scientific Cookery. The first department will be in charge of a physician of years of experience and a lecturer of skill and note. The doctor will be assisted by a trained nurse from the Battle Creek Sanitarium, who will give practical lessons in the care of the sick. The Cooking School will be presided over by a skilled domestic science teacher. A physical culture teacher will conduct a class daily. At the daily demonstrations in the scientific preparation of appetizing, wholesome, and nutritious foods, samples of the foods prepared will be passed to the class to be tested as to quality and flavor.

The following is an outline of the subjects of the health lectures.

1. COMMON FOOD ADULTERATIONS

Their prevalence, danger, and some practical methods for detection of adulterants, illustrated by scientific and surprising tests.

2. THE MIRACLE OF DIGESTION. WHY DOES NOT THE STOMACH DIGEST ITSELF?

Opinions and latest scientific findings of Pawlow, Fletcher, Chittenden, and Cannon on foods and nutrition.

3. HOW TO CONVERT LABOR INTO HEALTH AND HAPPINESS

Illustrated by living pictures and demonstrated by practical home gymnastics.

4. DRESS HEALTHFUL AND BEAUTIFUL

Illustrated by the costumes of the various nations.

5. MODERN FOES OF HUMAN LIFE

Where they are, and how to avoid them and overcome them.

6. NATURE REMEDIES VERSUS PATENT MEDICINES

Illustrated by analytical tests, and nature treatments administered to a living subject by a trained nurse.

7. FIRST AID TO THE INJURED

What to do in accidents and emergencies. Cuts, broken bones, hemorrhage, drowning, fire, poisoning, etc. Illustrated by living pictures and tableaux.

8. HOW TO LIVE TWICE AS LONG AND TWICE AS WELL

The invincible army of the interior. Showing how to co-operate with leucocytes, macrophags, phagocytes in combating common and chronic disorders.

9. MODERN CRUSADE AGAINST TUBERCULOSIS, AND WHAT IT MEANS TO A COMMUNITY

Illustrated by the microscope, charts, and new apparatus.

10. MUNICIPAL HEALTH,—Or How to Make Our Home City the Healthiest City in all the World

City water, milk, and meat supplies, gymnasia baths, etc.

0. GOD IN NATURE (Stereopticon)

The miracle of life and its spiritual significance. Health from a spiritual standpoint.

00. GOD'S GREAT OUT OF DOORS (Stereopticon)

A Nature study from the health standpoint.

Lectures number 0 and 00 are extra numbers available.

Lectures number 0, 4, 5, 9, 10, entitled GOD IN NATURE, Dress Healthful and Beautiful, Modern Foes of Human Life, MODERN CRUSADE AGAINST TUBERCULOSIS, and MUNICIPAL HEALTH, may each be used as evening numbers if desired, and illustrated by stereopticon and moving pictures. These pictures are new, striking, and well colored.

COOKING SCHOOL

1. AN IDEAL HEALTH BREAKFAST

Demonstrated in course.

2. AN IDEAL DINNER

Demonstrated in course.

3. THE BACKBONE OF THE MEAL

Demonstration of old methods and new methods.

4. FOOD and DRINK FOR SUMMER ENTERTAINMENTS

Lawn parties, picnics, afternoon teas, etc.

5. FRUITS

The chemistry of ripe fruit, green fruit, fruit soup, fruit salad, fruit nectar, fruit juice, methods of fruit canning, etc.

6. THE LUNCH BASKET

For the school-boy, the clerk, the farmer, the business man, the traveler.

7. CHAFING-DISH DISHES

Welsh rarebit, bouillon, etc.

8. VEGETABLE GELATIN

Varieties of gelatin, proper gelatin molds, healthful gelatin coloring.

9. APPETIZING DISHES FOR THE SICK

Custards, egg-nogs, the most nutritious soups, broths, etc., how to set a tray, how scientifically to feed a cold and starve a fever.

10. THE FANCY WORK OF COOKERY

Desserts, cakes, icings, salads, ices, and confections.

In addition to the lessons outlined for health lectures and cooking school, extra lessons may be given to mothers on the care of feeding and dressing of infants.

An extra lesson will also be given to ladies alone, if desired, on the care of themselves; this lesson preferable to be a question box.

Charts, microscopes, stereopticon, and moving pictures will be freely used to illustrate these lectures as arranged.

