

FOR PROLONGATION OF LIFE

Ancient Philosopher Gave to the World Directions That Would Make all Methuselahs.

Among the many philosophers who have given to the world directions by which human life may be prolonged was Arnold de Villeneuve, a one-time noted physician of Paris, who was connected with the university of that city.

After gaining fame in France, De Villeneuve went to Italy, where he devoted twenty years to the study of astrology and alchemy. His recipe for prolonging life is as follows: One has been preserved and is as follows:

"The person wishing to keep alive for 300 or 400 years must thrice daily rub his body three times a week with the juice of cassia. When he retires to bed each night he must put over his head a plaster made of saffron, red rose leaves, and almond oil and nutmeg. Upon this mixture there must be poured some oil of roses and melted wax, the whole then spread as a plaster. In the morning this must be carefully removed, put in a big bowl the bright side of the sun, and he must keep sixteen chickens in a yard where there is absolutely pure air and good water, and is to eat one each day. If he has a rather dull and matter-of-fact temperament, he must keep twelve chickens in a yard where there is absolutely pure air and good water, and is to eat one each day. If he has a melancholy cast of mind and looks on the dark side of life, the number of birds must be exactly thirty, and in any event one a day must be eaten."

"The chickens are so treated that their food gains the qualities that will prolong the life of him who eats them. They are to be kept in a box and fed in a famishing condition, and then fed upon broth that is to be made of serpents cooked in vinegar and thickened with bran. For each month they eat this, and are then fit for the table. The drink allowed in this diet is either wine or a simple claret."

"By following this rule strictly for two months after the passing of every seven years, a man may become the rival of Methuselah himself."

Pathetic Failure in Life.

The pathetic story of a man who was once wealthy and a gifted inventor, came to light at Mount Vernon, N. Y., recently when John M. Kairies, nearly 70 years of age, old and penniless, was sent to the Westchester county almshouse. A detective found the man living in a cellar with practically nothing to eat. Kairies is a Russian and when a successful inventor had a place in Russia where he manufactured the most delicate of surgical instruments. He got in the displeasure of the government authorities in Russia, his business was confiscated and he was banished. He always imagined some one was trying to overreach him in business and this kept him constantly in litigation.

Found Treasure Trove.

A rabbit hunt on the outskirts of the village of Great Notch, N. Y., brought to an unexpected end the other day, at the base of an old apple tree in which the rabbit had sought shelter. While trying to smoke the rabbit out a boy named John, discovered a bright substance in the trap hollow and found it to be a much worn pocketbook. In the book he found a wad of bills and also came in change. The money consisted of one \$100, five \$2, and eight \$5 bills, all in pretty fair condition.

Irishman's Dog.

When the Ballyneely Constabulary prosecuted Patrick Whelan at Tulow, County Carlow, for alleged trespass on his preserve, a gamekeeper said he saw Whelan on the lands with a greyhound and a witness, George Townsend, said Whelan was never a poacher. The Magistrate—Does he keep a dog? "I would not say it was a dog." "What would you say it was?" "It was a foot thing. It might be a dog in the eyes of the law." "Isn't it a greyhound?" "It is a dog of one, but I think he banished it." "Would it kill a hare?" "I don't think it would if you held it up to him. I don't think it ever saw a hare. It would not be able to kill a hedgehog." The case was dismissed.—From the London Daily News.

Advance Herald.

"Let's wait for Bill." "How do you know he is coming?" "His calabash pipe just came around the corner." "Where it goes." Bacon—Burned but a few years ago as useless rubbish, there now is a demand for the waste from Spain's cork factories. Egbert—I never use it. "Use what?" "Breakfast food."

Accounted For.

Bill—Your friend has a very sharp nose, hasn't he? "Yes, you see when he was a boy his father kept his nose to the grindstone, he tells me."

THE MESSAGE OF GOVERNOR FERRIS

A REAL AUSTRALIAN BALLOT: INITIATIVE, REFERENDUM, AND RECALL RECOMMENDED.

A Simplified Primary Law and Other Important Acts Noted For Consideration.

Our New Governor Addresses The Legislature in Plain Terms and Makes Many Valuable Suggestions.

