

zing thing it is—this craze for notoriety. There's something pathetic about it, too.

I never see a little, vague, futile, inept person longing for fame but I think of a poor little boy standing in the street and crying because he could not fly like the seagull which rose above his head and beat its wild way out to sea.

The little boy wasn't a seagull—he was something a good deal better and probably happier and a thousand times more useful. But, no, all he could do was to hearken miserably to the beating of the seagull's wings and weep because he was forever tied to the earth.

Of all the vital, gnawing, searing misery on earth, this modern craze for publicity and notoriety seems to me the most astonishing.

Every other poor little nobody you know is working day and night—not to do something that's of some use to somebody, not even to do something that's fun for herself—but to get somebody to say something about her in a speech or in a "morning talk" or in a club paper or in a newspaper—or, at any rate, around the dinner table.

What a cruel jest it is that puts into the breast of a timid, scurrying, little mouse the burning desire to be an eagle!

And all the time—if the mouse but knew it—the eagle is probably wishing he could find somewhere a nice, quiet little home in which to hide and a good piece of ripe cheese to add zest to the occasion.

I have never yet known anyone to achieve fame of any kind who went deliberately out to get it. The painter paints because he must—the writer writes either because he loves it or because he wants to make some money—and neither has the faintest thought of "fame" except as a means to an end.

How mixed up we all do get with

cause and effect. Run home, little boy—you're not a seagull; you're a nice, wholesome, good-natured little boy, worth a million seagulls.

### Prejudice and Politics

(By P. H. Callahan, Chairman of the Commission on Religious Prejudice, which started in 1914 under the Auspices of the Knights of Columbus and terminated in 1917.)

We are now far enough away from the late political campaign to prevent any wrong construction being put on a frank discussion of the attempt made to inject religious prejudice into the contest.

From all accounts it was a sorry attempt, shamefaced and anonymous, which happily failed to create any great stir. It appeared in spots all over the country; but nowhere, except in sections where bigotry is systematically cultivated between times, was it taken seriously; and, generally, it was as a thing outlawed. This is a great improvement over conditions as they have existed in prior campaigns, when no pains were taken to conceal responsibility for stirring up prejudices; when people grew wrought up and embittered and deep, gaping wounds were opened that it took months and even years to heal.

We of the older generation can remember the time when in one campaign men running on anti-Catholic platforms were elected governors in half a dozen states. More than twenty congressmen elected at the same time were out and out anti's. Both of the great political parties truckled to the bigots; and everywhere over the country communities were divided and embittered, and friends suspected one another and neighbors were afraid of one another.

Bigotry in those days was the stock-in-trade of almost every politician, regardless of party or religious belief. Political campaigns were the rich harvest season for professional propagandists, who usually managed to bleed all the parties in the contest. There is a delphic peculiarity about religious prejudice propaganda that adapts it to use on all sides. It was common in the old days to see the same stuff used by opposing parties in different communities. Even in the same community it was employed by both sides, one for the flare-up, the other for the flare-back. The propaganda makers calculated on both. It was all of a piece to them which side grew excited first, as they could trust the managers on the other side to answer in kind. And it was all the same to the managers what deep passions they set aflame, so long as they rallied support to their party or candidate.

The propaganda anonymously circulated during the late campaign was typically delphic in character. It was adapted to use by Republican politicians to incite susceptible Protestants to vote Republican, and it was adapted to use by Democratic politicians to induce susceptible Catholics to vote Democratic. There was no way of telling who prepared it, and the only means of judging as to who was circulating it, was by observing the class of persons receiving it and the effect it was calculated to have on them.

If they were of that class of Protestants who pay any attention to such things, they were likely to vote Republican, and it is safe to say Democratic politicians were not responsible for circulating it to them. On the other hand, if it was being sent to Catholics, the idea was that those who would vote Democratic, would likely vote Democratic, which makes it safe to say that the

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## Are You Suffering From Nerve Force Exhaustion?

How to Tell and What to Do.

Thousands are failures in life and a burden to themselves and families from depletion of the nervo-vital fluid.

All success and happiness in life depend upon the nervous system which consists of countless millions of cells. In these cells is stored that mighty mysterious energy which we call nerve force. When your nerve force becomes weakened or exhausted, you may suffer from all kinds of alarming symptoms. The nervous woman of leisure feels bright and like herself during any exciting pleasure, yet every time she indulges in such, she is only further spending her already small supply of reserve nerve force and further aggravating her already lamentable condition. When such a woman has no exciting pleasure, she at once feels morbid and depressed, has headaches, periods of great weakness and moods in which she wants to scream.

The nervous business man feels in a perpetual hurry. He is impatient and restless while waiting for his car or luncheon. He eats rapidly, fidgets, and at night tosses and thinks for an hour or two before he can go to sleep. His memory fails, his judgment becomes poor and he often makes bad decisions, which greatly injure and sometimes ruin his business. The nervous student broods over his studies and cannot fasten his attention upon his work. The nervous mother or housekeeper is highly irritable, forgets where she puts things and often cannot remember what she started to do. At night she often has a "good cry" and excuses it by saying it is a relief for her nerves, when it means a high state of nerve force exhaustion. Without "nerve force," your will power becomes weakened. You have noble impulses and desires, but you do not carry them through. The most pitiful sight in life is a man or woman who has "no will."

Of all diseases, except insanity, there are few, if any, more terrible in their nature than exhaustion of the nervo-vital fluid. In such case, it is often worse than foolish to take mere stimulating medicines or narcotic drugs, which only whip up your flagging vital powers for the moment, may be at the expense of your life later on. What you need is to put more nerve force into your nerves and more iron into your blood, to help make new nerve force with which to feed your starving nerve cells. This is most effectively accomplished by the free use of Nuxated Iron. This valuable product contains the principal chemical constituent of active living nerve force in a form which most nearly resembles that in the nerve and brain cells of man.

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