



ALBERT CARRINGTON.....EDITOR.

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## TO-DAY.

In accordance with the recommendations of the acting Secretary of State and the desire of the people to testify their respect for the memory of President Abraham Lincoln, there will be public service to-day in the tabernacle at 12 o'clock, noon. Elder Amasa M. Lyman will officiate on the occasion. All classes of our citizens are invited to participate in the ceremonies.

## OUR NATION MOURNING.

Upon the reception of the horrifying intelligence that President Lincoln had been assassinated, throughout the city business was generally suspended, flags were draped in mourning at halfmast, stores and other public buildings were closed and craped, the Management of the Theatre announced that the bill for Saturday evening was postponed to Monday, and deep gloom palpably rested upon the minds of the citizens.

On Sunday the stand and organ in the Tabernacle were clad in the habiliments of woe, as were also many of the congregation, and Elders W. Woodruff, F. D. Richards and George Q. Cannon delivered feeling and appropriate addresses upon the solemn occasion.

Monday evening the proscenium and proscenium boxes of the Theatre and two large national flags arching from the center over the drop curtain were draped in black.

Alas for the times, when our CHIEF MAGISTRATE can be thus dastardly stricken down by the hands of an assassin!

## PHYSICAL TRAINING OF YOUTH.

The importance of careful physical training, for the proper development of the human structure, is a subject that receives but very little attention compared with what it ought to receive. Those who are engaged in raising stock, trees, flowers, cereals, or anything of a similar nature, use every means with which they are acquainted to produce the best specimens they can. Apart from seeking to obtain the best breeds, or most superior kinds, they exercise continued care, and spare no pains to develop strengthen and improve them. But in too many instances the human form is allowed to develop itself as best it may. And if its adaptability to climate, circumstances and conditions was not as great as it is, very many more would die in youth of carelessness and inattention than now do, though the per-centage of those whose earthly existence is terminated from these causes is fearfully large among the human family.

There really is no system practically acted upon, as a general thing, among mankind in the physical training of youth. In many places in the outside world, before a child can walk, it is wheeled out, "to get the air," in a perambulator, under the charge of a nurse,

perhaps, and drawn round, it may be in a cold air till its little eyes are staring out of its head, full of moisture, and its cheeks assume a dark purple hue, from the cold; and that is called "taking exercise." If the infant was allowed to roll around on the clean floor of a well ventilated room kept at a proper degree of warmth, it would have the exercise it requires and craves for, while its muscles would develop and strengthen, and its general health be improved.

But it is when the child grows up, and especially if a female, that, in the period when the greatest care should be exercised to give a healthiness of action to the whole system, the seeds of disease, of weakness and physical debility are often sown. Shoes or boots, with soles so thin, that if a strong man wore the like he would be laid up with a severe cold in a few days, are put on the little feet, even in the coldest weather, because "they look neat;" and in obedience to a monstrous fashion, her little limbs are exposed to every passing blast, while that part of the body which is the seat of heat is compelled to bear a perfect burthen of clothing. Growing up to womanhood, the kind of exercise she takes, or the manner of regulating it, scarcely excites a thought in most people. She may accustom herself to loll for hours in a rocking-chair, when a skipping rope or a swing would be a hundred-fold better for her; or she may be compelled to sew, to sit and stitch, stitch, stitch, till her form becomes prematurely bent and attenuated, when she requires healthy exercise. We are glad that there is but little of the latter among us; but we know many whose youth has been thus spent, and who transmit to their posterity some of the baneful effects arising from it.

As population increases in any locality within the bounds of what is called civilization, the natural inclination of human beings to crowd together and imitate those who are looked upon as the leaders of fashion is manifested. Wealth is accompanied by effort at ease, luxury, accomplishments and refinement: all quite correct when the terms are properly used. But among many other evils which grow out of this is the desire to have young ladies, whose parents are or affect to be wealthy, imitate the mincing manners, languid gait and nervous feebleness so fashionable among ladies who make pretensions to aristocracy throughout the world. Exercise is confined to an occasional carriage-ride and the learning of a few lazy motions in the modern style of dancing; when brisk walking and healthy exercise, moderately indulged in, would strengthen, invigorate and expand the system, and aid in developing a physical structure of beauty and grace.

