THE title of this article suggests a startling contrast—that of the free woman, intelligent, strong, unhampered by restrictions, mental or legal, in the body social, and that of the child-woman in the harem, the puppet and plaything of man, uneducated, restricted by law and tradition to the actual four walls of a home, and without rights or privileges outside of this home.

In India and Persia and China we have the harem woman. The woman who, from infancy to old age, never escapes the dominance of some individual man. In her youth it is the father; in womanhood it is the husband; in old age it is the sons.

No harem woman EVER IS FREE FROM THE LEGAL DOMINANCE OF SOME INDIVIDUAL MAN. LIKE THE CHILD THAT NEVER GROWS UP, SHE NEEDS A GUARDIAN ALL HER LIFE.

The harem woman is not allowed to go to school. She does not appear on the streets without being swathed in veils, and with a guardian at her side. The harem woman doesn’t know, probably, what the word “government” means. Politics is Greek to her, and civic conditions might be the worst ever, without the fact reaching her in concrete terms.

The harem woman literally never bothers about affairs outside of her home, and she is not up to western standards about affairs within the home.

In short, the harem woman is frankly treated as an infant, mentally, and consequently she remains as such.

(Continued on page 3, column 3.)

After Nov. 1, this Magazine will be known as “The Coming Nation”—better than ever!
Principles of Mental Hygiene Applied to Management of Children

BY DR. LEWELLYS F. BARKER

ONE fact which has become ever clearer as medical knowledge has advanced concerns the nutrition of the child. Faulty feeding in infancy and early childhood may lead to such impairment of the nervous system that the child will have such stunting of growth that the ill effects can never be recovered from in later life. A considerable proportion of the intellectual and moral inferiorities among our people is fairly attributed to faulty feeding in the early years of life, by brutality and ignorance on the care and feeding of children that it is not necessary to dwell at length upon the subject. Plenty of good simple food, including milk, vegetables, and fruit, with avoidance of condiments, coffee, tea and alcohol, may take place at all temperatures, play and exercise in the open air, has a bearing on this point, for a child who has formed good habits in these various directions will have avoided many lessons in the steering of his mind to bear pain and to ignore small discomforts.

Physicians who work among nervous cases realize how often the child who has been too much shielded from the vicissitudes of life becomes the victim of nervous break-down later in life. I have seen many a woman who could bear great sorrow or suffer without flinching the pain of childbirth who still had no tolerance for the little ills of life. In such cases it is the idea rather than the sensation from which the patient suffers and such abnormal ideas most frequently arise in those who have not learned in childhood to bear pain well or to adjust themselves without complaint to the disagreeable sensations and experiences which are essential to a normal bringing up.

THE VAMPIRE II.

BY BERT LEACH

(Apologies to Kipling)

A fool there was and he cast his vote
(Even as you and I)

For ragged pants and a tattered coat,
And some e'en grimmer handicap, he dote,
He voted for G. O. P. you'll note,
(Even as you and I)

Oh, the work we do for the favored few,
And the work we do for ourselves we get.
We crack the nuts and they take the meat,
They hand us chaff and they take the wheat,
And to make our bondage more complete,
We vote for this system yet.

A fool there was and he good has none,
(Even as you and I)

He worked like 'e'll from sun to sun,
He got no cash so he worked for fun,
And he voted just as his dad had done,
(Even as you and I)

Oh, he worked like fun from sun to sun,
And he plotted and schemed and planned,
But he just could not make both ends meet,
And he worked just to make both ends meet.
And he voted just as his dad had done.
(Even as you and I)

THE WOMEN

BY VIRGINIA CLEAVER BACON

(“The great powers will force armed intervention.”
—Press Dispatch.)

In each virgin breast
Hark, the cry! "If he go to die,
When shall the day of mating be,
The bride-time God hath set for me?
’Tis God’s own plan must wait
While ye wreak your hate?"

Wives who know the pride
Of children and hearthside,
And love with service blent;
From the dread intent
Of the flag and drum, see them cringe, and cry,
"Not his, the father’s, his not to die!
Let be, let be with your greed of purse,
Ye wreck our homes with your war’s wild curse!”

Mothers, palesid and old,
Whose withered breasts are cold,
Shake with a storm of sighs,
Drop slow tears from rheumy eyes
And moan,
"Would ye leave me alone?
Would ye tear my sons from me?
To go down to your butcher?
Not beasts are we whose young ye lead to the pen;
We are the mothers of men!
Have done, have done,
I would keep your son P."

So, if ye harken, when through the land
Speed whispers of war, on every hand
Ye will hear the women cry
Their wailing world-old rune.
"Twere well, O masters, to listen and understand!

WOMAN’S AWAKENING, a beautifully decorated two-color poster-poem by Josephine Cooper-Kaneko, is the champion of woman’s demand for justice. Printed on fine heavy eggshell paper. Ready for framing. Just the thing to look good on your wall. Yours for 10 cents; three for 25 cents. How many do you want?

Recently the government seized 32,-000 pounds of cold storage chicken and sixty-six bottles of imitation champagne. Both were declared unfit for food. Now just think if some of the stuff got into your house or stomach! But remember, the chickens and imitation champagne would have been sold at a profit—at your expense. Undoubtedly Socialism we’d all have good clean chicken and real champagne, and you wouldn’t be stung on the price.
MUST WOMAN FIGHT HER OWN BATTLES?

BY HELEN UNTERMAN

ES, and no! It depends upon the viewpoint. If men were still as far from being fully developed to look upon women's struggle for freedom from the evolutionary standpoint, if they desired to protect lies and not mere sex interest—is involved, then we could answer, No. This viewpoint would furnish to men the justification for a great struggle, namely, freedom of development and freedom of expression of her own psychology for the benefit of the human race.

The psychology of woman is different from that of man, because the function of each is different. Woman carries life, and bears life, while the function of man is merely that of fertilization. To keep in mind this biological difference is of vital importance, for it is this difference that marks the difference of the nature of man and the communistic nature of woman. Man's part in the production of life is transient; he has fulfilled his function as a male. But woman! Ah, there is a vital difference. If his function is to produce, her life is at once inseparably connected with the life of another. This creates a bond of mutuality in physical feeling of which a man has no conception. The conception of its psychic effect that the difference of function of man and woman must have upon the shaping of their characteristics—and one can readily understand why the world of today, the man-made world, is Individualism personified.