Gentlemen of the Legislature:

We are entering upon a new era in our state's government. The people are coming to feel with force the time-honored quotation, "A Government of the people, by the people and for the people." They are not over-zealous as to the particular political party, but they are interested in the welfare of the state. In fact, the three great political parties in Michigan agree on essentials and it ought, therefore, to be easy for the legislators representing these three great parties to work together in securing these common ends. We are, indeed, colleagues in our efforts to join in common service for the highest welfare of our great state. In other words, we are citizens and public servants first and our party differences are secondary. I can assure the present Legislature that I shall encourage hearty co-operation from start to finish. Most of the measures that I shall recommend have commanded the attention of the people for at least a decade.

Primary Law.

The secrecy of our ballot is the foundation of our liberty and the law wisely provides that this should be inviolate. Our present primary law, however, is defective in many fundamental principles by providing that every voter shall tell the town board to which party he belongs, be publicly recorded as such a partisan, and his name sent to Lansing as such a partisan. We can only change his label on certain days of the year as provided by law. This provision should be repealed. I suggest that registration day and primary day be one and the same. This would insure full participation at primary. All party tickets should be printed on one ballot, the voter marking one ticket only in the booth. In order to prevent minority nominations, provisions should be made for a second choice of voters. The abolition of party enrollment would do away with the absurd 15 per cent provision. By having registration day and primary day the same, thousands of dollars could be saved. By giving the people the initiative and referendum to amend the constitution and make laws; by giving them a single and secret ballot; and a primary law to nominate and elect their public servants; by giving them the recall to discharge unworthy and misapplying to every registered voter in their hands the necessary tools whereby they can easily get such reform legislation as they desire. The above are the fundamental things that should take precedence over all other matters that we have to do in this state government truly, for and by the people.

Initiative and Referendum.

It is essential that the people may rule it in order that they be given the proper tools to work with so that they may attain their own salvation. The most important of these measures is the Initiative and Referendum. This system has been adopted by nearly one-third of the states in the union and in one-half of these, the system is ineffective because of some "joker" inserted in the amendment. A Constitutional Amendment should be submitted providing for the initiative and the referendum. The present Oregon law has been the best in the union after ten years of operation during that time the people have initiated or rejected over one hundred measures by popular vote. The percentage of petition signers is reasonable and the amendment is self-operating. I suggest that it should be adopted without any substantial change. Its operation after a series of years has been so successful that after ten years the people voted down the attempt to repeal it by an overwhelming majority.

Recall.

A constitutional provision should also be submitted providing for the recall of all executive, legislative and administrative officials. The petition requirement should be reduced from the 25 per cent of the voters of the district. This percentage has the approval of all of the authorities on this subject.

Ballot Reform.

If the people are to rule through the agency of the ballot at the election primary law, the most important one is under the delusion that we have had the Australian Ballot system for many years, but as a matter of fact, such is

not the case. It is claimed that the present party column ballot is easy for the ignorant voter to vote the straight party ticket, but it is difficult for the independent voter to split the party ticket. The double system of marking the ballot with a circle on the top and squares on the side gives rise to endless confusion. Many voters mark the squares to the side of the first name on the ticket believing that this mark votes the whole ticket. Election inspectors say that one voter in ten fails to mark his ballot properly, indicating that 50,000 Michigan voters are annually disfranchised. In whole or in part, by the present complicated ballot. Our ballot should be changed to the genuine Australian Ballot similar to that provided by the Massachusetts law. The advantage in this ballot is that there is but one way to mark it. No complicated instructions are necessary. In voting, each candidate's name comes under the eyes of the voter and he marks it directly in front of the name of every man he wishes to vote for.

Furthermore, I recommend a corrupt practices act, providing for the limitation of expenditures and the publication of these expenditures both before and after primary and regular elections.

Short Ballot.

Many citizens think that the people are entitled to elect too many officials. An examination of our election returns for many years will disclose the fact that the people exercise much independence in voting for Governor, some in selecting a Lieutenant Governor, but that office has no candidates for the same office receive practically the same vote regardless of their individual merits. If, for example, anything goes wrong in the State Treasurer's office the blame is laid completely on the Governor, although he has no control over that office.

In the interest of better government and a shorter ballot, why would it not be a good idea to submit a constitutional amendment providing for the abolition of the offices of Lieutenant Governor and that the remainder of the elective state officials be appointed by the Governor and to act as his cabinet and advisors in state affairs. The ballot could also be shortened by abolishing the Circuit Court Commissioners and Coronors and providing that Justices of the Peace may perform the duties of these officials.

