

in person, write a little note to each one, requesting the parents not to allow them to bring presents. Thus you can avoid giving offense by refusing an offered gift to your child.

Our Ailments.

DIPHTHERIA.

Although this disease can scarcely be classed as an ailment, I wish to say a few words about it, as it is somewhat prevalent at this time of the year. My physician friend assures me that it is not nearly so communicable as the scarlet fever, the germs of which disease, that is, the scarlet fever, can be carried in clothes, hair, and in almost any thing. It is not so with diphtheria, but in order to carry that, some article or piece of clothing must be handled, if the germs are taken. It is easily germinated at certain seasons of the year, and often does so in different localities at the same time. It has been supposed that most of the deaths caused by this disease are caused by the growth of the membrane in the stomach. This is a mistake. The real cause for alarm is heart failure. The action of the heart is very weak and uncertain in this disease, and the least excitement, even after apparent recovery, is almost sure to prove fatal.

Not for three weeks after recovery is the patient safe. A run across the floor, a quick jump, a startled attention to something not seen before—all these are dangerous in the extreme to those who have but recently had this dreaded disease. The diet in these diseases should be very simple and yet nutritious. If stimulants are given, they should be administered by practiced hands, and if you are not depending upon your faith and the administrations of the Priesthood in this disease, you should secure the services of the very best physician in the Church which it will be possible for you to obtain. The matter of quarantine in this disease is now pretty generally understood, and is I believe generally followed out. But there is one thing that sometimes puzzles me. A physician, who is more than often not of our faith can be allowed to visit such houses with impunity, and afterwards go to other houses and homes without the least question; but if an Elder is asked to go, he will most likely refuse, or if he does go, the whole neighborhood is up in arms because of his daring. What safeguard has a physician that an Elder cannot use? beside which the Elder has a more sure means of protection in his Priesthood. My friend tells me that some good purging medicine—he uses calomel and pure alcohol—are the two principal reliances in this disease. The liquor kills the germs and the calomel purges them away. Of course, the excreta of such diseases should receive the most careful treatment in the way of burial and disinfection.

MEMBRANEOUS CROUP.

This disease is held by the best authorities to be a growth of membrane in the windpipe, and is therefore equally contagious with diphtheria and should be as carefully guarded against. But unlike diphtheria, in membranous croup there is little or no hope for the patient. If the disease has once fastened its hold upon the little throat, no power but God can loosen its hold. A silver pipe has been sometimes inserted into the neck, but it has only the merest

shadow of a chance, for the heart is as likely to be affected as in diphtheria, and even if it were not so, the growth of the membrane is very rapid.

Physical Culture.

THE HAWAIIANS.

It is a well known fact that the natives of the Pacific islands are among the finest developed races of savages. It is not sufficient alone to be a savage in order that the body may receive its highest development, for there are many races in Africa that are anything but beautiful in form, and even in savages it is rare that they have grace united to strength, and both these are needed for perfect development. The natives of the Sandwich islands, as well as others of the South Pacific islands, are noted for the strength and grace which they possess. It is well to ask the cause of this beauty? There are several causes: A simplicity of diet giving tone to the inner organs, a life in the open air filling the lungs to their fullest capacity help to bring about this result, but the principal cause which has made them the strong and the same time the graceful people that they are is the swimming in the sea. This exercise, above all others, has the most widely beneficial effect upon every muscle of the body. The exercise is so evenly distributed that the whole frame is invigorated and built up by it. There is a practice among this people, so I have learned from those who have spent many years among them, which very much resembles the now fashionable practice known as "massage." This is a common thing among this people. I have heard Elders say that they have seen an Islander come in after an unusually long and hard day's work, and lying down upon a mat, some member of the family would proceed to knead and work the muscles, digging, pounding, patting, rubbing, twisting and kneading each portion of the body until the whole system of veins and arteries had been helped to take up the partially congested blood carrying it throughout the system in increased speed, and the recipient would arise from the exquisitely painful operation feeling as if life was a beautiful joy, and the body a floating piece of feathery down. No ache nor pain can be left after such a course of treatment, and as a physical consequence, the muscles thus fed and stimulated can go on developing and increasing in strength and suppleness, until absolute perfection is reached. Another important factor in their development is the national dance, which is learned by all the children, and practiced with more or less skill by nearly all the adults. This dance, although neither beautiful nor pleasing to the eye of a European, if the descriptions I have received of it be correct, has a most loosening effect upon the joints and an unusual suppleness is the result of the practice. The motions of the wrist are grace itself, and every joint and muscle is exercised by the various contortions. Grace is thus given, and with the swimming exercise, which is indulged in by the youngest children as well as the oldest of their men and women, nature is enabled to produce a very desirable physical result. So we see that it is not enough to eat simple food, and to live most of the time in the open air, if we would reach the highest development possible; we might thereby secure peace of body and mind, but

the strength and grace come through other channels.

Interests Outside the Home.

THE Y. L. N. I. A.

The General Board of this Association have prepared and issued a Guide to One Year's Course of Study. It has been deemed advisable to do this, as the young girls need some well defined plan to work upon, and Mrs. E. S. Taylor and her aids have most carefully prepared a Course of Study perfectly adapted to the needs of young women. I am told that the Presidency have heartily approved of this Guide, and recommend every Association of young women to adopt it into their course of work. It is to be had at the *Juvenile Instructor* Office, and the price is ten cents. This amount is charged to cover the mere cost of printing. The girls are now expected to take hold of this, and demonstrate to the world and to this people that they are fully up to the times in spirit and culture, for have not this people the right to lead, not follow?

SPECIAL EDUCATION FOR WOMEN.

The women of the world are clamoring for admission into the various universities and colleges. But when this demand is met and complied with, there will be another and far deeper problem to solve, and that is the need for special education. It is not enough that they are permitted to take courses which will fit them to become good doctors and lawyers, mechanics and engineers. There is a far deeper want to be supplied. If it is foolish for young men who have no capacity to become doctors or mechanics to study these several branches for years, how much more foolish is it for young women to spend small fortunes and years of most valuable time in preparing themselves for lines of work which they are neither fitted by nature nor circumstance to perform with any sort of success? In isolated cases this might be feasible and desirable; but I speak of the sex. It is all nonsense to say that men and women are one and the same in all things. Some women think it necessary in order for a woman to be equal with a man that she must be the man. The pendulum has swung, as pendulums will, over to the other side of the question in this Woman's Rights business, but by and by, when woman has had time to settle down to real thought upon the matter, she will conclude that in order to enjoy her fullest rights she must prepare herself to fulfill her own sphere and destiny with a greater success and with as much intelligence as man does his. The great mistake in our schools today is that all the courses and all the studies are designed wholly and solely for man. If a little needle work, or in some cases even a few lessons in cooking are given, it is thought that this should satisfy the women, and the girl must go on studying her brother's lessons while her own sphere in life is otherwise ignored. When courses are provided in schools for girls to become the most enlightened and efficient of wives and mothers, when housekeeping becomes an art and nursing a sphere, when every study taken by a girl has its illustrations in her own line of future activity, when every part of woman's mission is recognized as of equal importance with man's, then and not till then will women have their rights.