

feeding the infant. Rule from birth to three months, once in three, or better, four hours, and twice in the night. At four months, once in four or five hours and once in the night. At six months three times a day and not at all in the night. That continues until growth stops when twice a day is sufficient.

Our Ailments.

SORE THROATS.

There are several diseases that attack the throat and larynx, and yet people are often mixed in their ideas upon the subject, and a sore throat is a sore throat. There is one variety, which for the sake of being understood by all, I will call a cankerous sore throat. This does not cause the tonsils to swell, but exudes a white substance on the tonsils, and rapidly causes holes to be eaten in the throat and tonsils. Then, there is the sore throat which physicians call tonsillitis. This disease also causes the white spots to come and often looks to the uninitiated like diphtheria. The tonsils are badly swollen, and swallowing is difficult. There is no bad odor about this disease, and there is a lack of the deadly torpor and sleepiness which accompany diphtheria. Indeed, the appearance of the white spots is different, being a whitish white, and not the yellow, sort of membranous look which goes with real diphtheria. There is another form of disease of the throat which is called quinsy. In this paper, I shall not speak of diphtheria, but shall give a few suggestions as to the treatment of these other three ailments.

For the canker in the throat, and in fact for all of these troubles, there is no better outward application than a rag dipped in ice-cold water, then wrung perfectly dry, and put on the throat, covered very carefully and closely with a large flannel cloth. Be sure the wet rag is thoroughly covered, and that the throat is well muffled from the air, in order to sweat out, as it is termed, the inflammation. Also, for either one of these troubles, give plenty of hot, very hot lemonade, without any sugar, and give at least two lemons in this way each day, and you can safely give six lemons. If you must have some medicine, take a gargle of salt, and vinegar, red and black pepper, and gargle every half hour. This is good for the canker; also for the tonsillitis.

For quinsy, nothing but the lemon water, and plenty of hot water, a pint at a time, will help the tumor to suppurate inwardly, and then instant relief will be felt. I would recommend you to give a very large injection. Take this for two nights, and drink profusely of hot water, also the lemonade. Give oranges, stewed dried fruits and dry bread, or gruels only for diet while the attack is on; no meat, no rich nor heating food. When you take the cold compress off in the morning, rub the throat well with consecrated oil, and put a warm, dry flannel around the throat. If the inflammation is not sensibly reduced in the first night, put another cold, wet rag around the throat in the morning, and keep the bundling flannels on until there is considerable improvement. You can wet the cloth once in every six hours if the throat is very bad. You can give the patient a sweat, if you are sure to watch all draughts and wrap up carefully for the after-sleep; this is beneficial. A hot bath is also good, only these things must be taken in a warm room, and the

patient well wrapped and most thoroughly dried and rubbed after coming out of the water.

Physical Culture.

We spoke last week about the climbing of stairs, and now I want to talk to you a little bit about some other sorts of daily and common exercise. There is excellent exercise to be obtained from sweeping a room, if it is done properly and energetically. In the first place, it is far more necessary for your good that the windows shall be wide open when you sweep a room even in the middle of the winter, than it is necessary for the sake of the dust not getting into the carpets to wear them out. You will wear out a great deal faster than the carpets if you don't have fresh air to breathe, especially when you are raising all the microbes in the house with your broom, and are setting them afloat in the air of your room. Have not only air, but a strong draught. It is an excellent plan for you to cover the hair, as the dust microbes you are driving from their resting places in and about the room are not safe nor pleasant companions to have about you. A calico dress should always be slipped on over a woollen dress in sweeping a room, as the dust will adhere to the woollen very tenaciously. Now that you are properly dressed, and the windows are open, move all your furniture about, as much as possible, getting it out of the room, and then begin your sweeping. What I am now interested in to see that you take the proper position in this work, and not specially that you get the room clean. Stand as nearly upright as you can. For this purpose, get a broom handle that is tall enough for you, and then do not try to push the dirt ahead of you. That way of doing will neither get the room clean nor will it help your body. Don't bend over any more than you can possibly help, and what bending you have to do, be sure it is a bending from the waist, not from the shoulders. Keep your shoulders up and your mouth closed. That last is vitally important. Never permit your mouth to open and thus take these disease-breeding germs straight into the lungs. Breathe through the nose, that was what it was made for, and you can't better the work of your Creator. Accustom yourself to using the broom on both sides, or you will get all the exercise on the one side only. So much for sweeping a room.

The same directions here given can be taken for all sorts of domestic work. In washing dishes, don't have your sink too low, nor too high. If a man had to stand at a work table as many hours a day as a woman stands at a sink, he would see to it that his table was of the proper height. So also in moulding bread. Moulding bread is a most excellent exercise. It develops the arms and chest wonderfully. Only, don't stoop! That is my one constant word of advice, don't stoop. Young women of thirty look like old women of seventy when they stoop, and young women of seventy look like younger women of thirty when they stand upright and trim. I am quite positive that real old age will never touch the body of the man or woman who never permit himself or herself to stoop over. "Throw back your shoulders!" should be printed on every wall in the house, and throw back your shoulders!" should be shouted to every living human being from the age of two

years to one hundred years old. Walking is another exercise that is thought much of, but while it is good for legs and lungs, especially if taken in the open air and now especially if you walk briskly, yet there are other exercises better adapted to help a woman to keep strong than walking.

The Lives We Live.

OUR SOCIAL LIFE.

There is a condition of affairs arising in our three largest towns, including Salt Lake City, which may well cause thoughtful people to ask what is the cause thereof, and what is the remedy for the evil?

I speak of the vast importance that is being given to social doings, and the greedy way in which the young are learning these lessons of "caste" and "class" from their somewhat indifferent elders. We have all, perhaps, our various ideas as to the causes which are bringing this about, but I beg to submit that there is no one more powerful cause than that of the manner in which the public press have undertaken to manage this matter for themselves and all the rest of the people. This matter of introducing, for Sabbath reading—think of the consistency of that, my friend—the doings of all the so-called society people into the columns of the papers is not a refining nor elevating practice. The good sense of the best class of intelligent as well as wealthy people in the east has utterly repudiated and scorn to allow the use of names or influence to reporters who seek for this sort of vicious pabulum for the public maw. Who ever hears of the old Knickerbockers of New York or of the residents of Bacon street in Boston having their social doings published in a paper? They are as a class, too refined and modest to desire public notoriety, or the flaunting forth of their intimate affairs to the vulgar curiosity of the vulgar people who find pleasure in such reports. It does seem as if a person could refuse to allow his name and that of his family to appear in such reports as are found in some of our Sunday papers; but, my dear country friend, I want to tell you that in many instances, the reporter boldly tells his victims that he or she will publish all that can be found out about a certain party, and they can help themselves as best they may. No one likes to come out in a paper and say that such and such a report of a social party was not furnished by themselves and family, but that it was obtained by a quizzing and curious reporter from some one who had enjoyed the hospitality of the host. What is to be done in these cases? I think a dose of such sarcasm as Essay Caigh gives us once in a while in the News would help to kill this growing evil, but it needs, also, that the parents shall wake up to the fact that they are tacitly encouraging a very marked separation of our people into classes, of the rich and the poor, not of the good and the bad. Whose names do you see oftenest in the social columns: That of the earnest worker for Zion and her cause, or that of the frivolous dude if not the rake? Who are the women who run after the society reporter to tell them of this or that event? Is it the woman who looks well to the ways of her household in spiritual things, or the woman who lives only for pleasure and frivolity?