

SUNDAY SERVICES.

President Wm. H. Cannon and W. L. Ward were called up to speak at the first service yesterday.

There was an immense attendance at the Tabernacle yesterday, even the gallery being thrown open to accommodate such as were unable to procure seats in the body of the house.

Elder August M. Cannon, President Salt Lake Stake presided.

The choir and congregation sang:

We thank Thee, O God, for a Prophet,
We thank Thee, O God, for a Seer.
We thank Thee, O God, for a prophet
To guide us and direct us to thy way.
Blessing upon the members of our church.
Blessing upon the members of our church.
Blessing upon the members of our church.

Prayer was offered by Elder W. C. Danforth.

The choir then sang:

Thank the outward Church houses
The world and like minister grace,
And give us strength to serve Thee,
And let us have no cause to sin.
For we thank Thee, O God, for all.

The Priesthood of the priesthood was illustrated in the administration of the sacrament.

President George Q. Cannon then addressed the Stake for upwards of an hour. He was followed by Elder W. C. Danforth, who spoke about fifteen minutes and the services closed by the choir and congregation singing:

How great a salvation is ours of the Lord.
Redemption was pronounced by Elder Brigham Young.

Teachers' Institute.

The teachers of Salt Lake County, pursuant to adjournment, met at the University building on Saturday, March 23d, 1893, at 10 A.M.

Professor Wm. M. Stewart addressed the teachers on the subject of the sensibilities used in the education of the child. Many questions were asked him during the course of his remarks as well as at the close which showed that the teachers were interested in the subject.

The piano solo by Miss Carrie Chamberlain was very much appreciated by the teachers.

The superintendent then introduced Miss Anna, lady singer of the Salt Lake City public schools, who spoke on the subject of "How to teach language," this said primary singer having been very much interested in the past, and that ten years ago it was taught at all, she contrasted her remarks principally to the primary exercises, but also gave some thoughts on the difficulties experienced in teaching the highest grades.

The exercises of primary language are to make the lesson simple, interesting, attractive, logical, conversational, and a basis for future study; language should be taught in a way that may be made language work. Some of the dangers in teaching primary language are that the work is aimless, unconnected, and too technical, while difficult, with too many words, and too abstract. She spoke of the good work being done at present with picture lesson, story lesson, journey lesson, imagination lesson, etc., by having the pupils draw pictures, etc., by parrot, by parroting, and by the introduction of elementary science. Book work would begin with the third grade.

The beauty of Miss Anna's lecture was that she only told what it should be done, but showed just how to do it. She said the preparation of the language in the success of the language. As the teacher is in her school, trust in the school master, and the result will be the basis of the fault of the teacher. A thorough preparation of all studies taught is necessary on the part of the teacher.

The following named teachers were appointed by Superintendent. All were appointed by the Salt Lake County commissioners to follow: Misses H. J. Stewart, H. G. Bradbury, O. F. McMechen, Mrs. E. W. Miles, Misses Adeline Anderson, Amy Whipple and Edna White.

The meeting was adjourned three weeks to meet at the same place at 10 A.M.

H. G. Bradbury, Ass't. Secretary.

Botanical Remedies.

SALT LAKE CITY, UTAH, MARCH 21.—Permit me through the columns of your paper to present some valuable facts.

Worms in the human body have been a subject that has engaged the attention of professional men very much. Their opinions vary in regard to their cause in the human system, but my own experience teaches me that worms are produced by improper diet. About forty years ago we had many in Utah, but scattered chiefly on squash, the rest of which we selected for our food. Through the fall and winter I was very fond of them cooked in any style. In 1850 I raised a large crop. We boiled, boiled and ate them every day. I ate more than was necessary, and toward the spring of 1850 was most seriously afflicted with worms, swollen eyelids, the rest of which we selected for our food. Through the fall and winter I was very fond of them cooked in any style. In 1850 I raised a large crop. We boiled, boiled and ate them every day. I ate more than was necessary, and toward the spring of 1850 was most seriously afflicted with worms, swollen eyelids, the rest of which we selected for our food.

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The work is the product of comprehensive experience, it is a clear and reliable picture of the condition of the first Swedish American churches.

The conservators of Christians had arranged a festival the other day in honor of the conservators members of the sects. Numerous speeches were made, and the enthusiasm ran high because of the expression of the first Swedish American churches.

I advise mothers to pay attention to their children's health. Plain diet is the best, avoid sugar, prevent obesity. Use bitter herbs, such as wild sage, leek, wormwood, horseradish,

etc. Give them bacon breakfast & the next time when you eat, add a few pieces of bacon. God bless all! These rules are intended for the sick, not those with your ordinary health.

As far as I can get, there is no country in Norway that will compare with mine. Five years ago I went on a mission to Norway, there. Once was on the train with a basket full of bottles and eggs of. She said no one could eat them. I replied, "Yes, I have given me very bad, others to eat, and analyzed, and can for myself. When I arrived in England I inquired of Dr. Wallin, the first man I had seen of of all the physicians in Norway. He said, "I have never seen any better physician in Norway." I gave my own the other bottle. He took them off, and in his three hours, and I went to him when I was returning, were that wild sage was a great medicine and had wrought a wonderful cure for him, that single bottle.

These remedies are best. Medicine here is in harmony with the laws of nature, and God sent us Adam, and gave unto thus every herb etc. Let us use them and thank the giver of all good gifts for them.

THOMAS CHODA

OUR STOCKHOLM LETTER.

Emigration from Asia Minor to America by Means of Scandinavian Ships etc.

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