SOME GOOD ADVICE BY DR. LENA SADLER

These are days when our boys and girls need more mothering and more fathering.

The time the boys and girls need most attention is between the ages of two and six years.

The person who threatens the child to get obedience only shows a weak spot in his being.

You can make your children just the way you want them, according to the way you treat them.

If we would stop and think we would be better disciplanarians, and better governors of our children.

A bad child is either an abnormal child, or is a sick child.

A GREAT DAY AT THE MARION CHAUTAUQUA. NUMBERS WIN FAVOR OF LARGE AUDIENCES.

BEEF TEA AND ITS EFFECTS ON SICK

The Use of Such Tea Is but Slow Suicide.

DR. WILLIAM SADLER ON AMERICANITIS

Diseases Caused by Germs and Habits.

Dr. Lena K. Sadler Gives an Interesting Talk—The Schumann Quintet Makes a Great Hit—One of the Finest Musical Companies Ever Heard in Marion—Pleasing Program of Tuesday Afternoon.

FACTS ABOUT HEALTH GIVEN BY DR. SADLER

Next to the French, Americans have the highest blood pressure.

Man can break more laws of nature and get away with it than any animal I know of.

While we doctors are winning out with the germ-caused diseases, we are losing out in the habit-formed diseases.

Drugs do not cure the disease, but changes the location and are only temporary aid. It is nature that cures.

Family troubles drive men to drink, and so it would women if there were a fashionable saloon, with a side door.

W. C. T. U. ladies, keep on with your good fight, but be consistent, and go home and use lemon juice on your lettuce instead of vinegar. See what you you are doing as well as the men.

Beef tea for sick people, is a slow method of suicide.

Reform not only in your living habits, but reform in your thinking habits.

Wednesday afternoon's program at the Chautauqua pavilion was one of the most delightful that has been offered during the week. There were three distinct features each of which was especially fine, and each was greatly enjoyed by the large audience. The program was opened with a concert by the Schumann Male quartet and was followed by a lecture of Dr. William Sadler, the last feature of the afternoon being the lecture by Dr. Lena Sadler.

Dr. William Sadler gave his lecture on "Americanitis". This was his last appearance before a Chautauqua audience in Marion this season. The Sadlers have proved strong favorites during their appearance here, and the lecture of Dr. Sadler only helped to strengthen this feeling. The lecture dealt principally with blood pressure and the various conditions produced by high and low blood pressure. During the lecture blood pressure tests were made of about 100 persons, reports of which tests were made by Dr. Lena Sadler from time to time while the lecture was in progress. When these were made the speaker offered suggestions as to what was best for those whose tests were out of normal. Dr. Sadler spoke in part as follows:

Term "Americanitis."

"The term "Americanitis" is a term that has been used to cover a number of mental and physical habits. Any person no matter how old can become addicted to any of the habits which I will name. I would rather know your blood pressure than any other condition of your system for I am then able to arrive at some definite conclusion as to the subject.

"The reason the American gets ahead of his English cousin is because the register on his arm is always near the bursting point. The American man is always anxious to gain at such speed as to almost burst the boiler. Next to the French, the Americans have the highest blood pressure.

"The normal blood pressure should be from 115 to 120 or not to exceed 130. When the pressure gets up to 150 you begin to have headaches, constipation and other ailments, and you should then begin to find out something concerning yourself.

"Nervous prostration is the kindest thing mother nature ever put on the American people, but you will never die from it. If you have mental prostration you are not liable to get over the fright. Man can break more laws of nature and get away with it than any animal I know of. We have every germ disease marked and fairly well under control and it is only a matter of time until they will be eliminated. Tuberculosis is decreasing, and today is exceeded in the death rate by pneumonia. While we are winning in the germ-caused diseases, we are losing out in the habit-formed diseases.

"I do not preach the simple life, but I believe in the strenuous life with simple living. Drugs do not cure disease and only change the location, being only of temporary aid, as nature effects the cure. Cocaine is the shortest known route to the insane asylum, and raises the blood presure, while morphine lowers the blood pressure. Tobacco is another drug that raises the blood pressure.

Effects of Alcohol.

"Alcohol lowers the pressure, and we doctors have discovered that it is a deceiver all the time. Family troubles drive a man to drink, and so it would the woman if there was a fashionable saloon with a side door. Tea and coffee are also drugs that raise the blood pressure. They are narcotics and increase the use of headache powders.

