

THE  
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Society of the Descendants of the Schwenkfeldian Exiles*

# **JAMES M. ANDERS**

## ***SPECIAL NUMBER***

The annual meeting of the Society of the Descendants of the Schwenkfeldian Exiles, Nov. 20, 1936, was devoted to the memory of Dr. Anders, who as one of the founders, and as president for more than ten years, will ever be remembered. This issue of THE EXILE HERALD contains the addresses delivered on that memorial night.

## **THE EXILE HERALD**

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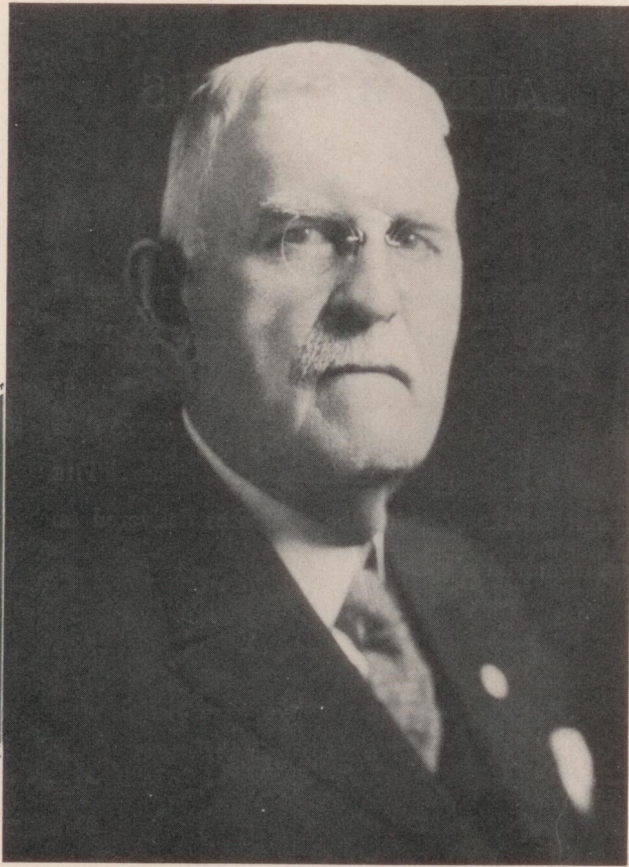
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**JAMES M. ANDERS**

## JAMES M. ANDERS—IN MEMORIAM

By SAMUEL K. BRECHT, LITT.D.

*“Whole words of learned length and thundering sound,  
Amazed the gazing rustics ranged around,  
And still they gaz’d, and still the wonder grew  
That one small head could carry all he knew.”*

—GOLDSMITH, *The Deserted Village*.

### *Ancestry*

James M. Anders was the third son and sixth child of the late Samuel Dresher Anders and Christina Kriebel Meschter Anders. He was born at Fairview Village, Montgomery County, Pennsylvania, July 22, 1854, and died at Blue Hill, Maine, August 29, 1936. He was of the fifth generation in line of descent of the widow, Anna Reinwald Anders, who arrived in Philadelphia on September 22, 1734, on the ship *St. Andrew*, in company with the main group of the Schwenkfeldian Exiles.

Anna Anders was the widow of George Anders of Lower Harpersdorf, Silesia, who died August 21, 1715; in 1726 Anna Anders fled to Berthelsdorf, Saxony, with other refugees with her three children, Balzer, Ursula, and George, whom she brought with her to Pennsylvania in 1734. She died four days after landing in Philadelphia, and was buried somewhere in Philadelphia, the cemetery not being known.

Dr. Anders had a very high regard for his Schwenkfeldian ancestry. In a public address in 1927 he made the following statement:

“I am quite aware of the fact that I have not reached the highest ideals of the medical profession, but can rightfully claim that those ideals have been kept steadily in view. It may excite surprise to add that all of my direct ancestors, so far as I can learn, were God-fearing, sober, industrious, and unswervingly upright. Of those forbears I shall say little, although I may mention the fact that the line can be traced back to one, Balzer Hoffman, who presented upwards of 100 petitions to King Charles the Sixth. My remote ancestors were an integral part of that small group which emigrated to America in 1734 from Silesia, and are familiarly known as the ‘Schwenkfeldian Exiles’ — historians have said that the original group of Schwenkfelders were the most intelligent band of immigrants of the Colonial period, and they were the only immigrant group who received a royal invitation from Frederick the Great to return to their fatherland and have their former homes returned to them.”

In writing of his father, Dr. Anders said:

“Samuel Anders was a plain, earnest, unassuming man of honest convictions and the strictest integrity. He had a pleasing personality, made friends readily, and enjoyed their fellowship, although his avocation, that of farming, which he pursued with intelligence and industry,

claimed nearly all of his time, so that opportunity of meeting men of affairs was limited. The community in which he lived held him in the highest esteem and his counsel in financial, business, and agricultural matters was considered to be most valuable, and he was frequently sought after by his friends and acquaintances. He was deeply religious and devoted to the Schwenkfelder Church which he faithfully attended and also served in the capacity of Moderator for more than thirty years." (1852-1888).

In the Anders' home the children were surrounded with Christian influences. Daily family worship was the custom, and the father was ambitious to provide for the future of his children. Before his three sons reached manhood, Mr. Anders acquired two additional farms in Worcester Township, and upon being questioned about the motive for this acquisition stated that if his sons did not wish to farm, then his daughters might marry farmers. Although two of the sons became farmers, the future of the son, James, did not lie in this field. Doubtless the father saw in this youth traits that would lead him to success in other fields, as James was the only child to receive a college education.

After attending the local schools in his native township, James was enrolled in the schools of Norristown, where he made an excellent record, and the father then urged him to attend The Mennonite Theological Seminary, at Wadsworth, Ohio, and prepare to enter the ministry. Samuel Anders seemed to be more farsighted and liberal than many of the other leaders and members of the Schwenkfelder Church at this time, for prior to this, none of the ministers of the Schwenkfelder Church had the benefit of a college education.

Perhaps another factor that induced the father to urge the son to pursue his education in collegiate fields was the local fame the boy had acquired by the high scholastic record he made in school as a pupil, and later as teacher of the local schools. Prospective teachers of the neighborhood, when preparing to take the examinations of the County Superintendent for a teacher's certificates would bring their difficult problems in mathematics to "Jimmie Anders" to solve, and his brothers related in later years how "Jimmie" would solve these problems while following the plough on his father's farm.

James entered the academic department of Wadsworth, and when found to be especially apt in mathematics was soon appointed teacher of mental arithmetic in the school.

After finishing his preparatory course at Wadsworth, instead of entering the Theological Seminary of that institution, he entered the Medical Department of the University of Pennsylvania, from which institution he was graduated in 1877, having "read medicine" in the meantime with the late Dr. George K. Meschter, of Worcester, Pa. In this same year he was awarded the Degree of Doctor of Philosophy from

the same institution, and also received the George B. Wood Prize for the highest general average in the scientific course and his original essay on "Transpiration of Plants." As an undergraduate, he was chosen one of the 12 students composing the "Alfred J. Stille Medical Society."

The writer's first recollection of Dr. Anders dates from the time of his graduation just fifty years ago, in 1877. During the summer when our farm house was being rebuilt, mother was taken suddenly ill one morning, and when the family physician, Dr. George K. Meschter, came to attend her, he brought with him the young Dr. Anders who had recently been graduated from medical school. After the physicians made an examination and prescribed for mother's illness, it was decided that Dr. Anders should stay with her during the day. The impression made upon a very small boy of having a physician in the house all day has never been effaced. Hence it was stated that Sarah Brecht was Dr. Anders' first patient, and in later years, Dr. Anders and the grown-up boy frequently recounted this experience.

Henceforth the name of Dr. James M. Anders was highly revered in the Brecht family.

In the brief time and space at our disposal it is impossible to chronicle even in an inadequate manner, the many achievements in the various lines of activities, both professional and otherwise, during the long and distinguished career of Dr. Anders, so that only some personal experiences, and some of the outstanding honors attained by Dr. Anders will be mentioned.

### *Publications*

During the first decade after graduation from the medical school, Dr. Anders continued his studies in natural history subjects. His original investigations on certain plant functions led him to discover that flowering plants and odoriferous foliage possess the power to convert the oxygen of the air into ozone. He was the first to show by experiment that when growing plants are cultivated indoors they tend to increase and maintain a proper degree of humidity in the air and are, therefore, beneficial to health. As a result of these investigations and discoveries, in 1885, Dr. Anders was tendered the Chair of "Forestry and the Relation of Plant Life to Health" in the newly created Bureau of Scientific Information in the Academy of Natural Sciences in Philadelphia.

During the long career of Dr. Anders in the medical field he was probably one of the most versatile men of the profession, as well as a prolific writer, not only in his chosen field of medicine, but also in pedagogical and civic fields. His list of published articles in medical and scientific journals consists of more than one hundred and fifty titles, and in addition, his largest work, "The Theory and Practice of Medicine" ran through fourteen editions between 1897 and 1921. More than

fifty thousand copies were sold, and the text is said to be the most widely used in its field in the medical schools of the country, and is also widely used in the medical schools abroad.

In 1911, in association with the late Dr. Napoleon Boston, Dr. Anders wrote a book on "Medical Diagnosis" which passed through numerous editions, and is considered an authoritative work on this topic.

The list of articles written by Dr. Anders and published in professional journals does not include the many contributions made to the cause of general education published in college magazines. Dr. Anders made hundreds of public addresses before civic, historical, scientific, and health organizations, and he was a frequent broadcaster of health programs over the radio during his later years. He also contributed many articles of a religious nature to the columns of church papers and magazines.

### *Medical Historian*

On the occasion of the celebration of the 75th Anniversary of the founding of the Philadelphia County Medical Society, May 7, 1924, Dr. Anders was chosen to write the history of the Society. It was quite an honor to be thus singled out from the hundreds of physicians in the Society.

