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Graham Sticks, pkg.15	Nut Loaf, 1 lb.25
Fruit Sticks, pkg.20	Nut Loaf, 1/2 lb.15
Chocolate Crisps, pkg.25	Vegetarian Baked Beans.15
Fruit Crisps (pound)15	Meltose, in glass jar.40
Zwieback, pkg.15	Vegetable Gelatine, pkg.20
Malted Nuts (small)40	Granose Biscuits, pkg.10
Malted Cereal, pkg.10	Toasted Rice Biscuits.10
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E. J. UPHAM

Panama may be foolish in barring American teachers, yet within its rights, and if asked for a precedent, may point to this land of liberty.

They are talking of making paper from tules. If this can be done there is a lot of waste land in California that will have to be classified anew.

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HUMAN CONSERVATION

come into existence? Because it is not the number of people killed or injured at the same time that affects the human mind, but it is the number killed or injured at the same time and the same place. These accidents are scattered broadcast over this fair land.

The greatest possession of man is health. Whatever takes this away in whole or in part is man's mortal and never-resting enemy. Yet in the United States conditions are such that there are 3,000,000 cases of illness due to unsanitary industrial conditions which might be controlled. In over eighty industries lead poisoning is prevalent among the workers.

The air of many a factory is disease infected; hatters shake with the mercury tremor; miners choke with asthma; painters writhe with painters' colic; workers succumb to glass-blowers' cataracts and the jag of the naphtha cleaner; lead workers' hands shake with palsy; boiler makers suffer from deafness; and hundreds of workers must endure poor light, intense heat, bad ventilation, nauseating odors, irritating gases, excessive dirt and filth, all engendering occupational diseases. Every sickness leaves its mark hidden or exposed, in a stunted physical development, a lessened mental power, or a reduced vitality. The abolition of disease saves human life and, greater still, it prevents the lasting affliction of a multitude who survive its ravages.

While these previous facts are startling and almost overpowering, great things are being attempted and are being accomplished towards human conservation. Medical science, backed by common sense, has decreed that the fly, the rat, the flea, the mosquito, must go. Thus has ended entirely humanity's helplessness in the face of some epidemic diseases. Science and invention have already worked seeming miracles. In one town on the Suez canal, from 1900 to 1905, the number of cases of malaria was reduced from over 2200 to 37. Work on the Panama was made possible by the elimination of yellow fever. There the death rate was reduced from 241 per thousand to only 11. Many of our southern cities have been transformed from pestholes into municipalities the health conditions of which are above the average. Heroic men have given their lives in discovering the causes and remedies for the terrible plagues which once ravaged the tropics.

Much also has been done toward the saving of human life and vitality in the factories and the workshops. Many factory owners are being awakened to the need of well protected employees and are installing the necessary safeguards preventing accidents. Through the work of various safety committees the number of occupational accidents is being very materially lessened. The adoption of compulsory industrial insurance has not only provided financial relief to the injured and his dependents, but has also lessened the number of accidents by making the employer more careful that the work rooms are safe. California has done splendid pioneer work along these lines. Such attainments are encouraging and point to a much brighter future for the working man.

Still the ideal has by no means been reached. In this highly developed civilization industrial advantages should benefit all. Yet multitudes of men for some strange reason fail to share in the much-talked-of prosperity of the world. Even now, day after day, unprotected hands must guide machines without safeguards under dangerous and unwholesome conditions. Preventive measures must be made universal and if an accident then occurs safeguards must be applied and the method of operation so changed as to

make its repetition impossible.

By far the most effective result will be obtained when that great, powerful, sleeping giant, public opinion, has been aroused; then there will be immediate social amelioration and regeneration. To awaken public opinion the two most potent factors are education and legislation. Legislation is vital, yet intelligent and efficient laws cannot be secured and enforced without an enlightened constituency.