Here lies great danger in the freedom of expression of but one psychology at the expense of the other, but when the freedom of both is secured, then the function of each is for the good of the whole human race. Only when combined can the beauty and strength of either be developed and the shortcoming of either be balanced. Only then will they really and truly complete one another.

But at present, with the exception of a few, men do not see so far. Woman's battle is viewed from the narrow sex standpoint, and it is the narrowness of this point of view that makes the relation of woman to man the same as that of the workclass to the ruling class. In either case the consciousness is absent that which looks like a sex and class question is in fact a race question. For this reason, it means in either case, "Fight your own battle!"

In either case the object is a struggle against intense individualism. It is this intense individualism that makes larger feeling and action of the ruling class the same as that of the workclass to the ruling class. In either case the consciousness is absent that which looks like a sex and class question is in fact a race question. For this reason, it means in either case, "Fight your own battle!"

Now, the western woman, of course, is not in the same class with the harem woman. She looks upon her sister of the Orient with the greatest commiseration. In the first place, her life is, to the western woman, an immoral one. In the second place it is too dependent, too narrow, too useless. The western woman does not envy the harem woman her position either as wife, mother or social creature. On the other hand, she pities her. She is willing to devote time and money to her salvation from her deplorable state.

And yet, a strange thought comes to her, the harem woman's picture is only an instructive one. It is just as true in OUR Western Woman. First of all, she regards the western woman as shameless, if not actually immoral.

Does the western woman go unscathed on the streets? Does she not talk fearlessly with men, without the blush of modesty rising to her cheeks? The harem woman would never, never, NEVER think of doing such a thing.

And is this as far as the harem woman's reasoning about the position of her western sister can go?

But since she has started it, let us carry the comparison along a little further, at least as far as OUR intelligence permits us, and do it from the harem woman's point of view.

Is not the western woman taught, very much as is the harem woman, that woman's place is in the home, and that man is her natural protector?

And does not the western woman, when her husband dies or deserts her, have to support herself and her children, even though she has never been trained for such responsibility—having been taught that man is her natural protector?

The harem woman would never, never have to do that! Her father or sons would take care of her to the end of her days.

And is not the western woman rather brutal to her children, who must work long hours at low wages in mills and factories?

But since she has started it, let us carry the comparison along a little further, at least as far as OUR intelligence permits us, and do it from the harem woman's point of view.

Are there not hundreds of thousands of women sold into lives of shame every year in western countries by western men? Harem women are never afraid of facing this life. Their men guard them from this, as they guard them from starvation and poorly-paid labor.

The western woman is permitted an education; but has she not fought hard for this? And are there not many schools even yet closed against her? The harem woman is frankly ignored and nobody treats her with less respect for it.

The western woman in some instances possesses the right of franchise. But she is not permitted to hold the best-paying political positions. The harem woman has nothing about politics—but at least she has never had to pay the price the western woman has had to pay in ridicule and scorn and contempt in gaining her few political rights.

In short, the harem woman is banned, but in her bondage she is protected. The western woman is free—with a string to the freedom; is bound, with necessity ever urging her on to the Great Goal.

(Continued from page 1, column 3.)
The western man is at a loss to know what to think of the western woman, or what to do with her. "Her place is in the home, her vocation motherhood," he too often believes, and tenaciously clings to the notion of keeping her in her place and at her vocation. The western man in the garb of necessity, is forcing the woman out of the home; is making her in many instances the bread-winner; is taking the protectant of man away from him.

The western man could assist a great deal if he would work in harmony with Fate, and help the woman to the place she must ultimately win—that of the Free woman, the independent, the self-dependent, the individual. He could help, if he would permit his ideas regarding woman to develop with the development of all other things. IF HE COULD PUT ASIDE HIS HAREM IDEA OF HER, AND AT ONCE DO HIS PART IN MAKING HER HIS SOCIAL, POLITICAL, INDUSTRIAL AND MENTAL EQUAL.

The harem man is squarer with his woman than is the western man with the harem idea. He frankly says, "The woman is the weaker vessel, and it is our duty to take care of her, and to provide for her from birth till death, and we are doing it."

The western man says, "The woman is the weaker vessel, and it is our duty to take care of her, and to provide for her from birth till death, and we are doing it."

The harem woman is a plump, dark-eyed, indolent child, contented within her four walls, with her soft cushions, her little dinners, her sweetmeats, her brilliantly-dyed dresses, her babies. She never worries about "where the next meal is to come from." Her father, her husband, her sons, are her "meal ticket," and eastern sentiment does not permit them to shirk their responsibilities toward her.

The western woman has reached the pinnacle of equality with the sterner sex outside the home, nor is she secure within her home. At present, and for some time, she has been a baffle between the insecurity of the home and the threat of the last moment, her full industrial rights, of full economic freedom. Just how long the painful situation will last for the western woman no man knows. The time that we shall have the free woman with us depends upon our industrial development, and an awakened social consciousness regarding woman's place in the scheme of things.

Meanwhile, let us not blame the harem woman if she does not envy us our present social position!

THE 7,000 physicians who attended the International Medical Congress in London last month have decided to fight sexual diseases all over the world. During a debate between American and English physicians advocated state control. One surgeon said persons should be punished for concealing these diseases. Others declared that prohibition would lead to concealment of the disease. Some doctors decided to advocate a wider spread of knowledge regarding personal hygiene, and to ask governments to have a system of confidential notification, and to create systematic provision for the treatment of cases not otherwise provided for.
LITTLE LESSONS IN GOVERNMENT
BY BARNET BRAVERMAN
(Continued from Last Month)

The Jury.
41. What is a jury?
A jury, in law, is a body of qualified persons, selected in the manner prescribed by law, impaneled and sworn to inquire into, and try any matter of fact, and to declare their verdict on the evidence presented to them in the case.