In introducing Dr. Anders upon this occasion, the toastmaster spoke as follows:

"Some men are born great; others have greatness thrust upon them; while still others achieve greatness. The next speaker is of the third group. By his indomitable courage, persistent application, and tireless energy, he has won for himself a high place in the medical profession. Known on both sides of the ocean as clinician, teacher, author, and humanitarian, he has done much to maintain Philadelphia in her proud position as one of the great medical centers of the world."

In writing this history of the Society Dr. Anders, who was elected a member of the Society in 1881, and became a life member in 1926, went into great detail to portray accurately the great achievements of the seventy-five year old organization. With his usual thoroughness, he made available for future generations the narration of the successes of the many enterprises in which the Society won distinction.

It is worthy to note that in the year 1923, two gifts were received by this Society: one of \$2,000 from Dr. James M. Anders, to endow the Library of the Society, and another of \$5,000 from Dr. I. P. Strittmayer, "set aside in trust, the income to be devoted principally to the securing of a gold medal, to be awarded to any doctor presenting to the Society the most valuable contribution to the healing art for the current year," and Dr. Anders was one of the recipients of this medal in 1932, for his outstanding contribution to the medical field for 1925. A tablet in the

auditorium of the Society lists his name as one of the recipients of the Strittmayer Award.

Dr. Anders was the forty-fourth President of the Society, having been elected in 1905. In 1910, he founded the medical library and served as Chairman of the Committee on Library for many years, even up to the time of his death. In addition to the donation of \$2,000 made in 1923, Dr. Anders later added another \$1,000 for library purposes, and in his will he left another legacy of \$2,000 to the endowment fund of the Library. He also bequeathed \$2,500 to the Board of Directors, the income of which is to be used to meet the expenses of the celebration of Public Health Day in the Philadelphia Public Schools. A bust of Dr. Anders stands in the Library of the Society memorializing him as the founder of the Library.

### ***Fund to Promote Public Health***

The American College of Physicians is a medical society patterned after the Royal College of Physicians in England, representing primarily specialists in the field of internal medicine throughout the western hemisphere. This organization has recently purchased a building in Philadelphia and will occupy it as its national headquarters.

In 1888, Dr. Anders was elected a Fellow of the College of Physicians of Philadelphia, which was instituted in 1787. He served as Chairman of the Committee on Public Health, Preventive Medicine, and Public Relations from 1913 to 1926, and as chairman of that committee he also served as a member of the Council of the College. Dr. Anders remained a member of this Committee up to the time of his death. He was a delegate to the Fifteenth International Congress on Hygiene and Demography at Washington, D. C., in 1912. In 1923, Dr. Anders was made a Master of the American College of Physicians, the first Fellow of the College to be so honored, and was one of the two Philadelphia physicians to be honored with the distinction of mastership in the College.

"The James M. Anders Fund" of \$5000 was donated to the College by Dr. Anders in 1924, the income of which is to be used for the promotion of Public Health and Preventive Medicine. Dr. Anders told the writer that he was much pleased with the educative work in preventive medicine carried on by this fund. The income from the fund is used to secure prominent men to speak at the annual meeting on the subject of preventive medicine.

### ***Public Health Day***

The interest of Dr. Anders in public health dates back to 1885 when the Bureau of Scientific Information was created at the Academy of Natural Sciences of Philadelphia and he was appointed to the chair of Forestry and the Relation of Plant Life to Health. During the first



decade after his graduation from college, Dr. Anders continued his study of plant life in relation to health and wrote many articles on the therapeutic relations and beneficial influences of house plants, and in 1886 he published a book on the Relation of Growing Plants to Health and Disease.

In 1912 he recommended the appointment of a standing committee on Public Health and Preventive Medicine and Public Relations of the College of Physicians and served as chairman of this committee from 1913 to 1936. Thus his interest in public health having attracted his attention in his early professional years it was logical for him to arouse the interest of the public on the subject of health as a civic movement at least one day in the year, which day he advocated should be called "Public Health Day." Finally, on May 3, 1917, the first Public Health Day in connection with a Town Meeting, was held in the Academy of Music in Philadelphia, under the supervision of the County Medical Society, the Civic Club, the City Club, and the Child Federation. At this meeting Dr. Anders presented resolutions for establishing an annual Health Day, under the auspices of the above named societies and they were unanimously adopted. Since that time Public Health Day has been an annual affair.

It was through the influence of Dr. Anders that the observance of Child Health Day in the junior and elementary schools of the city was instituted. Dr. Anders donated a trophy to that Junior High School "ranking first in practical application of the aims of courses in physical and health education," and it was his great delight to personally present these trophies to the Junior High School earning this award. Special programs are also held in the elementary schools in each of the ten districts which has won the highest ranking. Trophies similar to the junior high trophies are also awarded to these ten schools. Dr. Anders continued to present these trophies personally up to 1936.

In his will Dr. Anders provided for the permanent observance of Health Day by the following bequest:

"I give and bequeath the sum of Twenty-five Hundred Dollars to the Board of Directors of the Philadelphia County Medical Society, in trust, to invest the same in lawful securities and to use the annual net income thereof to meet the expenses of the Philadelphia celebration of the Annual Health Day held in the autumn of each year, to be conducted under the auspices of the Philadelphia Medical Society.

"I recommend to the head of the Division of Physical Education of the Public Schools of Philadelphia that the annual presentation of Health Trophies to the successful competitors of the Junior High Schools and Elementary Schools shall take place on May 1, or Child Health Day, and be made a part of the Annual Health Week Program in Philadelphia.

“Through this legacy and this recommendation I desire to direct attention to the great importance of teaching children the laws of health and the development and use of proper health habits.”

### ***Anti-Noise Campaign***

When in 1930 a movement was started to abate unnecessary noises, Mayor Mackey appointed Dr. Anders chairman of a “Noise Abatement Committee.” By public addresses and radio talks, Dr. Anders indicated how unnecessary noises are a detriment to good health, and urged the passage of ordinances to curb these noises; even as late as April 1936, Dr. Anders appeared before City Council to urge the passage of an “Anti-Noise bill.”

### ***Better Homes and Housing***

Dr. Anders claimed that good health cannot be maintained unless people live in sanitary homes. In 1927 Secretary of Commerce Hoover appointed Dr. Anders chairman of the “Better Homes Committee of Philadelphia,” and he was reappointed by Secretary Wilbur, who succeeded Secretary Hoover, when the latter became President. As Chairman of “Better Homes in America,” he made many addresses urging the erection of good homes. In 1930 he was elected a director, as well as treasurer of the Pennsylvania Housing and Town Planning Association. To stimulate interest in this project, prizes were awarded for posters made by school children featuring “Better Homes Week.” Awards were also made to builders for the best houses built during the year, taking into account sanitary and good housing qualities.

### ***Home Teaching Society for the Blind***

For many years Dr. Anders was intensely interested in the Home Teaching Society for the Blind, an organization fostering the teaching of the blind in their homes instead of in institutions. This Society was founded in 1882 in England by Dr. William Moon, author of the Moon System of reading for the blind. The Philadelphia society was the first Home Teaching Society in America, but the organization now exists in more than twenty-one states. The work of teaching the blind to read by both the Braille and Moon systems is carried on in Pennsylvania by several blind or partially blind teachers employed by the society who work in the homes of the blind. A free Circulating Library for the Blind is an important part of the work carried on by the organization.

Dr. Anders served as one of the officers of the Society for several years and upon the death of Dr. L. Webster Fox, he was elevated to the Presidency of the Society, and he devoted much time and effort to promoting the work of this enterprise. In 1932 this Society completed a half century of service in this work.

### *The Medico-Chirurgical Graduate School of Medicine*

Dr. Anders engineered many successful achievements during his long professional career, but he frequently said that he considered his greatest achievement, the influence he exerted in bringing about the union of the former Medico-Chirurgical Medical School with the University of Pennsylvania, in 1916, and having it made the Graduate School of Medicine, in that institution.

When the present Parkway Boulevard in Philadelphia was projected and extended, the plans included the buildings that constituted the Medical School of Medico-Chi located at 17th and Cherry Streets. When the city condemned these buildings it became necessary for Medico-Chi to seek a new home or to unite with another institution.

For more than two years various plans were considered, either to erect a new medical school on the Parkway, or to unite with another institution.

Dr. Anders who was vice-president of the Board of Trustees of the college was made chairman of a committee to find a solution. At one time it was agreed to unite the medical schools of Jefferson Medical College, Medico-Chi, and the Medical Schools of the University of Pennsylvania, and Dr. Anders wrote an article outlining the advantages of this plan that appeared in the Pennsylvania Medical Journal. However, this plan did not materialize, and we find that Dr. Anders as chairman of the committee of amalgamation wrote a later article in which he outlined the Articles of Amalgamation which were agreed upon between the University of Pennsylvania and Medico-Chirurgical College and Hospital.

Under the plan finally consummated, the Medico-Chirurgical College and Hospital became the "Medico-Chirurgical College and Hospital, the Graduate School of Medicine of the University of Pennsylvania," and Dr. Anders became Professor of Medicine and Clinical Medicine of this Graduate School, which position he held until 1927, when he resigned and became Professor Emeritus, with the same title. That he was able to overcome all the obstacles, that brought this amalgamation to a successful conclusion, Dr. Anders considered his greatest achievement.

In 1912, Dr. Anders was selected by the medical profession of Philadelphia as chairman of a large local committee on reception and entertainment of a group of 200 prominent German physicians and Scientists. This group was given a reception by the Mayor on their arrival, and afterwards entertained at a large dinner. The group subsequently went to Washington, D. C., to attend the International Congress on Hygiene and Demography. Their reception in Philadelphia exceeded that given them in any other city.