"If I had the making of the laws in Ohio I would send any man to the penitentiary who would sell coca cola to a boy or girl under fourteen years old. Vinegar is another bad thing, and is as bad on the liver and kidneys as alcohol. You ladies of the W. C. T. U., keep on your good work, but be consistent and go home and use lemon juice on your letture instead of vinegar, and see what you are doing, as well as what the men are doing.

Eating Too Fast.

"I warn you against all things that are hot when they are cold. You eat too rapidly, and if you would eat more slowly it would be better for you. What you need is to go without a meal or two and take a cathartic. Because you eat so fast it takes four pounds of food to satisfy two pounds of appetite.

"If you would get appendicitis by eating seeds you would have died a half dozen times. The American people are eating too much protine. You people who are eating meat two or three times a day, should eat it not more than two or three times a week. Beef tea for sick people is a slow method of suicide. You should give milk, malted milk, or fruit juices. The body is no discriminator between the genuine and ungenuine, so reform not only in your living habits, but reform in your thinking habits as well."

THURSDAY'S PROGRAM.

9:30 a. m.—Lecture.
10:45 a. m.—Nature lecture by Superintendent Gilbert.
2:30 p. m.—Maud Willis, interpreting "Everywoman."
3:30 p. m.—The International Opera company, in operatic selections.
7:15 p. m.—The International Opera company in selections from modern popular operas.
8:30 p. m.—Lecture by Judge Marcus A. Kavanaugh, of Chicago.

CHILD CULTURE IS SUBJECT OF ADDRESS.

Some Hints to Parents on Rearing of Little Ones.

Dr. Lena K. Sadler's lecture, the last feature of the program, was of particular interest to parents, her subject being "Suggestion in Child Culture." Dr. Sadler spoke in part as follows:

"These are days when our boys and girls need more mothering and fathering. When our boys and girls are old enough they are turned over to the boy's and girl's clubs, while the father goes to a smoker and the mother to her club. In our government, there is a department for most everything, but only within the past year has there been a department established for children. The time when children need the most attention is between the ages of two and six years.

"It is only when we are irritated that we lose our temper and we are liable to say things to our children which we would not say under other conditions. You should never scare a child. The person who threatens the child to get obedience only shows a big weak spot in his or her being.

Never Threaten.

"We should neither threaten or reward in order to get obedience from children. You can make your children just the way you want them, according to the way you treat them. If we would stop and think we would be better disciplanarians, and be governors of our children. I read recently that if the crucifiers of Christ had thought for ten minutes they would have walked away and would not have completed this work. A bad child is either an abnormal child or a sick child."

Dr. Sadler throughout her lecture gave many strong features in the cultivation of children. In her illustration, she referred frequently to her son "Billy" although she asked the audience not to think that he was different from other children. She strongly opposes whipping children to secure obedience, but urges it is better to reason with them. Teach children to do right because it is right was one of her strongest points.

Some Mistakes.

Children who are always kept down by telling them not to do things never will amount to anything. One illustration was given in which a child had received this kind of treatment. He was not only the pest of the home, but of the neighborhood and the school that he attended. Realizing their mistake the parents shifted their course and instead of their former course they went about a systematic system of encouragement both in the home, neighborhood and school, and within a few days the nature of the boy was changed to the opposite of what it had been.

An Illustration.

The case of a girl in Michigan was was cited, in which she had always been told that she was sure to go to the bad, until she could stand it no longer, and decided to go to the bad. She started for Chicago with the express purpose of taking up a life in the slum district. Before she could reach that district, she was taken in charge by kind people who extended only kind words, until her whole life was changed. Later, she married a good husband and is said to have made one of the kindest of mothers. The entire lecture was extremely interesting, and was one of Dr. Sadler's best efforts during her visit here.

THE INTERNATIONAL OPERATIC COMPANY.

SCHUMANN QUINTET GIVES A FINE CONCERT

Members of Company Are Finished Artists.

The concert given by the Schumann quintet was one of the best in orchestral music that has been heard in Marion in a long time. The members of the company are finished artists. Four were members of the famous Thomas orchestra, which in itself is all the recommendation that is needed.

The program was opened with a number of selections from the opera, "Faust," one which never fails to delight any audience, and the interpretations of the different parts of this famous opera was little less than marvelous. It was received with greatest enthusiasm on the part of the audience.