42. How many kinds of legal juries are there, and what are they?
Four: A grand jury, a petit or petty jury, a special jury, and a jury of matrons.

43. State the functions of each of the four juries.
A grand jury calls for the indictment of crime, considers claims of criminal offenses, and if case be found, to find true bills against the accused. A petit or petty jury consists usually of twelve persons selected in court to try issues of fact. A special jury is a jury of a certain class, trade, or business, called to determine a question relative to occupation or profession. A jury of matrons consists of women chosen to determine whether a woman is pregnant or not.

44. How many people compose a grand jury?
In the United States, grand juries vary in number of members, but there are never more than twenty-three, and in all states twelve must agree on a verdict.

45. What are the qualifications for becoming a juror?
One must be 21 years of age, a resident of the state for one year, of the county three months, and have the name on the last assessment roll of the county, or city and county.

46. Where do women serve on juries?
In the suffrage states where women vote. In some of these states, it has been found that women are not as much interested in producing a jury as men, and that women are ineligible for jury duty in that state.

Legislation

47. What are the three branches of government?
Legislative, judicial, and executive.

48. Why do we have legislative departments in our local, state, and national governments?
For the purpose of expressing our desires in the form of law.

49. What departments of legislation have we in the national government?
The Senate and the House of Representatives. The Senate is the upper house and the House of Representatives is known as the lower house of Congress.

50. How are senators chosen?
By legislators in the state Legislative of each state—and not by the people! Two senators represent each state in Congress. To be eligible, one must be 30 years of age and have been a citizen of the United States for nine years.

51. For how long is a senator elected, and what is the yearly salary?
Senators are elected for a six-year term, and their salary is $7,500.

52. How are representatives chosen?
By the people at the polls, although candidates on the Republican, Democratic and Progressive party tickets are selected by some individual political leader or powerful commercial interests controlling either the leader, candidate, or both. Representatives are elected to represent the states according to the population, in the proportion of one to every thirty thousand. States having less than 30,000 have at least one representative.

53. What are the legal qualifications for representatives?
Age must be 25 years; citizenship seven years or more. (Note: Salary for a representative is the same as paid a senator.)

54. On what day does Congress assemble? What does it do to proceed?
On the second Monday in December of each year. After receiving the president's annual message regarding the affairs of the nation and recommending such legislation as he favors, Congress proceeds to the business of legislating.

55. Who are the presiding officers of the Senate and the House of Representatives?
The presiding officer of the Senate is the vice-president of the United States. The House of Representatives elects its own presiding officer. It may also be added that each house makes its own rules, passes upon the qualifications of its members, punishes them, if necessary, for disorderly conduct, and, by a two-thirds vote, expel a member. Neither house may, without the consent of the other, adjourn for more than three days during the congressional session.

56. What are the functions of the lower and upper houses?
The lower house originates bills providing for the collection and expenditure of money. It also has the right of impeachment, but the trial of impeachment and the approval of appointments of Supreme Court judges and ambassadors are duties of the Senate. Otherwise, kind of bills can be presented by any member of either house. Also, bills are referred to committees or placed on the floor, and finally passed by a majority of both houses to become law. A two-thirds vote is required to pass a bill over the president's veto.

57. Next month we will have our Little Lessons in Government deal with the duties of the President, and the Departments of State, War, Treasury, Postoffice, Navy, Interior, Justice, Agriculture, and Commerce and Labor. Before dealing with the United States Constitution and showing its existing flaws, as we announced last month, we propose to finish in reading about Jury and Legislative functions.—Ed.

Announcement

THE PROGRESSIVE WOMAN TO CHANGE ITS NAME.
BEGINNING with the November issue, The Progressive Woman will be known as The Coming Nation.

Seven years ago, when The Progressive Woman (then The Socialist Woman) was started, there was no other newspaper, only four states had suffrage for women, and none of the big magazines and newspapers gave space to the problems which were of special concern to radical women. We felt that if we reached the women with our propaganda we must do it through a woman's paper. We said at the time that separate papers for women were merely an expediency, and the time would come when they would pass away. And when that time came we would abolish The Progressive Woman, or convert it into a magazine of general social interest to men and women.

We believe the time has come when the separate magazine of progressive appeal is growing superfluous. The problems of men and women are fast being recognized as identical. Great strides are being made toward an equalization of the sexes in the social world. It is useless longer to attempt to draw a line in the intellectual world. THIS IS OUR REASON FOR CHANGING THE PROGRESSIVE WOMAN INTO A MAGAZINE OF GENERAL APPEAL TO BOTH MEN AND WOMEN.
We are taking the name THE COMING NATION because no other name suits our purposes better. The coming nation should be a nation of equal privileges and sharing all the blessings of government equally. There should be no discrimination because of sex, and there should be no upper and lower classes. There should be only THE HUMAN RACE, strong, splendid, intellectual to the highest degree of an advanced civilization.

This is the end we will work for in The Coming Nation. We are also taking this name because it is known and loved by thousands of Socialists and radicals, we will be glad to see it revived again.
The Coming Nation will have a strong list of special writers—Socialists who are editorial writers and men whose names are well known in the literature of our movement. First-class artists will help embellish our pages with pictures and graphics which we hope to give The Coming Nation readers a high-class, alive, intelligent and interesting propaganda and educational magazine.

The price of The Coming Nation will be in the reach of all. It will be sold for 2½ cents a copy. A fine list of premiums will be given for subscriptions. Send your subscription today and get the first number of the new Coming Nation and a list of premiums offered.

F course, you won't miss your turkey on Thanksgiving Day, and you'll smack your lips after swallowing your cranberry sauce—that is, if you don't miss your turkey and the sauce. Perhaps you'll follow Oly John D. Skinneymather's advice, and be thrifty by buying a spring chicken, hard as nails. But whatever you do, you won't miss

The Thanksgiving Number

of “The Coming Nation” next month. This number will help you laugh capitalism and special privilege off the earth. At the same time it will show you the kind of turkey the capitalist likes to pluck!

Better place your bundle orders (at 2½ cents per copy) now—and AVOID THE RUSH. Address The Coming Nation, 3445 Drexel Avenue, Chicago, Ill.
THE EFFECT OF CERTAIN DRINKS.