### *Honored by Many Mayors*

Dr. Anders was honored by many of the Mayors of Philadelphia by appointment to positions of trust and honor, in which positions he rendered valuable service to the city.

In 1892 Mayor Edwin S. Stuart appointed him a member of the Civil Service Examining Board for the Philadelphia General Hospital.

In 1898 Mayor Warwick made Dr. Anders a member of his Advisory Board, and in 1912 he was made a member of the Citizens' Committee of one hundred on Municipal Reform and Charities.

In 1914 at the urgent request of the Director of Public Health and Charities as well as of Mayor Blankenburg, in recognition of his interest which he had long manifested in civic affairs and public health work, Dr. Anders accepted membership in the Board of Health in Philadelphia, a position to which he was reappointed by each successive Mayor until last year.

In 1913, Governor Tener appointed Dr. Anders to represent the state of Pennsylvania at the International Congress on School Hygiene at Buffalo, N. Y.

Mayor Smith, in 1918, appointed Dr. Anders chairman of the Committee of Physical Reserve, to have charge of public physical education in the city and in the same year he was requested by Governor Brumbaugh to form a Medical Advisory Board for the examination of registrants entering the U. S. Military Service, referred by local examining boards. This office he filled until the close of hostilities abroad.

### *Scholastic Honors*

It is seldom that any man is given the honors and plaudits of his friends and associates during his lifetime as were showered upon Dr. Anders during his long career. Scholastically, he was given many deserved honors. He is the only man upon whom Ursinus College conferred three honorary degrees: in 1890, Doctor of Philosophy; 1896, Doctor of Laws; and in 1927, Doctor of Science.

His alma mater, the University of Pennsylvania, conferred upon him the Degree of Doctor of Philosophy in 1877; and in 1928, it also conferred upon him the degree of Doctor of Science, and a year later, the Pennsylvania Military College of Chester, conferred upon him the degree of Doctor of Laws. It is interesting to note that this institution had decided to honor Dr. Anders with an honorary degree, the preceding year, on the identical day and hour when he had already accepted the invitation of his alma mater to be present at their commencement to receive a similar honor.

The University of Pennsylvania conferred the Doctor of Science degree on June 20, 1928, with the following citation: "Distinguished son of the University, from which you received the degree of Doctor of

Medicine and Doctor of Philosophy. Your entire life up to the present moment has been devoted unselfishly to the service of your fellow man. As physician you have been not only 'the doctor' but the tender sympathetic friend of all to whom you ministered. Member of the staffs of many hospitals. From 1892 to 1918 Professor of Medicine in the Medico-Chirurgical College, you have continued as Professor of Medicine of this University, a school created by the merger of the Medico-Chirurgical College with the University of Pennsylvania. In public service you have accepted responsibilities as a member of the Board of Health of Philadelphia. Member of many learned Societies, Trustee of Perkiomen School and of Ursinus College. Member of the Board of Managers of the City Parks Association, and of the Hospital of the Graduate School of the University, you have in every relationship and responsibility shown yourself to be a wise counselor, an unselfish and devoted worker. Your most important writings are in your chosen field, in which your 'Theory and Practice of Medicine' has already passed through fourteen editions. You have been for many years a notable teacher of medicine and an investigator.

"By virtue of what you are and what you have accomplished, your Alma Mater has called you back after the lapse of years to express her pride in her eminent son and to confer upon him an honorary degree."

#### ***Honored by French Government***

In 1910, Dr. Anders was made an "Officer de l'Instruction Publique et Beaux Arts," as a recognition of his standing in the field of medicine, and particularly for his discovery that all flowering plants, and especially those of high fragrance, have the power to convert oxygen of the air into ozone. This discovery has been confirmed by French scientists. This decoration is the higher of two given as a reward to those distinguishing themselves in either literary, scientific, artistic, or educational fields.

Again in 1923, in connection with the centenary celebration of Louis Pasteur, at a luncheon in Philadelphia, at the hands of the French Consul, Dr. Anders was made Chevalier of the Legion of Honor of France. This decoration was made in recognition of meritorious service in the field of medicine.

#### ***Public Testimonials***

On the occasion of the celebration of the fiftieth anniversary of the practice of medicine by Dr. Anders, a testimonial dinner was given him in the Bellevue Stratford Hotel in Philadelphia, by more than five hundred physicians, former pupils, professional associates and friends. Seldom is a man so lauded by friends and associates during his lifetime.

The climax of the occasion was the presentation of a life-size bust in bronze of Dr. Anders, by the late Dr. John B. Deaver, said to have been one of the most distinguished surgeons in the world.

This testimonial dinner was the most unique and impressive that the writer ever attended. A poem, "The Tale of the Years," written by Elizabeth Glendenning Ring, especially for the occasion was read. Tributes were given by physicians, lawyers, educators, and others. Messages of regret at being unable to attend, and felicitations from former pupils coming from all parts of the country were read.

The speakers dwelt upon the wonderful gentleness, kindness, and sympathy of Dr. Anders, for those to whom he was called as a physician, and whom he left as a warm friend. A sense of justice, devotion to truth, and personal dignity were some of the characteristics bestowed upon him by former students. It may be said of him, "he possesses every virtue." That he was a man of the highest ideals was repeatedly stressed. "We can never have enough of such men. He believed thoroughly in *keeping people well*, rather than to wait until they realized they were sick and sought his advice.

Dr. Anders was among the first to advocate annual health examinations as a means of keeping people well.

In response to these eulogies, Dr. Anders said: "I am quite aware of the fact that I have not reached the highest ideals of the medical profession, but can rightfully claim that these ideals have been ever kept steadily in view." For these ideals, Dr. Anders gave credit to his forbears who in their lives gave him a heritage worthy of emulation.

The impression made upon the guests by this notable occasion is well illustrated by the late Dr. O. S. Kriebel, who afterwards wrote:

"We enjoyed thoroughly, with hundreds of others, the wonderfully fine tribute paid to your work and character last night. It was all so richly deserved. 'The half had not been told' before this memorable occasion.

"I have never been present anywhere on any occasion where so fine a tribute was paid to a man and his achievements by any group of distinguished men and women, as was paid you last night by your former associates and personal friends. And your remarks were most fitting and most appropriately expressed with deep feeling and exquisite felicity. Your cup of happiness must have been full to overflowing. It was a most notable occasion, and we thank you for the privilege of being permitted to share with so many other of your personal friends and admirers, the 'feast of reason and flow of soul' which was poured out so freely at your testimonial dinner last night."

Another wrote, "If greater honor could be conferred at this time, I feel it would be, 'Master of the Healing Art'."

In regard to most eminent men, eulogies of their lives and accomplishments are withheld till after their death, but this was not the case with Dr. Anders.

### ***Education For Citizenship***

In January, 1926, an article was published in "The General Magazine for Historical Chronicles," published by the University of Pennsylvania written by Dr. Anders, in which he suggested many modern ideas for reorganization of the School System of the country that received favorable commendation from educators and superintendents. Had a reader not known that Dr. Anders was a physician, upon reading this article he would have judged him to be a professor of pedagogy in some College of Education, or a leading superintendent of schools.

After President Omwake had read this article he was so impressed that he wrote: "I do not know when Dr. Anders finds time in the midst of his daily rounds for study and writing on subjects apart from his profession. It is a mystery, but at any rate here is a carefully written article proposing reforms in public education of such pedagogical soundness and practical value, that any one reading the article was made to feel that the proposals should be put into effect immediately."

In this article, Dr. Anders advocated the readjustment of educational methods so that our public as well as the private schools may keep pace with the growth and development of our growing communities. He made a strong plea for the physical welfare of the pupil in order that a vigorous mind and body might be developed. He urged that the day of the pupils be divided into three equal parts; eight hours devoted to work, eight hours to sleep, and eight hours to play and relaxation. He stated that too much time is now given to promote the pupil's knowledge, whereas an insufficient amount is given to promote the health and physical welfare of the pupil.

In the school administration he suggested that there should be a daily three hour period of intensive mental training for two sets of pupils, and a three hour period of daily supervised play or recreation, either in the open or in suitable roofed spaces, for two groups of pupils. If this plan should be adopted as a uniform rule, then about one-half of the children at school would be at play and the other half would be in the class-rooms and vice versa.

He also advocated medical inspection of the pupils, the introduction of motion pictures — visual education — the teaching of personal hygiene, the introduction of nutrition classes, and a readjustment of the traditional class-room periods so as to provide for a daily three-hour period of instruction instead of the usual five-hour period. However, this shortened day was not to lower the standards, but only the vital things should dominate the instruction.

"We should lessen the education of the public school age quantitatively, while at the same time we improve it qualitatively. This plan would not result in the lowering of standard but in an improved mental training, and if combined with adequate attention to the physical needs of the pupils, it would result in a hardier, happier, and more effective race."

The soundness of the ideas advocated by Dr. Anders is proven by the fact that many of them are now embodied in the modern school systems of the country.

### *Perkiomen School*

Dr. Anders took an active interest in the reopening of Perkiomen Seminary (now Perkiomen School) in 1892, when Dr. O. S. Kriebel assumed the principalship, serving on the Board of Trustees to the time of his death. He served as vice-president of the Board for many years, and upon the death of Michael Gilbert, the President of the Board, Dr. Anders was elevated to the Presidency and in this capacity he served faithfully, and supported financially the development of the school. He presided over his last board meeting in May, 1936, in Norristown, when on account of physical infirmity it was difficult for him to get around. However, he took an active part in this meeting when a revised set of by-laws was adopted.

His addresses at the commencement exercises were replete with sound pedagogical ideas, and only last year he propounded the high ideals that he thought Perkiomen should attain under the new management. He also provided for the awarding of a medal to a member of the Junior School who should show excellence in his studies during the year, and in his will he left two legacies to the school.

