

lem is how to give each producer a proper proportion of the proceeds.

Our eternal effort should be to improve conditions along this line, and to reach as near as possible an approximation of justice; and at the same time to appreciate the brotherhood that unites us all one to another, to realize that the only way to build ourselves up is to lift the foundations on which we all stand, and to see that all society enjoys the benefits of the impulse that will carry us on to higher and better things.

* * *

THE NATURE CURE FOR TUBERCULOSIS SHOULD INCLUDE OCCUPATION.

For The Public.

The greatest organized effort ever attempted in the history of the world for the cure and prevention of consumption is under way; public meetings are being held; State boards of health are taking action; editorials appear in nearly every paper and periodical; the widest publicity is being given to encourage investigation and action; exhibits are being collected illustrating the causes and ravages of this insidious disease, and plans are being presented for its eradication and cure.

While discussions and scientific analysis are invaluable for arriving at a truer basis of action, immediate action is necessary to reach the suffering individuals. To-day there are tens of thousands of our fellow men, women and children who are being slowly but surely consumed by these persistent and insistent germs; children are soon to be made orphans, deprived of a mother's loving care; wives are soon to be made widows to struggle for bread for themselves and little ones. Thus time is precious.

The conclusions arrived at at the recent International Tuberculosis Congress held at Washington, D. C., favorable to the "Nature Cure" are most gratifying.

It was suggested that large tracts of land be secured in Colorado in a high altitude as a place of operation. There could be no wiser decision, for there are logical and scientific reasons why Colorado should be suggested. The light, thin air does heal diseased lungs.

How to gather up the sufferers and place them on this reservation has not yet been worked out. The great majority of them have neither ways nor means to take them even a hundred miles from home, and certainly have no means with which to pay board or expenses incident to a residence in a new environment. New England is dotted thick with sufferers whose lives could be saved or greatly prolonged if assistance could reach them at once; but to separate a mother from her family, or a father from his home, is not conducive to

happiness or the health even of people who are in good health, and homesickness certainly would not benefit an invalid.

The only solution of the family problem is to combine *occupation* with the Nature Cure. Occupation is a nature cure natural to animals. Confine one in a cage, and instead of resting he keeps continually on the go. Man is the only animal which in confinement sits down and dies.

There must be useful occupation; no climate on earth will cure an idle man or woman whose only occupation consists in studying their own symptoms and taking their own temperature. Again, occupation pays the board bill, secures independence, and makes it possible for these sufferers to exist and have their families with them.

Quite by accident it was discovered a few years since that consumptives were not only cured in the heart of the Rocky Mountains by dry air, but could become useful and independent by being employed. Parties were digging mica on the surface of the mountains, and employed the most available help. Some of them were those who were seeking health in Colorado. One man from Pennsylvania, whose right lung was so filled that a noticeable indentation was present and he breathed with difficulty, wanted work for he must live. He confessed that he did not think he could earn his board, but he was given \$1.00 per day, and worked for a time about three hours per day, gradually increasing the time. After five months he was able to earn \$80.00 per month; and at the end of two years he earned \$6.00 per day. His family soon joined him, and they are now a happy, useful family. But he must have suffered and finally died, had he been without employment, as well as without air.

Another, a Chicago boy, age 22, came on the stage coach, and was carried into the house by the stage driver and assistant. He at once had a severe hemorrhage, and the crimson spot on his white, white face impressed those present that the end was near. Two physicians stated he would probably not survive the night. But he rallied, and was soon given light work, and a year from this time he cut and hauled hundreds of cords of wood from the surrounding hills, and is to-day a thick-necked athlete.

A man of family from Watertown, Wis., landed at this camp suffering with asthma, influenza, sore eyes and catarrh. He had been given up by his physician. He was put to work as timekeeper, and after six months was cured, and earned \$85.00 per month mining. He sent for his large family, and his sore eyed children were enabled to take off their glasses, needing their assistance no more.