According to a statement of the director of the quintet, American music is at last coming into its own, and this organization in its travels having been doing all in its power to spread the fame of American music both at home and abroad. One of the most noted of American compositions is the "Rosary." This was rendered in a most delightful manner.

The next selection was "The Spring Song," by Mendelssohn, which was most pleasing. Music if not an expression of soul life has little charm, and the rendition of the next selection, "The Second Rhapsody," by List, clearly demonstrated the ability of the company to interpret the work of that famous composer.

Selections from "Il Trovatore" never fail to please any music-loving audience. They were next offered by the quintet, and the impression made on the audience was great. The musical program was concluded with a medley of Scotch melodies that were enjoyed to the fullest extent. Some of the selections were: "Campbells Are Coming," "Coming Through the Rye," "Annie Laurie" and "Auld Lang Syne." Too much can not be said of the work of the company. The piano accompaniment was also little less than remarkable.

WILL INTERPRET THE PLAY, "EVERYWOMAN"

Miss Willis, who will interpret "Everywoman" at the Chautauqua tomorrow afternoon at 2:30 o'clock, is a young woman of most striking personal appearance. Slender and graceful, with all the vivacity and magnatism of youth, she makes a most beautiful, winsome and attractive figure on the platform. You are charmed with her personality. You laugh with her at some little episode of life's sunshine—your nerves grow tense at some related tragedy—your eyes grow dim with tears at some little tender touch of sentiment.

Indeed, to listen to her as she performs is a revelation of artistic skill. Her well-modulated voice and excellent enunciation, her every gesture and each little detail upon which the art of reading depends are perfectly harmonized. Never a lost action, never the sense of affectation; indeed, Miss Willis' charming simplicity of rendition is as refreshing as it is unusual.

Each character, as she reads, seems to step out of the nowhere and stand before you a living, breathing human being. She creates them so easily and so gracefully and with such a touch of real deep human understanding that the miracle of actual materialization seems to be accomplished.

MISS WILMER APPEARS AT BEST

Shows Her Great Dramatic Ability.

BEAUTIFUL STORY OF "SIGN OF THE CROSS"

A Drama Drawn from Days of Nero.

Miss Wilmer Presents the Story of Love and Christian Faith of the Roman Maiden, Marcia, and Her Lover, Marcus—The Picture is Complete in Every Detail as It Is Given.

In "The Sign of the Cross" Miss Mildred Wilmer was at her best last night. She is a reader of wonderful dramatic ability and without a doubt one of the best which has ever appeared before a Marion audience. Her program, Monday afternoon, was splendid, but last night she had an opportunity to show her full powers, giving this story of the persecution of the Christians by Nero in a manner that almost carried one back to those revolting times of the Roman arena.

Miss Wilmer made her appearance on the stage in a long flowing white robe of the time in which the scene was laid, and was greeted with cheers from the great audience which filled the big auditorium and even the circus seats on the outside of the pavilion.

The Sign of the Cross.

Miss Wilmer gave a short description of the book from which her reading was taken, before her recital. "The Sign of the Cross" was written by Wilson Barrett, who drew his story from the persecution of the Christians thirty-two years after the crucifixion of Christ and about the time of the burning of Rome, while Nero was still on the throne of the Caesars. It is conceded by critics to be the greatest Christian drama ever written.

"Today people worship where and when they will, and we do not realize the awful price that has been paid for this privilege," said Miss Wilmer. "Many of the early Christians paid with their lives for declaring themselves Christians."

The story centers about a Christian maiden named, Marcia, who will not renounce her faith, and her pagan lover, Marcus, prefect of Rome, who tries to persuade her to give up her faith when Nero, the Roman emperor, orders her to be thrown with the other Christians into the arena, and failing in this becomes interested in her faith and finally accepts the Christ.

A Beautiful Drama.

The drama is in seven scenes. The first is a street scene in Rome when Marcus meets Marcia and her beauty arouses his admiration and love. The second scene takes place in the home of Marcia's father when Marcus comes and warns the family that Nero has asked for the lives of the Christians and tries to persuade the girl to give up her faith. The third scene is in the prison of the district where the boy companion of Marcia is persecuted because he will not reveal the hiding place of the Christians. He is rescued by Marcus. The fourth scene is in the home of one of Marcus' favorites, the wealthiest lady in Rome. She tells Marcus of her love and when he tells her he loves only the Christian maiden she is offended and plots his downfall. The fifth scene is in the home of Marcus where he has had Marcia taken. He tries to force her to love him, but she asks protection of her God and when he sees the cross she takes from her dress his brutality is stayed. The sixth scene is the audience chamber of Nero, when Marcus comes pleading the life of Marcia. Nero will give her life if she will publicly renounce her faith. The last scene is laid in the dungeons of the amphitheater when Marcus comes to again plead with Marcia to renounce her faith, and declares his love. She tells him of her love, but refuses to give up her faith. Marcus is converted and sends the word to Nero, both going to their deaths together.