In 1929 at the commencement exercises at the Pennsylvania Military College Dr. Anders urged the graduates to consider only opportunities that present the greatest possibilities of future development. "Learn the social needs of your community and endeavor to meet them. I have always been an advocate of the small college, for in the small institution of learning, students and faculty are closer together, and this situation makes for development of individuality, for concentration, and for the absorption of the fundamentals of education."

### *Connection With Ursinus College*

Dr. Anders was made a member of the Board of Directors of Ursinus College in 1892, and served continuously in that capacity up to the time of his death, a period of 42 years. He took an active interest in the management of the college and did not take his position in a perfunctory manner. For a number of years he was chairman of the Committee of Government and Instruction, and his inspiring leadership was highly



esteemed by both faculty and directors. The late President Omwake said of him: "He was consistently one of the most valuable members, wise in counsel and enthusiastic and liberal in support of the work of the College."

It was his worth as advisor, and his standing as teacher, man of science, and man of letters, that secured for him the signal distinction that Ursinus had ever accorded any one man, having been made thrice an alumnus of the college, when honorary degrees were conferred upon him.

It was only in January of last year, when President Omwake on account of ill health tendered his resignation as President to take effect at the close of the college year, that Dr. Anders was appointed chairman of a committee of eight directors and alumni to nominate his successor. The committee recommended Dr. Norman Egbert McClure to the presidency and that nomination was unanimously confirmed by the board on June 6, 1936.

On March 8, 1934, as a feature of the public exercises commemorating Founders' Day at Ursinus, the College made recognition of the fortieth anniversary of the election of Dr. Anders to the Board of Directors. He was presented with a basket of forty red roses.

On March 27, 1936, the Philadelphia Alumni Association of Ursinus tendered Dr. Anders a testimonial dinner at the Benjamin Franklin Hotel in Philadelphia. This dinner was attended by more than 125 members of the alumni and friends, with Hon. J. Hampton Moore, twice Mayor of Philadelphia, as toastmaster.

High tribute was paid to Dr. Anders as a scientist, educator, author, and citizen, by a distinguished group of speakers, all of whom were honorary alumni of Ursinus. Dr. Ross V. Patterson, Dean of Jefferson Medical College, spoke for the medical profession; Dr. George E. Pfaehler, a member of the board of directors of Ursinus, praised Dr. Anders for his services to education; and Sarah Logan Wistar Starr, chairman of the executive committee of the Women's Medical College, lauded Dr. Anders for his labors in behalf of women in medicine.

Dr. Pfaehler spoke of the Curtis-Anders Science Hall at Ursinus as one of the finest contributions the college has received.

President Omwake being unable to attend on account of illness sent greetings, in which he said, "Before I entered the college as a student, Dr. Anders became a member of the board of directors of the institution. On becoming officially connected with Ursinus in 1901, I found him among the active leaders. From the time I became President in 1912, I have constantly enjoyed his loyal support, and have been guided by his counsel.

"The respect with which I have regarded him during this long period has ripened during the past year in which he has so skillfully ministered

to me as my physician in a time of critical illness, into genuine affection. As director, physician, and friend, I hail him tonight."

Dr. Omwake repeatedly said that it was due to the skillful treatment, and constant attention given him by Dr. Anders in his ministrations during the critical illness that he suffered during the preceding year, that saved his life.

While Dr. Anders was attending Dr. Omwake, he repeatedly told the writer that he did not expect him to recover, and for a number of weeks Dr. Anders refused to leave the city while Dr. Omwake was in a critical condition. He said, "I cannot leave Dr. Omwake. His condition is too critical."

It is worthy to note that the death of Dr. Omwake came just a few months after Dr. Anders died.

### *Dr. Anders and President Omwake*

The friendship that developed between these men during the last twenty years of their lives seemed somewhat like the David and Jonathan friendship. Their souls seemed knit together. Each man had the highest regard for the other's abilities in their chosen fields. Dr. Omwake repeatedly stated that a consultation with Dr. Anders was a stimulant that spurred him onward when he was most depressed on account of difficult situations that developed at the college. This was especially true during the later development of Ursinus in the academic and scientific fields.

In November, 1928, Dr. Anders read a paper on the subject of "Research Methods of Teaching Science," before the Association of College Presidents of Pennsylvania at their meeting in Harrisburg. Dr. Anders told the writer that President Omwake, who was president of this Association, was so much impressed with this paper that he requested permission to have it printed in booklet form as he desired to use it in soliciting funds for a new science building at Ursinus. Permission was given President Omwake to do so, and in course of time, the plan to secure a new science building seemed assured. Dr. Anders then told the writer, "What do you think? Dr. Omwake wishes to name this proposed building 'Anders' Hall, but I cannot make a sufficiently large contribution to be so honored."

As a matter of fact at a meeting of the Philadelphia Alumni Association of Ursinus a resolution was adopted suggesting to the Board of Directors that the proposed new Science Building be named, "The James M. Anders Science Building." This proposal was most welcome to his colleagues on the Board and they heartily voted that this should be the name of the building.

As the project of this new building progressed, the late Cyrus H. K. Curtis became interested and voluntarily made a very large contribution towards the proposed building and made its erection possible.

At the celebration of Founders' Day in February, 1931, Dr. Anders, being the senior member of the Board of Directors, turned over a shovelful of earth, and the ground was broken for the new \$500,000 science building. The cornerstone was laid in June, 1931, when Dr. Anders delivered the honorary address. In introducing him to the audience, Dr. Omwake designated him as "the inspiration for this structure."

We must not neglect to note that in 1932 there was formed at Ursinus the "James M. Anders Pre-Medical Society," the purpose of the society being to deepen interest at Ursinus in pre-medical scientific work. This organization admits to its membership only juniors and seniors who have an average of 82 or higher in their class work.

### *The Woman's Medical College*

As late as 1934 when Dr. Anders was relinquishing many of his activities and retiring from some of the many committees and boards on which he had served so many years, he, together with Dr. Chevalier Jackson, accepted membership on the Board of Trustees of The Woman's Medical College of Pennsylvania. It was the high ideals that he held for the medical profession that led him to accept this position, as he related to the writer. The college at that time had received a "B" rating amongst the medical colleges, and Dr. Anders said we could not afford to have this institution have this low rating, hence Dr. Jackson and himself were added to the Board in order to raise the standard of the institution.

On the occasion of Founders' Day, in March, 1936, when the eighty-sixth anniversary of the founding of the college was celebrated. Dr. Anders was one of the main speakers, when he was able to announce that "The Woman's Medical College has ever kept pace with the rising standards of medical education in this country. When the pronouncement of classification of medical schools was issued, the Woman's Medical College was accorded a Class 'A' ranking, which it holds today." Thus Dr. Anders was able to realize his ambition for the college a few months before his passing. His service rendered had served its purpose.

Dr. Anders said that, "sympathizers were few when female medical education took root in this country through the birth, in 1850, of the Woman's College, At the present time, women physicians are not only tolerated but welcomed in all medical organizations."

In 1932 Dr. Anders proposed the name of Dr. Catharine Macfarlane, Professor of Gynecology at the Woman's Medical College of Philadelphia, as a fellow in the College of Physicians, and she was elected and

inducted into the fellowship. Dr. Macfarlane was the first woman to be received into the fellowship of the College.

### ***Obesity and Its Treatment***

A number of years ago, Dr. Anders made a special study of obesity and dietetics and wrote a paper on this subject that attracted wide attention, and his reputation for making fat people thin became rather widespread, and the newspapers gave him a great deal of publicity on this account. One of the New York papers played this treatment up in a news story in which the writer stated, "Over in Philadelphia there is a physician who makes fat women thin. He also makes lean women fatter. His name is Dr. James M. Anders. He was discovered not long ago, and since then the fame of his success in reducing the too, too solid flesh that comes to many leaders of fashions in consequence of indiscretions of diet has reached superlative heights."

Dr. Anders laid down rigid rules of diet and exercise with appropriate medication, and was so successful that scores of women came to him for treatment. Among other patients, Mrs. Oliver H. P. Belmont, the society leader, and other prominent New York society women came to him. It is said that scores of women from Baltimore, Washington, and Boston also tested the efficacy of the Philadelphia method with pronounced beneficial effects. Also, it is stated that lures were offered to Dr. Anders to locate in New York but that he declined to leave Philadelphia.

An instance of the marked success of his treatment is related of two sisters, each prominent in fashionable circles. One was too fat and the other too thin. When they were dismissed and returned to New York, the fat one had lost twenty pounds, and the thin one had gained sixteen pounds.

### ***Drexel Biddle Bible Class***

One of the extra-professional organizations in which Dr. Anders took a very active interest was the "Drexel Biddle Bible Classes." Dr. Anders was physician for these organizations and it was his custom to address the Bible Classes annually, sometimes in their camps and other times in the Parish House of Holy Trinity Church in which the Bible Classes had their headquarters. At their various rallies during the past twenty-five years Dr. Anders addressed these groups on such topics as, "Law Enforcement," "Health, Essential For Spiritual Development," "Education Versus Disease," "Physical Culture as a Necessity for the Higher Spiritual and Mental Development." At the close of many of these addresses Dr. Anders was loudly cheered by the members, and these annual addresses became such a prominent feature of the annual rallies that the newspapers always gave the meetings wide publicity.

Excerpts: "Sound health is essential to those who desire to develop spiritually. There is a tendency today to neglect the physical for the intellectual. Look after your health first."

"It is better to be a live boob than a dead genius."

"He that would enjoy life to the fullest will not use alcoholic drinks." Excessive use of tobacco is harmful and the girls and women who wear corsets are sacrificing their health for fashion."

