

but on the backs of the scourgers protrusions of the skin often appear and diseases of the collar bone are not unimportant. It was a bloody sight, and I can scarcely efface the horrid impression made upon me; besides, I wended my way back without the slightest curiosity to ever witness the Persian *fete* of Constantinople again. Let some of these wild fanatics should go beyond bounds, Turkish soldiers were stationed six feet apart around the entire line of procession. This *fete* is permitted, not because it is in accord with Turkish worship—on the contrary, it is a demonstration against the Turks, or Sunnites—but because of Turkish perfect religious toleration, which allows every creed to worship God in its own peculiar way.

Such religious performances are said to be fanaticism, the result of ignorance and barbarity; out then these Moslems might pertinently ask what causes German students to so wound each other as to make it a mark of honor to carry ugly scars on their heads and faces. It may be the result of what is termed fanaticism, but it is no more the result of ignorance and barbarity than that which causes German savants to make brutes of themselves, or army officers to shoot one another down in duels, is the result of intelligence. The European designates his social fanaticism and sinful self-destructive habits honor, pride, courage or folly, and the oriental fanaticism he calls barbarity. They are all human idiosyncrasies which grow out of weakness and of an imperfect understanding in individuals and in society of the proper relations of man to man and of man to God.

J. M. TANNER, III

In *Millennial Star*.

HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

The following items are culled from *Health and Home*:

Air is food. To have good health human beings should live more in the open air.

Short shoes, high heels, and narrow toes entail corns and bunions, and cause unsightly deformities of the feet.

Exercise should never be continued to weariness; after it we should cool by degrees, otherwise we shall catch cold.

Don't neglect to give the baby a drink of water several times a day. The nursing baby cries oftener from thirst than hunger.

A quart of cold water either pure or slightly sweetened, taken just before going to bed is a pulmonary febrifuge, and a reliable preventive of night sweats.

If a child's feet are warm, its head cool, its tongue clean, and its lips moist, it is in pretty good health. If there is any variation from these conditions, it will soon be out of health, if it is not already.

Baking soda gives instant relief to a burn or scald; applied either dry or wet to the burned part immediately, the sense of relief is magical. It seems to withdraw the heat, and with it the pain.

Inebriety cannot be prevented by throwing the responsibility on the inebriate, and punishing him for this, as for crime. He is a sick man, and must be taken out of his surroundings and fully quarantined until he can recover.

Dr. F. A. A. Smith writes to the *British Medical Journal* that he treats ingrowing toe nails by frequently pressing back the skin at the root of the nails, by which means they grow thin and soft. If at the same time the nails be cut or notched in the median line, they tend to grow toward the part of least resistance.

A drunkard's nose is never an object of pride and joy, swollen, red, carbuncular, livid, loathsome. If the possessor of such a nose could conveniently examine his internal anatomy he would find that his brain, stomach, liver, lungs, heart and kidneys are exactly counterparts of his nose. It might then seem to him a hint to quit drinking.

To Cure a Corn.—Soak the feet, and pare the corn down what it will allow without pain; then apply with a small brush a solution of gum arabic, (mucilage), dry it by the fire until it will not stick to the stocking, and repeat this operation at least once a day, (at retiring is best), without removing the previous coating, for two or three weeks, or until the corn is missing.

Foreign Bodies in the Ear.—"A large syringe, holding four or six ounces, a basin of rain-water soap-suds as hot as can be borne, and a steady hand, are all that is required. With this simple apparatus, I have over and over again, removed cherry-stones, beads, buttons, slate-pencils, etc., from the ears of children, and always without pain; nor has it ever failed me. The injection of a few syringe-falls will generally suffice."

School-Room Baths.—An experiment has been tried in Göttinger, Germany, of establishing bath rooms in public

schools. The results have been that three-fourths of the pupils in a school of several hundred take their baths regularly, not every day, but as prescribed. It is considered a part of the education. A janitor and janitress have charge of the bath rooms and keep everything in order. They ought to be feasible and tried in all our large schools in the cities where water can be easily obtained, and it might be preferable to have swimming taught as a part of the physical education.

Health in Youth.—Late hours, irregular habits, and want of attention to diet, are common errors with most young men, and they gradually, but at first imperceptibly, undermine the health and lay the foundation for various forms of diseases in after life. It is very difficult to make young persons comprehend this. They frequently sit up as late as twelve, one or two o'clock, without experiencing any ill effects; they go without a meal to-day, and to-morrow eat to repletion, with only temporary inconvenience. One night they will sleep three or four hours and the next nine or ten; or one night, in their eagerness to get away into some agreeable company, they will take no food at all, and the next, perhaps, will eat a hearty supper, and go to bed upon it. Indeed, nearly all the shattered constitutions with which too many are cursed, are the result of disregarding the plainest precepts of health in early life.