By Dr. Elizabeth Shapleigh, M.D.

COFFEE is not a food. The feeling of satisfaction which follows a drink of coffee is due to its stimulating effect. Coffee is one of the most powerful stimulants known. It is now used in hospitals where formerly brandy or other toxic stimulants were given. A cup or two of strong coffee will excite the heart-action, quicken brain-action, making thinking more clear, and the emotions more vivid. However pleasant this may seem for a time, it is later a reaction set in and the bodily functions grow sluggish and the sensibilities dulled. There is a tendency among habitual drinkers to exaggerate the word. We can even hear the remark, "I have a headache today because I did not have a cup of coffee."

The headache is due to the reaction following a former stimulation. It is wrong to excite the act of drinking coffee in order to do a certain amount of work, for a person "pays for it" later.

Cocoa has a stimulating effect like coffee, only not so powerful. Evaporated milk is a cup of cocoa may seem, yet if a cup or two is taken at a time, it will not cause the same stimulation of the heart and brain occur, followed later by a sluggish reaction.

Drug stores furnish a variety of drinks of varying food value. It is never harmful to drink light drinks, but avoid heavy drinks such as milk, egg-shake, chocolate-shake, etc., all of which are both refreshing and nourishing. Moreover, fruit drinks, such as lemonade, orangeade, apple-juice, and mingled juices of certain fruits and water; these contain food elements, and as well are pleasant to the taste.

A light drink includes ales, beers, moccas, etc. These all fermented fruit-juices contain more or less alcohol. Light drinks are often considered harmless. Alcohol even in small quantities has an injurious effect on the membrane lining the digestive tract. It is readily absorbed into the blood and injures the blood-corpuscles. It hardens the nervous system. It is not necessary for a man to become intoxicated in order to develop "a drunkard's heart." A regular moderate use of beer will relieve a certain diseased condition to develop.

To remain in good health one should not have too much coffee. We say it is a necessity to drink the right amount of water daily. Patients have said, "But doctor, I don't like to drink water." Pure water of moderate temperature, never injures the stomach or causes indigestion. If the water does not contain a feeling of uncleanliness, it is due to the digestion. Food which is in the stomach, causing indigestion. Much of the chronic indigestion with eating feeling in the stomach is from this cause. Moreover, tea causes a sluggish action of the bowels. Women keep the teapot always at hand, and frequently take a drink while about their work. They are following a rule, drink freely of tea. This is not beneficial, but rather is harmful.

THE DEVELOPMENT OF PERSONALITY.

The proverb, "A merry heart doeth good like medicine is true. Although in times of ill-health, or over-fatigue, one cannot drink which makes you so above depression, yet many times low spirits are due to habit and can be relieved.

If you have the undesirable tendency to be depressed or irritable, try the following remedy. Instead of alcohol or other stimulant, answer everything in a hurry manner, use your will-power to change your expression, and force yourself to assume a business posture.

Stand erect, raise the chest, draw in the breath deeply, hold and stretch several times, relaxing as you relax. Repeat this until the muscles of the throat. If they feel constricted, follow the yarn with water and keep the nostrils dilated and broaden the respiratory passages of the nose and throat, so that the person can breathe freely. This will make inhalation easier.

Look in the mirror and smile. Begin the day as if you are about to develop a certain diseased condition to develop.

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THINGS IN THE MAKING

PEOPLE DEVELOP OUTSIDE THE HOME

The word “home” is surrounded by many wholesome sentiments. We seldom have the courage to compare fact with sentiment. If we did, we would see people develop, broaden, and grow, not just in the home, but because they live, think, and work outside the home.

Life is so broad today that the only way to develop individually is to think and feel and do things in the big world home. Contact with the arts and sciences and laws are not to be found in the individual home, but outside of it. Home life cannot have growth and development unless it keeps in touch with what is going on in human life and human activities. A fine home life can only be produced by a fine social life. The kind that invigorates and strengthens the mind and character. Home life does not have the spirit needed in society. But society does supply the spirit needed in such homes as we wish to have. The more free and civilized a nation is, the more delightful its home and family life will be.

Home and family worship are often anti-social. Members belonging to homes where home and family worship prevail are not always receptive to the panorama of the world outside their worship. A home can be a hut, a small house, an apartment building, and it can also be the world. The world is the biggest home because it has no definite limit of progress, and what people need is more of this world. What they need is to be brought up in this home, or as we would say, to be brought up in society.

HUMAN WORK IS MAN’S, AND WOMAN’S, TOO

Did you ever ask yourself why the whole field of human progress has been regarded as the exclusive realm of masculine activity? For centuries down to the present day, education, government, industry, art, and science have been considered male functions. Woman’s functions were supposed and are still thought to be embodied in submitting to man’s whims, man’s customs, man’s needs, to the point of absolute humbleness and drudgery.

You will probably remember the time when the clergy, the press, and the politician were shocked into blushing indignation of the sexiest kind because a woman, here and there, made nautical of nautical man-made tradition, and entered a university or attempted to write, create, and do things outside the sphere of domestic and social. What has it come to the point of such jibberish that woman was doing an ungodly thing by attempting to participate in human work—in the world’s work! What protestations and derision filled newspaper space foretelling the doom of eternal femininity! And the politicians—men of eternal politics—protesting our immortal nature—and the world of science and art—They are doing part of the world’s big human work. They are proving that human work is not for man alone—that it is not a sex function but a human function for both man and woman. Man is made and woman is made for social and political activity.

A GIRL’S A GIRL; A BOY’S A BOY

One of the most ridiculous habits which we human beings have is the tendency to force upon the child the fact of sex differences in the manner of conduct.

The girl and boy are given to understand that each should look at life from a different viewpoint. At a period when the girl and boy need not be dressed differently, sex distinction is forced upon them, and the world then says they are not the same.

The lack of social and political activity which is forced upon the child makes it seem that each should look at life from a different viewpoint. At a period when the gir and boy need not be dressed differently, sex distinction is forced upon them, and the world then says they are not the same.

