

**BARRINGTON REVIEW**

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FRIDAY, JUNE 5, 1918

**That Arbitration Court.**  
At the two peace conferences recently held in this country—one in Philadelphia and the other at Lake Mohock—there were the usual high peace talk and prophesies which were to be expected, especially as these meetings were in a sense preliminary to the universal peace congress called to convene in London in July. The second Hague peace conference did not turn out as was hoped for the peace of any moment. Nevertheless the eyes of the world are still fixed upon The Hague as the destined cradle of universal peace.

One important and highly practical as well as sentimental announcement was made at Lake Mohock, relating to the permanent court of arbitration as recommended at the second Hague conference. The nations are now making arbitration treaties, agreeing to refer certain classes of international disputes to "The Hague court," but there is really no such court in existence. The powers have not yet established the court, and it is expected that the initiative lies with our secretary of state. By his recent announcement it was declared at Lake Mohock that the court will be very shortly. This is a very substantial progress for it shows that the great peace principle of arbitration to which nations are turning their backs is not long to be left "in the air." The disputes and the judges must get together or the dream of peace through arbitration is a mockery.

**Fighting Forest Fires.**  
One of the most important economic movements of the day about which the general public has yet learned little is the concerted action of owners of timber in different parts of the country in organizing associations to protect their holdings from fire. The Washington Forest Fire association began work for the year with 3,000,000 acres under its care. The plans include a system of patrol by rangers resembling the work done by the United States Forest service in guarding against and extinguishing fires. Organizations of similar kind and for a like purpose are at work in Idaho—where a portion of the expense is borne by taxation and paid from the state treasury—and in Oregon. Other owners in Maine have gone to work in the same systematic way to control the forests' great enemy, fire. Like organizations are found in other parts of the country, showing how fully it is now realized that the most serious danger to the nation's wealth is fire.

It is safe to say that fires in timber have destroyed more timber than lumbermen have cut. When timber was abundant the waste passed almost unnoticed, but now that a scarcity is at hand and an actual war is being threatened in the near future the owners of forest lands are waking up to the fact that waste is left.

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**EASY MARRIAGE, TOO.**  
It may be difficult to charge upon every divorcee all the blame of the marriage state which led to scandal. With diverse possible causes which may be less potent and even less discoverable than the one to be blamed, there would if the were very difficult to sever. But the evil of too easy marriage appears to be a prime cause for many cases of ill-mating. Young people take thought and face the requirement that the union is to be "for better, for worse." The many secret marriages and the occasional mock marriages indicate in a degree how the sacredness of the tie is trifled with.

**METHODIST EPISCOPAL CHURCH**  
Cook Street near South Hawley Street, Springfield, Ill.  
Sunday Services:  
10:30 a. m. Praying  
11:45 a. m. Praise  
3:00 p. m. Junior League  
6:45 Epworth League  
7:30 Praise  
Wednesday Mid-Week Praise and Prayer Service 7:30 p. m.  
The Women's Foreign Missionary Society meets the first Tuesday evening of each month.  
The Epworth-League business literary and social meeting the last Tuesday evening of each month.  
Parsonage corner Cook and S. Hawley St., Telephone No. 208. A cordial welcome is extended to all services.  
O. P. MATTHEW, Pastor.

**Salem United Evangelical Church**  
Sunday Services:  
9:30 a. m. Praying  
Praying service (German) 10:30  
Keynote League 6:45 p. m.  
Praying service 7:30  
Week Night Services:  
Monday—Junior League 7:15  
Tuesday—English Prayer Meeting, 7:30  
Wednesday—German 7:30  
Wednesday—Trainers meeting 7:30  
Thursday—Choir meeting 8:30  
Monthly meetings:  
Misses Hand-Work Tuesday 7:30 p. m.  
Y. P. M. at 8:15 Tuesday 7:30 p. m.  
Church Missionary Meeting 1st Wednesday 8:30 p. m.  
W. M. S. at 8:15 Tuesday 8:30 p. m.  
Singers are cordially welcomed at all the services of the church.  
Phone No. 201. ELWOOD F. FURBER, Pastor.

**EVANGELICAL ST. PAUL'S CHURCH**  
Sunday school, 9:30 a. m.  
Sunday morning service, 10:30  
Evening service 7:30  
Phone No. 216. REV. G. H. STANBORN, Pastor.

**ST. ANN'S CATHOLIC CHURCH**  
Sunday, Mass 8 a. m.  
Observation of Holy Days and Morning Mass, 8:30, 10:30, 12:30, 4:30 p. m.  
St. Ann's Sewing Circle, Tuesday, 1:30 p. m.  
Phone No. 211. REV. FATHER E. J. FOX

**BAPTIST CHURCH**  
Saturday evening prayer and praise service, 7:30 p. m.  
Sunday School, 9:30 a. m.; 7:30 p. m.  
Sunday school, 11 U. S. at 10:45 a. m.  
Young Peoples Meeting at 8:45 p. m.  
Dueses society, Tuesday 7:30 p. m.  
You are all cordially invited to worship with us.  
JAMES H. GAUBNER

**ZION CHURCH**  
Sunday school 9:30 a. m.  
Morning service, 10:30  
Prayer meeting, Wednesday 7:30 p. m.  
Y. P. M. Association meeting first Tuesday of each month 7:30 p. m.  
Y. W. C. A. Association meeting second Thursday of the month 7:30 p. m.  
All are cordially invited to worship.  
WALTER PASTER.