An old lady died in London a few years ago. The same medical man attended her for 35 years. She left him a legacy carefully packed in a certain huge box. When this box was opened, after her death, the legacy of the medical attendant, to whom she had expressed herself as indebted for his skillful advice and excellent medicine which had kept her alive so long, was found to contain all the bottles of physic which he had ever sent her—unopened.

Apples.—Prof. Faraday says: There is scarcely an article of vegetable food more widely useful and more universally liked than the apple. Why every farmer has not an apple orchard, where the trees will grow at all, is one of the mysteries. Let every family, in autumn, lay in from two to ten or more barrels, and it will be to them the most economical investment in the whole range of culinary supplies. A raw, mellow apple is digested in an hour and a half, whilst boiled cabbage requires five hours. The most healthful dessert that can be placed on the table is baked apple. If taken freely at breakfast, with coarse bread and butter, without meat or flesh of any kind, it has an admirable effect on the general system, often removing constipation, correcting acidities, and cooling off febrile conditions more effectually than the most approved medicines. If families could be induced to substitute the apple—sound ripe and luscious—for the pies, cakes, candies and other sweetmeats with which children are too often stuffed, there would be a diminution of doctor's bills, sufficient in a single year to lay up a stock of this delicious fruit for a season's use.

How to Drink Milk.—Milk should not be taken in draughts, like water or other fluids which differ from it chemically. If we consider the use of milk in infancy, each small mouthful is secured by effort and slowly presented to the gastric mucous surface for the primal digestive stages. It is thus regularly and gradually reduced to curd, and the stomach is not oppressed with a lump of half-coagulated milk. The same principle should be regarded in the case of an adult. Milk should be slowly taken in mouthfuls, at short intervals, and thus it is rightly dealt with by the gastric juice. If milk be taken without food it is almost sure to burden the stomach and cause discomfort and prolonged indigestion, and this for the obvious reason that there is not sufficient digestive agency to dispose of it; and the better the quality of the milk, the more severe the discomfort under those conditions.

Catching Cold.—Many persons make a great mistake, at the beginning of cold weather, of shutting themselves up indoors with hot stoves or furnaces, confining themselves to avoid taking cold. This is the most certain way to prepare one's self to acquire a cold upon the slightest provocation. A person may become so tender and susceptible by following such a plan that simply opening the window for a breath of fresh air, stepping to the door to admit a friend, or the most trivial degree of exposure will be sufficient to bring upon him the most severe effect of "taking cold." All persons, particularly those who are sensitive to cold, even invalids, should, at the beginning of winter, begin to accustom themselves to cold. Thus by degrees their susceptibility may be overcome in a very large measure, if not wholly. Daily exercise in the open air, and a daily bath with friction of the skin and fomentations with plenty of good (not rich and greasy) food, and abundance of sleep, are also important means of fortifying the system against the ravages of cold.

Health in Farm Homes.—One of the most precious of all our gifts is health, and it is one of the advantages of a farmer's life that his occupation is one which conduces to the maintenance of a sound body. Of course, we may

not entirely prevent the visitation of disease, but we can do a great deal toward that end, and a careful observance of the laws of nature is far better than all the drugs and medicines that doctors can give. The numerous quack nostrums, under the name of patent medicines, which flood the market, should especially be avoided. A few simple rules, if carefully followed, will prove a great benefit toward warding off disease.

Pure air is one of the essentials of health, and it is this factor that makes life on the farm so healthful. But it must be confessed that many farm houses are built without the slightest regard to ventilation, and that in many instances no attention is paid to this important point. Vegetables are allowed to decompose in the cellars, pools of muddy water are permitted to stand in the back yard and the drainage from closets and vaults is neglected until the condition of affairs become such that these evils can no longer be tolerated.

Good food is another important requisite to perfect health. Too often the meals of the farmer's family are a repetition of the same greasy articles of diet served over and over again. This is a violation of the laws of health. While the farmer's board can not be supplied with the variety of a rich man's table, it can and should have an abundance of good, plain, wholesome food, including plenty of fruit. There is no need to make swine meat the staple article at every meal, it is unwholesome.

Pure water and proper clothing are matters also deserving of attention. Sickness may often be justly attributed to the inferior quality of the water used for drinking and household purposes. A point worthy of notice in connection with the subject of clothing is, that some of the highest medical authorities at home and abroad, recommend the wearing of woolen clothing at all seasons of the year, and it is well known that woolen garments are cooler than linen in summer, as well as warmer in winter.