Odd Place Cards.

Some interesting place cards are little telegrams. The envelope is white, printed in blue, and the words on the envelope have more to say regarding friendliness and hospitality. The name of the guest, naturally, is to be written on the outside of the envelope. Two dozen of these telegrams, in a box are sold for 75 cents. Little letters are also sold for place cards. The envelopes have a slip of transparent paper through the center, like the envelopes used by some business firms, and the name written on a card within the envelope, shows through the transparent paper. A riddle printed on the card also shows through the paper and the answer to the riddle is printed at the top of the card, to be read when it is taken from the envelope. In the upper left hand top of the envelope are the words "Return often to this house," and the stamp is formed of the words, "Eat, drink and be merry," printed in red.

SOMETHING ABOUT THE SPEAKER WHO WILL ADDRESS CHAUTAUQUA THURSDAY EVENING

One of the most timely, forceful and eloquent lectures of the year is being delivered by Judge Marcus A. Kavanagh. Mr. Kavanagh is judge of the Superior court, Chicago, and is famous in many parts of the United States for the reforms for which he stands in court procedure and law enforcement In the recent meeting of 500 lawyers in Chicago, at which definite steps were taken toward reforms in legal procedure, he was one of the principal speakers and leaders. The metropolitan papers have given entire pages to a description of him and his work.

During the months of June and July, Judge Kavanagh speaks at Chautauquas. Everywhere he is received with enthusiasm and the message which he delivers is conceded to be one of great importance.

Three years ago Judge Kavanagh was sent to England as representative of the Industrial club, of Chicago, to study conditions along lines of legal procedure.

Judge Kavanagh is advocating a movement to obtain an amendment of the laws of legal procedure so as to simplify them and make them more direct and effective, and secondly to strive to encourage the enforcement of the law as it exists. Behind this movement he hopes to see enlisted the sympathy and cooperation of the great body of lawyers. This can be accomplished by the sympathy and effort of the general public.

The public everywhere is just beginning to awaken to the importance of needed reforms along these lines.

HITS AND MISSES AT CHAUTAUQUA

The party of young ladies from LaRue camping on the grounds enjoyed a marshmallow roast last night.

Superintendent Gilbert last night stated that the officers had requested him to announce that the lights on the grounds would be turned off at 10:30 o'clock each night. They would remain off a few minutes and then be turned on again. This would be repeated three times as a signal for the people to leave the grounds and those remaining to go to their tents. A number of complaints had been made by campers because some of the lights had been left burning the previous night. Last night, the program did not close until after 10:15 o'clock and complaint was made to President R. T. Lewis as to turning off the lights at that hour and they remained burning until about 11 o'clock.

Superintendent Gilbert announced last night that Hon. Charles R. Adair, of the Redpath bureau, who is giving a series of lectures at the Bellefontaine Chautauqua, would be here, this morning, to fill the vacancy in the lecture hour at 9:30 o'clock caused by the failure of Governor Ferris to keep his appointment. Mr. Adair will occupy the morning period for Thursday and Friday in case Governor Ferris is unable to reach here, returning to Bellefontaine to keep his afternoon engagements. The association is still hopeful of securing Governor Ferris for at least one day. Mr. Adair comes from Charleston, Illinois.

Several complaints have been made to the superintendent about people visiting during entertainments. Mr. Gilbert asked those who did not enjoy the program or were tired and weary to quietly leave the pavilion instead of annoying those about them by visiting with their neighbors.

The Chautauqua board held a meeting in the bandstand, last night about 7 o'clock, and took up a few matters pretaining to the program. They decided to get some speaker from the Bellefontaine Chautauqua to take the place of Governor Ferris and were fortunate in securing Hon. Charles R. Adair, who is giving a series of lectures at Bellefontaine, for this morning, and Thursday and Friday mornings providing Governor Ferris does not get here on any of these days. They also decided to open the seat sale for reserved seats for the Ben Greet entertainments, at 8 o'clock this morning. No seats outside of the pavilion will be reserved. The circus seats provided for the accommodation of the crowds today and next Sunday will seat about 500 extra people.