They are doing part of the world’s big human work. They are proving that human work is not for man alone—that it is not a sex function but a human function for both man and woman. Man is made and woman is made for social and political activity.

RAILROADS HAVEN’T MADE GOOD

At the present time there isn’t a railroad in the country that has not become inefficient in handling its business. Every now and then we read about some railroad that has gone into bankruptcy, and it is only a question of time before all of them will become bankrupt or be taken over by the states through which they run. A few of the railroads today earn big profits—because they are unsafe and inefficient. Their inefficiency lies in the fact that in their desire to make speed, they overlook the safety of the people who ride in their cars.

Owning a railroad is not like owning a necktie. One is not used by everybody—by all kinds of people—and is therefore a social concern. Your necktie or your hat affects you only. You can tear your necktie to shreds or you may make a complete fool of yourself if you put both feet in a fit of maniacal glee, and nobody will feel the least worried. Nobody will be hurt in this respect, for the necktie and hat are articles of individual concern.

The railroads are privately owned, but socially used. That is, they are used by all the people—by the public. Being used by the public, they should be publicly owned for the purpose of giving the people good, safe service, instead of giving them inefficient service, thus enabling stockholders to get bigger dividends.

PENSIONS AND PENSIONS

During the early part of September I made a short trip through the southern part of Michigan, and visited two places, the home of a civil war veteran and the home of a crippled man and family.

The veteran is a spry, active man of 73—Fred E. Miller, Socialist, suffragist, spiritualist, and long-distance walker. For his services as a major in the war, he is still getting a pension that enables him to live in apparent comfort. One afternoon he suggested that I go with him to see this crippled man and family, whose name I will not mention.

After waving big smiles, Miller and I arrived at the man’s home. He is a paralytic. He cannot walk or move his hands. Four younger children and his wife are at home; five children are in other cities. The wife feeds the greater part of the family and attends to all his personal wants, and maintains cleanliness all about him. Some days her husband will pass beyond the Great Divide, although he told me that doctors think he may live till 80. The man has the will to live till 80. He has the mind-force to reach that age. At present he is 52.

But his wife—what about her? Will the government give her a pension for the service she is rendering society by devoting her life to her crippled husband? My friend, Miller, gets a pension from the government because he fought in a war that cost the nation many of its healthiest young men. Miller was in the war for four years. The war cost the government a million dollars, and every article of individual concern.

The railroads are privately owned, but socially used. That is, they are used by all the people—by the public. Being used by the public, they should be publicly owned for the purpose of giving the people good, safe service, instead of giving them inefficient service, thus enabling stockholders to get bigger dividends.

The roads don’t worry about being safe. They cannot earn money if they are safe. Owned by the government, they would be run for the benefit of the people, not for a few. If it is a question of putting the railroads out of business or allowing them to put thousands of passengers “out of business,” the only sensible thing to do is to take the railroads out of private business and operate them for the benefit of the people.

By BARNEET BRAVERMAN
by bit, and some day we shall see them equally good for men and women.

Dear Miss Bimpkins: Will you please tell us just WHY you believe in female suffrage?—J. O. C.

Answer: I believe in woman suffrage because woman is a human being, and as such, should take intelligent interest in the affairs of her household without waiting to be called on in those things that affect it most directly. I say NOTHING affects the home so much as laws and politics. Therefore we stand all the time, in politics and consequently want to vote on all measures that affect our household.

Dear Miss Bimpkins: Perhaps this doesn't come under your department, but I am perplexed and would like for you to help me out. Should a man with progressive ideas marry a girl with the very oldest fashioned ideas one could possibly have? If they get along in such a contradictory state? Yet, we have been in love with each other for two years. I would not advise it, but not to be let alone in such a case. But if neither of you can change, I would advise the development of a vast amount of tolerance in both of you.

THE LEGAL AND ACTUAL STATUS OF WOMEN

Jessamine S. Fishback

CAMPAIGNS of education and enlightenment have done much to break down the barriers against women in the professions and to secure for women in a spirit of common defense.

The women of Texas alone, and the women of the state of Texas alone, have done more public work in the last decade than was ever done by women in all the preceding years.

The legal status of women in Arkansas and other Southern States is a matter of fact that may be submitted to the women of the state's courts. Rome and New York has been in the century little more than a century. All over the land the women of whom the world owes the most. The woman is taxed for property in petty pelf and that is bad enough, but taxed far more in a manner in which her income and in thought-power to make ends meet, to obey the laws, good or bad, the people of leisure and means and ease choose to make, for any purpose or for no purpose at all, except to pay it away two or three times over, $200 per month.

The fictions of law that came down to us from the days of William the Conqueror (the heresy of woman's legal disability, the idea that the woman of the family was a lesser being, having her special measure calculated to destroy the home influence of the nearest creature, her husband, father, brother), and some of the reasons I cannot support your measure to permit women to practice law.

If you do not believe that I believe in the scheme of law, I hope you will not vote it into law. Only the added power of the franchise has been a constructive force.

If you would like to help your brother, and yet you see that he is not the man you want him to be, how can you help him? It is the hand to lose its skill upon wear, and the finger to lose its sense of touch upon wear. The hand is to lose its skill upon wear, and the finger to lose its sense of touch upon wear. The hand is to lose its skill upon wear, and the finger to lose its sense of touch upon wear.

There must be a sympathetic cord somewhere, to have held you together for two years. I would not advise it, but not to be let alone in such a case. But if neither of you can change, I would advise the development of a vast amount of tolerance in both of you.

The legal and actual status of women in Arkansas and other Southern States is a matter of fact that may be submitted to the women of the state's courts.

There are just a few of the dispositions of the suffragists who do not like, and we cannot blame them. Individual women are good to individuals, but somehow the women were totally discriminated against, in making the laws. Until they began to fight for their rights. Since then the laws have been amended in favor of women, bit

To the objects of this man’s honor and reverence. He mistakes the man who is attracted by the disdain of a true and loving woman.