**Salem United Evangelical Church**  
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9:30 a. m. Praying  
Praying service (German) 10:30  
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**Fourth of July Waste.**  
The money spent by firecracker parades and ceremonies this year may be regretted by some who come out short in pocket and think they have had little in the way of entertainment. The few remnants for pyrotechnicians who hope to recall be kept in a way to make the recall happier for all concerned. But perhaps the devotion of so much money to a celebration the very thought of which is inspiring is not really a waste. People work hard because they wish to do with their own as they like, and human character and civilization do not depend wholly upon meat, drink, shelter and clothes. If the Fourth is only a day for working of superstitious steam perhaps it is worth all its cost.

But there is a waste on every Fourth which is not alone irreparable, but useless, waste due to the casualties, the maiming, the blinding, the loss of life, incident to the celebration. Last year 102 deaths and 1,488 injuries were placed on record. It might be said that the injured are in the same boat with the money spenders. They dance and must pay the fiddler. But often the injured are not the dancers at all, only innocent bystanders and anyone who would be out of danger if they could. And where the funmakers are the victims it often happens that other and cooler, yet perhaps thoughtless or indifferent heads are responsible. Here at least waste might be curtailed, without curtailing the real fun and all round liberty which give the Fourth its unique character.

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Soiling for the Frenchmen in Africa is not a picnic at the present time. The tribesmen in Morocco and Algeria keep things hot the most of the time, and even in the intervals of truce there is no real peace because of that wary feeling when an alert enemy is just across the line. Probably the fate of the nation here there will be the fate of the American Indian before the man with the shotgun, most honored when dead.

Some one has discovered that the average age at death of people who die by accident is thirty-five and a half years. But, of course, that doesn't mean that an automobile won't get you after that age forty.

That peace palace at The Hague is reported as coming along finely, but the builders have not reached the stage of discussion as to the proper height for its arched bell.

Nicaragua will allow Atlantea to settle there. As life is short in that country, this concession is likely to make a hole in Asia's surplus population.

**TO HELP THE INSANE**

Interesting Article by Dr. Eugene Cohn in Recent Issue of a Medical Journal.

**EMPLOYMENT OF THE PATIENTS**

Systematic Occupation and Entertainment of the Insane in Public Institutions is Found to Be Necessary.

Springfield, Ill., June 2.—The systematic occupation and entertainment of the insane in public institutions is discussed by Dr. Eugene Cohn in the recent issue of the Journal of American Medical Association. Dr. Cohn is first assistant physician in the Illinois Southern Hospital for the Insane at Anna. Since entering the institution he has devoted his energies to the systematic employment of the patients and his paper was written from the standpoint of one who had watched the development of the insane under conditions which had become his own.

"There are men and women, torn away from their homes, come from occupations connected with vigorous bodily labor, and the tremendous strain that could be produced by this suspension of exercise of all kinds while the body is still strong and active must not be underestimated. The plea of lack of industrial means seems an insufficient excuse. A hospital with even limited advantages should accept these methods and increase by which these pitiful subjects can receive—occupation and recreation for their weakened minds and inert bodies. A better method of the method which has thus far offered to me the best solution of these difficulties may not be uninteresting. There is nothing new proposed in this method, except, perhaps, the system connected therewith. It deals with the patient in the real regularity and exactness of its use."

**Schedule of Employment.**

"Its main feature is a systematized schedule which satisfactorily accounts for every hour of the patient's day. After a certain number of hours of individual needs of each ward as to the class of patients the ward contains, a schedule is arranged in which fixed directions are given how every waking hour must be employed. Only the chief officers have authority to change these arrangements. Physical exercise is provided in the form of outdoor or graded calisthenics, regular intervals, and general ward. Mental occupation is furnished by the use of various games, reading material, picture puzzles, and various other light pastime with which the mind may be occupied. General kindergarten and primary school work is the method for the entertainment and re-education of certain classes. Classes in needlework for the women should not be neglected, which is a greatly enjoyed duty. The ward is provided with a sufficient number of folding tables to seat every one employed. When used as tables, the tables are folded and put away. They can be set out quickly when the hour arrives for mental occupation. A walking course is provided, with a sufficient number of benches, and playing parks. From forty to fifty books are provided containing character sketches, stories, and other light reading material. Monthly magazines are to be recommended. Other means, too numerous to mention, could be appended satisfactorily."