Physical Culture at Beginning of Each Demonstration Hour

THE HOME DISPENSARY

Demonstration of Practical Home Remedies

WHAT THE PRESS AND THE PEOPLE SAY

CHAUTAUQUA NOTES

Dr. and Mrs. A. J. Read left the city yesterday afternoon for Battle Creek, Mich. The lectures given by Mr. and Mrs. Read are considered by many to be the most valuable features of the entire course. Both have drawn immense crowds and the audiences appreciated what they were receiving.

Dr. and Mrs. A. J. Read left the city yesterday afternoon, each having finished their work at Chautauqua. Dr. Read gave a very entertaining and interesting lecture yesterday afternoon preceding the lecture by Dr. Dixon. He took for his subject, "Alcohol and Patent Medicines," and gave demonstrations which illustrated just what per cent alcohol was in different patent medicines. He took a teaspoonful of Sherry wine, Lydia E. Pinkham's medicine, Hostetter's Bitters, and plant juice, and placing each in a small retort heated them until they emitted alcohol fumes, which were ignited. He found there was enough alcohol in Lydia E. Pinkham's medicine to keep a Wellsbach lamp burning three minutes.

In all patent medicines there can be found alcohol or opiates. And the great increase of chronic diseases in this country is due almost entirely to the large consumption of patent medicines.

Both Mr. and Mrs. Read have made many friends while staying here. Mrs. Read's work has proved very valuable to all who have taken advantage of the opportunity of obtaining her instruction. Her lectures have all been well attended. The most popular ones, however, have been the following:—

"The Preparation of an Ideal Breakfast, of an Ideal Dinner, of Food for the Sick, of Fancy Cooking, of different Canned Varieties, a Bread Demonstration, and a Pulse Demonstration."

The interest in Dr. Read's lectures continues unabated. Chautauqua patrons are just awakening to the fact that the School of Health is one of the most interesting as well as important features of the programme. Dr. Read lectures on matters of every-day importance, and no one who has the time can afford to miss his instructive lectures.

The lecture was very beautifully illustrated with the stereopticon. The applause and attention accorded the speaker voiced the approbation of the assembled audience.—*Morning Enquirer, Battle Creek, Mich.*

Notwithstanding the inclemency of the weather, the Independent Congregational church was packed to the doors last evening by an intelligent and highly appreciative concourse of people in attendance upon the able, instructive, and important illustrated lecture (the last in the municipal health course series).—*Morning Enquirer, Battle Creek, Mich.*

CHAUTAUQUA CROWDS

Wednesday Was a Great Day at the Assembly and Grounds Thronged.

Dr. Read's lecture, following the completion of the afternoon programme, attracted an audience that was entirely too large for the Hall in the Grove. If the popularity of his lectures increases much more, it will be necessary to provide different quarters.—*Waterloo (Iowa) Daily Reporter.*

A large and interested audience filled the Congregational church last evening in attendance upon the able, illustrated lecture given by Dr. David Paulson, of Chicago, upon the "Miracle of Digestion," the lecture being an important number in the civic health series. In the course of his remarks Dr. Paulson made familiar and frequent references to the recent investigations that have been carried on at Harvard, Yale, and other great universities on the subject of food digestion.—*Daily Moon, Battle Creek, Mich.*

The Health School entertainment was conducted by Dr. Paulson. The programme was excellent. It just bristled all the way through, as Dr. Paulson's entertainments always do.—*West Michigan Herald.*

A Practical Lecture Will be That Delivered by Dr. John F. Morse, at the Congregational Church This Evening.

The lecture of Dr. John F. Morse, of the Sanitarium, at the Independent Congregational church, to-night, on "First Aid to the Injured," has not inappropriately been called a "life-saving lecture," and at the many Chautauquas where he has given it he has been invariably asked to repeat it.—*Journal, Battle Creek, Mich., Feb. 7.*

It would have been well for the whole city to have heard what the doctor said last evening.—*Evening Press. Grand Rapids, Mich.*

A LETTER

THE

Michigan State Medical Society

W. H. HAUGHEY, M. D.,
Sec'y Board of Councilors.

Battle Creek, Mich., March 31, 1905

A. J. Reed, M. D.,
Sec. International Health Assn.

Dear Dr. Reed,--

Permit me to thank you through the International Health Association for the very profitable and instructive course of lectures just terminated in Battle Creek. I heartily endorse your efforts, and wish you unlimited success and large audiences wherever these lectures may be given. Sincerely,

W. H. Haughey,
Health Officer City of Battle Creek.

Practical, Scientific, and Entertaining

BATTLE CREEK SANITARIUM NURSES' TRAINING SCHOOL—CLASS OF '05

The New Psychology and the Problem of Child Training

by E. Y. Melekian, Ph. D.