She was beautiful, though many a silver thread glinted in the silken flots of her abundant hair, and faint lines were creeping about her fine eyes, telling of things but guessed at by her thoughtless associates in the office of an obscure, semi-monthly paper of the farm and home type, in the capacity of the associate editor, and tended to the editorial correspondence. She thought the girls rather envied her the dignity of her position, but she was not noteworthy because she was radiant, and dignity was about all she got out of it. The editor only appeared in front of her, who had one of those uncommon ones that did most of his work, and her own, too. Sometimes I lifted my eyes to the ceiling above her desk, and mused about her and her office, and I did not know why, I felt a strong pity for her, so lonely she seemed and so worthy anyone’s interest and attention.

Martha was always well and modestly dressed, and knew nothing about her life outside the office, but in some way a sort of impression gained ground that she was not—well, not as other folks.

(Continued on page 13.)


When Rachel came and took him by the arm as if to make some comment, he was not in a position of him that he was not in need of that kind of precipitation. When the voices became quiet, the piano played abruptly ceased its vigorous movements and attention was directed about on the stool. Upon seeing Anton, and that there was about to be a new beginning, he shuffled off his stool, turned to the piano, and with his hand on the music department of the "her" store. Then he placed himself, as had the others, standing, as nearly as possible against the wall as he could get.

When he left Anton the center of a circle of intensely interested spectators. Then with due solemnity began the introduction. Mr. Novotny, Mrs. Hammerstein, Miss Kelly; Miss O'Connell; Miss Polkoff; Mr. Schultz; Mr. Labrauskis; Mr. Smith, and so on, all around the room. To each one of him, however, with appropriate dignity. Some of the girls left their hands to be shaken.

For a little while the crowd immediately broke into fresh conversation, loud and clamorous, like a kettle after the water was drained off. The noise was at its height, and the only sound was the faint murmur of the music, a gruff hiss, and a dash that had tormented the inner ear, and could not be differentiated from that by the fact that it produced melody, harmony, and noise, while the other produced only noise.

Half the talking ceased; then the music continued to go on. The young man was remained, the piano went on again into its peculiar, uncouth, ethereal little snatches from his native composition, and measures so inimitable. Some of the girls were shedding tears into their handkerchiefs over them. Then he sang, and the music fell in to each other's arms, and sobbed aloud.

He sang in his native tongue a dirge from the crushed heart of Poland, a dirge that spoke only of human voice; it was the cry of a soul that never could forget; that had suffered the ultimate trial; and that had hoped against hope.

When he finished, the young people sat for a brief space in reverential silence. Then an irrepressible youth jumped up and shouted something about "cutting the weeps." It was a signal for the tumult to begin, and with a loud tumult the change crowded in singing:

Every day the papers say
There's robbery in the park.
So I sang it, my girl, C. A.,
Singing just like a lark,—
This time, my girl, like a loony,
But I'm afraid to come home in the dark.

Anton was still under the spell of the music. The music, the invasion upon his mood was frightful for him for the moment. He felt that he had taken some means of escape, when like Hammerstein, who had managed to tear away the curtain of repose, and in an instant, went and made a program in a local Turkish restaurant that needed a pianist to go right away. It occurred to him that the pianist was a very good job. The manager was a friend of Ike's and he would give him an introduction.

"You're a dandy player, all right. No, it's not just a piano playing job if you make an extra. My name will help you out, even if you couldn't play like you do. I can't play like you do. . . ."

Go down today, give the old man a tune, and he'll take you quick enough. His name is Tuan, and he's the manager of the Turkish Cafe—better go see him—only have to play evening, pretty fair pay—is being owned to forget to see him. He called back as he made his way to Verona.

At any other time Anton would not sung—and nobody ever knew quite all the words—the air was played as though the player could not get enough of it.

There came a brief, accountable period, when the music seemed to be altogether about the piano stool. It was the pebble that turned the current in the stream of Anton's life. He had been crowded against the keyboard, and the music was a protest of insistent and admiring young women, and quite unconsciously ran his fingers over the keys. Instantly there was a cry for a "piece" from him.

Taking himself in any more congenial fashion, he slipped onto the stool, and rose to the piano. There were dreamy strains at first, that were scarcely heard above the tumult of voices; then he returned to himself. It had been years since he had touched a piano and all the tonal elements, the music itself were treated to the hidden recesses of his soul, before the onslaught of his everyday life. The feel of the ivory under his fingers, however, began to bring a welcome relief from the grind of the night. . . .
There is nothing like it on the book market. I have considered the proposition with the utmost favor—nay, with joy. But now, after a visit to the Turkish Cafe, I have found my resolution had been altogether too easy to come to. The whole thing had been so disgustingly simple.

When he reached home he found his mother lying unconscious on the kitchen floor. The fire was low in the stove, and how long she had lain there he could not think about it. He was ruffled and sore at the thought of her being sick, and the winter is only at its begining. It was the viciousness that has won out in the business of people's lives.

And it was possible that they had been listening to all the evening? Be careful to keep your family in good health.

And—when Anton entered the Egyptian Cafe! And—it was possible that they had already hired a place, and that it would do no good to appeal to these American friends for assistance. That nickel meant a loaf of bread.

But where was that Egyptian Cafe? It was one of those places, this was his dominant thought, his dream of higher things. He was rapidly developing the spirit of the time.

But with Anton it was thirst born of a desire to think. His dream of higher things were among inconsequential matters.

And yet, there were thousands of persons who passed life in just such a meanless atmosphere—who lived like fools, and died like slaves.

VII.

The soul must retire in favor of the body. He was rapidly developing the spirit of the time. His wishes were far from being realized. The most modern, most vulgar and vicious "ragtime" he would play; and gladly, if they would but give him dollars a week with which to buy the bread and oil, and fill his stomach. Nay, five would buy him now. The body must live above all things. The soul must retire in favor of the body.

In thought are never permitted to intrude upon the inner sanctuary of his mother's and his own. The most modern, most vulgar and vicious "ragtime" he would play; and gladly, if they would but give him dollars a week with which to buy the bread and oil, and fill his stomach. Nay, five would buy him now. The body must live above all things. The soul must retire in favor of the body.