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THE SCHUMANN QUINTET PLEASES

Fine Program Is Given Tuesday Evening.

A LARGE AUDIENCE ENJOYS THE MUSIC

People Forget the Heat in the Pleasure Given.

Much of the Music Is Drawn from a Century Back—Many of World's Greatest Composers Are Represented in the Program, Which Is Extraordinary, Indeed—A Review of the Program.

One of the largest crowds yet assembled on the Chautauqua grounds heard the fine program given last night. The evening was warm, but so enjoyable was the entertainment that no one thought of the heat.

The Schumann quintet which put on an excellent program earlier in the day, again favored the audience in the evening. Last night, the music was mostly that of a century ago and the members were dressed in the costumes of that day, powdered wigs, velvet breeches, satin coats and lace. The program consisted of compositions of some of the world's greatest composers, Mendelssohn, Mozart, Schubert, Wagner and Schumann, and so wonderful was the music that the audience seemed inspired.

Great Cello Solo.

The first number was "The Wedding March" by Mendelsshon and was followed by an overture by Mozart, "Marriage of Deguerre," both of which were very much enjoyed. After two delightful German dances, the quintet played Beethoven famous "Minuet in G," which was one of the most able renditions of the musicians, and repeated in response to a long continued outburst of applause. Another fine number was a cello solo, a gavotte by Mozart. Mr. Zedeler, the cellist so pleased the audience that it brought him back for another number in which he was assisted by the quintet in Schubert's "Serenade."

The collection of folk songs which center about the people of Vienna were familiar to many of the people in the congregation. "In the Mill" was another fine number and was pleasing.

For its closing number on the program, the quintet superbly rendered "Traumerel," from the composer after which it takes its name. So continuous was the applause; so, unwilling was the audience to let the instrumentalists go, that they gave a combined number by request, the "Pilgrims' Chorus" and "Evening Star," from Wagner's "Tannhauser." It was an exceptionally fine performance.

Banana Pudding.

Put one pint of milk over the fire in a custard kettle. Beat two eggs with three-fourths of a cupful of sugar, into which has been mixed a teaspoonful of cornstarch. Stir this mixture into the boiling milk and when it thickens remove from the fire and add the juice of half a lemon. Cut stale cake and line a dish with the slices. Cover the cake with banana sliced thin and over this pour a cupful of the custard. Then add another layer of cake and banana and over all pour the remainder of the custard. Set on ice and let chill. Just before serving cover with a cupful of whipped cream.

"Ralston's" only at Beatty & Longs.

SOME EMINENT ARTISTS MAKE UP THE INTERNATIONAL OPERA COMPANY

The International Opera company which will present operatic selections at the Chautauqua tomorrow afternoon is composed of the following eminent artists:

TEKLA FARM, late prima donna soprano with Mme. Schumann-Heink in "Love's Lottery," has gained distinction in opera, oratorio and concert work. She sings in English, Swedish, German and Italian. As an associate of the great Schumann-Heink this artist proved her ability and established herself in the musical world.

ROSE HEIDENREICH has attracted the attention of musical critics during several seasons of pronounced success. Her most recent triumph was with the National Grand Opera company, which filled a long season at a prominent Chicago theater. Miss Heidenreich sings in English, German and other languages.

LORO GOOCH, tenor, has been prominently identified with important operatic productions in Chicago and elsewhere and has won exceptional success with each appearance. His voice is of the brilliant, robusto quality and he sings with the ease and finish of the true artist.

BURT M'KINNIE has a voice of beautiful natural quality. It is a true, rich, vibrant baritone of stalwart proportions. There is in his art the blood of real feeling, a profound sentiment capable of warming the receptive faculties of every audience. He was a leading baritone for years in Savage's English Grand Opera company and was a valued member of that splendid organization.

MARGARET DAY, as an accompanist, is all that could be desired. She is sympathetic and artistic to a marked degree and gives to the singer just the support needed to secure the best results. As a soloist her work is of exceptional merit. She studied with the famous Godowsky, of Berlin.

PHONES AT GROUND.

The official telephone at Chautauqua ground is No. 754, and the public phone is No. 1019.

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