What are termed lady-accomplishments, confined to a little music, a little calisthenics, a little French, etc., are all very well in their place; but the young lady whose youth has been cramped and confined in bonds of whalebone, denied of wholesome and well-regulated exercise, and her time spent in simply acquiring these accomplishments, with a limited knowledge of books, has neither the physical ability, the mental power and knowledge, nor the practical acquaintance with household affairs requisite to enter upon her duties as a wife and a mother, when she reaches the period that these are required from her. A great many women in this community have had to undergo a rather severe physical training, in consequence of the circumstances through which we have been compelled to pass; and the result is before our eyes. We do not think it is saying too much to declare that, there have been fewer cripples, feeble, lame and impotent persons born here since the settlement of these valleys, than have been born in the same time, in a similar amount of

population in any other civilized community with which we are acquainted. In all countries the health of the peasantry, under many disadvantageous circumstances, is much superior to that of any other class; while the health of large manufacturing districts, where women are employed to a great extent, is proportionately low, in consequence of so large a number of the female portion of the community being closely confined for ten or twelve hours a day in unhealthy positions and in a vitiated atmosphere. This is readily accounted for by the former class enjoying a liberal share of healthful exercise and fresh air through the very nature of their employments.

We write to try and arrest an evil that is beginning to make itself manifest, and that will grow with increasing population and wealth if not guarded against. That the next generation may be strong and healthy, with organizations that will last longer than those of the present generation, let parents cultivate the physical powers of the young, and particularly of the female sex. Boys will take exercise. Oftentimes the greatest difficulty with them is to keep their natural exuberance and buoyancy of animal spirits within bounds. But when girls are permitted to loll or slide into womanhood with undeveloped constitutions, enfeebled nervous systems, and weak organizations where they might be strong, not only are their lives shortened and themselves rendered incapable of becoming mothers to a strong and vigorous offspring, but the whole future of their earthly existence is embittered. Every trifling discomposure affects them and excites their nervous irritability. Therefore they cannot govern in the household according even to their knowledge. They are the creatures of every passing influence, governed by every untoward circumstance, and through bodily infirmities they are subject to mental ailments which go far to make their homes abodes of misery, arising from causes which in detail are very insignificant looking, yet in the aggregate are sufficient to make a great amount of unhappiness. Much of this might be avoided by the exercise of care in properly training and developing the growing bodies of the young, that they might be blessed on reaching the years of manhood and womanhood, with sound bodies as the dwelling-places for sound minds.

## HOME ITEMS.

**SABBATH MEETINGS.**—Elder Wilford Woodruff preached a highly instructive and truly edifying discourse upon the uncertainty of human life, the present mournful condition of our country, occasioned by the assassination of our Chief Magistrate, and the fearful state of feeling that must exist with those who plotted as well as those who carried out the murderous scheme.

## AFTERNOON.

Elder F. D. Richards addressed the congregation upon the privileges and comforts enjoyed by American citizens, and stated that if they did not realize their blessings while at home, when that portion of them who were Elders in this Church went abroad on missions to the despotic nations of the Old World, they were made to understand the importance of American citizenship.

Elder George Q. Cannon followed upon the same subject, and also reviewed the once unhappy sadness that prevailed in the Church of Jesus Christ of Latter-day Saints, consequent upon the perpetration of a like wicked but more dastardly act of cruel murder done in cold blood.

**PUBLIC LECTURE.**—Last Friday evening Mr. Samuel Adams, who recently came up the Colorado river with Captain Truworthy, delivered a lecture in the 11th Ward Meeting House, the subject of discourse being the feasibility of bringing merchandise to this Territory by the way of the Colorado.

The Hon. Elias Smith was called to the chair, and briefly introduced the lecturer to the audience.

Mr. Adams prefaced his address by regretting the unavoidable absence of Captain Truworthy who, through severe indisposition, was not able to be present. He was fully persuaded that all doubts in regard to the successful navigation of that river were now dispelled. The lecturer gave his opinion relative to the probable cost of

freight by the Colorado route, and felt satisfied that important settlements would ere long be made along the banks of that, as yet, only partially explored river.