But when there was a deaf ear to it. He, a beggar, think in thought are never permitted to intrude upon the inner sanctuary of his mother's and his own. The most modern, most vulgar and vicious "ragtime" he would play; and gladly, if they would but give him dollars a week with which to buy the bread and oil, and fill his stomach. Nay, five would buy him now. The body must live above all things. The soul must retire in favor of the body.

And recollected from the thought of embarrassment. He recoiled from the thought of embarrassment. He recoiled from the thought of embarrassment. He recoiled from the thought of embarrassment.

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Chicago, Ill.

It'll be all and the spiders of evil; which sets Over.

airs, ragtime, waltzes, followed each other night, and drop out. For these were played again and again in the piano, a nova in the heart of the city, which, because of the indifference of the public, has been permitted to remain for weeks, as is only sufficient to keep publicity at bay.

So the pianist, at age twenty, went up to that Cafe at twelve o'clock he might have noticed, had his eyes been opened to such a crowd, the new "gang," was just coming in. The quitter, saner revelers had for the most part departed. And there remained who were ready to put foot to the second step down.

The Egyptian Cafe was, in reality, an art colony to be in. Through it young women entered themselves, and some of them became permanent residents there.

VIII.

Mrs. Oblinsky was the proudest woman on the West Side. Ike Hammerstein always had shown a decided preference for Verona since the Hammerstein party that there was no reason for his devotion, Mrs. Oblinsky thought. And straightway visions of future prosperity began to shape themselves in the girl's mind. She sang all day, and welcomed Ike with glancing eyes, which he came in the evening to take Verona out. Dances and theaters two or three times a week became the rule. Never, never had she sat with Verona in her own home; to do so would have been too pretentious; for the family was not of a wealth and taste for exclusiveness. It all seemed very fine to her. She was glad she had on her new red dress skirt of cotton, and with a happy smile, accompanied by a graceful little wave of the hand, greeted him, and picked up his hand, and, taking his hat off, saluted Anton Oblinsky. Mrs. Oblinsky waited until he was pulling at his throat, and it was not a joyful greeting that returned the pain. It hurt him. He turned to his new friend, Mrs. Oblinsky in this place. He had seen other girls come and go, and had felt a general compassion for them, but in this case it was a concrete, individual feeling of resentment and regret. He hated Ike for bringing her there, and believed he meant no good by her. As some one had turned to his playing again. But for an hour they remained, and he noticed the girl who sat by Mrs. Oblinsky, who was decidedly the prettiest girl in the room, and seemed to be a dainty and refined drinking among them.

Ike closed the door, which fastened on the inside with a snap lock. He left Verona in this place. He went to the "Hotel Annex," where he shook hands with his two old friends, and went up to the table. Instead, they sat down, and looked at each other with suppliant expression. They were at a small table a few feet away, and both seemed in high spirits.

For the most part social recreations, such as this, were at a small table a few feet from where Ike and the girls sat, and had felt a general compassion for them, but in this case it was a concrete, individual feeling of resentment and regret. He hated Ike for bringing her there, and believed he meant no good by her. As some one had turned to his playing again. But for an hour they remained, and he noticed the girl who sat by Mrs. Oblinsky, who was decidedly the prettiest girl in the room, and seemed to be a dainty and refined drinking among them.

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ECONOMIC DETERMINISM
By Lida Parce.

This book, by Mrs. Lida Parce, is, we believe, the best book on the subject for anyone in college, women's study classes, and the average reader who would familiarize himself with the history of social progress.

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Verona's face, which the latter evaded what is for decency. . . . I show

You hate him?—you hate him?— Free coupon—

DR. T. FRANK LYNTY

who will send you a sample of

each of the following to those who need it

These are the Symptoms

1—Cough.

2—Too frequent desire to urinate.

3—Dizziness of head.

4—Dizziness of head.

5—Confusion of memory.

6—Gas or pain in the stormach.

7—General debility, weakness, dizziness.

8—Sore throats.

9—Swelling intany part of the body.

10—Constipation or liver troubles.

11—Frequent desire to urinate.

12—Acute or chronic rheumatism.

13—Pain or soreness in the kidneys.

14—Pains or sores in the bladder.

15—Pain or soreness in the stomach.

16—Swelling in any part of the body.

17—Fainting under right rib.

18—Pain or sores in the kidneys.

19—Pain or swelling of the muscles.

20—Lute or chronic rheumatism.

I Will Take This Medicine Against Your Time
A Few Days Will Be Sufficient to Prove Its Value in Your Disease.

A few minutes of your time for a few days and I will demonstrate to you without expense to you the wonderful results I have obtained in these cases.

I have a medicine that drives Uric Acid poison from the system and by doing so cures all sorts of bladder trouble and rheumatism. I don't ask you to take my word for it, but simply want you to let me send you some of this medicine so that you can use it personally.

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MARThA (from page 8).

She seemed like one standing aside from life, as though she had nothing to do, and could take no part in any-thing to offer. Once I saw her in a theater box, and thought I saw a bit of one of a party; she looked just as detached as ever, as though she did not belong there.

That was one Monday night, and the next day I noticed a deepening of the lines upon her lovely face.

New Life
Free to All

No Longer Any Excuse for Men or Women to Be Weak Nerved, Brain Fagged, Thin or Hagged.

Send Your Name and Address Today for a Free Fifty-Gazet of Kellogg's Sanitone Wafers, restores, renews, and renews your old time strength and vigor by giving your nervous system the food it is craving. Rheumatism, Sanitone Wafers, the greatest nerve force which radiates through every part of the body, helps to strengthen and renew your old time strength and vigor by giving your nervous system the food it is craving.

When Anna died, her boy lived—hardly remembered, perhaps, the lonely woman had. Lonely in death as in life, for Martha had died of scarlet fever. All one could do was to mourn—mourn all the things that had pressed upon her heart through the dead years. And with the dawn of the next she had died. Then the authorities had sealed her in her coffin, and had buried her in Greenwood before the day was gone.

Little had Anna known of her, or everything that kept her healthy, for they had rooms in the same build-

ing. Occasionally, but Martha had calleders that came in automobiles and took her away, evening after evening. She seemed to have a motor at the door, as though she had nothing to care for him, perhaps, the lonely woman had.

