

THE SADLERS



AND

MISS WILLMER

NINTH ANNUAL ANNOUNCEMENT—SEASON OF 1915

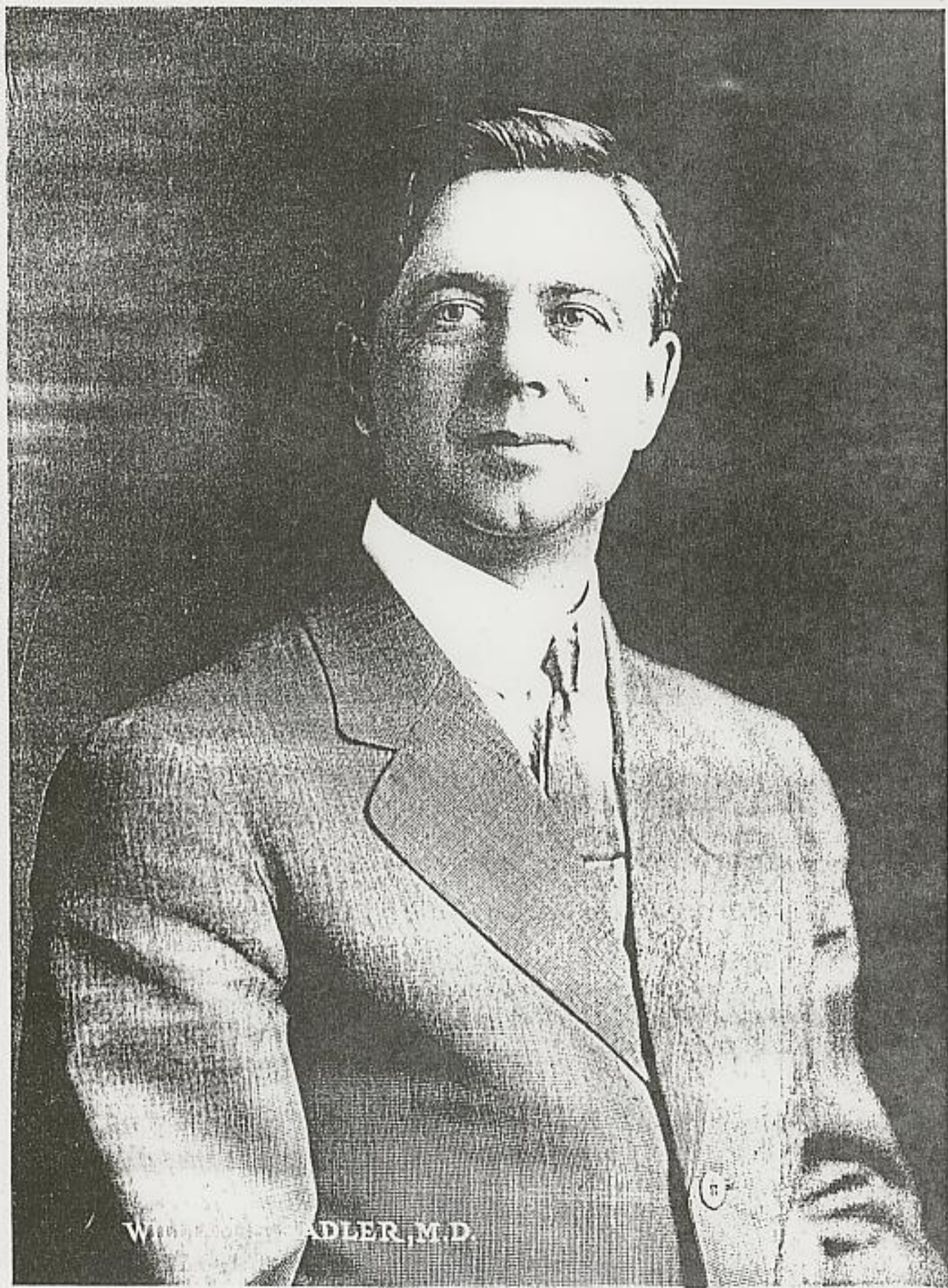
Issued by the Chautauqua Maasere Association, Chicago

POPULAR HEALTH LECTURES

BY DR. WILLIAM S. SADLER

LEADING LECTURE TITLES

1. THE WEAK AND THE STRONG –
or, The Tragedy of Civilization
2. AMERICANITIS –
or, The High Pressure Life
3. WORRY AND NERVOUSNESS –
or, The Science of Self-Mastery
4. THE PHYSIOLOGY OF FAITH AND FEAR –
or, The Mind in Health and Disease
5. THE SCIENCE OF LIVING –
or, The Art of Keeping Well
6. ACCIDENTS AND EMERGENCIES –
or, What To do Until the Doctor comes
7. WHEN DOCTORS DISAGREE –
or, Medical Fads and Fancies
8. MAN AND THE MICROBE –
or, How The Body Resists Disease
9. THE MARVELS OF DIGESTION –
or, The Secrets of Strength
10. MEN AND MORALS –
A Lecture for Men only



WILLIAM F. ADLER, M.D.

DR. SADLER'S HEALTH LECTURES

INFORMATION FOR MAKING PROGRAMS AND ANNOUNCEMENTS

1. **The Weak and the Strong, or the Tragedy of Civilization**

A new lecture-discussion of eugenics and ethnics. A practical and comprehensive working-plan for combatting and eventually overcoming many of the downward mental, moral, social and physical tendencies of the human race. A consideration of the inter-relationships of hygiene, education, environment, and heredity. A study of the new science of eugenics from the physician's viewpoint. A striking presentation of the fundamental causes and the basic remedies necessary to abolish those social strains which unfailingly gravitate towards pauperism, criminality, drunkenness, prostitution, and various forms of mental and nervous instability. A popular, scientific medical talk on heredity. A purposeful lecture on eugenics, divested of fanciful theories, impractical plans, and sentimental nonsense.

2. **Americanitis, or the High-Pressure Life**

A popular lecture on *high blood pressure* and its relation to the strenuous life of modern business and civilization. Tells just why apoplexy, heart failure, Bright's disease, and nervous prostration are on the increase. Shows exactly how the blood pressure is raised and how it is lowered. Discriminates between true and false remedies for modern high tension. A message presenting a sane combination of strenuous work and simple living.

3. **Worry and Nervousness, or the Science of Self-Mastery**

One of the Doctor's best lectures. Step by step it shows just how and why you worry. Points out the way of deliverance from this cruel Tyrant of Fear. A lecture based on original research and numerous experiments. When you hear it you will know exactly what worry is, how you got it, and how you can get rid of it. Shows that worry is really a disease, and explains the physical causes responsible for the Blues. Practical methods of achieving self-mastery.

4. **The Physiology of Faith and Fear, or the Mind in Health and Disease**

One of the most extraordinary and helpful of all the Doctor's Health Lectures. A pointed, popular talk based on careful and original scientific experiments and clinical observations. Fully and fascinatingly explains the fundamental principles and intricate workings of the mind and nervous system in health and disease. A remarkable exposure of modern psychological frauds. A lecture which never fails to promote the health and happiness of all who hear it. It interests alike the college professor and the schoolboy—not a dull moment. Every sentence breathes with timely truth—an enlightening message for these days of diverse occult teachings.

5. **The Science of Living, or the Art of Keeping Well**

The story of Modern Hygiene in plain everyday English. A practical, sane and sensible method of living the Simple Life—free from impractical fads, unscientific teaching, and fanatical extremes. A bird's-eye view of the Laws of Life. How to choose the virtues of modern civilization while rejecting its vices.

6. **Accidents and Emergencies, or What to do Until the Doctor Comes**

A thrilling presentation dealing with all the common accidents of modern civilized life. Every ordinary emergency is demonstrated before your eyes in fullest detail. Both of the doctors and the nurse participate, in this unique, instructive, and never-to-be-forgotten series of tableaux.

7. **When Doctors Disagree, or Medical Fads and Fancies**

An up-to-date lecture dealing frankly with modern "health fads" and "medical isms." A popular and scientific discussion of the various diverse "medical teachings" and "schools of thought" respecting questions of health and hygiene. A common sense consideration of the "raw food" fad, "vegetarianism," the "no-breakfast" plan, "Fletcherism," "candy," "drinking at meals," etc.; together with a discussion of "instinct" and "reason" as related to health and happiness.