The first steps have been taken, but this country is still far distant from the goal of occupational safety set by more humane nations. Foreign countries have compelling legislation regarding the lives and health of their laborers, national bureaus of public safety and education. England, Germany and Belgium have systems of social insurance which care for diseased and injured workers and those who have become incapacitated on account of age. England, through legislative intervention, has practically eliminated railroad accidents. In three years in England there were only seven fatalities. In three months in America there were 2500. The railroad mileage is less in England, but the number of passengers per mile is greater and Great Britain's trains travel through more congested and densely populated territory. During 1912 in the United States, 5280 people, simply trespassing on railroad property, were killed and over 5600 injured in the same way. With national laws preventing all trespassing on railroad property, how great would be the saving of human life.

The different activities which present opportunity for advancement are innumerable and in none has the ultimate goal been reached. While there have been efforts, splendid efforts, toward industrial safety in certain states, there has been no concentrated, centralized movement. We have no national policy. The American public must arouse itself from its dreadful apathy, from the mold of indifference which now surrounds it. The higher, deeper, more significant principle of brotherhood must be recognized. It is this spirit of brotherhood which lifts industry from the basis of mere profit and places it among the great movements which save mankind.

This is our work, this human conservation, this caring for the laborers. Their forms came from their Maker as perfect as ours. For us were their lives so broken, for us were their bodies so maimed. Carlyle says, "Encrusted must they stand with the thick adhesions and defacements of labor, and their bodies like their souls, were not to know freedom."

Let us respond to the pleadings of humanity and justice; let us revive that spirit which long ago promised to even the lowliest American toiler the right to life, liberty and the pursuit of happiness; let us devote our continent to the renewal of a reverence for human welfare; let us make true these words of Van Dyke:

"The cries of envy and anger will change to the song of cheer, The toiling age will forget its rage when the Prince of Peace draws near.

This is the gospel of labor, ring it, ye bells of the kirk! The Lord of Love came down from above to live with the men who work.

This is the rose that He planted, here in this thorn-curse soil: Heaven is blessed with perfect rest, but the blessing of earth is toil."

THE CALL FOR FILIPINO LEADERS

The history of the Philippines is as yet short and simple. No ages of chivalry, no great military conquests, no rise or fall of mighty empires adorn its pages. Yet it is connected with the history of the greatest kingdom of the past and the greatest republic of the present. It is linked with the early history of Christianity in the Orient, and the advance of the Anglo-Saxon civilizations in the East. It has witnessed oppressions, revolutions and other crises, which has produced Filipino leaders of feeling and conviction, whose spirit defeat could not conquer, whose faith disaster could not shake; men whose ruling power was reason, whose guide was patriotism and whose living and dying sentiment was justice and freedom.

In those critical days of the latter part of the Spanish regime we find a great band of Filipino leaders, some of whom were on the battlefield and the rest were in the large centers of Europe, where they engaged themselves in a great patriotic campaign, publishing "Noli Me Tangere" and other periodicals and novels, and founding societies and helping the Spanish government. Among those men were in the forefront men of distinguished ability and unquestioned integrity, men who professed their loyalty to Spain, and sought reforms by peaceful means. Justice they believed would finally triumph. Truth was their guide and God was their trust.

But when the natives in the islands believed that there was no more hope for conciliation, they started the revolution of 1896, which was to give birth to the Philippine republic and to the Philippine assembly, both of which have produced men of faith, vision and actions, some of whom would be a credit even to the great parliaments of earth, and both of which have demonstrated in some degree the national consciousness of

my people and their fitness for self-government.

It was only seventeen years ago that we first heard of the grandeur of the American flag. Yet how many changes have already been wrought in Filipino life since that memorable battle of Manila bay. Progress along sanitary, material and political lines almost undreamed of in the past, have been made. As the work of the early Castilians remains to this day an achievement unmatched in colonial history by giving us the civilization which has conquered the world; so have the humanitarian instructions of President McKinley given hope for an alien and conquered race and the benevolent intention of the American government will forever remain a marvel unparalleled in the age of imperialism, and a signal triumph of democracy in the world, a source of gratification to all Americans meriting the everlasting gratitude of every Filipino. What the early Spaniards did for the natives and what all good Americans have done for the Filipinos will cling to us like a mother's blessing and will be treasured in our memory forever.