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CHILDHOOD as a problem and a challenge may be approached from various points of view. In writing this article I shall attempt to make a brief survey of certain faults, shortcomings and inadequacies in the behavior of the child, viewed from the psychological standpoint. Even then, the writer will defend the thought that if the problems of childhood remain unsolved, or are allowed to survive into adult life, the major responsibility for this arrested or perverted development rests not so much with the child as it does with parents and teachers, and the social environment in general, which have failed to evolve desirable traits of personality and character in the child out of his random but plastic behavior. For psychology has fully established the fact that neither habits nor skills, nor manners nor morals are inherent in the original nature of the child, but are rather formed out of the seemingly hopeless and imperfect traits of infancy through the gradual development and organization of the original endowments of the child, as influenced by the stimulations of his surroundings; subject, of course, to the limitations of his hereditary potentialities.

The Earliest Inadequacies

Beginning with the simplest and earliest inadequacies of childhood, we may say that these have chiefly to do with the imperfections of his physiological and sensory-motor functions. This is explained by the fact that the child has not completed at birth his physical development. His sense organs are immature; his muscles are too flabby and his bones too weak to support his weight. In fact, he is so helpless in his attempts at self-realization that he makes constant use of the one useful technique he brings into the world, namely, crying, and this of course is a mere confession on his part of utter helplessness. He cannot as yet coordinate his muscles to perform any skills; he cannot creep, crawl, or move about to satisfy his simplest wants. He is incapable of perceiving the meaning of the things he sees and the sounds he hears. He is incapable of thinking, reasoning, imagining, evaluating, appreciating. We need not enumerate other shortcomings at this point, as our purpose, just now, is to establish the fact that from the psychological or behavior point of view, the child is certainly full of inadequacies, if by the latter term we are to understand defects, and mistakes of adaptation. Furthermore, these defects and inadequacies persist much longer in the child than they do in other animals, precisely for the reason that maturation is the much slower process in the human infant than it is in the young of other animals.

Insects Are Mature When Born

A brief comparison between the two will make the point clear. In the insect world, for example, the newly hatched insect is fully equipped to cope with the demands of its environment. Any instinctive drive or tendency has at its command a rather fully organized sensory-motor mechanism to lead the organism to the objectives of its needs. That is why the bee, the ant, the wasp and other insects do not need the care and protection of parents in their struggle for existence. But the higher we ascend the evolutionary scale, the less adequate is the hereditary equipment of the organism, and the longer the period of infancy, necessitating more prolonged care of the young by the parents. But this apparent weakness, especially of the human infant, is, in reality, its chief strength. For it is upon the foundation of this apparent helplessness that training builds in the child traits and skills that would be inconceivable in the animal world. For while the lower forms of animals come into the world with an initial advantage in the form of more fully developed activity patterns, this very perfection of inherited equipment circumscribes their behavior within the narrow limits of predetermined paths, with very little room for freedom and creativeness of conduct. In other words, their activities remain, to a large extent, mechanical and stereotyped as compared to that of the child, who, with his capacity to learn, more than makes up for his deficiencies in native equipment through skills and techniques which eventually give him a much wider and more effective control over his environment. So that even though the human infant is a very helpless creature at birth and is tremendously handicapped with all sorts of faults and inadequacies, yet he comes equipped with that remarkable trait we call modifiability, or plasticity, which makes it possible to evolve in the child traits

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and habits, attitudes and sentiments, ideas and ideals, inconceivable in a creature for whom all the streams of activity are dictated by the fixed laws of heredity alone.

It is no reflection on the child then, to testify at the very outset that in dealing with him, we are dealing with a defenseless, faulty and inadequate type of a creature, so much so that even his most fundamental needs must be supplied by others. He does not know what to eat, how to eat and where to find food when hungry. He has no control over his functions of elimination. He is innocent of any standards of propriety in giving expression to his biological needs. He can neither walk nor talk. He is just a bundle of potentialities with very crude attempts at self-expression and self-realization. We can also see that both heredity and environment contribute to the making of the child, heredity supplying the fundamental impulses, cravings, biological urges, and together with these, very inefficiently organized activity patterns for the satisfaction of these organic wants; the environment supplying objects for these wants and facilities for training, whereby the dependent child becomes gradually independent, and gains mastery over his wants and the means of satisfying them.

