

work of freeing their sex from the political thralldom under which they have so long been held. But their numbers are so small and their influence so great it is to be regretted that more do not join their ranks; yet it must not be supposed they are unfit for any other positions or work.

Another wiseacre says it is curiosity which prompts women to attend public meetings, lectures, debating societies, and so forth. That is as it should be, for woman's curiosity makes her courageous and leads her to seek for knowledge, even in the strongholds of the sterner sex. All inquiries after knowledge are blessed with a certain amount of curiosity, no matter to which sex they may belong; or they would not enquire.

Then another says woman is not physically adapted for public life, or to occupy positions and fill offices that, until within the last few years, men have had the sole monopoly of. That may have been true in the past, but it is not in the present, and will be still less so in the future if they continue their present mode of athletic training. Women have discovered that with robust health, gained by proper exercise and improved hygienic surroundings, comes greater mental power and fitness for the emergencies of life, and they are training themselves accordingly.

Only a very few years ago the practice of calisthenics by girls was forbidden by physicians backed by their parents. Should one dare to use her brother's dumb bells, or trapeze, she was called a "tom boy" or "unwomanly," and considered too masculine. But now that our academies and schools have adopted a system of physical culture for our girls, the cry of woman's mental and physical incapacity will soon cease to be heard in the land. M. A. Y. GREENHALGH.

### SANPETE STAKE CONFERENCE.

The conference of the Sanpete Stake was held on the 13th and 14th February at Ephraim. Present of the general authorities Apostle Anton H. Lund, B. H. Roberts of the Presidency of the Seventies, President Canute Peterson and Counselors of the Stake, members of the High Council, and the Bishops of the several wards.

Conference opened at 10 a.m. on the 13th, President Peterson presiding. After the customary opening exercises, President Peterson made some remarks and reported the Stake as being in a good and prosperous condition.

The following Bishops made report of their respective wards: Hans Jensen of Manti South ward, Parley Christiansen of Mayfield, C. A. Madsen of Gunnison, John Bartholomew of Fayette, and Bishop Christensen of Chester ward.

In the afternoon President B. H. Roberts read a portion of Section 68 of Doctrine and Covenants, showing that notwithstanding the claim that the volume of revelation is full yet it is continuous to the earnest seeker. He referred to the completeness of various organizations by the operations of which the Saints may be watched over from the cradle to the grave and advised the young to shun the follies and vices of the world. He also urged upon

the Bishops, Teachers and parents the necessity of their teaching being accompanied by good examples.

Elder John R. Murdoch, of Beaver, also spoke.

At the evening meeting Elder Cox (who, in company with Brother Murdoch, is visiting the wards of this Stake in the interest of the Sunday schools) gave a general outline of the instructions to the superintendents and teachers of Sunday schools, and related some of his experience as a Sunday school teacher.

President Roberts offered some excellent advice.

On Sunday, at 10 a. m., after the usual opening exercises, Elder Carl G. Maeser gave an eloquent address on education.

Apostle Lund said it was necessary that our teaching should be accompanied by example. Principle in the abstract was not easy for a child to understand. Parents who have had but a limited education might think they could not teach their children, but they could. They could set before them a good example. Show them that you are grateful for the great blessings which you enjoy in the Gospel, that we have the assurance of its truth. Remember Luther and the early reformers. They had not the assurance that the Latter-day Saints have of the truth, yet see the earnestness they manifested. We should be diligent in performing the duties enjoined upon us as Saints, respond to the calls made upon us, pay our tithing, prepare for the coming of the Lord, contribute according to our means to the monthly fund, when called upon assist in fixing up the grounds around the Temple, and attend to all our duties as they come along. The more you are engaged in laboring for the Kingdom the more you love the work.

In the afternoon the sacrament was administered. Statistical and Sunday school reports were read. The names of seven brethren of advanced age were presented to the conference and sustained to be ordained as High Priests.

President Maiben presented the names of the general and Stake authorities to the conference. All were unanimously sustained.

President Roberts discoursed upon the first principles of the Gospel.

Apostle Lund asked the Saints to continue their labors to improve the Temple grounds, and to live the religion God has given us.

The choir sang the anthem, "A wake."

Benediction by President Peterson. Conference adjourned for three months, to meet in Manti.

GEORGE TAYLOR, Clerk.

### HOME AND HEALTH.

"Better is a dinner of herbs where love is than a stalled ox and hatred therewith." Prov. 15: 17.

Plain food, pure air, exercise, healthful thought; these are the stones by which the wall of health is to be built up.

Stale bread is much more digestible than the newly baked. The day after baking is time enough to begin eating the last baked loaves.

Do not let vegetables decay in the cellar, and keep it clean and the air pure by proper ventilation.

The use of salt in excess is hurtful. While salt exists in the tissues, and is doubtless necessary to a limited extent in the food, if more than sufficient to keep up the repair of the tissues is used, the surplus becomes an irritant.

Corn-meal mush makes a very good dessert when well cooked. This is easily and nicely done by making it in the ordinary way; then turn it into a pan and steam for two or three hours. Served with milk and sugar, or fruit juice, it is excellent.

Half-decayed fruit is unfit for use. It is not economy to eat anything unfit for food. The effect of such improper articles is often found in diarrhoea, colic, and like ailments. Look over your fruit carefully, and if it is likely to spoil, have it canned for future use.

Oranges at this time of the year are reasonably cheap, and can be used for sauce with little expense. One orange makes a good dish of sauce at a cost of two or three cents each. These are said to be very beneficial, and are not to be regarded as a mere luxury.

It is particularly hurtful for children to eat meat, hard eggs, or spiced food at night. In saying this we do not want it understood that we think it healthful for grown people to eat such things for supper. It is bad for anybody, but worse for children than grown people.

Practical housekeeping is one of the rare accomplishments of the present day. Every girl needs careful training under a faithful mother in all that pertains to practical life before she is an accomplished woman. Home training in place of so much school life is the great need of our girls.

The habit of early retiring and early rising, formed in childhood, is apt to go with the person through life, and has much to do with its success or failure. Let the child have all the sleep it needs, but put it to bed early and let it wake up of itself. It will soon fall into regular habits of sleep, which have much to do with its health and good nature.

Poor teeth are frequently the result of bad diet. Children are fed on fine flour, meat and sweets. Such a diet is ruinous to the teeth. Give them oatmeal and graham plenty, all the brown bread they will eat, with abundance of good fruit and vegetables and milk to supply the need of animal food, and if they are properly cared for otherwise, they will have good solid teeth.

### THE STARS AND THE EARTH.

It is generally thought by astronomers today that all the celestial phenomena within the reach of human vision belong to a single great system; but it is not yet possible to say just what the controlling order in the motions of the stars composing the visible universe is. Observation shows that all the stars are in motion, but with varying velocities, and in all possible directions. In the same quarter of the sky, and even in comparatively crowded aggregations of stars, some are found to be moving in one direction and some in another. In the case of the well-known figure of the Great Dipper, for instance, the motions of the stars are such