

HEALTH HINTS, ETC.

"An unsteady man, like an unsteady light, is apt to go out at night."

Carlisle says: "In labor lies health of body and of mind. In suffering and difficulty is the soil of all virtue and all wisdom."

The following remark of Moliere applies to all who use patent medicines—"They pour medicine about which they know little into bodies about which they know less."

"The causes of diphtheria most interesting to those who aim to prevent disease are traced to the imperfect ventilation of houses, imperfect bodily nourishment, scantiness of clothing, foul cellars, and neglect to remove decayed animal and vegetable accumulations from public and private places."

"Keep thyself pure." 1 Tim. 5: 22. "This is absolutely impossible for the tobacco user to do. This unnatural practice defiles the mind, excites lust, corrupts the breath, pollutes the person and apparel, and contaminates all the surroundings. No one can be pure and use tobacco."

A gentleman said not long ago to his physician: "It was a bad day, doctor, when you persuaded me to leave off smoking and drinking, four years ago." "How so?" said the doctor, "you never looked as well in your life!" "Very true," responded the gentleman, "but my doctor's bill in the meantime has not been \$5."

"A lady missionary was showing to a Chinese woman the plates in a fashion magazine. The 'heavenly' woman, who had been well lectured upon the absurdity and wickedness of deforming the feet according to the fashion of her country-women, pointed to the pinched-up waist of one of the gaily colored figures, exclaiming, 'Life-squeeze-wicked. Christian woman squeeze God's life.' Here is something for every 'Christian woman' to think of."

The following item does not relate to "Health Hints," but, I think, its character renders an apology for its insertion here unnecessary. The expression occurs in a letter recently received from the celebrated author of "Plain Home Talk," E. B. Foote, Sr., M. D.:

"I was informed last evening that President Cleveland would not sign the new anti polygamy bill. I felt very glad to hear that, and I trust it is true. It is an outrageous bill, and I hardly know how it could have passed both houses of Congress. It almost seems as if our law makers are becoming a terror to well disposed people, instead of a check upon evil doers."

"The difference in appearance between an outdoor baby and a hot air baked baby is apparent at a glance. When the native air of the infant is artificially heated, the result is always a soft, flabby tissue and pasty color, the latter occasionally varied by a feverish flush. It is not necessary that all children should present the same unvarying color, as complexion and texture of the skin have much to do with natural color, but it is desirable that the flesh should be firm and the lips of a healthy and beautiful pluck. Now, the only way to produce the exquisite tint of health in cheeks and lips is to combine in the care of the child wholesome food in moderation and plenty of fresh air. The latter luxury, so cheap as to be almost despised, is the great need of this generation of Americans. There is in many cases a senseless fear to use this blessing freely in winter."

About Children.—"Knees and ankles are sensitive points. Protect them well. Then with a pair of outside leggings, cloak, hood, mittens, take or send the little ones freely into all kinds of weather. They ought never to have colds."

For that matter, a child's legs and arms need to be as well protected on the floor as out of doors. No child can grow, nor can it assimilate its food, if kept in a half-chilled condition, as many children are a great part of the time.

So I would urge mothers to dress their little ones in flannels. You know a child properly fed and warmly clothed cannot reasonably be ill. And this saves much anxiety. Soft woolen garments for children are easier washed than those of cotton. Little frocks made of ladies' cloth, red, wash and press quickly and keep their color. A child may look daintier in fancifully trimmed cotton garments, but, with the exception of aprons, I would have none."

GET READY.

"March is the proper month in which to prepare for the annual spring cleaning up of house and premises. Now is the time to clear out of the cellar the odds and ends of perishable things which have been accumulating during the winter."

Apples, potatoes, cabbages, all sorts of fruits and vegetables which have been stored for winter use in the 'dark hole under the house,' which constitutes the average cellar, should be gotten out before they begin to decay, if they have not already begun to fill the air with the germs and gases of decomposition. Clear away from the backyard the accumulations of chips and garbage and rubbish of all sorts which have been allowed to gather during the winter months, when the frequently falling snows have hidden these sanitary sins under a mantle of white. The first thaw exposes the unsightly heaps in all their hideousness, and, if they are not removed, the warm April sun will speed-

ily set them into an unhealthy ferment, sending out myriads of active and disease-producing germs, a potent cause of spring fevers, diphtheria, contagious colds, and 'malaria.' The best remedy for these germs is starvation. Furnish them no food, and like tramps and other vermin, they will patronize some other back door where they will find a more hospitable reception."