It would be impossible to attempt to discuss here all the faults of the child, one by one. Even the mere enumeration might be like writing a dictionary. We are bound to make our discussion broad and general, stressing principles rather than instances. Thus, taking only a few of the more primary functions of the child dealing with nutrition and elimination, and the activity patterns initiated by fatigue, drowsiness, pain and other organic states, we find that they have nothing fixed or adequate about them; and in the establishment of correct habits in all these functions the cooperation of the environment is essential if the child is expected to outgrow his faulty beginnings and achieve more efficient habits.

The Nature of Childish Faults

We may pass on to the consideration of some of the child's faults which have more significant individual and social consequences. These "faults" are usually characterized as "being in mischief." As soon as the child has attained the art of locomotion he may be said to be "in everything." He is always kicking, breaking, pouring, spilling, hammering, damaging something around the house. He is opening doors, pulling drawers, exploring places, and in all these forbidden depredations, causing material loss as well as wear and tear to the mother's nerves. What may be the source of this misbehavior? What may be the initiating and sustaining causes of all this misconduct? Here we come to the heart of our discussion. It has already been indicated that the child brings into the world various inherited tendencies. These tendencies may properly be called instincts or instinctive drives to activity. Thus, we may assume that the sense of hunger, thirst, fatigue, drowsiness, sex, curiosity, the desire to overcome difficulties, etc., are fundamental impulsions of the human organism. These impulsions, when stimulated either from within or from without, predispose the child to seek satisfactions. His various activities, then, are trial and error experiments in seeking objects which will gratify his wants. This means that the child is by nature an active creature, and as such he is bound to engage in all sorts of activities some of which by chance will satisfy his needs. He does not know in advance precisely what sort of activities are the best means to his goals. Neither does he know the consequences of his errors and blunders. In fact, he does not know that he is making errors and blunders. Inner cravings as well as promptings from situations that the child confronts from moment to moment, stimulate him to perform all sorts of explorations and manipulations, sensory-motor as well as mental, for the release of inner tensions. And when we make the further assertion that the child's original drives never remain simple, but become tremendously modified and complicated with every new contact with the environment, we realize the multiplicity of the child's drives and the variety of trial and error activities which he attempts for the release and gratification of his complex wants.

The very expression "trial and error" suggests that not all of the child's efforts are adaptive, even though they mean to be so. This means that the child must be put through various types of training in order that his unsuccessful and inadequate efforts be gradually eliminated from the list of his responses, and through the gradual fixation and strengthening of those that are successful, and the combination of these into higher and more complex patterns, he may eventually build for himself more adaptive skills and habits. We must look to training or education, then, as the great eliminator of faults in the child. It is the great emancipator which will bring about the transformation of the child from inadequacy to a position of independence and autonomy.

The Child's Point of View

There is another point which deserves consideration. When we characterize certain attitudes and acts of the child as faults, it must be remembered that these are so only from our adult point of view, but not from that of the child, because the attitudes he displays in a given situation or the acts he performs under the stress of some drive are in accordance with the laws of his nature. Whether his behavior is good or bad, right or wrong, adequate or inadequate, the child is not in position to know or evaluate. He needs intelligence, that is, a fund of knowledge based upon a background of experiences, before he can have any idea as to whether his behavior is faulty or not. Again, what is labeled as a fault in one stage of child development is almost a virtue in another. No one would say, for instance, that it is a fault for the child to cry when hungry or in pain or in danger. In fact, this is a "virtue" without which he could not hope to survive. But this virtue becomes a "fault" or a "vice" when carried over to adolescence and beyond, because it then becomes an obstacle for social and economic adaptation. This way of looking at the "faults" of the child makes us realize, again, how *natural*, in fact, *how inevitable* they are in the life program of the child, and at the same time makes us conscious of our responsibility in our task of assisting him to free himself from his faults year after year, and gradually to learn to use more adaptive weapons and armors in the drama of life.