"The occupation of the individual patient must, of course, be directed in accordance with the degree of his psychosis and the employment of each patient is daily changed as much as possible in order to lead a varied life. The reading material is exchanged twice a week with the other hospital. This plan was first tried experimentally in a ward in which the patients were men, most of whom were in the mild or moderate stages of psychosis. They were irritable, combative, and some even treacherous. Many of them showed histories of insanity by the family and friends, and were present in greater or less degrees nearly all cases. Yet the method, as outlined, proved more than satisfactory to the patients and to the nurses."

"If this class of patients can be managed successfully it is surely reasonable to suppose that there are other classes who can be managed in the same manner. There are, of course a certain number of patients in whom it is impossible to awaken even a spark of intellect. There are others, in the acute stages of mental disease, either in condition of extreme excitement or depression, for whom other measures must be instituted, such as are recognized as the modern therapy of acute psychosis."

**Co-operation Necessary.**  
"Naturally, the cooperation of the attendants and nurses is necessary to the successful carrying out of this program, but this is easily secured by

the proper enforcement of discipline. Attendants and nurses, in general, seem pleased with this arrangement, as it helps greatly to break the monotony of their regular work. And, again, the more intelligent of the attendants soon learn to assist the attendants in teaching their less apt companions to behave properly, so that they snugly take much interest."

"With regard to calisthenics, there is no doubt that it is one of the most essential ways of providing physical exercise for the patients and can be made one of the best and most convenient methods to exercise and re-educate their minds. The drills should be made as attractive as possible, every effort being observed to employ the mind as well as the body. For this purpose movements should be varied, continually offering something new to claim the patient's attention. A movement many times repeated presents no attraction and surely does not serve to stimulate the mental function, as it is apt to be expected in a purely physical nature. These exercises should be carried out with vigor and in such a way as to bring each set of muscles systematically into play. This serves, incidentally, as a possible means of regaining lost or interferred with muscle control, be it of organic or functional origin."

"Short and frequent drills should be given in preference to long ones. The work should be graded carefully, becoming less and less fatiguing and progressing to those of a more difficult nature. The movements should be executed at the command and following the example of the instructor. Movements in imitation of those employed in the pursuit of manual labor are especially beneficial, such as cutting or sawing wood, mowing grass, propelling a canoe, and so on."

**Breathing Exercises.**

"During calisthenics proper methods of breathing should be encouraged, and special breathing exercises should not be overlooked. Rest at frequent intervals during drill is desirable. These intermissions can be filled by selections from the patients' play club by various musical and other numbers, contributed so far as possible by the patients themselves. Among a large number of patients some can always be found who possess musical and other talent, which should be encouraged and utilized for their own benefit, as well as for the education of the fellow patients. Various plans could be suggested to fill these intermissions in order that they should become a source of real enjoyment to all. For instance, the patient who plays the violin in old-time fiddler's fashion can almost always be found, and where there is this particular kind of music, chess and similar games may be easily arranged."

"With reference to music, although its use is recognized as in many ways great, the trouble with the trouble is that it appears that it should be given a still more prominent place in the entertainment and treatment of the insane. It is frequently wonderful to observe the soothing effect of music on nearly all kinds of patients, the irritable and combative class as well as the feeble, depressed and morose. Above all things, it tends to bring about a condition of cheerfulness and equality of temper, which is the first step to better things."

"Glee clubs and other musical organizations should be formed, when practicable, among the patients, and those possessing unusual talent should be encouraged in its use and development. Every institution should have its own band or orchestra recruited from among its employees and the most reliable class of patients. Frequent outdoor concerts should be given in season, and concerts, dances and entertainments of different kinds should be arranged for through the winter."

**Need Out of Door Sports.**

"Inneshall basket ball and all manner of rational outdoor sports should be made available to both patients and attendants. In the need of every institution, there should be a number of different kinds of outdoor sports should be made available to both patients and attendants. In the need of every institution, there should be a number of different kinds of outdoor sports should be made available to both patients and attendants."

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... intended only for such patients as are generally well behaved. This is a mistake. The patients deserving the greatest benefit from these amusements are those who are irritable, restless, depressed and indifferent. This should not be left to the choice of the patients themselves nor to the attendants, but should be under the direct supervision of the physician in charge, who alone should be the judge as to which patients should or should not attend the entertainments. An occasional disturbance caused by a patient should be considered of little importance compared with the benefit derived.

It is believed that it would prove entirely feasible for an institution to provide itself with competent instructors of music, desisthetics and primary school work. With the methods thus briefly described it will soon become evident that the wards will take on a more cheerful appearance; the faces of the patients will be brighter; restlessness, irritable temper and violence will be observed to be much less, and the use of all kinds of restraints will be reduced, to some extent at least, reclaimed, re-educating and fitted for the normal substantial pursuit of industrial occupation, though at the beginning of its treatment they gave little if any progress.

State Engineer George W. Cooley of Minnesota was recently quoted as saying that he is convinced that there is no reason why good gumbo roads cannot be built. "The gumbo road built last year near Crookston," he stated, "is now in excellent condition and has been every day during the year in which it has been in use."

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