The last, but by no means the least, important point to which we wish to call attention is cleanliness. Much of the farm work seems incompatible with this, but in reality it is not much difficulty to keep the body free from dust and dirt; the only way is frequent bathing. The skin is full of minute pores through which air is taken into the system just as it is into the lungs; if these little pores are all filled so perfectly as to exclude the air, the system is immediately deranged and the person soon dies. The primary office of these pores is to throw off waste matter from the system, but if they are clogged with dirt, they are unable to perform their functions, and throw this waste matter back into the internal organs, thus inviting sickness and death. The observance of these simple points which we have here noted, will prove of benefit, not only to the farmer, but to all persons.

25 tracts on Health topics, for 10 cts. Books about "Tobacco," "Strong Drinks," "Tea and Coffee," for 25 cts. each. Mailed by D. M. McAlister, 68 Centre Street, Salt Lake City.

CORRESPONDENCE.

LAKETOWN.

Affairs in this Quiet Place—New Stake Tabernacle.

LAKETOWN, Rich County, Utah, November 14th, 1886.

Editor *Deseret News*:

Affairs in this region seem to be very quiet just now. Our farmers had quite a busy time of it during spring, summer and fall. Crops were not as heavy as in some previous years, but the quality of grain, etc., was better than that produced in some former seasons. We were blessed with being exempt from frost, none of the crops having been touched by it.

Several private dwellings have been erected lately in this place. Our worthy Bishop is setting an example, by way of building quite a commodious and substantial house, which will be an embellishment to this end of the valley.

Several young couples from our town have joined hands and entered the eternal bonds of matrimony during the past year.

DEATH.

has thrice entered our town during the present year. The first taken was an infant daughter of Brother Allen, then Father John Neheker, a pioneer of Utah, and one of nature's noblemen; then Elder George Earley, a good, steady, upright old gentleman. The health of the people is generally good, with the exception of occasional coughs and colds and other minor ills.

Our material prosperity is somewhat enhanced by a grist-mill and saw-mill in the mouth of the canon. We have two or three carpenters, two smiths and a thrifty co-operative store. But still we have no man to look after the people's blessed soles; and, as a consequence, a great deal more has to be expended for boots and shoes, than would otherwise be necessary.

We are very thankful to say that our LOCAL INSTITUTIONS are in an excellent working trim. The Young Men's Association has recently been reorganized and great things are

expected to be done by it during the winter. The Y. L. M. I. A. is also filling a noble mission. The same can also be truthfully said in reference to the Ladies' Relief Society, Primary Association, and Sabbath school.

We have a very comfortable meeting house which we fail not to occupy frequently and profitably.

It seems that in this latest storm we Laketowners have been the recipients of special favors from the worthy weather clerk, for we have had more snow than any of our neighbors in the valley.

None of us are very rich in Laketown, nor are there any so poor as to be in want of any of the necessities of life.

A call was made upon us from President Budge last week for about 10,000 feet of lumber for the

STAKE TABERNACLE,

or its equivalent in money. Our Bishop called the brethren together this afternoon, after regular meeting, and within a very few minutes about three-fourths of the required amount was promised, all in small amounts, and not two-thirds of the brethren of the ward were present, so that we hope promptly to fill our part in the good work of erecting a house which is so much needed in our Stake.

The News finds its way into the homes of nearly all the Saints in the ward, and is not only welcome but eagerly anticipated and sought after.

Yours respectfully,
JOSEPH IRWIN.

BEE CULTURE.

PLANTING TIMBER IN CONNECTION WITH IT.

Provo, November 16, 1886.

Editor *Deseret News*:

The past summer has not been very good in Utah County for bees, one cause of this being grasshoppers, which damaged the lucern and sweet clover.

The cultivation of timber in these valleys is a great advantage to bee culture, or I may say to every class of farming. On all kinds of farm lands which have to be irrigated, the banks of every ditch may be set thick with any kind of timber, which would protect the water ditch and make

A GOOD WIND-BREAK

to protect fruit trees, lucern, sweet clover and all farm products, and especially the bees on the pastures and in returning home to their hives laden with honey.

Beehives should be placed in a thick grove of timber, so planted as to protect them from prevailing winds.

On the greasewood farm at Benjamin, the prevailing winds blow from the northwest and southwest. In places thick groves of trees planted to protect from the wind have proven a great benefit. In the greasewood apary there are 140 colonies that have done very well, considering the damage done by the grasshoppers.