So far we have referred the faults of the child chiefly to one source, namely, to the inadequacy of his hereditary equipment at birth, with a prolonged period of slow maturation following. But certainly this is not the only source of his faults. We must introduce, at this point, the environment as a most important contributary source. It is evident that the child's surroundings suggest all sorts of vulgar, delinquent, and criminal patterns of conduct. When these are not counteracted, it will be very easy for the child to appropriate these and add them to his personality equipment. Of course the child will not have breadth of vision to see that most of these patterns suggested by the environment and appropriated ignorantly by him will not be adaptive in the long run. As long as they serve his immediate purposes, however, he may accept them. Discovering that lying, cheating, swearing, stealing, deceiving, and bullying are used by others for purposes of adaptation, he may imitate these methods for the fulfillment of his own purposes, and thus add to his personality a series of faults more vicious than the original sins he began with. This is what we have in mind when we say that often not only the environment fails miserably in eradicating the faults of the child, but actually adds more undesirable, antisocial, even criminal weapons to the child's equipment. We are forced to conclude, then, that of the two sources environment is the more important, and also the one more amenable to control. Barring a minority of individuals whose hereditary equipment is so defective as to make them inaccessible to training, we may say that when the average child fails to leave his faults behind as he develops physically and mentally, it is not the child so much as those who constitute his environment who are to be held responsible for his arrested or distorted development.

The Cause and Cure of Faults

A few concrete examples will make our meaning clear. No one would say for instance that teasing, lying, cheating, stealing, using profane language and like traits are inherited. There may be, and often is, some desire or drive that is being satisfied through these various undesirable modes of behavior, but these modes as such are not part of the child's inheritance. They are largely suggested to the child by his social environment and acquired by him as possible ways for the attainment of his goals.

Again, negativism, which appears in the child in the form of sullenness, stubbornness or sulkiness, may easily be the result of unfavorable or uncontrolled situations. It may have been acquired as an easier method of achieving his purposes, or as a defense and retaliation against parents who make constant use of the art of nagging and scolding. The inferiority feeling may easily be fostered in the child by parents and teachers who are not only too stingy with their praise and approval of the deeds of the child, but are also too extravagant in the use of discouraging remarks. The superiority feeling, on the other hand, may be the result of over-praise and over-evaluation of the abilities of the child.

Discourtesy and rudeness in manners, profanity and vulgarity may very easily be imitated in the child when his environment makes abundant display of these traits.

Fears of all kinds may become permanently attached to the emotional nature of the child through various processes of conditioning.

Rage, temper, lack of emotional control and similar traits may easily become established in the child where his needs are denied, or when he is teased, or irritated or tormented by destructive interference and criticisms on the part of parents and elders.

Disobedience, defiance, and revolt in the child may often be traced to injudicious and unduly harsh disciplin exercised over him, or unjustifiable kinds of controls imposed upon him. The list of such faults and undesirable traits could be extended almost indefinitely, showing the very intricate interplay of hereditary and environmental factors which give rise to the faults of the child.

We must call the reader's attention, at this point, to certain subtle emotional faults which often remain undetected by parents. How many parents, for instance, would be alarmed by the absurd fears, worries and day-dreamings of the child, or think of shyness, recessiveness and unsociableness as serious faults. Yet these are very serious from the point of view of psychiatry and mental hygiene, because it is known that some types of mental abnormality have their origin in these faulty emotional and attitudinal habits. Thus, a child who sulks and withdraws into the seclusion of his own personality, dreaming all day long of purely imaginary satisfactions, is likely to develop into a person who will not want to face the harsh realities of the world, and failing to succeed in life, will become an introvert, and later suffer, perhaps, from absurd delusions. A child who is made to lose his faith in humanity through unfortunate experiences may acquire the habit of being suspicious of everyone, and from this stage on the delusions of persecution in paranoia are not far distant. Absurd and exaggerated fears imposed upon the child as a means of disciplin may develop into phobias and assume the forms of neuroses and psychoses.

These few examples are sufficient to show that certain traits that appear as rather innocent to begin with are far more significant as faults when we consider them in the light of the possible consequences they may lead to. The problem becomes more serious when we remember that many of these undesirable traits may have been added to the child's personality pattern by parents who had failed to acquire the art of understanding the nature of the child and the scientific methods of dealing with the many perplexing problems it presents. Thus, moods of depression, rage, temper-tantrums, anxieties, absurd fears, discontent and resentment and many other socially undesirable traits, are frequently built up by unsuspecting parents through the use of harsh methods and ultra-puritanical disciplins, or by making reality too overwhelming and frightful. On the other hand, habits of indolence, inattention, carelessness, reckless disregard for the rights of others and so on may be the result of loose disciplin, indifference to, or exaggerated tolerance of, the faults of the child. The problem of disciplin, then, is a

problem of proper balance and perspective. It must be neither too harsh nor too easy. It is an art that cannot be secured without interest and effort.

