

purpose, play an important part in health conservation. They become real forces in boys and girls, who are full of life, wanting to be strong, active, and successful. Such young people are ready to pay the price of success in well-directed effort if they have strong leadership. Let the parents and teachers see the importance of purposeful living on the part of young people and endeavor to guide it to its fullest fruition. Let the lessons learned in the selection, breeding, and care of farm animals apply in the main in the conservation of people. If the young people are learning how to grow premium corn, prize winning cattle, and the like, why not also emphasize the ideal boy and girl? In other words, the knowledge employed in growing better crops and healthier animals, in which so much attention is given to the prevention and eradication of disease, may have even more importance in the development of people. It should cause young people to be more purposeful and to want to do right things rather than to yield to degrading and unhealthful influences. A spirit of this kind would promote the cause of health if it could be more generally developed in the public schools.

DISEASE PREVENTION

Most rural diseases result from causes outlined in this paper. They do not simply happen in mysterious ways outside our control. To a very large extent diseases are due to sinful living in violation of the laws of health.

The principal way therefore for farm people to prevent disease is in clean living. When this is done in its fullest measure there can be no contagious diseases. Proper habits of work, eating, and elimination would prevent most other diseases. It would seem, then, that every one would be on his guard, trying to prevent sickness, rather than to experience disease with its uncertain nature.

It is to the very great credit of the medical profession that its members led in this great movement of prevention. Certainly it means less sickness and consequently less practice. Let the parents and teachers accept their part and responsibility in making use of known preventive measures in the home and school.

It may be said that heredity has much to do with disease. So it has, but the cause in such cases is only a little further back, perhaps, in the parent. Prevention on the part of one generation will affect the heredity of the next. Viewed in this light, it is easy to see our health obligation to future society, and that the stock or strain of breed of man can be markedly improved through prevention. Just what legislation should be enacted to prevent the marriage of unfit persons is not fully agreed. We face the fact that the union of feeble-minded persons or of other degenerates is most destructive to society. It decreases health and causes the human stock to run down. The penitentiary and insane asylums of our state have many patients whose criminality and condition of ill health can be traced back to particular preventable acts that gave them preventable disease. We refer now to certain diseases easily avoided, but practically incurable when contracted. Their spread is due very largely to immorality, the control and prevention of which present the largest conservation problem of this age.

PUNCTUATED

"I am willing," said the candidate, after he had hit the table a terrible blow with his fist, "to trust the people."
"Gee!" yelled a little man in the audience. "I wish you'd open a grocery."—Chicago Record-Herald.



Whether Common or Not
By Will M. Maupin.

KEEPING CHRISTMAS IN THE HEART

Never too old for Christmas—
The lights of its laden tree
That dazzle the eyes of the Kiddies
Six
Are fully as bright to me.

Honestly, I was up just as early Christmas morning as any of the youngsters—and believe me they didn't have to be called. I wouldn't miss the fun of hearing their shouts and watching them caper about the Christmas tree for any bed that was ever prepared for human comfort. I didn't have any Christmas trees all my own when I was a lad. We youngsters then had to be content with the big Christmas tree in the church—a sort of community tree. But our big city churches have outgrown that sort of thing—more's the pity—and there are a lot of children who never saw a for-sure Christmas tree. But there is going to be a Christmas tree in one home that I know of just as long as the head of that household can hustle enough money to buy one and get a few candles to light it up. They don't cost very much; not more than five or six cigars, or a couple of packages of tobacco, and the man who would not forego that much, if necessary, to make a lively bunch of kiddies happy—well, he wouldn't measure anywhere near up to my estimate of a for-sure man. I haven't had to cut out the smokes as yet, but I'm ready to do it any time it is necessary. I've heard about every great band that has toured the country during the last thirty years, but I'll defy any of them to make as fine music as I heard about 5 o'clock Christmas morning.

"Where grows the Christmas tree?
The green, deep-rooted Christmas tree?
By what brave toil in what rich soil,
Can spring the blooming Christmas tree?"

Just a week before Christmas the wires carried the story of the death of Will Carleton, and when I read the message my mind turned to his beautiful poem, the opening lines of which are quoted at the head of this paragraph. The younger generation does not know Will Carleton as we elder men and women do. And in this the younger generation is missing something. Will Carleton was a real poet, for he wrote of heart things, of the things that touch the best in the breast of every man and woman. Forty years ago his name was a household word in America, but of late years he has been heard of but little. Some of his poems will live as long as the English language. "Over the Hills to the Poor House," "Betsy and I are Out," "Cover Them Over With Beautiful Flowers," "The New Church Organ"—say, you old timers, don't these titles call up pleasant memories of the days gone by? I can well remember when his poem, "The New Church Organ," made its appearance. It was in the days when many a church congregation was rent asunder by the "organ question." My preacher father belonged to the advanced element, and he wanted the best of music in his church. But there was opposition in one place where he ministered, and the result was a bitter warfare that he couldn't stop. And about that time Carleton's poem appeared. I can shut my eyes right now and see father as he read that poem, chuckl-

ing with delight and full of appreciation of its delicious humor. You may be sure he took good care to show these verses to the members who were "ag'in th' organ." I committed that poem to memory then, and I can repeat it word for word right now. "They've got a brand new organ, Sue,
For all their fuss an' search;
They've done just as they said they'd do,
An' fetched it into church.
They're bound th' critter shall be seen,
An' on th' preacher's right
They've hoisted up their new machine
In ev'rybody's sight.
They've got a choirster an' choir,
Ag'in my voice an' vote;
For it was never my desire
To praise th' Lord by note!"

And weren't those little old organs mighty small things to raise such an awful row among Christian people? Dear Will Carleton! The news of your death made us feel a personal loss, we elder people of graying hairs. You played upon our heartstrings in the dear, dead days. You added to the sum of human happiness. This old world is better for your having lived in it. May brightest flowers blossom above your grave.

Never too old for Christmas—
In all of its joys I've part.
Though gathering years may burden
I hope to be young at heart.

My good friend, Dr. Hall, of Lincoln—who, by the way, is a banker and doesn't practice medicine—is something of a philosopher. I often have occasion to go in and see him, and after I have succeeded in securing the necessary attention of the financier I spend a while with the philosopher. Dr. Hall says the biggest bore he comes in contact with is the man who takes himself too seriously. You know such fellows—forever acting as if the world rested on their shoulders, whereas, if they tried to carry off a school map of North America they would crumple beneath the weight. It's all right to be serious, of course, at the proper time. Every now and then I am serious—really. But heaven forbid that I should ever be so serious that I couldn't enjoy a good story, rejoice in meeting a good friend, or get as much fun as anybody out of a really funny situation. I know men close at hand whose monthly incomes would keep my family in luxury for a year, but I couldn't trade places with them. They are taking life too seriously. They are old before their time. They are obsessed with the idea that money is the one big thing in life. Of course money is a pretty handy thing to have, all right; and I've seen the time when a silver quarter would have seemed as big as a wagonwheel; but there are a whole lot of things I'd rather have than money. Believe me, I've got a few things right here under my humble roof that Rockefeller's wealth couldn't purchase from me. Bless your souls, good friend: I can't see how any man could keep from retaining a youthful heart if his lot is cast in anything like such a pleasant place as mine.

AT TIMES

Ted—"Do you believe that woman should hold the reins?"
Ned—"It is all right when you have the girl out in a sleigh."
Judge.

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