

HEALTH HINTS, AND OTHER THINGS WORTH REMEMBERING.

COMPILED BY MAC.

"He that knows useful things, and acts according to his knowledge, and not he that merely knows many things, is the wise man."

Sunlight.—Sunshine paints the skies, colors the leaves, and tints the flowers. Under its genial influence all nature thrives. It surpasses all other agents in restoring a natural color to the blanched and ghostlike faces of long-housed invalids. Sunbaths are powerful remedies for disease, if rightly used.

Cheerfulness.—"Laugh and grow fat" is an old adage. Laugh and get well would be just as true. Indeed, the remedial power of a hearty laugh is sometimes greater than that of any drug in the materia medica; and its salutary effects have often saved the life of a failing patient. "A merry heart doeth good like a medicine" is good Bible hygiene.

Electricity.—This subtle agent, which flashes in the thunder cloud, and quivers in a drop of dew, is equally potent for good or evil. When rightly used, its curative value is immense; but it has fallen, unfortunately, almost entirely into the hands of quacks, who not only do much injury by injudicious applications, but bring disrepute upon it by claiming for it that which is palpably absurd, as that it is the "nervous fluid," "vital force," "life force," etc.

Rest.—During sleep is the time when nature converts her work-shop into a repair-shop, mending broken nerve fibers, replenishing wasted muscles, repairing tissue cells, and renovating worn-out particles. When the body is wasted by disease, how much of this work there must be to be done! and how important that sleep be afforded as a prerequisite for its accomplishment!

Exercise.—Life is activity. Stagnation is death. This is true everywhere. It is this alone that makes the difference between the sparkling brook, and the slimy pool; the blooming flower, and the withered shrub; the laborer's brawny arm and the student's placid muscle. Few men die from excessive brain work; many die from lack of muscle-work. Proper exercise is a powerful remedial agent. Exertion, whether called labor, recreation, or amusement, is essential to health, and, as the body was made for labor, work is its natural and honorable duty. An idle man or woman is a discredit to the race, and unusually liable to fall into disease, whilst an industrious person adds to the wealth of the country, and is more likely to be healthy and happy.

Clothing.—The absurdities of fashionable dress are too glaring to require exposure. All admit the need of reform, but few have the moral courage to break Dame Fashion's shackles. To the pinioned, corseted, paniered, fettered, dragged-down, tied-back, gasping, dying daughter of fashion, who would scarcely be conscious of living except for the aches, pains, nerves, neuralgias, stilled sighs, palpitations, and hysterics which make up her wretched existence, what an emancipation is offered in a dress which clothes the body equally from head to toe! gives perfect liberty to every muscle! allows room for a deep inspiration and a vigorous heart-beat! removes from the hips those cumbersome, dragging weights, and unties the lower extremities!

Food.—"As a man eateth, so is he." A loaf of bread eaten, digested, assimilated, becomes flesh. A pound of pork treated in the same way, also becomes flesh. The first becomes pure, healthy flesh; the second becomes gross, diseased flesh. Lord Byron appreciated this fact when he declared that he "felt himself grow savage" whenever he partook largely of animal food. If a man has filled himself with grossness, so that his liver is clogged, his stomach and bowels torpid, all his vitals congested and his life-current sluggish, the best and only remedy is to "mend his ways" and adopt the diet which nature indicates is best. In this way thousands of wretched dyspeptics and hypochondriacs have sought and found their squandered health. Try it, reader.

Water.—This limpid fluid constitutes three-fourths of the whole weight of the human body. The brain, the organ of thought, contains a still larger proportion. Its value as a curative agent is in direct ratio to its importance in the structure of the body. Water is valuable, 1. To dilute the blood, being the only drink; 2. To cleanse the body from impurities within and without; 3. As the most efficient means of applying heat and cold in the various forms of baths. Nothing relieves thirst like water. Nothing will regulate the temperature of a fever patient so effectively as water applied in the form of a cool pack. In relieving the coma of narcotic poisoning, apoplexy, sunstroke, and lightning-stroke, cold affusion is more potent than all other remedies combined. No salve, liniment, plaster, ointment, or medicinal lotion is equal to pure, soft water as a dressing for wounds. Water—hot, warm, tepid, cool, cold, or iced—is useful at the proper time.