8. **Man and the Microbe, or How the Body Resists Disease**

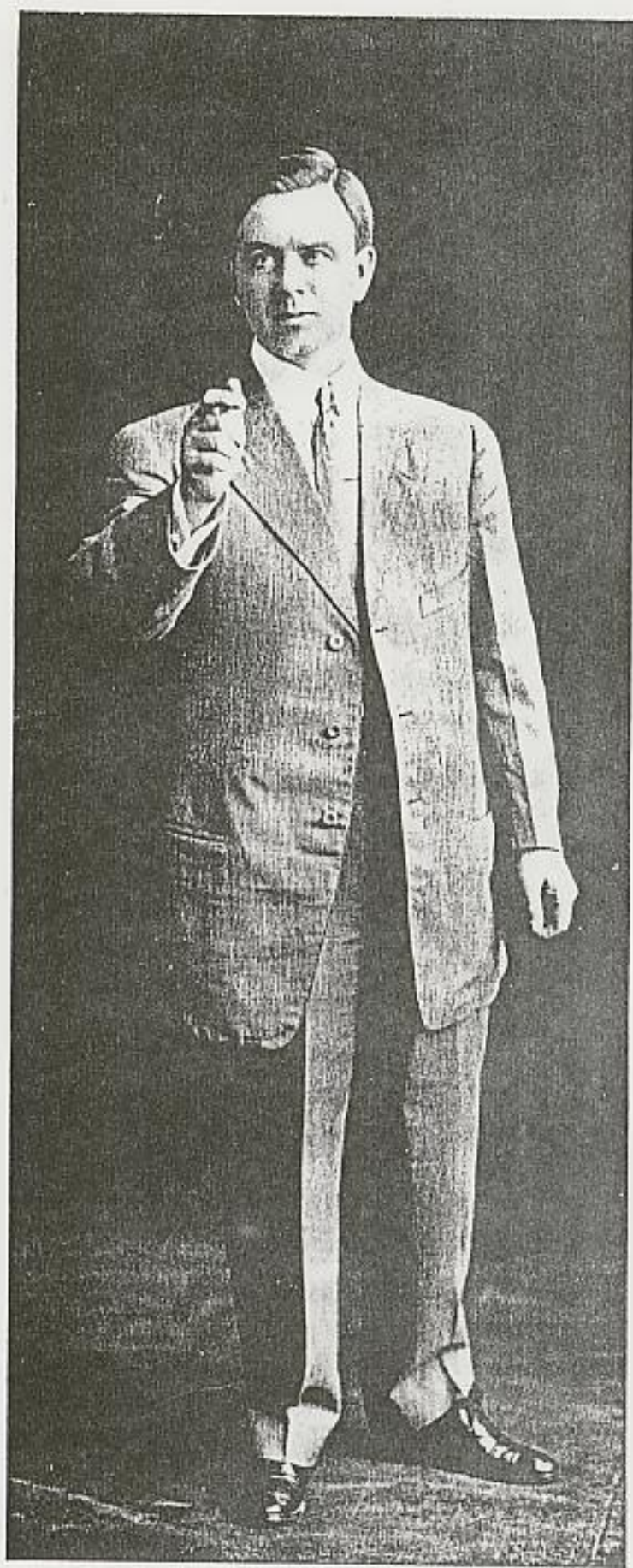
A fascinating presentation of the natural defenses of the body against infection and disease. The story of the "invincible army of the interior." A portrayal in plain English of the divinely ordained means of maintaining health and preventing disease. A lecture that inspires the listener with wonder, admiration, and reverence. A strong plea for the scientific conservation of the national health. A full and popular presentation of the nature and working of vaccination, "serums," antitoxins, vaccines, and other modern methods of re-inforcing and otherwise assisting old mother nature in her splendid fight for the preservation of health and the prevention of disease.

9. **The Marvels of Digestion, or the Secrets of Strength**

In this lecture the use of all medical terms and technical phrases is avoided. A practical, popular, and scientific presentation of the physiology of digestion in relation to the science of eating in the light of modern discovery. The Doctor tells in common language of the wonderful and revolutionizing investigations of such dietician discoverers as Pawlow, Cannon, Chittenden, Fletcher, and others. It traces the food from the table to the tissues.

10. **Men and Morals (a Lecture for Men Only)**

This is a plain confidential, heart-to-heart talk to men over eighteen years of age; a pointed, helpful discussion of many perplexing social, moral, and health-problems of vital importance to every young man. A wholesome and scientific study of a much-abused and wrongly-presented subject. Every phase of this lecture is plain, practical, and pointed. A lecture pronounced by many critics as the best presentation of this great moral problem on the American platform. (A Sunday afternoon favorite at Chautauquas.)



PERSONAL

DR. WM. S. SADLER

SURGEON, AUTHOR, AND TEACHER

Dr. Sadler is a practicing physician and surgeon of Chicago—a graduate of the regular school of medicine.

He is Professor and head of the department of Therapeutics in "The Post Graduate Medical School of Chicago," where hundreds of physicians attend his clinics each year. The Doctor is also Medical Director of the "Chicago Institute of Physiologic Therapeutics."

The Doctor has written a large number of popular medical works, some of which have been numbered among the "six best sellers." He is also a contributor to the leading magazines and medical journals of the country, and is a life member of the "Chicago Press Club."

The Doctor is a "fellow" of the American Medical Association; a member of the leading scientific and medical societies of the country, including the Chicago Medical Society, The Illinois State Medical Society, The American Association for the Advancement of Science, The International Medical Congress, etc., etc.

Dr. Sadler is not a traveling physician. He positively refuses to examine patients or prescribe for the sick in connection with his chautauqua work. He is one of the very few American physicians of high professional and ethical standing who have consented to stand upon the lecture platform and instruct the layman in the science of living, or the art of keeping well.

Dr. Sadler is a good example of his own teachings—he is a hard worker, but a simple liver. His diversified labors as surgeon, author, teacher, and lecturer, not to mention his sociological and psychological investigations, keep him exceedingly busy for about fifteen hours a day.

The Doctor is enthusiastic, sincere, and dead in earnest. His audiences catch his spirit and enter into his enthusiasm for righteous living. He delivers a health message for its own sake—he represents no medical fad, cult, or "school."

DEMONSTRATION HEALTH LECTURES

UNIQUE DEMONSTRATIONS. NOVEL ILLUSTRATIONS

By Dr. LENA K. SADLER, Assisted by the Trained Nurse

LEADING LECTURE TITLES

1. THE CAUSE AND CURE OF COLDS
Practical Demonstrations of Home Treatment
2. SUGGESTION IN CHILD CULTURE
How to Make Children What We Want Them to Be
3. DRESSING AND FEEDING THE BABY
A Lecture-Drama. Right and Wrong Methods Contrasted
4. HEADACHE, BACKACHE AND OTHER COMMON PAINS
A Score of ways to Cure Pain without Drugs
5. FOODS—FACTS AND FANCIES
The Art of Eating. Model Menu Making
6. THE CAUSE AND CURE OF CONSTIPATION
Demonstrations of Home Treatment
7. SYMMETRICAL CHILD TRAINING
A Plea for Balanced Education
8. THE TRUTH ABOUT ALCOHOL
A Scientific Popular Temperance Lecture
9. HEALTHFUL AND BEAUTIFUL DRESS (Women only)
Demonstration and Exhibition of Gowns
10. CHILDHOOD PURITY (Women only)
A Talk To Mothers . By a Physician-Mother



LENA K. SADLER, M.D.

DR. LENA'S DEMONSTRATION LECTURES

INFORMATION FOR MAKING PROGRAMS AND ANNOUNCEMENTS

1. The Cause and Cure of Colds

Explains just why some people catch colds so easily. Tells fully what to do to prevent colds—how to secure a winter constitution in advance. This lecture is illustrated by the trained nurse and shows how to break up a cold at home, all the methods and treatments being fully demonstrated and explained.

2. Suggestion in Child Culture

Practical instruction showing the power of good and positive suggestion in child training. One of the most interesting and highly instructive of all the Doctor's lectures. The influence of fear-thought is clearly traced from the cradle to a full life, and its distorting and deforming action fully exposed. A lecture teeming with the very latest ideas on child culture.

3. Dressing and Feeding the Baby

Practical and helpful instruction concerning infant feeding. How to dress baby right is demonstrated—everything shown you. Scientific artificial feeding discussed and demonstrated. This is one of Dr. Lena's most popular and spectacular lectures. Everything pertaining to the modern scientific care of infants is shown on the stage during the lecture and the trained nurse carries out the Doctor's instructions just as she would in the nursery. A talk that interests both father and mother.

4. Headache, Backache, and Other Common Pains

Deals with the home treatment of headache, backache, and other common pains, such as neuralgia, rheumatism, cramps, etc. Fully explains the nature and cause of various pains and points out a score of different ways of treating and relieving pain without the use of pain killers and other injurious drugs. The treatments are all demonstrated by the trained nurse.

5. Food—Facts and Fancies

Consideration of comparative food values; caloric values, etc. The truth about various food fads; an examination of some well-known dietic systems in the light of science. A concise presentation of food facts; a complete exposure of popular dietic fancies. This lecture gives special help to those who suffer with enfeebled powers of digestion. Scientific principles of menu making, or how properly to balance the various food elements in the daily bill of fare, fully discussed. Principles and methods which make scientific eating very simple, fully explained.

6. Cause and Cure of Constipation

In this lecture the Doctor explains why so many tired mothers and busy housewives are exhausted as a result of "auto-intoxication." Relief from this troublesome ailment by natural methods fully presented. Inactivity of the digestive system is becoming one of the curses of modern civilization. This lecture deals with this almost universal ailment in a thorough-going and practical manner. Treatments and exercises are demonstrated.

7. Symmetrical Child-Training

Why do so many young women break down just as they finish school? Balanced education—training for both mind and body clearly outlined. This lecture is of great value to mothers. Discusses scientific stair-climbing, physiological sweeping, and how to get physical development out of the household duties instead of disease and deformity. A practical lesson in correct methods of standing, sitting, walking, etc.

8. The Truth About Alcohol

Modern scientific study has shown that the drink habit is largely the result of other exciting causes and predisposing influences. These drink-producing agencies are fully dealt with in this lecture, and the "way out" clearly indicated. A complete departure from the ordinary Temperance Talk. A full explanation of the effects of alcohol on the human body. A straightforward presentation of facts respecting the temperance problem from the scientific, sociological, moral, and health standpoints.

9. Healthful and Beautiful Dress (Women Only)

A startling lecture-demonstration concerning the evils of the Fashion Tyrant. Deformities and distresses of modern dress exposed. Demonstrations upon models and living subjects, showing how the evils and health-destroying influences of modern dress can all be easily and quickly corrected, at the same time beautifying both form and dress. Twenty-five special charts used to illustrate this lecture.

10. Childhood Purity (Women Only)

A heart to heart talk from a physician-mother to mothers. Brimful of instruction of untold value to mothers who are troubled over the vital questions and problems of early childhood. Every mother should hear this lecture. A plain, straightforward talk dealing with the problems of sexual education and the diseases of social transgression, pointing out their effects upon this and succeeding generations.



PERSONAL

DR. LENA K. SADLER
PHYSICIAN, MOTHER, and LECTURER

Dr. Lena (as she is generally known) is a practicing physician and professional co-laborer with Dr. William S. Sadler. She, also, is a graduate of the regular school of medicine.