Today we enjoy freedom of press, freedom of speech and freedom of religion. Peace and order prevail throughout the land. Industries have been organized. Epidemics and other contagious diseases have been checked. Free public schools with their co-education and industrial phases are flourishing all over the islands; schools wherein the English language is the medium of ideas and where dignity of labor and habits of thrift and cleanliness and sentiments of honor are instilled. Private schools with their teaching of morality and character-building have been firmly established; schools wherein a fine religious atmosphere prevails and from which most of our leading men have come. Ignorance and indolence are gradually being done away with. Prosperity characterizes every city and every field. More cordial relations and better understanding now exist among the Americans, Spaniards and Filipinos, who are more and more forgetting the unhappy memories of the past, who are more and more striving with common impulses and are tending to each other returns of kindness and civility.

But we are not yet a free and independent people. However, we enjoy individual liberty. We believed that the dawn of our country's freedom is now drawing nigh. We have faith in the altruism and justice of the American nation. We pin our hopes on the liberality and courage of those Americans in power. We know that the mission of the United States in the islands, although misunderstood by us at times, has been of an unselfish nature. The American government, unlike most other governments, has been giving us more and more participation in our own affairs, larger and larger measure of self government. The present administration has kindly placed in our hands the instruments of our final redemption. The Jones bill, the last important step on our behalf, already has kindled the brightest hopes and has gladdened the hearts of millions of our countrymen who are now yearning to see the Philippine flag proudly floating in the air and longing to see the Philippines one of the free and happy nations of the earth.

But this, in a way, is a critical period. Our political destiny now hangs on the balance of fate. We are being closely watched by friends and enemies alike. They are watching the work of construction of our legislators, the conduct of the native officials and the attitude of the Filipino people. Any blunder that we may make may forever ruin our cause. We must, therefore, have patience and we must have self control and foresight. We must continue to pledge our unyielding allegiance and answering loyalty to the sovereignty of the United States. The nearer we approach the victory, the bitterer the opposition. Hence, the greater the need for watchfulness, moderation and caution; the greater the need for co-operation and union. The greater the need of leaders who should never give way to jingoism which is the caricature of patriotism, men of sterling integrity and with downright honesty of purpose.

Are the graduates and students of our high schools, normal schools and colleges to become the future leaders of that country? Will they be leaders or political bosses—leaders who lead the people, not bosses who drive the people; leaders who are the champions of reform, not bosses who are the arch enemies of progress? Do they know that to purify the stream we must first cleanse the source? Will they, then, strive to educate the masses? Do they know that the welfare of a nation depends, in the last analysis, upon the general intelligence and good moral character of the common people?

Where, then, are the real leaders, where are the men who in the face of the fierce commercialism and materialism of the present age, who in this period of pushing and pulling in politics dare renounce self interest for the sake of the people? Where are the political leaders who are not afraid to picture the vices as well as the virtues of their constituents? Where are the men who dare say "no" when everybody around them says "yes"? Where are the men glad to be unpopular when to be unpopular is right? Where are the men who can teach the masses self respect and self control, which make self government possible?

Let us voice, then, the universal

human cry, the answer to the call for Filipino leaders:

"Give us men! Strong and stalwart ones. Men whom highest honor inspires. Men whom purest hope fires. Men who trample self beneath them. Men who make their country breathe them.

As her noble sons, Worthy of their sires, Men who never fail their brothers, Men whom never shame their mothers, True, however false are others. Give us men—I say again, Give us men!"

The above is the oration prepared and delivered by Roberto Rosa at the high school oratorical contest last Friday evening.

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