When Anna stayed by her side did not care so much, if only Martha had once a home of her own, a husband and a little son. But one day the husband came home ill, and the doctors said it was the West—a little bit; there must have been so any or all forms of hair trouble, we want you to try "CRYSTOLIS," at our risk.

Prove to me without cost how Crystalothlas, with my book of instructions, diagrams and descriptive illustra-

FREE COUPON
The Crystalothlas, 56 Y Street, Binghamton, N. Y.

I am a reader of Progressive Woman. Prove to me, without cost, how Crystalothlas has cured hair trouble of any kind, and I shall name my subscription, 2% c.

The Grand Truth.

Here's good news at last for men and women whose hair is falling, who are growing bald, whose scalps are covered with dry dirt that nothing seems to keep away and whose heads are filled with dandruff. Good news even for those who imagine them-

The West did wonderful things for Jim. He went away that night and Martha never saw him again.

Esteemed May, 1907

doctors said it was the West—hardly remembered, perhaps, the lonely woman had.

Send your name and address today for a free fifty-cent box of Kellogg’s Sanitone Wafers and I will earn you a fifty-cent box of Kellogg’s Sanitone Wafers, I encourage you to try it.

The Great English discovery "CRYSTOLIS" "Grows Hair in 30 Days" is just one of hundreds of reports received:

REAL HAIR GROWER
Found at Last!

The Great English discovery "CRYSTOLIS" "Grows Hair in 30 Days" is just one of hundreds of reports received:

$1,000 in our local bank as a special fund to Creslo Laboratories, 505 Y Street, Binghamton, N. Y.

We don't care whether you are bothered with falling hair, premature gray hair, matted hair, or stringy hair; dandruff, itching scalp, or any or all forms of hair trouble, we want you to try "CRYSTOLIS," at our risk.

To try it at our risk.

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A GREAT MAN PASSES.

OCCASIONALLY a man dies for whom there is mourning in every part of the world.

So it was of August Bebel, who died in Switzerland on the 3rd of August. The memory of the man, the heart and soul of the working class movement of Germany, and how many who had fought against the 'reaction' of 1919, and who, it was thought, would be remembered by the world for centuries, will be known, if they are forgotten, only by the names of his widow and of his wife, the leader of the Social Democracy of Germany.

August Bebel was born in poverty, and the under-nourishment of his body in his youth left him impoverished in health and spirit. It was only through the straitest of diet and discipline that he saved his powers and was able to work to make work that many a strong man would have found too hard under similar circumstances.

Much of Bebel's success was due to the unyielding devotion and assistance of his wife, Julia. In one letter to her husband, she wrote: "I am working to the very dregs of my powers, and I am doing it only to save you from suffering."

In conclusion, let us say that the death of August Bebel was a great loss to the working class movement of the world, and a great loss to humanity. He leaves behind him a legacy of love and devotion, and a legacy of hope for a better world. May his memory live on forever.
The image contains a page from a magazine article titled "THIN FOR YEARS "GAINS 22 POUNDS IN 23 DAYS" Remarkable Experience of F. Gagnon". The article discusses a significant weight gain and its effects on the body. The text is accompanied by an advertisement for Sargol, a product used to increase weight. The page also includes a free coupon for Sargol. The article continues from page 12, and there is an advertisement for BUSKIN COLONIZATION CO., Box 5, Ruskin, Florida, for "FIoMEMAKING IN FLORIDA."
DEAFNESS and HEAD NOISES POSITIVELY CURED

A New Method that is Proving the Most Wonderful and Absolutely Certain that the World has Ever Known

Hope for All the Deaf
Not a Temporary Make-shift, But the Means of a Positive and Permanent Cure

Deafness and head noises disappear almost as if by magic under the marvelous new method of treatment discovered by one of the most famous American Physicist-scientists. Remember, this is no ordinary electric treatment. This is a method which has been carried on by Nature through the ages. Nature's way is always the best. The causes of deafness have been entirely removed. The system is entirely restored. This treatment is in the nature of a direct cure. The patient is enabled to hear obligingly and perfectly. The ears are restored to normal condition. Dr. L. C. Grains Co. of Chicago, Ill., has perfected and scientifically tested this cure and is now ready to make it available to all who have this distressing trouble.

The Only Treatment that quickly and positively, and cured to stay what was necessary this marvelous new and with accurate scientific knowledge of of how long standing nor what caused it. startling discoveries were made concerning the relative Nature processes involved in hearing and with accurate scientific knowledge of what was necessary this marvelous new method was perfected which absolutely and positively cures nearly every case, no matter of how long standing nor what caused it. No matter how many have pronounced your case hopeless, this new treatment stands proven and effective. In every case, there is a permanent relief of head noises and the restoration of hearing in a perfectly natural man.

To Whom This May Concern.

This book is to be sent entirely FREE to anyone upon request. It contains information that should prove worth a great deal, both in money and comfort, to all who suffer from deafness or head noises, and as the present edition may not last long, it is suggested that readers of this paper send at once for one of these first edition books. Especially is this urged because no charge whatever is made for this masterly work on deafness.

In sending out these books the Dr. L. C. Grains Co. is doing a great work for humanity and this distribution will undoubtedly accomplish a vast amount of good.

There has been no money wasted on fancy binding or expensive drawings—the book is paper-covered, but printed in larger, clear type that is easily read.

All that is necessary for you to do to receive this book is to fill the coupon and send it to Dr. L. C. Grains Co., at Chicago, Ill. Or if you prefer, you can write either a letter or a postal card.

Thousands of people who should read this work will fail to receive it because they put off answering it. To make sure of your copy you had better send right now, while you have the matter in mind.

ONLY A FEW DAYS REQUIRED TO NOTE BENEFITS

The Beneficial Results of the Grains Method are Usually Apparent After Only a Few Days Treatment

As a rule, the patient will begin to notice the beneficial results of this treatment after only 1 or 2 days. Frequently the very first treatment with the Electro-Vibratory Machine will produce almost miraculous results and the hearing will be improved within five minutes.


can be restored.

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