She is associate professor of Physiologic Therapeutics in "The Post Graduate Medical School of Chicago"; associate director of the "Chicago Institute of Physiologic Therapeutics"; and a specialist in diseases of women and children.

Dr. Lena is a member of the Chicago Women's Club, the Chicago Medical Society, The Chicago Medical Women's Club, the Illinois State Medical Society, and is also a "fellow" of the American Medical Association.

Before studying medicine, she was a public school teacher and afterwards a trained nurse. She has been a co-laborer with her husband in all his sociological work, giving special attention to rescue work and the establishment of homes for the unfortunate.

Dr. Lena is an enthusiastic speaker—possessing an earnest style and direct delivery which enables her to go at once to the very hearts of her hearers. Her lectures and demonstrations are very popular—interesting alike to men and women. She gives but two lectures to women only—to all her other lectures men are invited. Some of her demonstrations are very unique—truly remarkable. Her lectures are highly scientific, at the same time most simply and plainly expressed in common, everyday language.

NEW AND SPECIAL FEATURES

1. THE MEDICAL ROUND TABLE—Conducted by Drs. William S. and Lena K. Sadler

This morning hour is devoted wholly to informal discussions and the answering of questions. This new feature of the Sadler lectures was added several years ago as a fifth program, and has now become one of the most popular hours of the whole day. It is not uncommon to have seventy-five to one hundred written questions sent up to the platform for discussion. Dr. William and Dr. Lena alternate in answering groups of these diversified inquiries—and the occasion never fails to prove highly instructive and entertaining. The Round Table should be fully explained in Chautauqua programs as an open forum on medical topics, and due announcement made from the platform the day preceding the arrival of the Sadlers.

2. THE SLUM—ITS PEOPLE AND PROBLEMS—By Dr. William S. Sadler

A unique and thrilling lecture revealing unsuspected and astonishing conditions among the submerged classes of our great cities. An unusually full and instructive presentation of one of the great problems of this generation. Underground and in the attics—you hear about slum conditions and people from one who knows. The story of the children of the slums is a narrative appalling as well as amusing and entertaining. The city slum, with its civic, sanitary, and moral problems is a proposition which the American people must squarely face. Knowledge is essential to intelligent action—and action is demanded by the conditions existing in the slums of our great cities. As a physician, Dr. Sadler has not only enjoyed the exceptional advantages of the clinics and dispensaries for gaining a knowledge of these people, but he has also had opportunity to trace the terrible trail of vice and disease from their habitat in the slums over to the boulevards and out into the country villages, and even into the country home.

3. HEALTH AND RIGHTEOUSNESS (Sunday Morning)—By Dr. William S. Sadler

A unique and extraordinary discussion of the inter-relationship of things physical and spiritual. A biblical exposition of health and hygiene from the standpoint of the Christian physician. One of the most acceptable and appropriate "Talks" ever offered for Sunday morning at a Chautauqua Union Service. A practical and thought-provoking discourse entirely out of the ordinary, but perfectly in keeping with the occasion.

4. MODERN MIRACLES—A STORY OF SOCIAL REDEMPTION—By Dr. Lena K. Sadler

A plain, frank talk, dealing with Dr. Lena's personal experiences in her work as a Christian physician among the unfortunate women of a great city. The story of the reclamation of some of these outcast and downcast souls is an instructive, inspiring and thrilling recital, never to be forgotten by those who once hear it.

HOW THE DOCTORS SADLER CAME TO LECTURE ON THE SLUM AND ITS PEOPLE

For years the Doctor was secretary of the old Chicago Medical Mission which opened the first free baths in the city of Chicago, and no lecturer on the American platform has come more closely in contact with the submerged tenth—mingled with the dwellers of the slums in their actual daily life—than Dr. Sadler.

The Doctor has taken great interest in securing honest employment for these denizens of the slums, and to day hardly a month passes that some of these uplifted outcasts do not appear at his office and offer their gratitude for the fact that at one time he was their only friend. Many of the Doctor's beneficiaries can be found to-day in the counting-room, in prominent business establishments, and a few have even attained eminence in his own profession.

There is no class of people or phase of slum life in the great cities of this country and Europe with which the Doctor and his wife are not personally acquainted, and therefore, they speak with authority. Their slum lectures are in every sense refined. Stories of poverty and squalor are presented without the odor of vice and crime.

DR. SADLER'S HEALTH LECTURES

Dr. Sadler in his Health Lectures is intensely interesting and practical. He is positively unique. His methods are new and original. His delivery is animated and his audiences are captivated by the simplicity of his style and the force of his witty illustrations.

The Doctor's Health Lectures are positively unlike anything of the kind heretofore offered. They are the modern "Gospel of Health," free from all impractical fads and the teaching of extremists.

The Doctor talks straight to the common people—plain, everyday English. No medical terms or scientific technicalities.



"THE PHYSICIAN-MOTHER"

THE HISTORY OF THE SADLERS

1906. It was in the fall of 1906 that Dr. Sadler first laid his plans for a chautauqua health campaign before the Bureau Managers of Chicago. Every one of the larger Bureaus promptly and emphatically turned the project down as infeasible and impossible.

1907. Following the refusal of the leading lyceum bureaus to take hold of his work, Dr. Sadler put the matter in the hands of a Mr. Winchell, who endeavored by correspondence, to secure some engagements as a "starter," and he succeeded in booking just one chautauqua for 1907.—Appleton, Wis.

Dr. Sadler, Dr. Lena and Miss Kellogg were engaged for ten days to furnish the morning programs and also to fill a number of the afternoon hours, and for this ten day engagement for the two doctors and the trained nurse, the Appleton Chautauqua paid just \$110.00—the Sadlers paying their own railroads and locals—but at the close they were told that they had made so "unexpectedly good" that they (the management) would stand for the "locals."

It was at this—their first chautauqua—that the Sadlers first met Miss Willmer, who was also there filling her first chautauqua engagement. She was also booked for the entire ten days, to give precludes, and for her services she received the sum of \$50.00.

And so it was in this way that Miss Kellogg and Miss Willmer became acquaintances—then friends—and then chums; while shortly afterwards Miss Willmer went to live with Miss Kellogg and the Sadlers—was adopted into the family—and continued there to make her home until her marriage to Mr. E. V. Bond in 1912.

1908. In 1908, Mr. Alfred J. Flude, who had learned of Dr. Sadler's plans while connected with the old Chicago Lyceum Bureau, and having become associated with Mr. Morgan's Mutual Lyceum Bureau—as manager of the newly projected chautauqua department—and casting about for "talent" for his new list—decided to try the "Sadlers," and succeeded in booking four or five dates, which Dr. Sadler filled, taking Dr. Lena along as a helper. The programs for this season were very largely morning hour sessions.

1909. This year the "Sadlers" continued under the same management (save for the consolidation of Mr. Morgan's and Mr. Ferguson's Bureaus—which placed them on the list of the Chautauqua Managers Association) and Mr. Flude with the co-operation of Mr. Glossup in the field, booked a few more new dates—together with a number of return dates.

This year Dr. Lena assumed charge of the forenoon work and Dr. William began delivering his afternoon health talks—with an occasional evening lecture. This year, Miss Kellogg, Dr. Lena's sister, accompanied the "Sadlers" throughout the season, assisting Dr. Lena in the demonstrations connected with her morning hour lectures.

1910. This season Dr. Sadler further developed his afternoon lectures and added evening stereopticon talks on health subjects and his personal experiences in the slums of New York and Chicago.

Dr. Lena, assisted by Miss Kellogg, continued her morning hour programs; while Miss Willmer, who had done some chautauqua work the previous season accompanied the "Sadlers" during all of her "open time"—giving precludes and an occasional full program. This she did at the solicitation of Dr. Lena and Miss Kellogg—who strongly advocated that "the whole family" should be booked together. Again, the bureau managers did not look with favor upon the plan—but consented to give it a trial. It was during this season that Dr. Lena gave her first afternoon chautauqua lecture.

1911. This season witnessed the formation of "Dr. Sadler's Company," Miss Willmer becoming an established feature of the "Sadlers," and throughout the season she alternated with Dr. Sadler in filling the afternoon and evening hours. This year the company first began to give four programs a day, and were first styled "a whole Chautauqua in themselves—except the music." This was the first year they filled what could be called a "full season."

1912. This season the company name was changed to "The Sadlers and Miss Willmer"—as the association of Miss Willmer's high class entertainments with the lecture work and teaching of the two doctors and the trained nurse had in every way proved successful.

During this season Miss Kellogg held her first "Class-Demonstration," taking full charge of the forenoon programs while Dr. Lena began filling the afternoon hours. It was during this summer that Dr. William gave his last "illustrated slum lectures"—his writings on medical psychology having created such a demand for his talks on "Worry," "Faith and Fear," etc., that the "stereopticon lectures" were permanently crowded off the evening program. (At the close of the season Miss Kellogg married—becoming Mrs. Kellogg. It was a double wedding—Miss Willmer becoming Mrs. Bond.)

It should also be added that it was during this season that the boy—William S. Sadler, Jr., then four and one-half years old—first took part in some of the demonstration lectures.

1913. "The Sadlers and Miss Willmer" continued as during the previous season, with the addition of a fifth program "The Medical Round Table." This additional program was made necessary by the fact that the "Sadler lectures" created such an intense interest on the part of the people that some provision had to be made for answering their diversified inquiries. "The Round Table" proved at once to be one of the "great events" of the Sadler programs.

The season of 1913 may be said to mark the full development of "The Sadlers" with their five full programs each day—truly, a "Whole Chautauqua in themselves—except the music."

1914. During 1914 this unique "Chautauqua Family" continued on—doing the same work and having the same personnel—remaining under the same management as from the beginning—and achieved even an increased measure of success over the work of preceding years.

