

between the upper and nether mill stones of work and worry, and today as fresh almost as when she brought her brains into the literary hopper. She writes as follows:

My Dear Sir—I am asked the series of questions as follows: First, Can you give a recipe for intellectual health and the prevention of worry?

Without physical health, intellectual health is an impossibility. Brilliant work has oftentimes been done on nerve force and by strong will power, but to insure sustained and continuous good work physical health is an absolute necessity. Anxiety of mind is always increased, and is frequently engendered even by bad health and imperfect circulation. Attention to the rules of hygiene then is unquestionably the first requisite for intellectual health and the prevention of over exaggerated worry.

Second. What are my own habits of work? My intellectual power, as with most women (but not men) of a highly strung nervous organization, is at a low ebb in the early morning. The tide of life comes back but slowly after sleep, and so I devote the first hour at my office to labor which requires the least mental effort, and as the day wears on am more equal to literary exigencies. My thoughts come with greater ease, as well as the language in which to clothe them, and when the day ends I am less fatigued than at its commencement, for achievement never tires one as does wasted efforts and the sense of having accomplished nothing.

Third. Can I throw my work aside as I leave it, and if so how did I acquire such power? No one whose heart is in his or her work can, I think, put it entirely out of mind. It will rise up like a ghost, and I have found that the only way to exercise this is by working in some different field, as neither idleness nor repose will drive work or worry from the mind.

Fourth. Can I sleep and have I any cure for insomnia? We can all get sleep at some time during the day or night, but most of us feel that it is incumbent on us to retire at a certain hour and rise at a fixed time. I found during a season of great mental depression and consequent insomnia that by humoring myself and taking "forty winks" at odd times and in odd places that I could manage to get a few hours' slumber out of the twenty-four, which tided over the time until relief from the mental strain was achieved. I also found it beneficial after hours of wakefulness to rise, walk about, read a few pages which did not require much reflection, change my channel of thought and then return to my couch and make a new start as it were in the pursuit of slumber.

Fifth. What is my advice to one overloaded with work and worry to make the most of him or herself? My experience in both of these directions leads me to recommend sleeping in a cool room and with light bed covering. A cold plunge every morning, followed by friction with a flesh brush until one is all aglow, then ten minutes of dumbbells and pulleys and clubs (the Home Gymnasium enables one to have the requisite for such exercises in a snug corner of the sleeping room), and by the time a toilet is completed one's appetite for breakfast is "opened," as the Spanish say, and one is prepared to make a substantial breakfast, for, in my opinion,

breakfast should be the principal meal of the day, inasmuch as it lays the foundation for the work of the day. This regimen I have persevered in since my husband's death made work a duty as well as a necessity, and my health has been absolutely perfect. I have never had a head, back, or toothache in twelve years and certainly no man or woman during that time has had more work or care or responsibility thrust upon them than I have.

Postscript: There is something I should like to add to the above letter and that is that perhaps another reason for my absolutely perfect health is that I never drink tea or coffee and almost never wine.

Such are a few of the recipes of our most noted people for healthy brains. I have suggestions from others, which I may give in the future.

FRANK G. CARPENTER.

Y. M. M. I. A. CONFERENCE AT PROVO

On November 18th the quarterly conference of the Y. M. M. I. Association convened at Provo. At 10 a.m. there was an officers' meeting, attended by almost seventy officers and prominent members, Stake Superintendent J. B. Keeler presiding.

Three carloads of people came from the South, and the North contributed a like number. All of these visitors who did not have friends, were actually and not theatrically taken care of, provided for and made comfortable. Of thirty-four wards in the Stake, twenty-four were represented in a manner to reflect credit on the officers and members.

Supt. J. B. Keeler answered a number of questions presented, and told those not liberally supplied with Manuals where they could be obtained.

George H. Brimhall, of the general superintendency, discussed with great clearness the leading points brought out by the reports, the financial aspect, and the series of lectures to be given and the qualifications of such lecturers.

The officers' meeting was adjourned until 2 p.m., when a musical entertainment was given, Prof. Giles being general conductor. The entertainment was continued in the evening and took the form of a friendly contest for proficiency of elocution. The judges rendered a decision in favor of Lehi, but distributed their compliments among the others in a way to suggest needed improvement, while it gratified those who had made efforts under difficulties. A small admission fee was charged sufficient to defray all expenses.

On Sunday morning, in continuation of the conference, services were held in the Tabernacle at 10 a.m. Of the General Superintendency there were present Presidents Willford Woodruff, George Q. Cannon, Joseph F. Smith, and Elders Milton H. Hardy and George H. Brimhall. The Stake superintendent and about twenty-five ward officers, Stake President Smoot and counsel, and many leading citizens.

After the opening exercises and remarks, several very young men, members of the Sunday school and M. I. Normal training classes at the B. Y. academy, were asked to express themselves with regard to these classes. They said in substance: It was pro-

gressive, economized time and energy, was unselfish, pure and far-reaching; they believed the results would be to, permanent and wholesome progress to these organizations.

President Joseph F. Smith delivered a very comforting address, dwelling upon the vanity and nothingness of secular education if divorced from the purpose of all knowledge, all life, all effort, all experience—the knowledge of God and His son Jesus Christ, whom to know is to have eternal life. He said personally he was grateful to Prof. George H. Brimhall and Milton H. Hardy for the wise effort spent in preparing the Manual.

An adjournment was taken until 1:45 o'clock.

The afternoon was occupied principally by Presidents Willford Woodruff and George Q. Cannon. The former spoke on the importance of the education offered so freely to the young, in view of the extended work before them, which they and not another people must do; of the great temptations surrounding every Latter-day Saint; the inspiration that had gathered together our children of every age where they could be taught of God; the establishment of Sunday schools by President George Q. Cannon, and the great benefit they, the M. I. and all other of our organizations had been to the Church. He commended the Manual manifested, and added much good instruction.

Pres. George Q. Cannon among other things pointed out the tendency of secular education to make critics and infidels. Many of the people of this world had rejected truth because it came to them in unlovely garb.

They made the matter more than the matter. Truth, eternal truth should be welcomed by every honest soul, whether it comes in grammatical and rhetorical form or not. The tendency of modern education, both in spirit and word, by text books, and conclusions, was to make skeptics; and systems might be carried to such a length as to quench the spirit of God. Utah county should be in advance, in proportion to the great educational advantages possessed. He also gave much other timely teaching and a monition.

A lecture was announced for the evening by President Joseph F. Smith.

George H. Brimhall, one of the general superintendents of the Young Men's Mutual Improvement Association, announced at the close of the conference on Sunday that the second part of the M. I. Manual was now ready and would appear in the Contributor in parts, to accommodate those classes who having furnished part first were ready for it.

The evening lecture was for the most part on the subject of Respect for Legitimate Authority, and Why.

Conference adjourned for three months. ELLEN JAKEMAN, Reporter.

As the bark Colma was starting for Hongkong on Friday, from Portland, Or., Tim Sullivan, the second mate, who had been drinking, went aloft and fell from the topsail yard to the deck between the rail and the deckload of lumber. He was picked up and carried into the cabin, but as the vessel did not stop it is not known how badly he was hurt.