Many Chicago women, old and young, broken in health, nervous wrecks, were employed in the stamping out of mica goods in the mill, and

gained health and the happiness which comes with financial independence.

But little is needed. An old lady with an invalid daughter living in a shack remarked about its frail construction that it was astonishing what a piece of paper and an inch board would do for protection and shelter from wind and winter in the Rocky Mountains.

The Nature Cure can be combined with occupation. Manufacturing interests can easily be established, since the mountain streams furnish unlimited power. Ranches and fruit orchards can be secured to employ labor. What if the balance sheet does not show in favor of dollars and cents for a while? What if human life, health and happiness are weighed against a profit, and the balance is in their favor?

The cost of one battleship, built for destructive purposes, would erect mills, open mines, irrigate ranches, purchase farm implements and fruit trees, to assist in building up human beings. Why not prevent widowhood and orphanage, even at the expense of the fund used to make widows, orphans, invalids, cripples and dead men? The cost of one year of our pensions, the result of war, would be sufficient to fight the white plague successfully; and we could look with satisfaction upon a just war against disease, to be conquered and subdued.

The writer knows of localities in the Rockies peculiarly adapted to the Nature Cure, where bubbling soda and iron springs are trickling down the mountain sides, unknown and unused; where broad creeks are never dry; where cattle know no other than the shelter of the odorous pine trees.

It is to be hoped those who have this great philanthropic work in charge will learn at once that the Nature Cure, coupled with occupation, is the best solution of their weighty problem.

MINONA S. FITTS-JONES.

* * *

PRESIDENTIAL REQUIREMENTS.

For The Public.

"Pa, who can be the President?"

Child, anyone, if he

Will satisfy these—only four—

Requirements: he must be

A native of no foreign land;

Of gender masculine;

And he must be at least the age

Of thirty-five, to win.

And now, dear child, we reach the fourth

Requirement, and the last:

The candidate must have enough

Of all the ballots cast.

G. T. EVANS.

* * *

Have I done something for the general interest?
Well, then, I have had my reward.—Marcus Aurelius
Antoninus.

BOOKS

GROVER CLEVELAND ON GOOD CITIZENSHIP.

Good Citizenship. By Grover Cleveland. Henry Altemus Co., Philadelphia. Price, 50 cts.

This address was delivered before the Commercial Club in Chicago in 1903, and with Mr. Cleveland's sanction was published early in this year, together with his lecture on "Patriotism and Holiday Observance," given before the Union League Club of the same city in 1907.

Those who knew Mr. Cleveland will declare that in these essays he preaches only what in his lifetime he practiced, and such endorsement enhances the value of a little volume which should become a classic in the hands of the young citizen.

The whole course of Mr. Cleveland's reasoning is against the indecent demands of selfishness which saturate and threaten our public life, and he gives no quarter to that cunning and subtle evasion of law which undermines one's faith in the reality of a wise and just government.

He says:

There should be an end of self-satisfied gratification or pretense of virtue, in the phrase, "I am not a politician," and it is time to forbid the prostitution of the word to sinister use. Every citizen should be politician enough to bring himself within the true meaning of the term as one who concerns himself with "the regulation, or government of a nation or State for the preservation of its safety, peace and prosperity." This is politics in its best sense, and this is good citizenship.

Mr. Cleveland forecasts a conflict with those who engage in politics for personal ends and selfish purposes, and urges "a creed that shall bind together in generous co-operation all who are willing to fight to make our government what the fathers intended it to be—a depository of benefits which, in equal current and volume, should flow out to all the people." "This creed," he says, "should teach the wickedness of attempting to make free opportunity the occasion for seizing especial advantages."

And he prophetically adds:

In the day when all shadows shall have passed away, and when good citizenship shall have made sure the safety, permanence and happiness of our nation, how small will appear the stripes of selfishness in our civic life and how petty will seem the machinations of degraded politics!

The address delivered before the Union League Club on Washington's birthday voices the same patriotic sentiments and is worthy the preservation given it by the publishers. As is wisely remarked:

The land we live in is safe as long as we are