And this is the simple, straight-forward story of the organization and development of this unusual chautauqua company—a company regarded by many competent critics as being the "Ideal Chautauqua Attraction"—as doing "the greatest work on the platform to-day"—as "accomplishing a lasting and permanent work in every community where they appear."

1915—and thereafter, this remarkable group of people worked on with the same high purpose and were rewarded with increased success and witnessed a demand for their services which was many times double that which could be filled.



Restoring the Drowned



Accidents and Emergencies

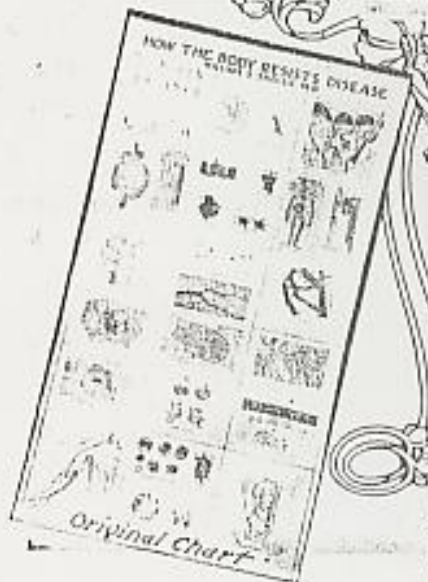


Dressing the Wound



Taking Blood Pressure

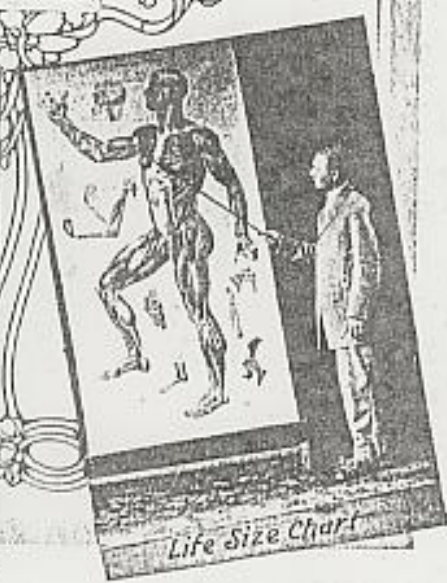
Food Frauds



Feeding Baby



The Home Sanitarium



Life Size Chart

SNAP SHOTS OF HEALTH LECTURE DEMONSTRATIONS

H O U S E H O L D N U R S I N G

DEMONSTRATIONS IN HOME TREATMENT OF SIMPLE DISORDERS

CLASS-DEMONSTRATIONS CONDUCTED BY

ANNA B. KELLOGG, R. N.

These Classes are Something Entirely Different from Domestic Science

1. **Biliousness and Indigestion**

Presents the home treatment for dyspepsia, constipation, and other simple disorders of digestion. Deals with elimination of body poisons and the up-building of the general health. Demonstration of correct breathing and abdominal exercises.

2. **Nervousness and Sleeplessness**

Showing the use of the wet sheet pack, the neutral bath, and other home remedies for insomnia; also salt baths and alternate hot and cold to the spine for nervousness. Simple treatments for headaches, and other nervous disorders. Deals with proper methods of building up delicate, nervous children, including corrective gymnastics.

3. **The Home Treatment of Pain**

Demonstrations of simple methods of relieving pain without drugs, taking up the treatment of neuralgia, neuritis, sciatica, lumbago, sprains, rheumatism, toothache, earache, and other common sources of suffering, including colic and cramps.

4. **Science in the Sick Room**

A class in practical bed-side nursing, a panorama of twenty-four hours in the sick room dealing with the proper care of the room, the patient, disinfection, etc.

5. **Typhoid and Simple Fevers**

Demonstrations showing the home treatment of typhoid and common fevers by means of the wet sheet pack, cold mitten friction, sponge baths, enemas, etc. Instructions in up-to-date methods of preventing the spread of these diseases to other members of the family as well as showing just how to manage these cases in one's own home under the supervision of the family physician.

6. **The Bandaging Class**

Teaches how properly and aseptically to dress wounds, burns, bruises, sprains, boils, chilblains, etc. How to prepare dressings, bandages, etc.

7. **Gymnastics Without a Gymnasium**

A system of self-resistive exercises adapted to the most delicate individual and designed to correct flabby muscles and sluggish circulation. A demonstration of how to get health, grace, and beauty out of the physical exercise connected with such ordinary household duties as sweeping, washing, stair climbing, etc.

8. **Scientific Housekeeping**

A class dealing with practical household hints, economy, efficiency, etc. Discusses fruit canning, garbage disposal, and other phases of home sanitation and household hygiene. A system of management taking into account the necessity for "home making" as well as "housekeeping."

9. **Cooking for Sick People**

A class-demonstration showing scientific and healthful methods of preparing, cooking, and serving dainty and appetizing dishes for the nourishment of both acute sufferers and chronic invalids.

10. **The Home Sanitarium**

Instruction in modern methods of preventing common household diseases and promoting the family health—in short—a practical scheme for turning the family residence into a "Home Sanitarium."



PERSONAL

ANNA B. KELLOGG

REGISTERED NURSE

Mrs. Kellogg is a graduate nurse of large experience, duly registered under the laws of the state of Illinois, and a member of the Illinois State Association of Graduate Nurses. She has had years of experience as an instructor of nurses and as a teacher of scientific cookery, domestic hygiene, etc. For more than ten years she has been chief demonstrator of hydrotherapy in Dr. Sadler's clinic and head of his staff of nurses at the "Chicago Institute of Physiologic Therapeutics."



The purpose of her classes is to teach mothers how intelligently to use hot and cold water, etc., as home remedies in simple disorders—how to make their own homes, as it were, sanitariums.



Mrs. Kellogg is an able efficient, and enthusiastic teacher, and her classes are always exceedingly popular and well attended.

POPULAR AND CLASSICAL READINGS

CHARACTER INTERPRETATIONS AND DRAMATIC MASTERPIECES

By SARAH MILDRED WILLMER

(Mrs. Edward Van Bond)

1. The Sign of the Cross—By Wilson Barrett

The characters of this wonderful drama are made to live and move before you. She presents her own original dramatization which dramatic critics have pronounced to be the nearest approach to the author's personal interpretation ever produced. A graphic picture of the growth of a soul from paganism to Christianity, a thrilling presentation of the horrors of religious persecution, and a faithful delineation of the tremendous price paid for the religious liberty which we all enjoy.

2. Kindling—By Charles Kenyon

A story of to-day—a problem play of life in the slums. A dramatic recital depicting the modern slaughter of the innocents by the ignorance and environment of the slums. A study in the practical problems of race suicide and mother love. The psychology of the commission of crime by those who are not criminals. On the whole—a recital that makes thinking men and women want to arise and "do something."

3. The Woman of Samaria—By Edmond Rostand

A Biblical drama embracing one day in the life of Christ, and portraying the power of His teaching and love to uplift the fallen. Unable to procure this great drama in English, Miss Willmer was forced to secure her own translation from the French. She therefore presents the only English interpretation of this drama.

4. Aunt Jane of Kentucky—By Eliza Calvert Hall

A truly homely story well told. Concerning the book Ex-President Roosevelt said: "A story every true American should read." Miss Willmer is an artist with the dialects and this story abounds with the homely philosophy of a homely character struggling to escape from the thrall of popular superstition and customs. In the recital of "Aunt Jane" are also included stories from "The Land of Long Ago."

5. Joan of Arc

A thrilling dramatic recital based upon this unique historical character. A story illustrating the power of perseverance and the lessons to be learned from sticking everlastingly to one's ideals and conscientious convictions.

6. Peg O' My Heart

An old, old story in new and modern dress. A sober comedy contrasting the superb moral worth and sterling character of a child in the lower walks of life, with the superficial and insincere character of the so-called higher circles of present day society.

7. An Evening with Great Plays

Imitative recitals of scenes from famous plays. In this recital Miss Willmer gives the cream—the strong features of a play or a novel in one act. Seven scenes are sufficient for a whole evening; and for this work she draws material from more than a score of popular plays and novels, including scenes and acts from "The White Sister," "Within the Law," "Polish and Purimatter," "David Harum," "The Littlest Rebel," "Strongheart," "Miss Selina Lue," "If I Were King," "Via Crucis."

8. Big Moments from Great Dramas

A recital embracing scenes and acts from many classic dramas. A condensation of whole plays into those thrilling moments or intense situations which makes it possible, in ten minutes, to give the keynote or to impart the great lesson of the entire drama. The following plays are drawn on for the material in this unique program: "Quo Vadis," "An Enemy to the King," "Winter's Tale," "Romeo and Juliet," "Henry the Eighth," "Robespierre," "Dawn," "Madam San Gese."

9. Brand—By Henrik Ibsen

A problem play—Ibsen's masterpiece.

10. Miscellaneous Recitals

In these programs Miss Willmer gives cuttings from her numerous and varied unique selections embracing pathos, humor, satire, and tragedy. These hours are very popular, and include poems from standard authors, together with a large number of special selections such as Bertha's Debut, The St. John's Fund, The Cathedral Courtship, The Shadow of a Song, Myra Kelly Stories, Passing of the White Swan, The Wetheral Wedding, Courtship under Difficulties, Twelfth Birthday, The Lost Word, Friday Afternoon at the District School, The Church at Kehos Bar, A Well Hatched Plot, The Bishop's Candlesticks, Sundolphon, Clive, etc., etc.

SARAH
MILDRED
WILLMER



THE WOMAN OF SAMARIA

MISS SELINA LUE



PERSONAL

Sarah Mildred Willmer
READER

Miss Willmer's work is characterized by a determination to present literary masterpieces of true dramatic value, and in her ability to do this, she has no superior.