After one of these addresses one of the papers stated, "Dr. Anders, one of the most distinguished physicians in Philadelphia, addressed the Class at Holy Trinity Parish House, on 'Physical Culture as a Necessity for the Higher Spiritual and Mental Development.' The address was a masterpiece. Exercise, and an eight mile walk a day was recommended for a man in his prime. Careful diet and plenty of sleep was also urged upon the members. The address abounded in plenty of material which every man and woman can apply to himself, and the class was fortunate indeed in having Dr. Anders with them."

It was just a year ago that Dr. Anders delivered his last address before this body and he looked forward to the occasion with real enthusiasm. However, as he ascended the platform he tripped over one of the steps and broke a bone in his ankle. However, by leaning on his cane and on the reading desk, although suffering great pain, he delivered a twenty minute address that was well received.

Although confined to his room for several weeks, as a result of this accident, in an optimistic manner Dr. Anders told the writer: "This confinement enabled me to write up many articles that had accumulated and which I had not been able to finish."

### *Connection With the Schwenkfelder Church*

Having been surrounded by Christian influences in his youth, and having been instructed in the tenets and history of the Schwenkfelders, Dr. Anders maintained an active participation in the activities of the Schwenkfelder Church throughout his entire life. We find him enrolled as a pupil in the Worcester Schwenkfelder Sunday School in 1862, and he was a regular attendant in both Church and Sunday School until he left home to attend school in Wadsworth, Ohio. The roll book of the superintendent of the Sunday School shows that James Anders was not only a regular attendant of the school but that he was industrious in memorizing scripture passages and church hymns for which he was duly rewarded by Sunday School tickets and books.

When he settled in Philadelphia as a medical practitioner he was unable to attend services of his own denomination, so that he became attached to another denomination and was active in church work of that denomination. However, the attachment of the home church was very strong, and he, as well as several other young men who were

Schwenkfelder descendants, and who also had settled in the city, longed for a church of their youth in the city.

Through the influence of Dr. Anders and the late William Y. Meschter, the General Conference of the Schwenkfelder Church established a Sunday School mission in Philadelphia in 1895, the first mission ever established by this church. In order properly to supervise this mission, in the same year, the Board of Home and Foreign Missions of the Schwenkfelder Church was incorporated, and Dr. Anders served this Board from its inception almost to the time of his death. Dr. Anders personally appeared before several sessions of the General Conference of the Church to urge the establishment of the Board of Missions and the opening of a Sunday School mission in the city, and later appeared to plead for the erection of a church edifice. He was a strong supporter and generous contributor to the support of the mission and also the church which was later established, serving as the first and only Moderator of the First Schwenkfelder Church of Philadelphia from its inception to the time of his death, and he also remembered the church in his will.

During all these years he was a regular attendant at the morning services when in the city, and whenever his professional duties did not prevent his attendance. He frequently said, "The church of my fathers is good enough for me." "I treat my church obligations with the same regard as I do my professional appointments, and on Sunday mornings, I consider my church has an appointment with me and I scrupulously try to keep this appointment."

Dr. Anders, being a member of the Mission Board, ardently supported the movement to establish missions in Norristown and Lansdale.

When in 1926 upon the death of the Moderator of the General Conference of the Schwenkfelder Church there did not appear to be an available candidate for this office, when this matter was brought to the attention of Dr. Anders, he said: "In memory of my late father who served so many years as Moderator of the Church, I would feel honored to serve in a similar capacity if the Conference so wishes."

Dr. Anders was then past seventy years of age and was withdrawing from several of the many organizations with which he was connected. The Conference was pleased to select Dr. Anders as their leader and he served five years in this capacity, always taking a very active interest in the business of the Conferences, and attending the sessions whenever his professional duties permitted. In 1932, at his request, he was relieved of this position. After his retirement, he invariably requested the Secretary to call at his office to inform him of the business transacted and the discussions held.

For a number of years, Dr. Anders spent his summers in Maine, generally leaving in mid-July and returning in mid-September. Invariably,

upon his return he would appoint a luncheon conference with the Secretary in order that he might be informed as to the activities of the church organizations while he was away. He always requested details of the meetings. He was not satisfied with generalities. That he could retain grasp of the many interests that crowded his busy life is marvelous. The versatility of the man was amazing.

### ***The Schwenkfeldian***

Dr. Anders was an ardent supporter of *The Schwenkfeldian* from its inception in December, 1903, and he was a frequent contributor to its pages up to the time of his death. The magazine contains many of his poems that are not included in his published book of verse, "Meditations in Verse." He was always ready to give advice and encouragement to the editor, and wrote articles for the pages when requested to do so.

### ***The Corpus Schwenkfeldianorum***

Although not a member of the Board of Publication of the Schwenkfelder Church, Dr. Anders was interested in all of its publications. His valuable suggestions and advice were always helpful in solving the many problems that faced the Board. He was a generous financial contributor to the numerous projects undertaken. Being vitally interested in bringing to the world at large the writings and teachings of Caspar Schwenckfeld, his counsel and aid were frequently sought when apparently insuperable obstacles appeared. To show his interest in the work he was not only a subscriber to ten sets of this monumental work, but was also one of the underwriters who generously contributed a substantial sum in order to complete the editorial work on the seventeen volumes by 1934.

### ***The Genealogical Record of the Schwenkfelder Families***

It was the unanimous request of the Committee appointed to revise the Genealogical Record of the Schwenkfelders that Dr. Anders should write the Introduction to this book. When approached upon the subject, Dr. Anders demurred, but finally accepted as he says, "not because of any specialized knowledge bearing on the subject, but of my desire to render tribute to the social, moral, and spiritual traditions to which I owe more than I dare hope to repay." In his usual thorough manner, Dr. Anders wrote a masterpiece that the reader should by all means read. When the article was presented to the Editor for approval he was amazed at the comprehension of the history of the Schwenkfelder sect as portrayed in the article. Dr. Anders showed that he had a thorough knowledge, not only of the historical aspects of this people, but had also studied the civic, social, and economic progress, not only of the immigrants, but of their achievements down to the present time.

How Dr. Anders was able to ascertain this knowledge in connection with his professional and other duties it is difficult to comprehend. His study of the problem simply indicated the thorough manner in which he investigated any subject on which he was asked to give an opinion.

### *The Exile Society*

One of the outgrowths of the compilation of this book was the formation of the Society of the Descendants of the Schwenkfeldian Exiles. Dr. Anders helped to found this and its success was in large measure due to the wise dignity, poise, and grace he, as President, during its first ten years of existence, gave to the organization. It is an organization which was dear to his heart, and we find in his introductory addresses given at the stated meetings, nearly all of which are still preserved, the pleasure he found in repeatedly rehearsing the ideals and the heritage its members had to live up to, and also the ambitions that he had for the organization in future years. In many conferences with the writer, Dr. Anders stated his pleasure in viewing the success of the organization, and the desire that he had to keep the meetings up to the standard set during the first ten years of its existence.

His frequent admonition was: "You must see to it that the Society upholds its high standards after I am gone," and it was his earnest desire that the writer should succeed him as President of the Society.

### *Origin of the Society of the Schwenkfeldian Exiles*

While compiling the Genealogical Record of the Schwenkfelder Families, the Editor called upon the late Judge William Wagner Porter for the purpose of obtaining information about the Wagner family. Judge Porter was much interested in his ancestry, and stated that his interest in his Schwenkfelder ancestors was aroused by the late Judge Christopher Heydrick, of Franklin, Pennsylvania. He also stated that Judge Heydrick had advocated the forming of an organization similar to the "Mayflower Society," of the descendants of those Schwenkfelders who arrived in Pennsylvania on the St. Andrew. Judge Porter said he agreed that such an organization should be formed if a sufficient number of the descendants would prove interested in the project.

This idea appealed to the Editor and he carried this suggestion to a number of leaders in the Schwenkfelder Church, and had a long consultation with Dr. Anders about the project. Inasmuch as the Editor by this time had received many letters from correspondents in many states whose interest had been aroused by the request for information about their families for the proposed book and who desired information about the history of the Schwenkfelders, especially about their migrations from Europe to Pennsylvania, and the Editor felt that some means should be taken to acquaint such inquirers, as well as the



general public, with the facts pertaining to the history of the Schwenkfelder migrations, and the achievements of their descendants.

The idea appealed to Dr. Anders also and after discussing the matter quite thoroughly with Judge Porter it was decided to hold a preliminary meeting of interested parties to discuss the project.

With this end in view a small group of men and women met at the City Club, at the call of Dr. Anders in December, 1920, and discussed the feasibility and need of some organization that would accomplish the above-named results.

After a thorough discussion of the project it was decided that steps should be taken to form such an organization and various committees were appointed to work out the details. Both Dr. Anders and the Editor had agreed that Judge Porter should assume the Presidency of the new organization inasmuch as he was the first to suggest the project to the Editor. Judge Porter agreed to this suggestion, but when the time came for the election of officers, the Judge insisted that Dr. Anders should head the organization. Dr. Anders demurred, for he felt that Judge Porter should have the honor and the Editor agreed with him, but the Judge appealed to the Editor to agree to the selection of Dr. Anders as the leader, for he felt that his leadership in the many organizations with which he was connected would give the society prestige and dignity, and he felt that Dr. Anders was more deserving of the honor. We all know the result, for at the organization meeting which was held in Judge Porter's office, the name decided upon was the "Society of the Descendants of the Schwenkfeldian Exiles" and the success of the Society from the beginning was due to the wise leadership of Dr. Anders as President.

The initial formal meeting of the Society was held in the assembly hall of The Historical Society of Pennsylvania, on Friday evening, April 29, 1921.

In his opening remarks, Dr. Anders stated, "Without doubt, this organization will prove to be the means of disseminating valuable and welcome information among the present and future generations of Schwenkfeldian offspring; it will also increase sympathy and friendliness between persons who are connected by ties of blood and humanity. More than this, if it fulfills its true functions, this society will keep each succeeding generation in touch with its antecedents, near and remote, as well as their educational, economic, and social affairs."