Air.—Pure air is the first and the last desideratum of human life. Individ-

ual life begins with the first breath, and ends with the last act of respiration. A human being lives largely in proportion as he breathes. Frogs and lizards are sluggish because they breathe little. Birds are more vigorous in their movements because of the wondrous capacity and activity of their lungs. So with human beings. Need we suggest that those feeble-minded creatures who emulate each other in compression of the waist—thus curtailing their breathing power—are like frogs and lizards in their capacity for appreciating the "joy of living?" or that their organs of cerebation may be as small as their waists? Has a man consumption? Let him live in the open air; he cannot breathe enough. Thousands of patients die in hospitals for want of fresh air. God's oxygen is the best tonic known. Fill the sick room with it; the patients' chances for recovery will be thereby increased fourfold. Its disinfectant and deodorizing properties are unsurpassed. All it requires is unrestrained action.

[To be Continued.]

A DUDE DISCOMFITED.

MISS ANNA WARREN STORY'S AMUSING EXPERIENCE IN A FIFTH AVENUE PARLOR.

Miss Anna Warren Story, the accomplished elocutionist, is a handsome woman—the perfect reproduction of the ideal classical female. During Lent she gave recitations in private parlors. A young dude became infatuated with her several months ago and was devoted to his attentions. He conceived the brilliant idea of reciting with the lady of his heart. The result of it all was that a catastrophe happened, which Miss Story related to a *Mail and Express* reporter yesterday. "He was the ambitious son of a very indulgent Murray Hill millionaire," she said. "I could not prevent his attending the receptions where I recited. He brought flowers, and really knew when I recited well or not. But that little knowledge he had of elocution made his egotism Olympian, and to hear him talk a stranger would imagine that he could coach Booth, Salvini and Mary Anderson. It was pleasant to listen to his discourse, interjected with many English 'don't you know,' because he usually wound them up by declaring that I only needed a few pointers daily from him to become great. One day in an evil moment he confessed to me that he was studying elocution, and when the latter was not teaching him he was gratuitously dividing his knowledge with his preceptor. I suggested that he recite something, which he did with success. He then proposed that at my next parlor entertainment we would recite a scene from a society play, he taking the part of a lover. I consented. Now, he was somewhat stout and wore trousers that appeared to be moulded upon him. That fatal evening came. The parlors were crowded with guests. After several recitations our turn arrived. When we walked out I couldn't but notice how close his trousers seemed to fit. The light and airy dialogue began, both of us standing. I dropped my handkerchief and started to cross to the right. He rushed over, bent down suddenly to get it, when a tearing sound was heard. There was a round of applause and laughter—but the trousers, oh! where were they? Ask of that dude. He is now in Colorado, waiting to buy a sheep ranch."

"Have you heard of that new discovery of a French physician?" asked Fangle of McSwillien. "What discovery?" queried McSwillien. "Way, that there is animalcular life in alcohol." "He hasn't discovered that, has he?" "Yes." "Then that accounts for it" thoughtfully commented McSwillien. "Accounts for what?" "The snakes."

A reader interested in financial affairs writes to ask if the eight-hour day applies to promissory notes. It does not. It only means that if you begin early you can get off in time for the baseball game.

"A—I think you know the Tetterbys. Are they—a—quite—the sort of people one can ask to one's house, don'tcher know?" "Oh, certainly, if you wish to. Whether they'll come or not, is another question."

Teacher to his little girl pupil—"Where are you going, Nellie?" "Papa's going to take us to Florida again." "Can you tell me what the capital of Florida is?" "Yes'm. It's the money they get from boudiers."

MIRACULOUS ESCAPE.

W. W. Reed, druggist, of Winchester, Ind., writes: "One of my customers, Mrs. Louisa Pike, Bartonia, Randolph Co., Ind., was a long sufferer with Consumption, and was given up to die by her physicians. She heard of Dr. King's New Discovery for Consumption, and began buying it of me. In six months' time she walked to this city, a distance of six miles, and is now so much improved she has quit using it. She feels she owes her life to it."

Free Trial Bottles at Z. C. M. I. Drug Store.

NEVER GIVE UP.

If you are suffering with low and depressed spirits, loss of appetite, general debility, disordered blood, weak constitution, headache, or any disease of a bilious nature, by all means procure a bottle of Electric Bitters. You will be surprised to see the rapid improvement that will follow; you will be inspired with new life; strength and activity will return; pain and misery will cease, and henceforth you will rejoice in the praise of Electric Bitters. Sold at fifty cents a bottle at Z. C. M. I. Drug Store.

OBITUARY.

COOMBS.—At Payson, Utah Co., U. T., May 20, 1886, Isaiah Moses Coombs, aged 52 years, 1 month and 29 days. Deceased was the eldest son of Maria Morgan, and Mark Anthony Coombs, was born in Columbia, Monroe Co., Ill., March 21, 1834. Was baptized September 13, 1854, by Milo Andrus. In 1855 he was married to Sarah A. G. Turk, whom he left in Illinois, and emigrated to Utah for the Gospel.