She is not content to please by mere cleverness. She has purposed that her work shall be educational and uplifting as well as pleasing and entertaining.

Miss Willmer has made a deliberate choice between the stage and the lyceum platform—choosing the chautauqua because it affords a clean, consistent opportunity to reach the masses—to exalt their ideals, to elevate their standards, to improve their tastes, and to increase their love for and appreciation of the good and pure in people, and in literature.

In temperament, emotional power, or the ability to move an audience to laughter or tears, Miss Willmer is without an equal.

This generation has not known a reader so distinctly sent as a messenger of enlightenment and cheer, and none has more clearly discerned her mission than has Sarah Mildred Willmer—the Sarah Bernhardt of the Lyceum.

Press Comment on the Sadlers and Miss Willmer

"The first of the addresses by Dr. William S. Sadler, drew one of the largest, if not the largest, week-day audiences of the session. The subject was 'Americanitis, or The High Pressure Life.' The talk was practical. It was not extreme. It was sane and sensible. It was interesting and helpful."—*Racine (Wis.) Journal*.

"Dr. William S. Sadler gave one of the most interesting of his health talks yesterday afternoon to a very appreciative audience. These talks are proving the best drawing card on the entire fall, as they are instructive as well as interesting. The doctor is an excellent speaker as well as a learned physician and the audiences take great pleasure in listening to everything he says, and the largest audience of the season was a compliment to his ability last night."—*Zeas Haste (Ind.) Tribune*.

"Dr. William S. Sadler lectured yesterday afternoon on 'Worry' and it is not too much to say that, all things considered, it was the best thing yet produced on this platform, and we do not forget nor fail to appreciate Gussardus, Medbury, Seton and the rest. He is a good talker and embellishes every point with an apt story or illustration."—*Shenandoah (Iowa) Neutral-Post*.

"For an hour or more Dr. William Sadler held an expectant audience spellbound on a topic of vital importance which is address of interest to the general public because generally it is not handled in a manner to make it entertaining as well as instructive."—*Bureau (Cal.) Times*.

"Dr. William S. Sadler is, physically speaking, in the feather-weight class, but he has living tissue enough to make him a human dynamo and he drives his health hints home with all the power of good, solid English without technical quibble or Latin subterfuge."—*McConaughville (Ohio) Daily Herald*.

"Dr. Sadler is a rapid speaker and presents his facts in a convincing as well as entertaining manner."—*Nezels (Mo.) Daily Mail*.

"The Sadlers have brought us many splendid things. Dr. Lena's lecture yesterday was one of the best attended sessions of the whole chautauqua, showing the people's appreciation of these practical things. The Sadler lectures are even more popular than last year—because they supply a real need."—*Charleston (Ill.) Courier*.

"Dr. Lena K. Sadler's lecture on 'Colds' was one of the most interesting and profitable ever delivered at a Madison assembly. In the evening Dr. Besser, representing the local medical society, introduced Dr. William S. Sadler, who delivered his unique lecture 'Americanitis,' and no lecturer who ever came to this chautauqua was given better attention, and this alone was a tribute to the excellency of his address. The Sadlers are doing a highly educational work—of great benefit to humanity and of vital interest to everybody."—*Madison (Ind.) Courier*.

"Dr. Lena Sadler possesses an excellent physique, has a good voice, and is an impressive speaker. Her lecture on 'Suggestion and Child Culture' was one of the best things of this session. The 'Medical Round Table,' conducted by both of the doctors, was filled with splendid things, and many wished it might have continued longer. Mrs. Kellogg, in her morning classes, is so cheerful in her work and does it with such hearty good will, that her spirit is really catching—she makes every one feel well."—*Farmington (Iowa) Republican*.

"Dr. William S. Sadler, the noted authority on health and how to prevent disease, delivered a lecture on 'How the Body Resists Disease,' and Dr. Lena K. Sadler, in an address on the 'Cause and Cure of Colds,' interested large audiences. It was generally conceded that the addresses were the most interesting and instructive that have been delivered at the Chautauqua, and both of the authorities were besieged by large crowds after they had finished speaking, for more information."—*Portland (Ore.) Oregonian*.

"At the close of Miss Willmer's performance, the audience arose and unanimously requested the return of herself and the Sadlers next year."—*Red Cloud (Neb.) Chief*.

"Dr. and Mrs. Sadler were heard for the last time with a deep feeling of regret that they could not stay longer. They are genuine. They are earnest, simple, and learned, and are devoted to doing good work. Their work is of the most satisfying sort, intensely interesting, practical, scientific, and helpful."—*Albany (Ore.) Herald*.

"The information dispensed during the 'Sadler lectures' has been of inestimable value to those in attendance, and the doctors leave with the good will of the entire community. The 'Sadlers' are in a class by themselves."—*Urbana (Ire.) Times*.

"The Sadlers in their health talks and demonstrations, certainly made good. This series of addresses with the practical demonstrations by Mrs. Kellogg, the trained nurse, were altogether the most helpful talks ever given at Old Salem Chautauqua."—*Petersburg (Ill.) Democrat*.

"The doctors do not entertain their audiences with mere word pictures, but give practical illustrations. To accommodate them in their program of yesterday, women fainted, boys sustained temporary fractures of the limbs, suffered faints, boys sustained temporary fractures of the limbs, suffered faints, and even went to the bottom of the Dupage river. The hour of emergencies was one of intense interest for the demonstrations were so life-like that the audience fairly gasped and then awakened to the fact that it was only make believe."—*Joliet (Ill.) Evening Herald*.

"Weldon Springs chautauqua experienced the greatest sensation in its history of eleven years when the 'Sadlers' appeared for the first time yesterday morning. The people were so surprised and pleased at this intellectual and scientific treat that after both lectures yesterday 500 people lingered around the platform for over two hours to get to talk to these skilled physicians."—*Clinton (Ill.) Journal*.

"All visitors agree that the 'Sadlers' have supplied the most instructive and entertaining numbers of the chautauqua up to this date."—*La Grande (Ore.) Morning Star*.

"One of the most popular speakers who has ever come to the local platform is Dr. William S. Sadler, who is winning a name for himself throughout the United States by his excellent and helpful lectures upon the health of the human body and mind. He is a little man with a big voice, and an abundance of good fellowship. Incidentally, and most important, he knows what he is talking about. It is to be hoped that Dr. Sadler and his wife, Dr. Lena K. Sadler, will be able to appear upon our chautauqua platform next year."—*Delaware (Ohio) Democrat*.

"Miss Sarah Mildred Willmer is without a doubt a most artistic exponent of dramatic art yet seen on the Marion chautauqua platform. In her rendition of the 'Sign of the Cross' Tuesday night she held her hearers spellbound for nearly two hours in one of the most tense and gripping readings ever given in Marion."—*Marion (Ohio) Tribune*.

"An audience, the largest of the session, which filled every seat in the tabernacle and spread to the stage, greeted Miss Sarah M. Willmer, dramatic reader, in 'Kindling,' last night. Winfield people had not forgotten Miss Willmer's reading of 'The Sign of the Cross,' on the program last year, and the great attendance was a tribute to her, personally."—*Winfield (Kan.) Free Press*.

"At four o'clock the Sadlers and Miss Willmer condensed an entire chautauqua, except the music, into two-and-a-half hours, for the audience kept them at work until half-past six. The Drs. Sadler are both prominent practitioners, and it is this large medical practice that gives such immense value to their lectures and demonstrations. They told how to preserve health, prevent disease, care for little ones, and what to do in emergencies while waiting for the doctor. At each point they worked out a demonstration before the audience. In saving of life and in increased health and happiness this two-and-a-half hours was worth the cost of the entire ten days' chautauqua."—*Lycanville and Talent, Chicago. (Report of I. L. A. Chautauqua)*.

SPECIAL INFORMATION FOR COMMITTEES

1. What is Doctor Sadler's relation to the local medical profession?

The Sadlers are not traveling doctors—they never consult with or prescribe for patients when on a lecture tour. Under no circumstances will they see patients, except in certain special cases and upon request of the family physician, and then they make no charge for their services.

2. What other attractions do we need during the Sadler engagement?

It is literally true that the Sadlers and Miss Willmer are "A whole chautauqua in themselves." The only possible exception to this statement would be that this remarkable company does not furnish music.

In booking the Sadlers, all that is necessary to complete your program for the time you have them, is to provide suitable musical or other preludes.

3. What about the evening program?

Dr. Sadler and Miss Willmer alternate in filling the evening programs. The Doctor's lectures on "Americanitis," "Faith and Fear," "Worry" and "The Tragedy of Civilization," as well as others, are especially adapted for evening hours. Miss Willmer is a past-master with the largest evening audiences, and on a three-day engagement she usually fills two of the night programs.

4. How did the Sadlers come to take up this work?

Because, after preparing their lectures and studying the field for several years, they decided that the Chautauqua platform presented the best opportunity in this generation for the preaching of the Gospel of Health. They believe it is a greater work to prevent one thousand people from getting sick than to cure ten who are already sick, that the doctor's greatest mission is to educate the masses in practical hygiene.

5. Is Mrs. Kellogg's work related to domestic science?

Mrs. Kellogg's Class-Demonstrations are along the lines of home nursing. They are entirely different from domestic science, and in no way interfere with the domestic science classes. These classes are usually arranged for a morning hour—10:00 o'clock—so as to be through in time to accommodate the "Medical Round Table" at 11:00 a. m.

6. What is the "Medical Round Table"?

In recent years—to take care of the growing interest in their work—and to afford opportunity for questions and discussions the Doctors have added a fifth daily program, "The Medical Round Table." (See particulars on another page.)