FOR FAT FOLKS.

I have repeatedly had occasion to answer inquiries of friends who were desirous to reduce their superfluous fatness, and, as there are many readers of the News who may be equally anxious to ascertain how to remedy that disease, I think it may do some good to publish the following suggestions, which I recently wrote for the benefit of one so afflicted:

Rise early. Do not remain longer than eight hours nightly in bed; do not indulge in daylight naps. Have your bedroom well ventilated. Sponge your body all over daily, if possible, and rub with a coarse towel till the flesh is aglow. Take a warm bath once or twice a week. Take all the active exercise you can, especially out of doors. Make a daily practice of walking, say three miles or more. Eat moderately, not oftener than three times daily, twice only would be better. Eat nothing between meals.

If you want any warm drink with your meals, use skimmed milk. Do not drink chocolate, cocoa, sweet milk, cream, beer, etc. Do not indulge much in sloppy food. Always eat bread with mush or soup.

The bread should be made of whole-wheat flour or Graham flour, the latter is best provided it is a good article, fresh ground, made from thoroughly cleaned wheat, such as you may obtain at the Pioneer Roller Mills.

Fresh ground oatmeal or cracked wheat, well cooked, should form a part of your breakfast or supper, daily, to be eaten with skimmed milk and a little pure honey. The whole wheat or pearl barley makes excellent mush also.

Peas or beans, properly cooked, are very nutritious.

Rice, corn meal, potatoes, and other starchy foods like them are somewhat fattening, so are eggs. Avoid sweetmeats, pastries, and greasy food. Use but little butter. Eat no bacon, ham, nor hog meat in any form, nor anything cooked with lard. Cream is better than fat gravies. Never eat fried meat. You may use lean meats (except pork) occasionally, in cold weather, also poultry, and fish that are not oily.

You may eat any kind of vegetables you like, but, until your weight is reduced sufficiently, you should not eat potatoes freely. All vegetables are best steam cooked; boiling deprives them of their nutriment and the flavor, unless the water in which they are boiled is also used.

For the first portion of breakfast eat fresh fruit, such as apples, peaches, oranges, strawberries, etc. At other meals use stewed dried fruits, apples, peaches, prunes, etc., they are better than preserves. Do not eat fresh fruit at the same meal with vegetables.

Do not indulge in a great variety of foods at each meal.

Do not eat salted fish, or other "cured" articles. Anything that produces thirst makes you drink more than is needful, and consequently increases your weight; it is therefore advisable to use no salt in your food, or but very little; neither should you use other condiments, such as pepper, mustard, spices, vinegar, etc., they furnish no sustenance.

As the subject of what to eat is highly important, I recommend you to purchase a copy of "Health in the Household," and adopt the valuable instructions contained therein.

I believe that if you will adhere to the practice of the foregoing suggestions, your weight will be gradually reduced to a healthy standard, and I know you will be otherwise greatly benefited, without diminishing, but probably increasing, the strength of your body.

25 Tracts on Health topics, for 10cts. A book about what and how to cook and eat, for health, 10cts. Mailed by D. M. McAllister, 66 Centre St., Salt Lake City.

FIRST DISTRICT COURT.

Provo, March 18, 1887.

The examination of witnesses in the Tintic lynching case continued.

Albert Eather was the next witness after Stanley. Was a resident of Juab; when coming to the town of Eureka on July 6th, Mr. Stanley informed me of what was going on and deputized me to go with him to guard the jail; Fisher was under the influence of liquor and wounded; a bruise was over the right eye and cuts in his back and breast; could insert a pocket knife in the wound in the breast three-fourths of an inch; I helped dress his wounds; know most of the defendants; saw at the jail door, Sullivan, J. and P. Harrington and Regan; Regan said the s— of a b— ought to be killed, and Pat Harrington said he would help kill him; McNaughty came up with John T. Harrington, and the latter said he would fix him, at the same time opening his coat and showing giant powder and fuse; McNaughty held up his hand and said "hush;" heard the defendants talking in a foreign language, and thought the import of it was the making up their programme; between 9 and 10 o'clock I heard without the jail several shots, I blew out the