For ten years, Dr. Anders presided over the meetings of the Society with dignity and grace. When in 1931, Dr. Anders felt that he must withdraw from the leadership of some of the organizations in which he served, the Society was very reluctant to release him from the presidency, but upon his insistence that he must be relieved, he was elected President-Emeritus for life, an action that he highly appreciated, and

he assured the writer that although he wished to be relieved from the Presidency, he still wished to maintain his usual interest in its activities. He attended the meetings of the Board of Governors with his usual regularly and assisted in planning future meetings with his usual vigor.

Frequently he would call the writer into his office to discuss the future of the Society. He would say, "You got me into this and you must now help me out." Needless to say, our conferences were mutually beneficial, and many confidences were exchanged and plans made to further the usefulness and the activities of the organization.

On the occasion of Dr. Anders' serious illness in 1923, while confined to his bed at his home and very weak, he called the writer for a conference. Upon arriving at his office, his physician informed the writer that it was very doubtful whether Dr. Anders would ever arise from his sick bed. At any rate, he would never again preside over the meetings of the Society.

Upon entering the sick room, Dr. Anders greeted us kindly and expressed his anxiety for the success of the meeting, which was to be held in a few weeks, and which meeting he knew he would be unable to attend. He was assured that all of us would do our best to make the meeting a success, although we should miss him very much, but that the proposed program would be carried out. He was relieved after this conference, and soon afterwards was taken to Atlantic City to recuperate, and we all know that his life was spared for thirteen years more, during which time he attended almost every meeting of the Society.

In passing it might be noted that this illness was due to a severe hemorrhage of the bowels which made him very pale, so much so that one of his nephews, who is now a physician, stated after he saw how bloodless his face was, "I would cheerfully have given my life for my uncle, if that sacrifice would have restored his health," thus indicating the esteem in which Dr. Anders was held by his own relatives.

Nearly all the opening addresses made by Dr. Anders while he presided over the Society have been preserved, and in all of them he stresses the value of the organization and urges that its ideals and objectives be maintained.

The tenth anniversary meeting of the Society was a testimonial to Dr. Anders, who as the first president of the body guided the organization so successfully during its first decade. Dr. Anders was asked to review the activities of the Society as a speech of acceptance of the life-long office of President Emeritus, and this he did in his usual complete and masterful manner. In his address, Dr. Anders said: "I wish to tell you how much I as your presiding officer, enjoyed the work that, with the active assistance of the officers and the members of the Society, I have been permitted to further its interests. It is a matter of great gratification to me to reflect upon the record of high usefulness and

achievement the Society has made during a single decade. I do not mean to imply that we have found the object of our quest, but through the proceedings of this Society many interesting and valuable additions have been made to the sum of our knowledge of near and remote ancestors." — "In our ancestors we have found nothing of which we had cause to be ashamed. On the other hand, we have discovered many things to make us suffer by comparison. I would stress more particularly their splendid traits of character, their unusual intellectuality, daring courage, readiness to sacrifice their worldly possessions, and their absolute loyalty to their distinctive beliefs and convictions. What a heritage is ours from the past, hallowed by almost two centuries!"

We all know how Dr. Anders attended these meetings to the last, even our last spring meeting held at Pennsburg, which he attended in spite of great difficulty in walking, due to a broken ankle bone. This meeting inspired him to write his last hymn, "The Exiles" which we sang at this meeting. The name of Dr. Anders will be revered by all members of this Society who had the privilege of hearing him speak, and the records of his achievements will be preserved for the inspiration of posterity.

#### ***"Meditations in Verse"***

For more than forty years the poetic muse led Dr. Anders to write verse during his spare moments, and he literally wrote hundreds of these poems. Many were printed from time to time in the daily newspaper, college weekly, or in *The Schwenkfeldian* and other magazines.

When in 1934 Dr. Anders was urged by some of his friends to publish a collection of these verses in book form, he demurred at first, but finally agreed to permit a selected number to be published. This book appeared under the title, "Meditations in Verse," and contained a hundred of these poems, on a variety of topics, many of them showing superior merit. The many favorable comments received by Dr. Anders convinced him that he had acted wisely in permitting his friends to read these verses at leisure and ponder over their thoughts. The New York Medical Journal compared this volume to Walt Whitman's "Leaves of Grass," and Dr. Anders was so much pleased that he contemplated issuing a revised and enlarged edition when this first edition became exhausted. He had planned to contribute all proceeds from the sale of the book above printing costs to the Schwenkfelder Church, but he passed away before his ambition was realized.

#### ***Growing Old***

In November, 1926, Dr. Anders addressed the Philadelphia County Medical Society on the subject of, "Aids to Growing Old Gracefully." This address was well received by the medical fraternity and attracted wide attention in the newspapers.

Dr. Anders stated that old age is not a disease, in spite of the fact that many people believe in this theory, and there is a drastic certainty that everybody is going to catch it sooner or later. But Dr. Anders stated that there is no disease about it and that growing old ought to be done gracefully and with charm. He reminded his audience that the disease complex has flourished for centuries even back to Seneca's time.

"A philosophical and agreeable temperament, practice of the Golden Rule, and periodical physical examinations" were the specifics mentioned for arriving at the three score and ten, and beyond, with a blemishless contentment of spirit, as well as a good average standing of bodily health.

"Emotional disturbance is an enemy to green old age," he declared. "Worry kills off people before their time." All the organs of the body insist upon having an agreeable atmosphere to work in, and all these service organs of the body respond happily and hopefully to roseate moods, and in turn grow sour and sullen under the impact of grouch and gloom."

Dr. Anders stated that the span of life had been increased from 35 to 55 years in the last half century. Fifty years ago 25 per cent of the children died before the end of the first year; now less than seven per cent die in that period.

### *Side Lights*

In 1931, when Dr. Anders resigned as President of the Society, Girard wrote in his column:

"When Dr. Anders retires that quaint little Society of the Descendants of the Schwenkfeldian Exiles is in sad trouble. For years Dr. Anders has been president, but he has lately resigned. Maybe you think that is small news?

"But is is big news for the Descendants of the Exiles, because Dr. Anders was much more than an official figurehead.

"Scholarly and devoted to the history which the Descendants are so zealous in preserving, Dr. Anders worked with all the zest of a boy going fishing.

Still a man so busy as the doctor can not go on forever doing these outstanding things, no matter how much his heart may be in it.

"A great man once described another great man as always reminding him of a song. Dr. Anders ever seems to me to be a benediction."

Soon after his death, Girard again wrote:

"Almost the last thing that fine old physician, Dr. James M. Anders, wrote was 'The Exiles.'

"It is a hymn for the Schwenkfeldian Exiles who settled in Philadelphia and Montgomery Counties.

“And the Exiles will for the first time sing it at their annual meeting here on Friday.

“And that high authority on history, Governor Pennypacker, said, the Schwenkfeldians were the brainiest group of immigrants who ever came to America — and the Governor was not a Schwenkfelder.

“Their Library at Pennsburg in the Perkiomen Valley is one of the world’s rarest.”

In 1930 when Girard asked Dr. Anders why he had missed a college commencement, he replied:

“It was my job that day to see our academy boys.”

The columnist then said, “To the Doctor there is but one Academy, but that is officially not an Academy, but Perkiomen School, and Dr. Anders is Chairman of the trustees.”

“Perkiomen, in the lovely Perkiomen Valley at Pennsburg, may well be styled a ‘Cambridge,’ because that spot has become an important educational and cultural center.”

In 1935, a columnist in the Philadelphia Record wrote:

“The venerable Dr. James M. Anders belies his eighty years. Tall and white thatched, he speaks in strong clipped accents, suggesting an army officer. He is in his office every day and writes in his leisure moments.”

Many instances could be related of the pronounced success of the treatment that Dr. Anders prescribed for his patients. Upon one occasion when a friend of the writer learned that he was well acquainted with Dr. Anders, the friend replied: “I consider Dr. Anders a most wonderful physician. For a long time I was troubled with indigestion and a disordered stomach. None of the doctors to whom I applied for treatment could help me, and finally I was urged to apply to Dr. Anders, and he *built a new lining in my stomach*. I am entirely cured now.”

Dr. Anders was very frequently called out of town for consultation with local physicians and he was fond of relating an incident when he was called to Scranton to visit the wife of a prominent business man. Soon after his return the man sent him a check for \$250 for his services. “This was the largest fee I ever received,” said Dr. Anders.

Upon another occasion in recent years, a man from one of the distant seashore resorts called Dr. Anders on the phone and asked him to come to see his wife immediately. Dr. Anders replied that it would be impossible for him to leave the city for so long a time, as he had several very important prior engagements in the city that he could not break. The man replied, “I will send my chauffeur to your office, bring you to

the shore and see that you are returned in time to keep your other engagements. As the man was so urgent Dr. Anders agreed to this plan, and he stated that the chauffeur called at his office, took him across the river, and at a speed of 70 miles an hour drove through traffic lights and paid no attention to speed limits. He visited his patient and was returned to Philadelphia to keep his other appointments. He said whenever the chauffeur came to a traffic light, or saw a traffic officer, he simply yelled, "Emergency," "Doctor," and this magic formula enabled him to disregard all traffic regulations with impunity.

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### *Methodical Method of Living*

That Dr. Anders was able to accomplish so much during his lifetime was due in large measure to the methodical life he led and the meticulous attention he gave to the various lines of activity in which he was interested. His foresight and acumen was most marvelous. When a number of years ago, it was necessary for him to undergo an operation for the removal of a carbuncle, Dr. Anders later stated that he had made all provision for any emergency. In addition to writing his will, he made provision for all funeral arrangements, in addition to selection of an undertaker, and selection of text for the funeral sermon, should he not survive the operation.

In the early summer of 1936, before he was taken ill, after being asked to be one of the speakers at the Centennial celebration of the Worcester Church, Dr. Anders dictated his address and had it transcribed. He requested that it be read in case he would be unable to attend and deliver it personally. His death occurred just a month before the exercises took place.