7. How should Doctor Sadler be presented to the audience?

Doctor Sadler is a medical practitioner of the highest ethical standing, and he frequently conducts clinics in the local hospitals in towns where he lectures, while the local physicians frequently arrange special meetings for the Doctor which he is always glad to address. Doctor Sadler is usually first presented to the audience by one of the leading local physicians. The local medical society usually designates the physicians who are to preside at the Doctor's different lectures, while Dr. Lena is not infrequently introduced by some lady physician—where such are to be found. Where the medical societies do not take definite action in this matter, it is expected that the Chautauqua Management will arrange for a medical man for chairman of at least Doctor Sadler's first public appearance.

8. What about a Reception Committee?

Dr. Sadler is a very democratic man and decidedly dislikes all things formal and showy—nevertheless, in the majority of towns in the Middle West, there are to be found one or more physicians who have studied under the Doctor—and the gentlemen often organize a reception committee for the Sadlers—or such a committee may be appointed by the Chautauqua Management from among the local physicians who are interested in the welfare of the Chautauqua.

The Doctor desires that either his reception committee, the secretary of the Chautauqua, or some physician designated for the purpose, conduct him on a formal call upon the President or Secretary of the county medical society, when such officers are local residents, immediately upon arrival, or as soon thereafter as may be convenient.

9. How long have the Sadlers been doing Chautauqua work?

The Sadlers have been on the Chautauqua platform over ten years, and among other assemblies have appeared from two to five days at Terre Haute, La Porte, Richmond, Attica, Valparaiso, Merom, Rockville, Evansville, Columbus, Converse, and Madison in the state of Indiana. Plainfield, Monmouth, Aurora, Camargo, Petersburg, Charleston, Shelbyville, Paris, Clinton, Hoopston, and Ottawa in Illinois. Defiance, McConnellsville, Greenfield and Marion, Ohio. Hiawatha, Cawker City, Peabody, Olathe, Sterling and Winfield, Kansas. Nevada and Hamilton, Missouri. Boise, Idaho. Ashland, La Grande, Gladstone, Albany and Dallas, Oregon. Boulder, Colo. Appleton, Racine, Watertown and Tomahawk, Wisconsin. Charles City, Oskaloosa, Fairfield, Vinton, Washington, West Branch, Farmington, Tipton, Columbus Junction, Goldfield, Iowa City and Oakland, Iowa. Valley City, Madison and Bigstone Lake in the Dakotas. Red Cloud, Hastings, and Karney, Nebraska. Reno, Nevada. Eureka, California.

SPECIAL INFORMATION FOR COMMITTEES

10. Can the Sadlers handle Sunday programs?

Both the Doctors and Miss Willmer make a specialty of Sunday programs. Some of their strongest work has been specially prepared for Sunday. Their Sunday lectures and recitals are in great demand on return dates. (See typical Sunday programs on another page.)

11. What do the Sadlers do on return dates?

The Sadlers are return date people. They go back three and four years, and yet they never repeat. Their audiences increase each year. Their most spectacular demonstrations are all reserved for second and third return engagements. On return dates their audiences are invariably greatly increased.

12. What is to be understood by five programs a day?

By five programs a day is meant one appearance by each member of Doctor Sadler's Chautauqua Family. That is, one lecture by Doctor William S. Sadler, one lecture by Doctor Lena K. Sadler, one entertainment program by Miss Willmer, and one class-demonstration by Mrs. Kellogg, the trained nurse, in addition to "The Medical Round Table."

13. Do the Sadlers have a press sheet?

Yes. A large, double-column five-page press sheet. We have a larger, new and unique press sheet in preparation, which will be ready for the next season and thereafter. Something out of the ordinary.

14. How long are the Sadler Lectures?

Doctor Lena's Demonstration Lectures require one hour and fifteen minutes for their full and proper presentation. They go best when scheduled for 4:00 p. m., sharp. They are seriously curtailed when confined to an hour or to fifty minutes.

Doctor William's Lectures average about one hour and twenty-five minutes.

Mrs. Kellogg's Class-Demonstrations occupy one full hour, and must, therefore, always begin promptly at 10:00 a. m., so as to be out of the way for the "Round Table" at 11:00 a. m.

Miss Willmer's programs are arranged to run from one hour for miscellaneous numbers up to one and one-half hours for the reading of the full plays.

15. What about Chautauqua sanitation?

Doctor Sadler is always glad to confer with Chautauqua committees regarding the sanitation of the camp and the Chautauqua grounds. Such advice is given wherever it is desired, and has resulted in greatly improving the sanitary status of numerous assemblies, as shown by a great decrease in sickness on the grounds the following years.

16. What are the special requirements for the success of the Sadler programs?

a—Perfect order—established zone of quiet fifty feet outside of and surrounding the auditorium or tent.

b—Large assembly bell to announce the beginning of each class and program.

c—Keep all children off the front seats. Have them sit with their parents or guardians.

d—Provide dressing room, footlights and a sounding board.

17. What kind of Preludes are wanted?

The Sadler Lectures are highly educational, and high-class musical preludes are found to be most helpful—such programs as are rendered by a first-class ladies orchestra, or any other good musical company—giving programs calculated to uplift and properly prepare the mind for the lecture instructions to follow. Please do not prelude the Sadler Lectures with programs of the vaudeville type.

18. Regarding Doctor Sadler's Books

A. C. McClurg & Co., Chicago, publish one or two volumes of Doctor Sadler's Chautauqua Lectures every year. There is a great demand for these books at all assemblies where the Sadlers appear, and Doctor Sadler has consented that his books be sold on condition that the regular book seller's profits plus the author's royalties should be turned into the treasury of the local chautauqua. During the past few years, practically every assembly booking the Sadlers has availed itself of this offer, thereby adding greatly to the permanent effects of the Sadler Lectures, and incidentally deriving the profits from the books sold—sometimes sufficient to pay a considerable part of the lecture fees.

The books now in print are: "The Science of Living, or the Art of Keeping Well," "The Cause and Cure of Colds," "The Physiology of Faith and Fear, or the Mind in Health and Disease," "Worry and Nervousness, or the Science of Self-Mastery." In preparation: "Headache, Backache, and Other Common Pains," and "Americulitis, or the High Pressure of Life." Any or all of these books will be sent to secretaries of committees booking the Sadlers, postpaid and free of charge, upon receipt of a request that they are wanted.

19. Doctor Sadler gives his personal attention to arranging the program in detail for every Chautauqua.

The Chautauqua Managers Association.

PERSONAL ITEMS FOR REPRESENTATIVES

1. What will the local doctors say about booking the Sadlers?

The local doctors are our best friends. They believe in our work. Only rarely do we encounter a commercial practitioner who objects to this health educational work. Remember, we do not consult with, examine, or prescribe for sick people when at a Chautauqua, although we stay by the people and answer their questions. We frequently hold clinics for the nurses and doctors at the local hospital; very often the doctors give us a dinner, and we are usually introduced by a prominent local physician. Most communities in the West have one or more physicians who have been students in our clinics. Among the Chautauquas where we have appeared, Paris and Shelbyville, Ill., Sterling, Kans., Oakland, Ia., together with Albany, Ore., are presided over by physicians.

2. How many days is it best to book the Sadlers and Miss Willmer?

Either two or three days; one day only gives us a chance to get a return date. It takes at least two days for us to do permanent work. We are most often booked two days at first engagement and then sometimes three days on return dates. Some Chautauquas have used us three and four years in succession. In seven or eight-day Chautauquas book us two days—in ten-day assemblies book either two or three days.

3. Do the Sadlers and Miss Willmer repeat on return engagements?

No. Never unless in case of urgent request that Miss Willmer repeat something. The Sadlers never repeat—not even on the third and fourth return dates.

4. Does Miss Willmer do Prelude Work?

Yes, when she is not on for a full program. If committees are not using Miss Willmer for a full program each day, they are at liberty to put her on for preludes, both afternoon and evening. Most Chautauquas prefer to use a strong reader, such as Miss Willmer, for full programs, providing other talent or musical numbers for the preludes.

5. How does it come that the Sadlers have a Reader with them?

Dr. Lena's sister, Mrs. Kellogg, met Miss Willmer at our first Chautauqua engagement. They

became great friends, later Miss Willmer came to our home on a visit to Mrs. Kellogg—she liked the home—Dr. Lena liked her—and that's the whole story. She lived with us as a member of our family, until her marriage. We were doing Chautauqua work—she was doing Chautauqua work, so we tried all going together and it was so acceptable all around that we have been doing so ever since. (See History of the Sadlers on another page.) Miss Willmer's work is of such a nature and quality that we have never regretted taking her into our combination; and as she works alone in her winter Lyceum work, she prefers to stay with the family during the Chautauqua season.

6. Just what work does the Trained Nurse do?

Mrs. Kellogg assists in nearly all of Dr. Lena's Demonstration-Lectures and each day, in addition, conducts a class in home nursing and the treatment of simple disorders. It is in the demonstrations on dressing and feeding the baby, catching and curing a cold, and also in "Accidents and Emergencies" and other special lectures that Mrs. Kellogg renders such important and helpful assistance.

7. What part does the boy, William Sadler, Jr., play?

The boy, whose picture appears here and there throughout this circular assists in the demonstration work of the numerous lectures by Dr. Lena, also in many of Mrs. Kellogg's class-demonstrations, as well as in that spectacular lecture-demonstration—"Accidents and Emergencies, or What to do Until the Doctor Comes."

8. Can we book the Sadlers without Miss Willmer, or Miss Willmer without the Sadlers?

No. The only exception to this would be some open date enroute, and then we reserve the right to reject any and all such engagements.

9. What other Talent should we suggest when we book the Sadlers and Miss Willmer for two or three days?

We can fill all hours (five programs a day) ourselves, but wherever possible, we advise that some music for preludes be provided. "The Sadlers and Miss Willmer are a whole Chautauqua in themselves," literally, except the music. Among our most successful programs are those where we fill all the regular program hours, with a small musical company precluding for us.