He filed a mission to the United States in 1856, and was released in 1857 to return home with the body of Elder Spencer who had died while in the States.

In 1875 he filed a mission to England, laboring in the London Conference. Deceased was married to Fanny McClean July 28, 1858. In September removed to Parowan where he lived for two years, acting as a school teacher, when he moved to Payson where he was instrumental in organizing a Sunday school and was appointed its superintendent by A. O. Smoot, which position he held until his death.

He taught the district schools in Payson from 1860 to a later date. When he was called by Bishop J. B. Fairbanks, to take charge of the Tithing Office.

He was called by Supt. D. John, to the office of Assistant County Superintendent of Sunday Schools. Was appointed one of the Presidents of the temporary organization of the Seventies, and subsequently one of the seven Presidents of the forty-sixth quorum.

In 1884 was appointed home missionary in Utah—take. He has ever been an earnest worker for the cause of education, and wore himself out in its defense, ever ready to aid its onward course.

In 1875 he was married to C. Augusta Hardy. He was the father of 20 children, leaving a wife, 16 children, one grandchild, two brothers, two sisters, and a large circle of relatives and friends to mourn his departure. He died as he had lived, a faithful Latter-day Saint, having an assurance that he had earned for himself an exaltation in the presence of God.

The funeral services were held in Payson meeting house, consolatory remarks were made by Elder J. J. Walters and Counselors J. S. Page and H. Lunt of Payson. President D. John, H. H. Cluff, S. S. Jones, Prof. K. G. Maeser of Provo, Bishop S. A. Woolley of Salt Lake City.

The remains were followed by a large cortege. The dedicatory prayer being offered by Bishop Packard of Springville. [Com.]

Mail. Star, please copy. Payson City U. T., June 8, 1886.

DEATHS.

MASON.—At Willard, Box Elder County, June 24, 1886, of internal abscess, Margaret T. Bradbury, wife of George S. Mason.

Deceased was born September 24, 1844, at Coventry, England; emigrated with her parents while quite young, who settled in Willard. She was the mother of 14 children, 12 of whom survive her. She died respected and beloved by all who knew her. —Com.

PLANT.—At the residence of his son, Joseph Plant, No. 540 Kelsey's Alley, south east corner of Eighth Ward Square, in this city, at 5 a.m., June 9, 1886, from old age and general debility, Father Plant. He was 99 years of age on the 3rd day of October last.

MARTINEAU.—In Pima, Graham Co., Arizona, May 22, 1886, Jesse B. son of Henry and Melissa Martineau, of eroup, aged 3 years lacking a few days. He was a child of uncommon brightness and promise. —Com.

JOHNSON.—At Thurber, Piute County, Utah, May 11, 1886, Martha, wife of Christian Johnson, and daughter of Tarilton and Malinda Lewis. Deceased was born in Salt Lake City, July 10, 1849. She died as she lived, a faithful Latter-day Saint. She leaves a husband, 6 children, and 2 grandchildren to mourn her loss.

WOOD.—Brother James Wood departed this life on April 30th, 1886, at the residence of Sister Elizabeth Jane Graham, at Kayaville. He was born on Dec. 21st, 1806, at Old Moncklin, Scotland. He was baptized in the Church of Jesus Christ of Latter-day Saints at the Cape of Good Hope, in September, 1833, by Elder Weatherhead. Sailed from the Cape in April, 1860, on the ship *Electricity*, Captain Cooper, and crossed the plains with the African Saints, in charge of Captain Robert Boddy, senior, arriving in Salt Lake City, on Oct. 5th, 1860. He moved to Kayaville in the Spring of 1861, where he lived most of the time till his demise.

HALL.—At the residence of her uncle Elder Joseph Hall, in Ogden City, of valvular disease of the heart, Alice Jane, daughter of Timothy and Elizabeth Hall, of Salt Lake City, aged 14 years, 5 months and 25 days. The remains were brought to this city for interment on Friday evening.

The funeral service will be held at 11 o'clock to-morrow (Sunday) morning, in the Twelfth Ward Assembly Rooms. Friends invited.

LEWIS.—At Kamas, Summit County, U. T., on the 28th day of May, 1886, John Arthur, the beloved husband of Jane Lewis; born at Gamlay, Utah, in the parish of Abernethy, South Wales. On the 5th day of September, 1867, came to Utah in 1863, and died as he lived, a devoted Latter-day Saint. —Com.

DAVIS.—In the 16th Ward, of this city, June 13th, 1886, Mary, wife of Thomas Davis; aged 71 years, 1 month and 5 days. Deceased was born in Kingsclere, Hampshire, England; was baptized into the Newbury branch in 1850, and emigrated to Utah in 1868; she lived and died a true Saint.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One bay MARE, 2 years old, small white spot in forehead, left hind foot white, some white on right foot, mane has been roughed; no brands visible.