light as I thought they might be shooting in the jail at the prisoner; Fisher asked what was up, and I told him I guessed they had come to take him; he asked can they do it? I replied that they might and for him to take one of my pistols, follow me out and try to make his escape. I heard loud voices and some one demanded the keys; as soon as the door opened we jumped out and he was seized by the crowd; the first man I saw was Daniel Shields; I lifted my revolver and told him to stand back; they moved back a little, then I saw Tim Driscoll, the Harringtons, Regan, Quilman, Savage and all the defendants now before me, and others; three or four took hold of me and wrung the revolver almost out of my hand, and one said, "If you make a break I'll kill you." They jerked Fisher away from me; Pat Harrington and Regan had hold of him next and Regan was striking him; several of them had hold of the rope, and were pulling Fisher; I said to Stanley, "Let me shoot, for God's sake;" he replied "don't do it or they will make mince meat out of us." They had got about ten feet away by this time and I heard Dennis Sullivan say "Kill the Mormons—of a b—;" Saw Pat Harrington raise a club and strike him across the forehead; Fisher was being jerked around, and Harrington again struck him with a club or pistol across the back; Fisher said "My God! where's my friends," they were then dragging him off; they went in the direction of the Norway mine; I next saw the body hanging there about midnight; I went over to Silver with it the next day; helped dress it, and examined the wounds; there was concussion of the skull, ear torn off, snags in his back and bruises all over the body; quite a severe wound in the hip, at least two inches deep; I could not see the bottom of it.

The grand jury returned three indictments under the United States laws.

Prof. J. E. Talmage and his scientific class went to Salt Lake City this morning, expecting to take in the Germania and Franklin smelters, electric light house, glass works and other places.

THE TINTIC LYNCHERS.

PROCEEDINGS IN THE FIRST DISTRICT COURT.

On the 16th, at 2 p. m., Mr. Toleman testified that he lived in Eureka; lived there last July; was a blacksmith by trade; was deputized to assist in the arrest of Fisher; saw Fisher again the next morning hanging dead; the body had wounds on it, one over the right eye, which looked like it was cut by a blunt instrument; made a careful examination, did not think it very serious; there was a wound on the hip from which blood and water oozed out; it looked like it was made from a club or by falling, and his right ear was partly torn off; overtook Fisher on the way to the jail about eleven o'clock in the morning when the arrest was made; saw Shields, Harrington and Regan there; there was a large crowd besides around the prisoner; went with others the next morning after the lynching and cut the rope with which he was hanging; when the crowd surrounded the jail I saw some of the defendants there; Pat Regan said "We'll take the s—n of a b—out and hang him anyhow;" saw J. T. Harrington and Pat Sullivan there with Regan; I remained there about ten minutes, then went over to the office of the justice of the peace; I saw a crowd at the jail, that no white man should associate with; they seemed very excited and talking among themselves; Messrs. Savage, Montgomery, Lombard and Stanley and I held an inquest over the body about 8 o'clock in the morning; he was hanging with a slip loop around his neck, and was about four feet from the ground.

Delos Lombard, justice of the peace, said he was not personally acquainted with Fisher; knew some of the defendants; was out of town at his mine when O'Connor was killed; was met by a committee on my way home and was informed that Fisher had killed O'Connor; I hastened down and found that O'Connor lay in the saloon dead; I issued subpoenas for a jury and held an inquest; I then ordered the body to be removed; in the afternoon we had an examination of the testimony; saw Fisher about 7 o'clock in the evening; saw some of the defendants at the jail, Dennis Sullivan, Pat Harrington and others, who are not here, around the jail; Harrington and Sullivan crowded into the jail when I went in; Mr. Stanley was at the door; heard some parties call Fisher a— of a b—; I was in jail about half an hour; Mr. Shea ordered the men out of the jail, and they were all out when I left; this was half past seven or eight in the evening. I heard Regan say, "Fisher ought to be hung and I'll be one to help hang him." Another young man said, "Yes, the s— of a b— out to be hung." I ordered them to be quiet or I would have them arrested; I went back to the jail about nine o'clock; saw trouble was brewing, and ordered them to disperse and let the law take its course; some one in the crowd said "Go away, we don't want you around, we're going to hang him." I saw that most of them were armed; saw a rope lying across the ground near the jail door, with several men at each end of it; Joe Murphy told me to go away; I told him it was wrong; he said he knew it was, but "what can you or I do, they are going to hang him

anyhow;" I went towards my house; heard them make a demand for the keys to the jail, and heard Stanley refuse to give them up; saw the crowd surge towards the door; there was quite a commotion; I next saw Fisher hanging by a rope, etc.

