

this people would be called to a strict account some day for the food and clothing materials which they wasted, and this day will surely come. I have seen mothers burn half worn dresses of their little girls which would have clothed a poor child for months. Do you burn your rags?

Our Children.

THE INFANT'S DIET.

Whether your newly born infant nurses as soon as it is washed and dressed or waits for a few hours until it has rested, it is a good plan to give it all that it seems to wish for while nursing. Some women have very little milk at breast and if that is so, in lieu of any thing better, I should certainly advise feeding the child, if you are sure you have not milk enough for its use. Don't be in a hurry about drawing the baby from the breast, let it stay for a quarter of an hour, the milk will come more readily next time if the breast be thoroughly drawn now. Then, if the child still nestles and seems hungry, fix a little milk or cream and hot water, two-thirds water to one-third milk, or more water if cream be used. Sweeten this slightly, not so much as the natural milk of the mother, for sugar is hard for the child to digest. If you can get lactated sugar from the drug store, it is much better. Either a rubber nipple or a spoon can be used, but the child must be fed very slowly, because it is weak and cannot digest a lot of stuff if it be poured hurriedly down the tiny throat. I will give you my idea about this feeding of a new born infant. The child is hungry, and if it gets only a little milk from the mother it will waken very much sooner for more this begins the habit of frequent nursing at once, and besides that, when the milk does come, it is so easy for the mother to relieve her overcharged breasts so frequently by urging the poor baby to keep on nursing, and thus too frequent and over-nursing is immediately set up and the child is on the high road to unhappiness and ill health. If the mother would allow the infant to nurse just as long as it cared to, a greater supply of milk would come in answer to the natural appeal, and the next time less feeding would be necessary. I know women who never need to feed their babies one drop from the very first.

Now, when baby has taken his first meal, put him in a nice warm, thoroughly warm crib, away from draughts of doors and glare of light. But oh! dear, don't keep him in a room where there is no ventilation. You would not give him rotten food, don't give him rotten air. Then let him sleep, putting him down on his back. There leave him, and nothing but his own volition or the crack of doom should be allowed to interfere with his slumber. Make all the noises you need to make from the first so that he will get used to sleeping with necessary noises, but avoid loud slamming of doors and shouting. Have sunshine in the room, but shield it from his eyes while he is asleep. I could almost guarantee if baby has been treated as I have advised, his first sleep will last for from four to six hours. If it does, let it last. When he cries, if it is over three hours since he was put to sleep you may take him up, and if he needs changing, do that at once, and if it should be night or morning, and he needs dressing or undressing, do that also before he is

allowed to nurse. No matter what your grandmother may have to say, don't nurse him until every necessary act has been performed, then he can drop off to sleep when full and can be laid down without rocking. A child should not be fed before it is washed. It is very hurtful.

Our Ailments.

PIN WORMS IN CHILDREN—THE USES OF OIL.

While many doctors aver their disbelief in worms in general, there are very few who attempt to deny the frequent presence of pin worms in the lower intestines. I have known mothers who have extracted periodically many of these parasites from the bodies of their children. When the little ones complain of itching, and when they manifest the other well known symptoms of worms, it is well to give something to eradicate the nuisance. But while we do this, let us ask what food begets these troublesome things. Meat,—too much milk, and sugar are the causes of this disorder, while brown bread, maple syrup or honey, and plenty of fruit and vegetables will starve them completely out of the system. So, while administering corrective medicines or appliances, please do not forget to administer the much more needed correctives of change of diet. If you are sure of the presence of worms, a strong enema of salt and water will expel most of them, and relieve the child. Some people buy the worm lozenges in the drug stores, which are composed of santolin and essence from the Jerusalem oak. In talking with Dr. R. B. Pratt one day about this complaint, she suggested that the most recent medical cure for this was the use of enemas of plenty of olive oil. She asserted that the oil would kill every parasite with which it came in contact. I wondered how many more uses the medical fraternity would find for our blessed olive oil. Every few days I find in the papers some testimony of eminent authority to the usefulness of olive oil for this or that disease. For years I have used consecrated oil in my family for burns and cuts, to the infinite amusement of some of my over practical neighbors, who think that oil is only to drop on the head in anointing, and is not for the immediate healing of any and every disease. I used the oil because of the faith I had in the blessings which had been pronounced upon it by the Priesthood. Just this week I find in the New York *Sun* a statement from a most learned physician that olive oil is the best remedy for a burn, being applied upon cotton. Well, I did not know, although I might have known if I had thought a moment, that science would so closely grasp the hand of faith, but it is so. I expect now to hear that olive oil is the best remedy in the world for cuts and bruises. Some of my dear acquaintances who strain at a knat and swallow the camel object to my using consecrated oil for such common purposes as burns, warts, or for enemas in cases of pin worms or other internal disorders. Well, if the oil is meant only to be used on the head I have never found it out. If a wart is not sickness it certainly is an evidence of unhealthy secretions in the blood, and what is sickness but a departure from health? If we could only put the faith in the oil that we do in the worm lozenges or in the rabbit's foot, the cure

would be on quite as natural principles and would moreover be in accordance with our revealed religion. When will we learn to understand that God is a perfect Being, and that He knows His own laws and when He speaks it is well for us to listen and obey? When we remember how patient we have to be with each other in order to live at all in this world, we can guess at the patience of our Heavenly Father who has to be patient with us all.

Physical Culture.

BREATHING EXERCISES.

The beginning and end of every day's exercises ought to be proper and systematic breathing. If you have not studied this subject at all, you would be surprised to hear the scientific assertions made as to women's breathing. Of all the myriad of cells contained in the lungs, only about one-third are used by ordinary women who wear the corset or even tight bodices without bones. This is because a compression is upon the lung, and it becomes a final habit to breathe only with the upper part of the chest. When you undress tonight just put your hand upon your chest and see if the respirations of your lungs cause the upper part of your chest to move up and down. You know the rubbish we read about the beautiful rise and fall of beauty's bosom; well that rise and fall, if it was natural, must have been caused by the strongest sort of emotion, and that of momentary duration, or beauty must have been running at a pretty rapid rate for some time before the rise and fall. The truth is, that your chest ought not to rise and fall with any perceptible motion. The movement of breathing if felt at all should be equally sensible at the waist line and even in the walls of the upper abdomen. After you have felt of your own chest, get your husband or oldest boy to breathe for you, not in a labored way but naturally, and you hold your hand over his chest, over the waist line and observe the motion. Is it not as I say? And why pray should your method of breathing be different to his? No one can tell but the corset makers and the fashionmongers. So now, one of the very most important lessons for you and your girls to learn is how to breathe. That sounds funny, don't it? But it is gospel truth, nevertheless. So put your hands upon your waist, without any dress on, mind, and then breathe, trying to make your middle swell out, just below the short ribs. This will be difficult to do at first, but you will learn, by and by. Keep this up for some moments, and then, take in full breaths in sips, like the air was water, sip, sip, sip, sip, sip, sip, until the lungs are full of air. Meanwhile, your hands should rest over your waist to make sure that the swelling movement is there and not in the upper part of the chest. When your lungs are quite full, and even well distended, expel the air slowly with a sort of blowing sound, with the lips pursed up as if about to whistle. Do this again and again until you have perfect control of the diaphragm. By the way, do you know what the diaphragm is, and where it is? Well, as it is absolutely essential to this exercise that you do understand something about it, I will have a lecture on this branch of the subject next week, giving you all the details of this wonderful piece of mechanism and its uses and abuses. Meanwhile, you go on with