When stricken with illness last July, he realized the seriousness of his condition, and when he recuperated sufficiently to go to his summer home in Maine, where for a time he improved, yet knowing his infirmities, he telephoned his solicitor in Philadelphia, and authorized him to announce that on October 1, 1936, "Dr. Anders would be retired from the practice of medicine." This announcement was never made, as Dr. Anders passed away on August 29, but the day before his death the writer received a letter from him which showed that he was still interested in the affairs of the church, but in his closing paragraph stated, "You will be surprised to learn that I am confined to bed with fever this week. I cannot walk without assistance and very little with much help."

And so there has passed from our midst the most noted and most influential member of the Schwenkfelder Church, and without a doubt the descendant of the Schwenkfeldian Exiles who has exerted a greater influence upon humanity than any other individual. Through his medical

books and health agencies that he established, he will continue to exert a great influence upon generations yet unborn.

When historians write the history of Philadelphia and Pennsylvania during the last half century, the name and works of James M. Anders will have a large share in the work.

\* \* \* \* \*

*"Green be the turf above thee,  
Friend of my better days!  
None knew thee but to love thee,  
None named thee but to praise."*

(FITZ-GREENE HALLECK,  
*on the death of Joseph Rodman Drake.*)

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## THE EXILES

By JAMES M. ANDERS, M.D.

*Written June, 1936, on request of the President of the Society*

*Tune of "Faith of Our Fathers"*

*Those Exiles brave, dearest of kin,  
Whose spirit bids us look within,  
See sorest need of heart and mind,  
That we, like they, may courage find.*

*With grateful hearts, their praise we sing,  
Whoever served their Heavenly King,  
Who freedom sought beyond the seas,  
There worshipped Him with certain ease.*

*We laud them for their vision clear  
Of Christian fellowship, so dear  
In this fair land of the brave and free,  
Where reigns God-given liberty.*

*Their spirit full of grace divine  
Helps us press on, and ne'er repine,  
Until we, too, shall find sweet peace  
Of soul, when life's hard struggles cease.*

## EARLY DAYS AND LATER DAYS

By NORMAN EGBERT MCCLURE

*President of Ursinus College, Collegeville, Pa.*

I am most grateful to the Society of the Descendants of the Schwenkfeldian Exiles for this opportunity to add my voice to the chorus of praise that is due the great and good man whom we are thinking of tonight. For forty-two years Dr. James M. Anders served as a member of the Board of Directors of Ursinus College. During this entire period, despite the demands of a crowded and distinguished life, he found time to serve Ursinus College unselfishly. His gentleness, his kindness, his beautiful, old-fashioned courtesy endeared him to his associates on the Board. His sound advice, his unfailing optimism, and his far-sighted vision of the usefulness and the future of Ursinus College have again and again given renewed courage to those with whom he labored. His generous gifts have enabled the College to do its work more thoroughly and to extend the sphere of its influence. Among the men whose wealth and labor and dreams have built Ursinus College, James M. Anders holds and will hold an honored place. In a real and lasting way Dr. Anders has built himself into Ursinus College.

Only a few months before his death, Dr. Anders told me a story that will, I think, interest you. "You may perhaps wonder," he said "how my interest in Ursinus College began. In 1847, when my father was a young man, he visited Collegeville and saw the stonemasons at work on what is now Freeland Hall. As he watched the masons, he noticed in particular one young man whose steady, conscientious work attracted his attention. My father talked with him and learned that his name was Robert Patterson. Soon afterwards my father employed him to help erect a building on his farm near Fairview Village, and in time a warm friendship grew up between the two young men." Robert Patterson later entered business in Philadelphia and in time became one of Philadelphia's leading citizens. He was for twenty years a member of the Board of Directors of Ursinus College, and became at last one of the College's most generous benefactors.

"When I came to Philadelphia as a young man," Dr. Anders continued, "my father's old friend was very kind to me, and I came to share my father's admiration for him. In our talks he spoke often of Ursinus College. After his death, the Board of Directors, in seeking his successor, consulted Mrs. Patterson, and she told them that her husband had often spoken of me as one who shared his interest in Ursinus College, and had hoped that I would take his place on the Board. Consequently, when invited to become a member of the Board, I felt in duty bound to accept, not only because my old friend wished it, and because Ursinus College was the college nearest my birthplace, but because I wished to see preserved certain values in education and in living that



Ursinus College seemed peculiarly fitted to preserve. The many years that I have served as a director of the College have strengthened my conviction that we need men who unite in themselves sound learning and worthy and generous living, and that a college like Ursinus can produce such men."

Dr. Anders' story of the inception of his interest in Ursinus College carries us from the year 1847, when the young mason, Robert Patterson, was helping to build Freeland Hall, to the year 1936, when Dr. Anders finished his building. The work of both great builders will long remain as blessings to those who follow them.

In coming here tonight I feel myself among friends and neighbors. Although not a descendant of the Schwenkfeldian Exiles, I am a native of Montgomery County, and my ancestors — English Quakers, Swedish Lutherans, and Scotch-Irish Presbyterians — were hard-working and God-fearing people, who have lived in Montgomery County for nine generations. To me, therefore, as to you, the old ways of Montgomery County are familiar ways. As inheritors of these old traditions, these old loyalties and old disciplines, these simple, honest, self-reliant ways of living, we can with benefit to ourselves — and perhaps to others — look at the ways of yesterday, the ways of today, and the probable ways of tomorrow.

Since for the last quarter-century my life has been lived on a college campus, I may perhaps be permitted to limit my observations to the effect that our changing ways of life are having upon the young people with whom I am in daily contact. It is not my intention to deplore the fact that students in college lack the perspective that age can bring: that is inevitable. Nor is it my intention to deplore the fact that they lack the knowledge of how life was lived by their grandfathers, or that, even with all our labor-saving machines, the increased tempo of modern life has robbed every-day living of much of the serenity and leisurely grace of yesterday. What I do notice with misgiving is that today college students are coming more and more to fail to understand the loyalties and disciplines that shaped and gave meaning to the lives of their fathers. One need not be an especially acute observer to notice the growth of certain tendencies in American life which profoundly affect all young men and women, in college and outside — tendencies alien to the America of yesterday, tendencies which, if unchecked, will completely change the character of the American people and of American life.

These tendencies are, first, a growing disinclination to work hard, conscientiously, thoroughly; and, secondly, an increasing lack of self-reliance. These tendencies are, of course, not new, but they are today more pronounced and more dangerous than at any previous time in the history of our country.

It must be remembered that boys and girls now in high school and college have lived only in an unhappy period of American history. The growing, prosperous, hopeful America of the years before the Great War they have not known. They have known instead the dark years of depression and disorganization and doubt of the future that we have passed through since 1929. These distressing years have led one group of our people — to put the matter very briefly — to esteem economic security as the greatest good that men can enjoy, and they have led another group to lose much of the good old American spirit of sturdy self-reliance and high-hearted courage. Both groups, to a very great extent, have forgotten the importance of the good life of hard work, self-sacrifice, hopeful self-reliance.

Our people have been in the past more fortunate than older nations. We have attributed our good fortune not merely to the accidents of history and to the natural resources of our land but to the development of what we have been proud to call "the American spirit." The conditions of American life in the past have tended to harden the self-reliance and personal responsibility of every citizen. In the past, America prospered and grew strong because we had learned that opportunity was open to us, that a man must work for his reward, that a man must support himself and his own. During the last ten years, however, abnormal prosperity, abnormal depression, and abnormal governmental programs have combined to soften and break down the whole structure of American life, physical, mental, and moral, and we begin to feel the paralyzing effects of the decay of self-reliance.

I do not mean that the young man of today is not confident of his own ability, that he is not as willing as heretofore to disregard the advice of his elders and to go his own way. I do mean that he is more ready and willing than ever before to accept the doctrine that the world owes him a living; that the government — that is, his neighbor — owes him a "more abundant life"; that initiative, courage, hardihood, frugality, hard work, self-improvement, self-discipline, self-reliance — all these matter less to him than ever before. The attitudes that are natural — and indeed inevitable — in a managed society have had in the past no place in this country.

The American ideal has meant that a man should have his chance to rise as high as his energy and ability will carry him, and that he should enjoy the fruits of his labor. It implies a willingness to respect genuine superiority whenever it appears. It encourages outstanding ability and achievement for the enrichment of the common life. In this country we have not in the past taught the young — and I hope that we shall not in the future teach the young — to be content in a State that does their planning and their providing for them.

I repeat: initiative, courage, hardihood, frugality, hard work, self-reliance, the sense of personal responsibility for one's self and one's own — these old-fashioned virtues are virtues still. And to teach the young that the world owes them a living, that the government owes them a "more abundant life," seems to me vicious — vicious and fatal to the young and to the America of the future. Young men and young women must *not* be taught that comfort and security are theirs for the asking, that they have a right to things which they do not earn, that rest and ease need not be bought by hard work. It is imperative for the young to learn — and for us to remember — that it is through effort that man develops strength; it is through self-sacrifice and self-discipline that man develops greatness of heart and soul.

It seems to me, therefore, the clear duty of every good American — at home, in church, in school, in college, everywhere — to teach in every way possible, by precept and certainly by example, the importance of initiative, courage, frugality, hard and conscientious work, self-improvement, self-discipline — in short, the importance of self-reliance — and to combat in people, old and young, the inclination to do slipshod work, the growing unwillingness to assume responsibility for oneself and one's neighbor. It seems to me the clear duty of every good American to deter all that contributes to the increasing lack of self-reliance in our people.