Publicity for Candidates.

It is necessary that each candidate should get his name and ideas on public publications before the public. Newspaper advertising is very expensive. In this form of publicity the rich have an advantage over his poorer brother. Small fortunes are frequently spent to gain a single office that doesn't pay one-half of the amount in return salary. I suggest that the Oregon system of publicity be carefully studied so that state election pamphlet is published by the state. Each candidate of every party paying a nominal sum can have a certain amount of space, give his biography and views of public questions and if elected he must pay for the same. It is printed in full in this pamphlet and an argument for or against by its most active advocate or enemy is also printed. This pamphlet is mailed at the state's expense to every registered voter ninety days before election. As a result of this publicity pamphlet, Oregon has become a great school for the study of political questions.

Election of United States Senators.

"Congress shall hold its first session on the 3d day of March next." Our State Legislatures for their approval an amendment to the Federal Constitution providing for the election of senators by popular vote. Would it not be an honor to Michigan to be the first to ratify this amendment?

Home Rule.

The present Home Rule Law should be amended so as to give to all cities and towns the full extent permissible under the constitution. Particularly should the law be amended so as to provide for the recall of all municipal officials and direct legislation by initiative petitions signed by five per cent of the electors. Also for the separation of municipal elections from the general November elections.

Taxation.

The more one surveys the "hit and miss" taxation system in Michigan, the more one is convinced that radical changes are needed in the system itself. The one thing that would greatly simplify our taxation methods would be a separation of state and local taxes. Scarcely any one would object to this change is needed, but this change is hard to bring it out. How to raise the specific taxes necessary to run the state is the most serious problem. I would suggest three sources of revenue. Our present inheritance tax brings us in a comparatively small amount. I would suggest that this tax should be largely increased, especially on extremely large fortunes and the

proceeds be placed in the general fund for state purposes. A second source of revenue might come from a graduated income tax like our sister state of Wisconsin is now trying. The corporate excess tax plan of Massachusetts as recommended by the committee on Finance of the Legislature in its session of the Legislature is still another method of raising the necessary state revenue.

While I do not recommend any of these plans specifically, I do recommend the separation of state and local taxes. The Legislature can first come way of raising the necessary revenue so that a separation of state and local taxes may be brought about.

Public Utilities Commission.

We now have a railroad commission which is given the power to fix rates and regulate the practices of railroads, telephones and power companies. I would recommend the enlargement of the powers of this commission to cover all public utility corporations of the state. Furthermore, as there can be no intelligent fixing of charges without a knowledge of the real value of the properties, I would recommend that the commission be authorized to make physical valuations of all such properties that they may deem advisable, that the rates fixed may return reasonable dividends on actual cash investment.

Licensing the Sale of Stocks and Bonds.

During the past twenty-eight years I have received numerous letters from men and women, who have accumulated a little money asking my advice in relation to an investment in stocks and Bonds of Foreign Corporations and Public Utilities Corporations. They had become enthusiastic over a scheme whereby they hoped "to get rich quick" through these purchases. My experience in this subject is the experience of every member of the Legislature. The sale of these stocks runs into hundreds of thousands of dollars annually. It is hardly fair to expect the people of Michigan or of any other state to have any adequate knowledge concerning the real value of these stocks. I suggest the enactment of a law similar to the Kansas law whereby our people will be protected from this kind of fraud. In other words, prohibit the sale of stocks and bonds of any company until said company has been first investigated and approved by the Railway Commission.

Banking Regulation.

Experience proves that the welfare of the people in their relation to banking institutions cannot be too carefully guarded. State banks and national banks are subject to state and national supervision. In spite of this supervision there is a feeling that further steps should be taken to secure depositors. While I would not recommend extreme legislation for the further protection of the depositor, I do believe that this subject should receive careful consideration at the hands of the Legislature. I can see no reason why private banks should not have state supervision and be required on call, to file statements. Under no circumstances would I say legislation as to limit the program and development of small banks. There are communities where the needs of the people make the small banks a necessity. The interests of the people in these villages, however, state in abolishing the present oil inspection system provisions might be made for the retention of one inspector to be directed by the Dairy and Food Department. This duty would be to make occasional tests and investigate complaints relating to poor oil.

State Live Stock Sanitary Commission.