PERSONAL ITEMS FOR REPRESENTATIVES

10. How many hours a day does Dr. Sadler's contract call for?

Your contract should specify only the hours of 2, 4 and 8 p. m. We fill the 10 and 11 a. m. hours without charge to the Committee when it is possible to reach them that early on the first day. In all cases we fill the morning hours on the second and subsequent days; but under no circumstances do we contract to fill the morning hours of the first day—and therefore no deduction from our fee will be permitted in those cases where it is not possible to reach the town in time to fill these morning hour programs.

11. How about Sunday programs?

We present some of our strongest work on Sunday. For Sunday night "The Sign of the Cross," my lecture on "Worry" or "Faith and Fear," are winners. Go ahead and book Sunday; we will fix it up all right. I also give a special address on Sunday mornings, entitled "Health and Righteousness." On Sunday afternoons, I frequently deliver "Men and Morals," to men only, in one auditorium, while Dr. Lena speaks to the women in another place. (See special Sunday programs.)

12. What about Reception Committees?

We are very jealous of our Medical Standing and Professional Connections. Both Dr. Lena and I have repeatedly lectured under the auspices of the Chicago Medical Society in the Public Library in Chicago; and in those places where a medical reception committee is not arranged for, Dr. Sadler desires to be conducted by the Secretary of the Chautauqua, or some physician designated for the purpose, on a formal visit to either the President or the Secretary of the local Medical Society, that he may pay his respects to the members of the local profession.

When you are in Chicago come around and attend a clinic. It might not be ethical to invite you to a surgical clinic, but you might very properly attend one of our "Medical" clinics—where several hundred physicians each year witness the demonstration of our methods of treating diseases—largely without the use of drugs—and in accordance with the latest methods of modern science.

13. What is the "Chicago Institute of Physiologic Therapeutics," of which Dr. Sadler is director?

The "Chicago Institute of Physiologic Therapeutics" is a unique establishment located in the Reliance Building—an exclusive medical building—and devoted to treatment of disease by all known drugless methods. Every form of bath—and every physical agency from X-ray to Radium may be found here. A prescription of some reputable physician must be presented for every treatment. It is a highly "ethical" medical establishment devoted to the expert diagnosis and thoroughgoing treatment of ambulatory patients.

14. What about the sale of Dr. Sadler's books at Chautauquas?

Read over statement of plan on another page and fully explain to committees at the time we are booked. Every Chautauqua where we have appeared in recent years (with but a single exception) has handled the books—receiving the profits and adding greatly to the permanent influence of our work.

15. Remember the Following Points:

- a—We do not manage the platform.
- b—We do not give precludes—except in case Miss Willmer is not otherwise used on the program for that day.
- c—We do not agree to fill morning hours on our first day—unless it is possible to reach the town from the preceding date in time to give the program at such morning hours.
- d—That we do not receive visitors or answer questions at the hotel. All questions must be passed up to the platform at the "Medical Round Table" at 11:30 a. m., or asked in person at the close of some lecture.

16. Agents will profit by carefully examining our sample inquiry and information blanks which appear in this circular, and which are sent to all Committees where we are booked. Many hints and other details concerning our work will there be found which are not included here.

DR. WILLIAM S. SADLER,
32 No. State St., Chicago, Ill.

TYPICAL THREE DAY PROGRAMS

THE SADLERS AND MISS WILLMER ARE A WHOLE CHAUTAUQUA IN THEMSELVES

FIVE PROGRAMS A DAY—THE MEDICAL ROUND TABLE, CONDUCTED BY THE DRs. SADLER, AND ONE PROGRAM BY EACH MEMBER OF THE COMPANY

FIRST APPEARANCE

First Day

- 10:00 A. M. Class-Demonstration.
"Biliousness and Indigestion."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Dramatic Recital.
"Big Moments from Great Dramas."
Sarah Mildred Willmer.
- 4:00 P. M. Lecture, "Suggestion in Child Culture, or Making Children What We Want Them to Be."
Dr. Lena K. Sadler.
- 8:00 P. M. Lecture, "Americauitis, or The High Pressure Life." Accompanied by Blood Pressure Demonstrations.
Dr. William S. Sadler.

Second Day

- 10:00 A. M. Class-Demonstration.
"Nervousness and Sleeplessness."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture, "The Weak and the Strong, or The Tragedy of Civilization."
Dr. William S. Sadler.
- 4:00 P. M. Lecture-Demonstration.
"The Cause and Cure of Colds."
Dr. Lena K. Sadler, assisted by Mrs. Kellogg.
- 8:00 P. M. Dramatic Recital.
"The Sign of The Cross."
Sarah Mildred Willmer.

Third Day

- 10:00 A. M. Class-Demonstration.
"The Home Treatment of Pain."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture-Demonstration.
"Accidents and Emergencies, or What to do Until the Doctor Comes."
Dr. William S. Sadler, assisted by all members of the Company. (In two parts—Miss Willmer giving a miscellaneous interlude.)
- 8:00 P. M. Lecture, "Worry and Nervousness, or The Science of Self-Mastery."
Dr. William S. Sadler.

RETURN ENGAGEMENT

First Day

- 10:00 A. M. Class-Demonstration.
"Science in the Sick Room."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture, "When Doctors Disagree, or Medical Fads and Fancies."
Dr. William S. Sadler.
- 4:00 P. M. Lecture (Women only and girls over 14), "Childhood Purity."
Dr. Lena K. Sadler.
- 8:00 P. M. Dramatic Recital.
"An Evening with Great Plays."
Sarah Mildred Willmer.

Second Day

- 10:00 A. M. Class-Demonstration.
"Typhoid and Simple Fevers."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture-Demonstration.
"Dressing and Feeding the Baby."
Dr. Lena K. Sadler, assisted by Mrs. Kellogg and Miss Willmer.
- 4:00 P. M. Dramatic Recital.
"Aunt Jane of Kentucky."
Sarah Mildred Willmer.
- 8:00 P. M. Lecture, "The Physiology of Faith and Fear, or the Mind in Health and Disease."
Dr. William S. Sadler.

Third Day

- 10:00 A. M. Class-Demonstration.
"The Bandaging Class."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture, "Man and the Microbe, or How the Body Resists Disease."
Dr. William S. Sadler.
- 4:00 P. M. Demonstration-Lecture.
"Foods, Facts and Fancies."
Dr. Lena K. Sadler.
- 8:00 P. M. Dramatic Recital.
"Kindling."
Sarah Mildred Willmer.

TYPICAL TWO DAY PROGRAMS

THE SADLERS AND MISS WILLMER ARE A WHOLE CHAUTAUQUA IN THEMSELVES

FIVE PROGRAMS A DAY—THE MEDICAL ROUND TABLE, CONDUCTED BY THE DRs. SADLER, AND ONE PROGRAM BY EACH MEMBER OF THE COMPANY

THIRD YEAR

First Day

- 10:00 A. M. Class-Demonstration.
"Gymnastics Without a Gymnasium."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Dramatic Recital.
"Joan of Arc."
Sarah Mildred Willmer.
- 4:00 P. M. Lecture-Demonstration.
"Healthful and Beautiful Dress."
(Women only.)
Dr. Lena K. Sadler, assisted by Mrs. Kellogg and Miss Willmer.
- 8:00 P. M. Lecture, "The Slum—Its People and Problems."
Dr. William S. Sadler.

Second Day

- 10:00 A. M. Class-Demonstration.
"Scientific Housekeeping."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture, "The Science of Living, or the Art of Keeping Well."
Dr. William S. Sadler.
- 4:00 P. M. Lecture-Demonstration.
"Headache, Backache and Other Common Pains."
Dr. Lena K. Sadler.
- 8:00 P. M. Dramatic Recital.
"The Woman of Samaria."
Sarah Mildred Willmer.

Typical Sunday Program No. 1

- 10:30 A. M. Lecture-Sermon.
"Health and Righteousness."
Dr. William S. Sadler.
- 2:15 P. M. Lecture, "The Slum—Its People and Problems."
Dr. William S. Sadler.
- 4:00 P. M. Lecture (Women only).
"Modern Miracles—A Story of Social Redemption."
Dr. Lena K. Sadler.
- 8:00 P. M. Dramatic Recital.
"The Sign of the Cross."
Sarah Mildred Willmer.

FOURTH YEAR

First Day

- 10:00 A. M. Class-Demonstration.
"Cooking for the Sick."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Dramatic Recital.
"Peg O' My Heart."
Sarah Mildred Willmer.
- 4:00 P. M. Lecture, "The Truth About Alcohol."
Dr. Lena K. Sadler.
- 8:00 P. M. Lecture, "Health and Righteousness."
Dr. William S. Sadler.

Second Day

- 10:00 A. M. Class-Demonstration.
"The Home Sanitarium."
Anna B. Kellogg, R. N.
- 11:00 A. M. "The Medical Round Table."
Conducted by the Drs. Sadler.
- 2:15 P. M. Lecture, "The Marvels of Digestion, or the Secrets of Strength."
Dr. William S. Sadler.
- 4:00 P. M. Lecture, "The Cause and Cure of Constipation."
Dr. Lena K. Sadler.
- 8:00 P. M. Dramatic Recital.
"Brand"—by Ibsen.
Sarah Mildred Willmer.

Typical Sunday Program No. 2

- 10:30 A. M. A Practical Christian Talk.
"Personal Experiences in Slum Work."
Dr. Lena K. Sadler.
- 2:15 P. M. Lecture, "The Cause and Cure of Worry."
Dr. William S. Sadler.
- 4:00 P. M. { a—Lecture to Men only.
"Men and Morals."
Dr. William S. Sadler.
b—Lecture to Women only.
"Childhood Purity."
Dr. Lena K. Sadler.
- 8:00 P. M. Miscellaneous Sacred Recital.
Sarah Mildred Willmer.