PROCEEDINGS ON THE 17TH.

The grand jury returned the following: The People vs. Joseph Gibson was ignored; four indictments were returned under the Territorial laws; the People vs. Amos Cox, grand larceny, defendant pleaded guilty; the People vs. Joe Young, pleaded guilty; the People vs. Joseph Anderson, an order *nunc pro tunc* was entered for his discharge—known as the Tidwell case—pardoned.

Continuing the lynching case: Mr. Lombard, on cross-examination, said that when he was at Mr. Murphy's saloon, examining the body of O'Connor, Mrs. O'Connor came rushing in and was very wild, saying, "Give me back my boy; where's the man that killed my boy, I'll fix him." There was a big crowd in the saloon, and kept increasing, both men and women; heard many remarks of ill-will towards Fisher; think there were over a hundred persons there, not many left at home in the town; they surrounded the jail; I went back to the jail at nine o'clock and they were very determined against the man Fisher; it was a universal feeling; as a conservator of the peace I did all I could to keep down the fire, and to prevent any disturbance; between the jail and the gallows the way is very rough, rocks and brush. I went with others the next morning to where the body was hanging; it was at the hoisting works of the Norway mine; he was hanging to a beam, his head not far from it and his feet a little distance from the ground; the half-hitch of the rope came under his chin; we took the body down, stripped off the clothing and examined the wounds; there was a contusion made by a blunt instrument over one eye; one ear was torn off, face scratched and swollen; there were marks of the rope around his neck, two slight gashes in his breast, and a small opening in the hip near the center of the back, like a bullet hole; blood and matter issued out when I pressed it, like it came from considerable depth; I considered it a serious wound; along the back were scratches where he had been dragged and pieces of sage brush were sticking in him all along. I heard pistol shots and saw the fire as they were taking him to the gallows.

Harvey K. Thompkins—Lived at Eureka; saw Fisher in the evening of July 6th; I was near Mr. Lambert's office, and saw a body of men surrounding the jail; a number of shots were fired, and they soon disappeared toward the gallows; it was between 8 and 9 o'clock at night; I went in the direction of the gallows soon afterwards with others to find Fisher; saw the crowd dispersing over the hills and soon saw Fisher's body hanging in the air; we went back and reported to Mr. Lambert.

Wm. T. Stanley—Was constable at Eureka; knew Joseph Fisher; had occasion to arrest him on the 6th of last July; I deputized Mr. Toleman and Mr. Shields to assist me in taking him to the jail; immediately after arriving at the jail I saw some of these defendants there; they sat around there nearly all day; Regan said, "We'll take him out of the jail and hang him;" I left Shields as a guard to the jail and went to the justice's office; was away about an hour, and found these men there when I returned; they were sitting quietly around; Fisher was pretty drunk and sore from his wounds, which I thought were pretty serious; one in the breast and one in the back, made with a knife, and a wound over his eye; they had been bleeding considerably; Mrs. Bacon and Miss Jane Baxter came into the jail to see him; I came back to the jail about four o'clock, and these men, some of the defendants, were still there; I told them to go away and not incite any one to violence; they told me to go away, that I had nothing to do with it, that they were there appointed by a committee to see that this man was not taken away; that they had let one man get out of reach and they were going to see that this one did not; I asked them who the committee was and they replied it was none of my business; I next went to the jail about 7 o'clock, and they were still around there; they tried to crowd into the jail but were ordered back; they were there at 8 o'clock; I heard shots fired.

An exchange says: An aerial navigation company has been formed in San Francisco, for the purpose of constructing air ships and transporting passengers and merchandise through the air.

Branton is the name of the man who robbed the Mexicans of \$28,000 as pseudo advance agent for Patti. It is said that it cost him \$6,000 to get away from the Mexican officials, and that he made a bee line for New York, whence he sailed for Europe, and is now quietly resting from his labors in Belgium. It is claimed that he netted about \$20,000 by the operation.