How the various agencies outside the college are to undertake this task I shall not attempt to say. Within the college, we see the problem clearly and we attempt to solve it. Our aim, in the liberal arts college, is not merely to prepare John Jones for the professional school or to teach him to earn his own living, but to develop the whole man. If John Jones has learned the lessons that the liberal arts college tries to teach him, he has learned to appreciate excellence in men, to recognize genuine superiority wherever it appears. He has learned to study the mob, and to sympathize with it, but not to follow it. He has learned to work hard and conscientiously and uncomplainingly toward a distant goal. He is qualified and willing to assume more than one man's burden. The responsibilities that are his because of his ability and his training he considers as a sacred trust. And he has the fear of the Lord, which is the beginning of wisdom.

That the Descendants of the Schwenkfeldian Exiles, with their record of achievement and their precious heritage from the past, will not fail to observe these tendencies and do their part to curb them, no one can doubt. And it gives me real satisfaction to assure you that Ursinus College, the product of this same fine tradition, is doing its utmost to aid you and similar groups of our people in the effort to preserve what is best in this great, blundering, confused, beloved America of ours.

## DR. JAMES M. ANDERS—PHYSICIAN

By FRANCIS ASHLEY FAUGHT, M.D.

*President, Philadelphia County Medical Society, Philadelphia, Pennsylvania*

It is indeed a privilege to present a few of the facts relating to the many activities of the late Dr. James M. Anders, in his chosen profession.

Dr. Anders was graduated from the University of Pennsylvania in 1877 and secured the degree of Doctor of Philosophy in the same year. As an undergraduate he was one of a small select group that composed the Alfred Stille Medical Society. He received the George B. Wood prize for the highest general average in his studies. After graduation, Dr. Anders interned in the Episcopal Hospital of Philadelphia, and in 1888 became a member of the staff of this institution. He was appointed visiting physician to the Medico-Chirurgical Hospital, and also to the Philadelphia General Hospital in the year 1899. During the first ten years after graduation he devoted much time to original investigation largely related to forestry and plant life. It was during this period, while occupying a Chair in the Academy of Natural Sciences, that he discovered the fact that growing plants improve the humidity of the air and also that flowering plants, especially the sweet-smelling ones, liberated ozone, and thereby purified the air. Dr. Anders thus proved the value of cultivating plants indoors. Upon this subject he wrote a valuable paper entitled, "Hygienic and Therapeutic Relations of House Plants."

Dr. Anders' teaching career began in 1893 in the Medico-Chirurgical College, where he became Professor of Medicine, retaining this Chair until the institution in 1916 merged with the University of Pennsylvania, when he automatically became Professor of Medicine in the latter institution.

Dr. Anders was a prolific writer, and the record of his contributions to scientific medicine and the allied sciences, dating from the early 80's, until but a short time before his death, literally covered pages. Titles on sanitation and hygiene occupy considerable space in the catalogue of his writings. Outstanding in this field are his contributions on the subject of typhoid fever, which was endemic in Philadelphia prior to the early 1890's.

Preventive medicine was his hobby, and many of his recommendations relating to the prevention of disease, were eventually adopted by the Health Department, and today form much of the basis of our present-day methods of isolation and prevention of contagious and infectious diseases. Even in those days, he had an inkling regarding the cause of the then obscure disease—erysipelas, and devised improved methods for the treatment of this infection.

Dr. Anders was among the first to recommend special hospitals for the care and isolation of infectious diseases, particularly tuberculosis — this was as early as 1898 and prior to the inauguration of the nationwide campaign against tuberculosis.

The importance of the careful study of heart disease did not escape Dr. Anders, and there are many valuable scientific contributions on this subject to his credit.

Indeed, it may be truly said, that the versatility of Dr. Anders was unique, and his scientific acumen great. As a result, very few subjects of clinical interest during the past 50 years escaped his attention, but time will not permit me to enlarge further upon this phase of his many activities. I cannot pass on, however, without mentioning the fact that in 1911 a short paper from Dr. Anders' pen appeared in the Pennsylvania Medical Journal entitled "The Value of a Library to the County Medical Society." This was one of the many dreams of Dr. Anders that was realized, and before he died, the Philadelphia County Medical Society, thanks to Dr. Anders' untiring activity and interest in securing funds and guiding a very efficient library committee, we now have housed in our building at 21st and Spruce Sts., a most complete and satisfactory medical library.

Dr. Anders' outstanding work was a treatise on medicine entitled, "The Theory and Practice of Medicine," a concise work on medical practice which appeared first in 1898, and which went through many rewritings up to the 14th edition which appeared in 1920. This work was the accepted text book in many of our medical colleges and received most favorable comment both in this country and abroad.

In 1911, in association with the late L. Napoleon Boston, M.D., he wrote a work on "Medical Diagnosis," which passed through a number of editions up to the time of Dr. Boston's death, and to which your speaker was privileged to contribute a short chapter.

At various times during his life, Dr. Anders was associated actively with some thirty-five scientific societies, and was President of many, among which may be mentioned the Philadelphia County Medical Society, in 1905, the American College of Physicians, The American Climatological Association, the American Therapeutic Society, etc.

Dr. Anders' interest in public health activities soon secured for him a position in the Department of Health, which he held for many years. In 1915 he was the founder and chairman of the Committee on Arrangements for an annual public health day in Philadelphia. This day has been continued up to the present time, now being an annual function sponsored by the Philadelphia County Medical Society. He has also been a member and director of the Philadelphia Health Council and T. B. Committee since 1920. The City Parks Association, the Committee on Better Homes, and the Pennsylvania Housing and Town Planning

Association were among his varied interests. In many of these organizations he was not only enrolled as a member, but sat upon the board, occupied some office of authority, or became President or Chairman at sometime during his connection with them. During his latter years he was physician or consultant to a considerable number of Philadelphia hospitals, orphanages and other institutions.

Dr. Anders received foreign recognition by the French Government in 1910. He was also interested in politics, and in 1912, became a member of the Citizens Committee of 100 on municipal reforms and charities. In July, 1930, the Mayor appointed a Noise-Abatement Committee for Philadelphia, of which committee Dr. Anders was Chairman at the time of his death.

In April, 1932, Dr. Anders received the Strittmatter Award for 1925, an award created by Dr. I. P. Strittmatter for the man "who has made the most valuable contribution to the healing art, including remediable measures, surgical and medical, or a contribution to the fundamental sciences of medicine, having a beneficial influence on either medicine or surgery, or who has rendered any extraordinary, meritorious service redounding to the credit of the medical profession," — an award thoroughly merited by Dr. Anders, who has set for the physicians of Philadelphia, and for American medicine, an example of accomplishments which may well be emulated by one active and interested in medical progress and public welfare.

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Underkuffler, Mrs. Frank M. .... Haddon Heights, N. J.  
Weber, Mrs. Emma Brecht ..... 43 North Whitehall Road, Norristown, Pa.  
Weber, Herbert B. .... 43 North Whitehall Road, Norristown, Pa.  
Weldin, Mrs. Howard F. .... 2331 Dellwood Avenue, Jacksonville, Florida  
White, Mrs. Carrie E. .... Apt. 303 D 5515 Wissahickon Ave., Germantown, Pa.  
White, Clarence E. .... Apt. 303 D 5515 Wissahickon Ave., Germantown, Pa.  
Wieand, Miss Irma C.—Oct. 1-May 1 . . . 834 Antoinette Ave., Winter Park, Florida  
May 1-Oct. 1 . . . . . 45 Center Street, Nantucket, Mass.  
Winter, Mrs. Mabel Kriebel ..... 279 Wyoming Avenue, Maplewood, N. J.  
Willard, De Forest Porter, M.D. .... 1916 Spruce Street, Philadelphia, Pa.  
Witham, Mrs. Amy Schultz ..... Swarthmore Crest, Swarthmore, Pa.  
Wolfe, C. Anthony ..... Jenkintown, Pa.  
Wolford, Mrs. Alice Stahlnecker ..... 1323 Locust Street, Norristown, Pa.  
Wright, Mrs. Franklin L. .... R. F. D. 4, Norristown, Pa.  
Yeakle, Miss Mary A. .... 901 West Marshall Street, Norristown, Pa.  
Yeakle, Walter A., M.D. .... 600 DeKalb Street, Norristown, Pa.  
Yeakle, William R. .... Fort Washington, Pa.  
Yocum, Mrs. Cleta Anders ..... 405 W. Schoolhouse Lane, Germantown, Pa.  
Ziegler, Rev. Harry R. .... Church of the Nativity, Maysville, Kentucky  
Zimmerman, Mrs. C. H. .... R. D. 3, Norristown, Pa.  
†Zweier, Mrs. Dora ..... Lansdale, Pa.

\* Life Members.

† Deceased.

## WORK

*It is work of noble kind  
That doth purge the stagnant mind  
And renew the body stale,  
Gives a spur that can not fail  
To help mortals solace find.*

*Leisure yields deep luxury,  
When 'tis used sparingly;  
Idle days demand grave thought,  
Since with ennui they are fraught—  
Work alone can make gloom flee.*

*There is work for young and old  
And for men with spirits bold;  
Throwing self into the fight  
Giveth strength and higher flight—  
Happiness an hundred fold.*

*Best is toil right timely done  
E'er the shafts of time have won  
Dextly, ev'ry charm of life  
Springing from a ceaseless strife,  
With new tasks each day begun.*

*Safely armored by the past,  
Which is part until the last  
Of our lives strewn by acts brave,  
And Lov'd faces in the grave,  
Shining now in fields more vast.*

—MEDITATIONS IN VERSE.

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*“But if the oldest friends are best indeed  
I'd have the proverb otherwise expressed,  
Friends are not best because they are merely old  
But only because they've proved the best.”*

—MITCHELL.

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*“Grow old along with me!  
The best is yet to be,  
The last of life, for which the first was made:  
Our times are in his hand  
Who saith, 'A whole I planned,  
Youth shows but half; trust God: see all, nor be afraid!'”*

—BROWNING.