

very direct influence upon the spread of epidemic diseases, while courage resists them. Those who attempt to fly from plague or cholera fall victims; those who manfully face them and help to nurse the sick, commonly escape. Care, the anxiety of the poor about their means of living, reduces their vitality and makes them an easy prey to the physical causes of disease.

"Epidemic, endemic, and contagious diseases have a double origin; first, in the exhaustion and impurity which make the liability to disease, and secondly in the contagious matter or determining cause of the particular form of disease.

"Small pox, for example, is a disease of filth, spreading chiefly in the poorer quarters of large towns, in bad air, and where unhealthy conditions offer the predisposing causes. Small pox matter, however carried or blown about, produces small pox in those who are susceptible to its influence. The clean and healthy, the pure and strong, often entirely escape this and other contagious diseases. Bad air and absence of light are evident causes of tuberculous diseases. Six to eight hours a day is time enough for any kind of severe or monotonous toil.

"Dyspepsia and constipation are causes of numerous maladies. Dyspepsia comes from bad diet, bad air, and nervous exhaustion."

There are various other causes of disease which cannot be enumerated here to-night, but those mentioned are, I believe, the most important agents in filling our hospitals, and indeed render those important institutions in our present imperfect state of civilization absolutely necessary. Therefore let it not be understood that I deprecate hospitals. When a man or child has small pox, scarlet fever or any other disease, or when a boy has broken a leg or had a hand torn off in a factory wheel, by all means let us see that they have the best attention that human love and ingenuity and medical skill can devise; but if there be ways by which small pox and scarlet fever can be prevented—if, by wise precaution, factory accidents can be prevented or minimized, is not the ounce of prevention worth a pound of cure?



## . . . THE . . . IMPROVED ALPHABET

BY MISS MYRTLE STUMM.

[Read by her at the Conference of the Women's National Single Tax League, Thursday night, June 26th, at the Tuxedo, New York City.]

**A** is for Avarice, ancient as Adam;  
(For the things that he wanted, we know that he had 'em)  
The greed of this world is a thing to regret,  
And it makes life so wretched for those who can't get.

**B** is for Beef-trust,—a late happy thought,  
Of someone who thinks we *eat* more than we ought.  
And the former glad cry of the full dinner pail  
Is turned to a dry bread and vegetable wail.

**C** for Co-education,—a lucky experiment.  
(If I were a man I'd like ladies where e'er I went.)  
This old-fashioned notion of keeping them out of things  
Just hinders progression, like the clipping of chicken wings.

**D** stands for Drunkenness. O what a curse!  
For the folks who imbibe may from bad go to worse.  
Some drink without reason, and others to drown  
All the sorrows they suffer, from poverty down.

**E**'s for Expansion. 'Tis a dangerous thing  
For an old hen to force a duck under her wing.  
How very much better this method would be,—  
To help the duck waddle, but let it go free.

**F** stands for Freedom,—a word that inspires !  
On its altar we're burning perpetual fires.  
How unselfish to hold it from so many others,  
And keep for ourselves what's not *good* for our brothers !

**G** is for Good-will on earth to all men,  
When Single Tax reigns and the land's free again ;  
When wars over islands and diamond mines cease,  
And white men and black dwell together in peace.

**H** for Humanity, always the same.  
Some striving like heroes, some meriting blame.  
How mighty the voice that shall call the long roll,  
And answer our questions, and judge every soul.

**I** stands for Ignorance,—cause of stagnation,  
Superstition and bigotry, crime and starvation.  
If the day schools taught Suffrage, and night schools Single Tax,  
On these awful conditions we'd soon turn our backs.

**J** is for Justice,—far better than charity,—  
A trait that's distinguished by being a rarity.  
It's hard to be just without being severe,  
And hard to be generous ; isn't it queer ?

**K** stands for Knowledge,—an excellent thing  
(Except in small doses) for pauper or king.  
If we all knew as much as we think that we do,  
There would be many wise men, and fools but a few.

**L** is for Liberty, fought for and won ;  
And we thank our forefathers for what they have done.  
Our nation is prosperous, rich and admired,  
With only few drawbacks and things not desired.

**M**'s for Monopoly,—always an evil,—  
Invented by man and encouraged by devil.  
Corporations and trusts, and some syndicates too,  
Weave a web of unrighteousness hard to break through..

**N** stands for Nonsense, which has its own place.  
Mirth, laughter and sunshine are good for the race.  
*Real* sorrow comes oft to disturb and depress us,  
But a light heart will make our friends rise up and bless us:

**O**'s for Oppression, that grinds with its heel  
The folks who are *down* in the world, but can feel.  
In sweat-shop and tenement, striving to live,  
They accept in their ignorance what the Fates give.

**P** is for "Progress and Poverty" too,—  
The name of a book that is great as 'tis true.  
Could the world only pause and just read it in chorus,  
There would be many rifts in the clouds that hang o'er us.

**Q** stands for Question.—We all want to know  
*Why* the coming of Single Tax *does* seem so slow.  
 But if we would work as one did who is gone,  
 Our dark social ]night] would soon shine with the dawn.

**R**'s for Religion,—a good thing to tie to.  
 We can't shake it off, and it's wicked to try to.  
 But it's hard to be good and treat everyone fairly.  
 (That's why a clear conscience is met with so rarely.)

**S** is for Single, and **T** is for Tax,—  
 A powerful doctrine that faces the facts  
 Of the misuse of land, and the sure consequences  
 In this God-given world, where *man* puts up his fences.

**U**'s for Utopia—land of perfection !  
 Where they need no reforms and desire no correction !  
*This* country would be just another such place,  
 If we had Single Tax and no problems to face.

**V** is for Vegetable—fit food for man !  
 This meat-eating business is quite a bad plan.  
 It makes folks ferocious ; it's costly to buy it ;  
 If you wish to improve, just drop meat from your diet.

**W**'s for Woman, both the old and the new,—  
 Great workers for Suffrage and Single Tax, too.  
 They now love fine raiment, high heels, a new bonnet—  
 Education will change this ; you may depend on it.

**X** is a letter I could not apply  
 On a word in this queer alphabetical pie.  
 But **X** looks very nice, and its place you can't fill  
 When it's used to embellish a ten-dollar bill.

**Y** is for Yawn, and I hope you won't do it,  
 Because I am trying my best to get through it.  
 If you think it quite easy to make better verse,  
 Just try one or two, and perhaps you'll do worse.

**Z** is for Zeal. If we have it and use it  
 We'll get Single Tax just as soon as we choose it.  
 A few more workers with endless ambition  
 Will soon bring about this much-hoped-for condition.

**&** now that you've listened to twenty-six rhymes,  
 I hasten to thank you just so many times ;  
 And I trust that not one in this Single Tax throng  
*Dares* to wish that the alphabet wasn't so long.



“Have you ever been to the country, Maggie?” a woman asked a child of the tenements.

“Oh, yes, ma'am,” replied the girl, her face brightening at the recollection.

“Where did you go?”

“To the cim'tery when Johnnie O'Reilly died, an' we had a grand ride. It was beautiful.”