The telegraph lines and the railway have made it almost impossible to get a revolution fairly started in that country. The minister of war is at all times in communication with the most distant points of the republic. Everywhere go the wires, and when a revolt breaks out the swift locomotives are ready to transport regiments of troops to points 1,200 or even 1,500 miles distant in two days over hot plains, where six years ago it took weeks and months.

EXILE WRITES AGAIN.

Time and Eternity—The Mortal and Immortal Man—The Queen and Her Jubilee—War Prospects—The Land's Prospects—New Rent System—Increase of Population—Doubtful Preventive—A Novelty in Bathing—Punishments for Profanity, Etc., Etc.

42 ISLINGTON, Liverpool, England, February 28, 1887.

Editor Deseret News:

Marked by the ceaseless roll of the earth in its perpetually repeated tour around the sun, the precession of the equinoxes, the noiseless march of systems about their common centres, and the pulse-beats of the body of the universe,

TIME

presses steadily onward, bringing inevitable changes and filling the finite mind with awe, in contemplation of the vast and uncountable periods that are but petty portions of a measureless eternity! What specks we are, as mortals in the multitude of the infinitely various creations, and how momentary are our lives in view of beginningless and endless duration! Yet absence from family and friends for a couple of years or so seems like an age, and that brief span makes a gap in one's home existence that yawns like a great wide gulf. Each fleeting year, too, brings us nearer to our earthly end. Life, however protracted, looks in the light of "for ever" like the fluttering of a leaf in the mighty forest, a lightning's flash from the boundless upper deep, a shimmering drop from a shoreless sea! But when the soul senses its own

IMMORTALITY.

when the divinity within us is quickened by the breath of the spirit that is the life and light of heaven and of earth, time and its mutations, its meetings and partings, its hopes and fears, its griefs and pleasures, its cares and triumphs, passes from the broadened vision as earth's pebbles when we reach a mountain's crest, and the child of God, conscious of his spiritual parentage and of his deathless powers, grasps eternity in his ken, reaches out to unutterable glories, and in sublime communion with the Almighty Father, feels that he can comprehend immensity.

This higher part of the

DUAL BEING

is the essential ego, and its realization reconciles the human to the divine. Earth's trials and trifles, its evanescent vanities and petty cares are sacrificed to the inner life as "necessary evils" that will soon pass away, and folding the wings of its flight into infinity, the spirit of man comes down complacently to common things and he mingles with the multitude as one of the creatures of mortality and of time. In this sense and position must a correspondent write of sublimity affairs, and as there is but a step from the sublime to the ridiculous, so there is but the space of a thought from the greatest heights to the lowest depths, and from the fathomless past and future to the commonplace now.

There is no

LONELINESS

so sad as that which is felt in a great city or in the midst of a throng. It oppresses the heart with a peculiar weight and is heavier through contrast with surrounding hilarity. One would naturally suppose that royalty would never suffer from this sensation. But it is said that the Queen, in the midst of her splendor, really leads a lonely life. Princess Christian in conversation with a titled lady recently remarked, "You have no lonely mamma is. She feels as though her old friends were dying off one by one. All her daughters are married and have left her except Beatrice, and she is so lonely!" It is well known that she truly loved the Prince Consort, and when he died a vacant place was left in her heart that nothing has ever filled. There is some talk of an equestrian statue of Prince Albert as an offering to Her Majesty in this year of her

JUBILEE.

as a memento from the ladies of England. The standard coin of the realm this year is to bear the head of Victoria as she appears in the fiftieth year of her prosperous reign. Amusement will be abundant and extraordinary, and the loyalty of the whole nation will be exhibited in divers ways; for the people of Great Britain really love and honor the wife and motherly woman who has held the sceptre for half a century with so pure an influence and so gentle yet firm a hand.

The feneral feeling here is that

WAR

is imminent in Europe. The increasing armaments of the Powers, the activity in military and naval circles, the eagerness with which improvements in destructive implements and combustibles are inspected and discussed, the ambition of leading politicians, and the necessity in some nations for an outside remedy for internal dissatisfactions and disorders, all tend in the direction of a gigantic struggle, in which the whole of Europe will be involved and the reluctant will be drawn into the sanguinary whirlpool against their will. Gen. Wolsey joins other great soldiers in the opinion that a vast and appalling war is a certainty.