After about the middle of August

THE HONEY DEW

commenced falling and the timber was covered thick with it, both the leaves and the limbs. From early morning until sundown every day the bees were swarming thick on every tree. There are about 25,000 timber willows all planted on the water ditches. They were set from eight inches to four feet apart and make a very thick hedge all along the ditches. There are, besides, a great many other varieties of trees upon which the honey dew could not more than barely be discovered. There was more honey dew on the timber willow than on any other tree. It has this advantage over the other trees for the apary.

The willow that has been planted from 8 to 10 years averages from 20 to 30 feet in length and from 10 to 18 inches in circumference at the butt, and will make good wood or poles.

I do not intend to say much about timber culture only in connection with the bees. My object is to show a valuable means to advance bee culture.

A GREAT DEAL

of honey is imported into Utah, and yet we can produce a surplus and of as good a quality as can be produced in the United States. I would like to hear from the beekeepers of Utah.

S.

BEAR LAKE STAKE CONFERENCE.

Editor *Deseret News*:

Pursuant to appointment our conference was held at Paris, Nov. 6th and 7th. The meetings as usual were very crowded. The reports given by the Bishops of their respective wards were excellent and full, showing a continued growth of faith in the hearts of the Saints. Afton Ward, Star Valley, is added to this stake, with C. D. Cazier, Jas. Harmon and James Dinsdale as Bishop and Counselors.

Favorable reports were also given of the various quorums of the Priesthood, also Sunday schools, Y. M. I. A., etc. The statistical quarterly reports was read, showing an increase of 230 souls.

The general authorities of the Church and the Stake were sustained by unanimous vote.

The principle most largely dwelt upon was tithing. The instructions were timely, being seasoned richly by the

Holy Spirit. A Priesthood meeting was held on Saturday night, with a very large attendance.

T. MINSON, Stake Clerk.

THAT GHOSTLY FIND.

FURTHER DETAILS OF THE BODIES RECOVERED IN KANE CO.

Editor *Deseret News*:

A few days ago, a special was sent to your paper stating that the body of a man had been found on Buckskin Mountains. Coroner Judd and party went out, and had some difficulty in finding the spot, but when found to their surprise found a woman's hair, with hair pins, etc., in the same, lying on the ground. They proceeded to exhume the body of the man, which was partly in sight, and also found the body of a woman in the same rough grave, having been promised, cautiously thrown therein. The man was about six feet high, with chin whiskers, and about 50 years of age; had his coat and vest off, and the woman was in her night clothing. It is believed that both were killed while in bed, with an axe, as both their skulls were broken. The bodies were brought in here, and buried at the expense of the county. Nothing was found to suggest who the parties might be, but from those who saw them in May last before they came onto the mountains, and say there was a white man and woman and a negro with them then who appear to be servant to the parties killed. The white man and woman and negro, came through here, but the elderly pair was not with them. Yours, etc., L. C. MARIGER.

FRANKLIN ITEMS.

SUNDAY SCHOOL JUBILEE—FALL FLOWING—DULL TIMES.

FRANKLIN, Idaho, November 7th, 1886.

Editor *Deseret News*:

The Sunday school jubilee, which was held to-day, was a marked success. It was composed of the schools of Franklin, Preston, Fairview and Riverdale, and was presided over by L. G. Webster and I. B. Nash, of the Stake Superintendency. On the stand were a number of the leading Elders of the Stake and several visitors.

THE EXERCISES

throughout were instructive and interesting, and seemed to be thoroughly appreciated. Brother Nash was as full of music and energy as ever, and showed by his countenance that he was interested in his labors for the welfare of the young.

The musical portion of the programme was rendered with spirit and showed good taste in the selections. Among these were two pieces worthy of special mention; one was composed for the occasion by Brother I. B. Nash entitled "Shout Along the Jubilee," and the other was "Singing, Ringing Bells," an echo song, the echo being made by a class of small girls placed in the vestry. This had the effect as one of the speakers said, to make us think that these good things were all echoed in heaven. The class exercises, recitations and dialogues were all well rendered.

Brother W. M. Webster, who had just returned from a two years' mission to the Southern States and England, was among the speakers. He felt happy to be again at home and among his friends. He had enjoyed his labors abroad and returned with a rich testimony of the truth. The good people hope for many more similar occasions of joy.

Fall plowing is being pushed and a greater amount than usual of fall grain is being sown. The stores appear to be doing a good business but people complain of hard times, as poor crops were the rule owing to the late dry season.

OBSERVER.

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