The Key to Happy Childhood

It is clear that the key to healthy and happy childhood is to be found in intelligent parenthood; and parenthood is an art, the noblest art we can think of, which has as its chief function the making of personality in the manhood and womanhood of tomorrow. And surely it is not too much to expect the parents to know that they owe it to their children to be familiar with the fundamentals of this art, its technique, its methods, above all, its aims.

One of the main secrets of child training consists in being able to direct the overflowing energies of the child to socially useful and acceptable channels. It has already been indicated that the normal child is an active and dynamic creature and must never be treated as a piece of furniture that can be made to "stay put." Such a demand made on the child would be sheer cruelty. If the active but as yet the unintelligent nature of the child leads him into undesirable or destructive activities, it is the business of the parents to harness his energies to more acceptable tasks or playful activities as a proper substitute. Few parents realize the value of play in the life of the child. Yet play is just as essential to him as are food, sunshine and fresh air. Play is one of the best instrumentalities for the physical development of the child. It is also an excellent means by which the intellectual, social, moral and æsthetic nature of the child find their earliest expression and realization.

Successful Child Training

We have already indicated the fact that training the child out of his faults, whether native or acquired, can be accomplished in two ways, negative and positive. The negative method is the application of the principle of inhibition through some form of fear or punishment. A limited use of this method may be sanctioned in special cases; but, generally speaking, it should be condemned, especially when it takes the violent forms of corporal punishment, which is usually resorted to not so much with a view to correcting the child, as it is for asserting the parents' sense of thwarted authority. There was a time when institutions of learning the world over used this method on innocent and defenseless children. The rod and the whip and other instruments of punishment were considered part of the equipment of the schools. Enlightened pedagogy ruled these antiquated tools of education out of the classroom. The same can be done at home. Parents are finding out that to curb misconduct through fear and force, or "blood and iron," using a more militant language, is not necessary. The better and more efficient way is to entice the child with sympathetic insight and deft artistry to nobler goals and more worthwhile tasks.

We may also raise the question as to how a "fault" is to be defined and interpreted by parents. This is very important from the point of view of its practical implications. Parents, for example, who have medieval notions of right and wrong will deal with the child entirely different as compared to others who have more liberal and emancipated views. Where a fundamentalist in manners and morals will discover innumerable "sins" in the child, and use puritanical methods of suppression, a modernist will not see that there is much the matter with the child, and his methods of dealing with his faults will be free from the intolerance of the former. The point we wish to emphasize is that before parents can make any serious attempt to correct their children's faults, they must be certain that they have made a correct evaluation of them, if they wish to escape the responsibility of making blunders which may sometimes lead to tragic consequences.

A Code of Child Training

We may summarize the main points of this discussion in the form of a code. The first commandment is:

1. Know your child; observe him and gain a reasonable understanding of his nature, his needs and his faults.

2. Deal with causes rather than symptoms in dealing with his faults.

3. Never cause the child to think that he is disliked, or neglected, or unwanted. Nothing could be more damaging to the making of the child's personality.

4. Be sympathetic with the child and secure his cooperation in the things that you want to do for him. His confidence in you will make your work easier and more pleasant.

5. Remember that every child is a dynamic personality. Therefore, respect his freedom, his right to activity and provide facilities for the expression of his energies.

6. Do not impose adult standards of manners or morals upon the child untimely. Respect his immaturity and make plenty of allowances for it.

7. Use neither harsh and medieval methods of disciplin, nor be extremely lax. Find a proper balance in the art of child training.

8. Create a congenial and fruitful environment for the development of worthwhile personality traits by furnishing the child intellectual, moral, and esthetic stimulations to which he may respond.

9. Teach the child to gain independence and self-sufficiency by making him face his own problems and conflicts, assisting him only when they are too difficult for him.

10. Create in the child ideal motivations. Many faults will disappear when higher and nobler desires become part of the personality of the child.