If the above described animal is not claimed and taken away within ten days from date, it will be sold at public auction at the estray pound at Draper, at one o'clock p. m., June 15th, 1886.

H. A. SMITH, Poundkeeper.

Draper, June 8, 1886.

CASH PAID FOR

Annies, Burlaps, Old Rope and old Ore Sacks, at this office and at Deseret Paper Mill.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One sorrel HORSE, 5 years old, white spot in forehead, branded 3 W, with curve on foot of W on left thigh.

One pinto MARE, 7 or 8 years old, with Spanish brands on left shoulder and left thigh; lame in right hind leg.

One black HORSE, 6 or 7 years old, branded with 5 on left thigh.

One brown yearling HORSE, Spanish brand on left shoulder, branded on left thigh, a few white hairs in forehead.

One sorrel yearling MARE, branded on right thigh HV, white strip in face and left hind foot white.

If said animals are not claimed before June 17th, 1886 they will be sold at public auction to the highest responsible bidder; sale at ten o'clock a. m.

FAMUEL BATEMAN, District Poundkeeper. West Jordan, June 8, 1886.

WANTED!

Good, Clean Cotton Bags at Deseret Paper Mill

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One spotted red and white HEIFER, 2 years old, branded — on left side and vented on left hip.

One spotted red and white HEIFER, 18 months old, branded — on left side and vented on left hip.

If the above described animals are not claimed and taken away before June 21st, 1886, and costs and damages paid, they will be sold at public auction to the highest responsible bidder at one o'clock p. m.

JOHN H. PACE, Poundkeeper.

Price, Emery Co., Utah.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One roan STUD, 2 or 3 years old, small white stripe in forehead; no brands visible. If said animal is not claimed within ten days it will be sold at public auction, at the estray pound, Cedar City, Thursday, June 17th, at 10 o'clock a. m.

RICHARD PALMER, District Poundkeeper. Cedar City, Iron Co., June 7, 1886.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One light bay HORSE, 7 or 8 years old, white spot in face, left hind foot white, branded JTP on left thigh, also GPS on left shoulder.

If not claimed and taken away within ten days from date, it will be sold at the precinct pound, Huntington, June 19th, at two o'clock p. m.

J. F. WAKEFIELD, Poundkeeper. Huntington, Emery Co., Utah, June 16, 1886.

STUDEBAKER BROS. MFG. CO.,

— BUILDERS OF —

FINE CARRIAGES, Buggies & Spring Wagons FARM, FREIGHT, ORE TRAVELING WAGONS

— AND —

The McCormick H. M. Co's New Steel Binders, introduced here in 1885, are conceded to be far ahead of all competitors, combining as they do, beauty of design, superiority of workmanship, excellence of finish, durability and ease of management.

The combined Reapers and Mowers, Droppers and Single Mowers are unequalled.

The Case "Agitator" is acknowledged to be without a competitor, as the sales of the past—more than tripling those of all other threshers—will prove.

The Woodbury Power is the most durable and lightest running horse-power known.

The South Bend Chilled Plow, although not introduced into this market until long after other styles of chilled plows, is fast crowding them out and assuming the position of the leading chilled plow.

The Wear Sulkies, Hand Plows and Harrows are known throughout the length and breadth of Utah as first-class goods in every particular.

The Ross Sickle Grinder is a tool every farmer who has a mower needs and cannot afford to be without.

We shall carry a full and complete stock of repairs for above goods, not only for those of this year's manufacture, but for those sold in previous years, so that any farmer having any machine or plow of the line mentioned can get any repairs without needless trouble or expense.

All parties ordering extras for machines bought in previous years, are specially requested, when ordering to give the number or letter on the article wanted.

WE ALSO KEEP A FULL LINE OF

Fents, Whips, Wagonettes, Wagon Covers, Lamps, Buckboards, Rakes, Rubber, Round Up Wagons, Machine Extras, Cloth, Harrows, Wagon Extras, Duck, Robes, Washers, Coach Candles, Farm and Carriage Harness.

STUDEBAKER BROS. MFG. CO.,

Central Branch House, Salt Lake City.

SYRUP OF PRUNES THE CAL. PRUNE LAXATIVE.

The only perfect fruit remedy for Constipation and Biliousness. Mild and effective in its action. Safe for ladies, children, and weak constitutions. Purifies the Blood, tones up the Stomach. A pleasant substitute for nauseous pills. Sold by all Druggists and Country Dealers. Large bottles, 75 cents.