We have now a State Live Stock Sanitary Commission consisting of three commissioners and the state veterinarian whose duties are to investigate and report on contagious diseases of various animals. The commission has no office at any place or even a directing head. Its members are scattered over the state and not always readily accessible. It is felt that it would be well if this commission might be abolished and its duties transferred to the Dairy and Food Department or the Veterinary Department of the college take charge of the same, thus saving a duplication of offices and at the same time making the work of the commission more effective.

Sanitary School Houses.

For more than a quarter of a century I have made a careful study of the school houses in Michigan. The majority of them are unsanitary and unfit for the care of the children. They rarely furnish adequate light, never furnish a proper supply of pure air, are not comfortably heated, and, on the whole, are destructive to the health of school children. It should be remembered that the ordinary school room, unlike the ordinary dwelling room, is frequently occupied by a very large number of children. Probably no one reform would exert a greater influence in reducing the death rate of children than the construction of sanitary school houses. Ordinarily school officers know very little about modern sanitation. It is largely a question of how large a "pen" is required to protect the boys and girls from inclement weather. A law should be en-

acted whereby all plans for school houses should be submitted to the Superintendent of Public Instruction and Secretary of the State Board of Health. These officials would approve of the heating, ventilating, lighting, in fact, of all the sanitary essentials before the contracts are to be entered into for construction. In states where this plan has been pursued satisfactory results have been realized.

School Boards.

So far as possible, our educational interests should be divorced entirely from partisan politics. In Michigan, we have not succeeded in doing this. I suggest the enactment of a mandatory law providing for the boards of educational apt to exceed seven members, elected by the people at large. Such school boards should be supervisory and legislative in their function and should have the appointing of all the executive, administrative and business manager, each of whom shall be responsible for his particular work.

Uniform System of Textbooks.

Many states in the union have enacted laws for securing a uniform system of textbooks. I would suggest that the Legislature make a careful study of the results of the uniform plan. Barring the larger cities and restricting uniformity of the eight-grade schools, all the advantages that we now realize could be secured, and besides the state would have thereby tens of thousands of dollars.

Primary School Funds.

I agree with the declaration of the republicans in their platform in which they declare that we should sacredly preserve the primary school fund. Under the rather extraordinary changes in the assessment of property there seems to be some probability of seriously reducing the primary school fund. This would cripple the work of our common schools. We cannot afford, under any circumstances to do less for our seven hundred seventy thousand school children. We can afford to do more rather than less.

Medical Practice Laws.

From a materialistic standpoint no investment yields greater returns to the wealth of the state than health. A recent estimate of the economic value of life in England shows that human labor capitalized, is worth five times all other capital. The physicians of Michigan stand ready to further all legislation that tends to enlighten the people along lines that "conserve" health. At present, Michigan is the camping ground for numerous medical fakirs. I suggest the enactment of a law whereby the practitioners are required to pass examinations before the State Board of Medical Examiners, or State Board of Health, in Physiology, Anatomy, Hygiene, Chemistry, Bacteriology, Physics, Pathology and Diagnosis. A knowledge of these subjects is fundamental in any rational attempt on the part of a practitioner to serve the best interests of his patients. This is a reasonable requirement, and the legislation along this line ought to command the hearty approval of the profession, but the approval of laymen, generally.

Civil Service.

The business of the state can be more economically and efficiently administered if merit, ability, integrity and energy of employes rather than political activity be the basis of employment. I, therefore, suggest that the Legislature enact a Civil Service Law to this end.

Weekly Payment of Employes.

I recommend the enactment of a law whereby railroad companies, mining companies and manufacturing concerns be required to pay their employes weekly. This is a matter of simple justice.

Economy.

Every successful businessman is always aware of the importance of economy. Just why he should sometimes forget the importance of economy when he becomes the hired man of the state is something of a mystery. One thing is clearly evident, and that is, that the people are no longer willing that an official should, for the sake of political friendship, make the state a dollar, of unnecessary expense. Efficiency is fundamental in all forms of service. I sincerely hope that the legislators will cooperate with me in reducing the pumber of employes to the minimum.

Conclusion.

My attention has been called to many other matters, but possibly I have already offered too many suggestions. I realize that on account of our limited time some of them cannot be considered. In conclusion I repeat that the Australian Ballot, the Initiative and Referendum and the Recall should receive thorough and careful consideration at the hands of the Legislature. We are in duty bound to fulfill these pledges. I feel sure that along the line of a majority of my recommendations we are agreed.

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