Attorney General Blair, by invitation of the chairman, followed the lecturer, with an excellent speech on the untold advantages of our connection with the Pacific by navigation, and at the conclusion of his remarks offered the subjoined resolution:

"That this meeting sustain Captains Truworthy and Adams in their enterprise of opening the navigation of the Colorado river to Callville, and that we deprecate any attempts, such as have been represented here, to bar the navigation of that river to that company or any other association, designed to thereby prevent the free intercourse of the citizens of Utah with the Pacific coast."

The resolution was carried by unanimous vote.

The Hon. Chairman made a few appropriate remarks, during which he stated that he was somewhat familiar with the mercantile operations of this city, and he was rejoiced to see enterprising gentlemen engaging in such laudable undertakings as the one spoken of by Mr. Adams. Prophetic powers were not particularly necessary, he thought, to enable business men to see that, should the navigation of the Colorado prove a present failure, the "Iron Horse" would soon be moving across the plains, which would doubtless add greatly to the comfort and convenience of all citizens on the Pacific slope.

**THEATRICAL.**—The performance announced for Saturday evening was postponed until Monday evening, in consequence of the tragic event that filled the nation with mourning and brought its Chief Magistrate to the grave by the hand of a wicked assassin. On Monday night the proscenium and proscenium boxes in the Theatre were draped with the emblems of mourning, and a feeling of gloomy sadness seemed to rest upon the audience during the greater part of the evening.

Old Phil's Birthday went smoothly and was well played throughout. It is a fine little drama, with good incidents, language and moral. Mr. H. B. Clawson's Phil was very successful, and he was admirably sustained by the rest of the cast.

The Forty Thieves we looked upon as a great success. Once or twice the machinery worked a little slowly; but all who have been accustomed to see spectacular pieces put on the stage never look for anything else on a first performance. The scenery, machinery, arrangements, costumes and appointments excel anything we have ever had placed on our boards here before. The characters throughout acquitted themselves admirably. The choruses and songs were well executed; the dancing was neat and attractive; and the robber scenes very effective. The closing tableau is beautiful and gorgeous. In other cities where we have been, if put on the stage in the same style as it is here, it would be played nightly for months. Here it would not fail to draw large audiences during a longer period than the brief remainder of the season, if the Management were to keep it on the bills.

As to-day is set apart for general mourning throughout the city, the late lamented President being to be interred, there will be no performance this evening. To-morrow evening The Lear of Cripple Gate and The Forty Thieves will be presented. Saturday night, we notice, is the close of the Spring Season.

**THE NEW MAP.**—Mr. Johnson, who introduced a few weeks ago, the best Map of the States and Territories ever offered to the people of this country, succeeded in obtaining near one hundred subscribers for the same in this city at \$20 each, payable in Greenbacks at the time of delivery.

Before leaving for the West he appointed Mr. George Goddard, of Great Salt Lake City, his sole Agent and Canvasser, who is now receiving orders for the same map, and at the same price.

Heads of families, school teachers and others now have a chance to procure a map with the latest boundary lines of the territories, distances from principal cities, last census, heights of mountains, lengths of rivers, geological, meteorological, zoological and botanical maps, all of which are neatly delineated on this large map of the United States and Territories.

We understand it is the intention of Mr. Goddard, while traveling through the city and territory, to exhibit a specimen map, and give every one an opportunity of subscribing.

**BOUNTIFUL.**—By referring to last week's News, Dr. P. G. Sessions will see that "A Visitor" furnished an account of the very commendable and satisfactory examination of the 12th District School, (Dr. Daniel Wood's), the notice of which precludes Dr. Sessions' commendation upon the same subject, otherwise it would have gladly been given room.

**PROBATE COURT.**—The argument on the motion in arrest of judgment, in the case of the people vs. Rosenbaum, came off on Monday. At the close of the argument, the Judge announced that he would hold the matter under advisement till next Saturday week.

**THE RUSSIAN GOVERNMENT** is about to make a very considerable reduction in its war expenditure. The budget for 1865 shows a decrease of twenty-four and a half millions of roubles (£4,000,000) in the army estimates, and four and a half millions of roubles (£900,000) in the navy estimates, as compared with those for 1864.