REVIEWS OF DR. SADLER'S POPULAR MEDICAL WORKS

"The Physiology of Faith and Fear"

"In recent years the public has become insistent on knowing certain facts in medicine and the medical profession has slowly yielded to the public's demand. This book was written for the general reading public in simple, terse phraseology and with a thoroughness seldom surpassed or equaled even in strictly technical writing. The subject of 'nerves' is treated in a sane and rational manner. In the 580 pages of this book there is not a paragraph to which serious objection is possible from the strictly medical point of view. No hesitation need be felt in placing this volume in the hands of a patient, as reading it must make one a more intelligent, consequently a more appreciative patient. We hope that this book which, being sold at novel price, will probably be widely read by the general public, will thus help to mould saner views with reference to so-called 'mental healing.'"—*The Journal of the American Medical Association, (Chicago)*

"Dr. Sadler is well enough known to the reading public through his writings not to need an introduction here; but in this his latest book he has probably rendered his greatest service thus far. The work is scientific, and so eminently plain and practical that it is a pleasure as well as a profit to read it."—*Springfield (Mass.) Republican.*

"In the most earnest manner of which one is capable is the conviction of the present reviewer that the 'Physiology of Faith and Fear,' treating on the mind in health and disease, ought to be in every household where English is read."—*Portland Oregonian.*

"This work gives some anatomy of the nervous system in a plain, non-technical style, followed by some physiology written sensibly, rightly, and understandingly; while the plan of ending each chapter with an orderly, clear, numerically arranged summary will add greatly to its ease of comprehension. Would that this book could be well nigh universally read."—*Dr. W. A. Evans, in The Chicago Tribune.*

"This is a valuable and interesting book written by a Christian physician. The Journal of the American Medical Association speaks of it as 'written for the general public in simple, terse phraseology, and with a thoroughness seldom surpassed or equaled, even in strictly technical writing'; and further, 'that there is not a paragraph to which serious objection is possible from the strictly medical point of view.'"

"This is saying a great deal considering its source, and emboldens us to add that there is not a paragraph to which serious objection is possible from the strictly theological point of view. The writer takes care to say that the 'faith' he is speaking of chiefly, is psychologic, which he discriminates from Christian faith, thus saving much confusion of thought; but when he comes to speak of Christian faith, as for example, in the matter of prayer, he does so in terms that are thoroughly sound and devout. It is altogether the best treatise on the power of mind over matter we have ever read, and one of the best answers to Dawidson, New Thought, Esotericism, Christian Science, and all the rest. It is a good book for the family, and also one from which ministers may draw many a useful fact and telling illustration, for their pastoral and pulpit work."—*Dr. James M. Gray, Dean of The Moody Institute, Chicago, in The Christian Workers Magazine.*

"The Science of Living"

"Who so wishes to live the simple life, meaning by that the possession of a sane mind in a sound body, will find a competent instructor in Dr. William S. Sadler. He has taken the mass of recent literature on health, has sifted it down to its essential elements, and by the aid of his medical knowledge and skill as a writer, has set forth the result in a valuable book entitled, 'The Science of Living, or the Art of Keeping Well.'"—*Chicago Inter-Ocean.*

"Dr. Sadler has written an exceedingly useful work on the general subject of hygiene. The volume is intended rather for the layman than for the physician. The chapters on the value of sunlight, on digestion, on the adulteration of food, on sleep, and on fresh air, are admirable in their lucidity.

"Dr. Sadler writes like one who has a thorough command of the English language. His book is a mine of information, and the excellent illustrations enable the average reader to understand the internal structure and the exact organization of the human body."—*The Rochester Post Express.*

"With no technical phrases or medical terms, but in plain, every-day English, Dr. William S. Sadler gives in 'The Science of Living, or the Art of Keeping Well,' a concise outline of modern hygiene. It is a common-sense book, free from fads and foms."—*Boston Globe.*

"The book contains an extraordinary amount of information, and will repay a careful study. The subject is treated from the standpoint of the physician and the treatment of health problems is unusually free from fads."—*New Orleans Picayune.*

"The author's purpose in this book is to present to the lay-reader, the teacher, the student, and the health-seeker, a concise outline of Modern Hygiene free from scientific technicalities and medical terms. And right well has Dr. Sadler carried out the purpose. It is a right good, valuable work, full of instruction, all put in plain terms, and the directions it gives are easy to follow by anyone who lives a normal American life. It is better to live in health than to be cured of disease. So is it better to follow intelligent instructions how to ward off disease, and so be well all the time. And those who follow the instructions in this book can see their advantage in so doing and in keeping constantly free of disease."—*Salt Lake City Tribune.*

"The Cause and Cure of Colds"

"A much-needed and valuable service has been performed by Dr. Sadler in pointing out the causes of colds, the precautions that should be taken to avoid them, and the treatment that will be most effective in getting rid of them. The relation of germs to disease and the conditions that make them active and deleterious are described with good judgment and discrimination."—*The Christian Register (Boston).*

"Dr. Sadler is the sworn foe of colds, and what he has to say about this most insidious foe of health is really of immeasurable value."—*The Chicago Tribune.*

"Dr. Sadler has given us a fund of instruction, clearly stated, and easily followed."—*The Christian Endeavor World.*

"As a study in colds, their types, developments, causes, dangers, and cures, this concise little volume could scarcely be surpassed for practical usefulness. It holds to the gospel of an onset of prevention being worth a pound of cure, but to the patient wrestling in the throes of a miserable and preventable sickness it brings a surgeon's wisdom and healing. One of the books no household should lack."—*The Baltimore Sun.*

The Sadlers and Miss Willmer

32 North State Street
Chicago

REMEMBER, WE GIVE FIVE PROGRAMS A DAY WHEN WE ARE ON THE GROUND

INFORMATION BLANK ADDRESSED TO CHAUTAUQUA SECRETARIES.

Chautauqua at

Name of Secretary

The Secretary is kindly requested promptly to fill out this blank and forward same to Dr. William S. Sadler, at above address.

1. What dates have you booked us?

2. What hours do you expect us to fill each day?

First day A. M. P. M.

Second day A. M. P. M.

Third day A. M. P. M.

3. What other Talent will you have, and what hours will they fill?

First day A. M. P. M.

Second day A. M. P. M.

Third day A. M. P. M.

4. What health lecturers did you have last year, or the year before—give name and subject?

5. Do you have any other physician or health lecturer on your program this year?

If so give name and subject

6. What Readers have you had the last two years? Give names and state name of plays read—if you remember

7. Do you hold regular morning sessions?

8. What will you have for your morning sessions this year—besides our work?

9. How far are your grounds from station?

10. How far from leading hotel?

11. What is the best way to reach the grounds?

SAMPLE INQUIRY SHEET SENT TO CHAUTAUQUA SECRETARIES. TEAR OFF ON THIS DOTTED LINE

12. Name of your best hotel? American or European plan?
13. Can arrangements be made for our Company to stop at above hotel on the European plan?
14. Do you have a European hotel? Name?
- Character?
15. Do you have a dining pavilion on the grounds?
16. Is there a hotel or private rooms (with or without board) on or near the grounds? If so, kindly give names, particulars, and addresses
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17. Is there any special Sanitary or Health need of your community which I should help—such as sewers, water or milk supply, etc.?
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18. Do you have an Auditorium or Tent?
19. Do you have footlights?
20. Do you have a dressing room?
21. Will you have a platform manager?
22. Please give name and address of platform manager
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(It is our plan to personally communicate with platform manager regarding the character, object, and aim of our work—when they are unfamiliar with the same.)

23. Please give the names of several of your leading physicians with whom we may correspond concerning our work and thus lay plans in advance for our mutual co-operation in this propaganda for the health of the people.
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24. What is your telephone?
25. Will you send me a copy of your program as soon as printed?
26. If my published works (containing the Chautauqua lectures) are placed on sale at your headquarters, will your Chautauqua accept all of the book sellers profits and the authors royalties, in accordance with the plans and arrangements laid before you by our managers, and as printed elsewhere in our circular?
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Thanking you for your kindness in supplying us with this data, and promising immediately to forward to you detail suggestions regarding our programs at your chautauqua, we beg to remain, sincerely yours,

WILLIAM S. SADLER, M. D.
32 N. State St., Chicago, Ill.

MEDICAL OPINION RESPECTING THE SADLERS

Columbus, Ind.

"The Sadlers simply delighted the Chautauqua people of Columbus. Their lectures were both instructive and entertaining. It is indeed hard to estimate the amount of good that is being done for the people by Dr. Sadler's lectures. Their tendency is decidedly for the uplift. Dr. Sadler is a lifter, not a leaner."

Geo. T. McCoy, M. D.

Eureka, Cal.

"Dr. Sadler and his co-workers, in their untiring efforts to enlighten the public on health subjects through the medium of the Chautauqua, are certainly deserving of--and entitled to--all the support and cooperation that can possibly be given, by both the public and the medical profession. The Doctor's influence in our midst was good, and his special address to the local medical society was greatly appreciated."

C. M. Mercer, M. D.

Oakland, Iowa.

"Dr. Sadler and his associates are engaged in a work which is a great contribution to the educational value of the Chautauqua. They are truly preaching the 'Gospel of Health' to the masses. The people are anxious to hear their message because it is an inspiration to better living, better health, and consequently better citizenship. Their program is new and original, wonderfully interesting and a great benefit to any community. Their lectures are conducted along strictly ethical lines, while they are both illuminating and scientific.

The whole Company is intensely in earnest regarding the work and they make a very strong appeal to the audience. Every member of the Company is a decided success, and our people were simply delighted with them."

R. G. Smith, M. D.



FIVE FIFTY PROGRAMS EACH DAY

FIVE FIFTY PROGRAMS EACH DAY

"ARRIVING"

THE SADLERS AND MISS WILLMER ARE A WHOLE CHAUTAUQUA IN THEMSELVES