

that is the secret of it all. If the intervals are long enough between, she will not take more than she needs.

Rheumatism.

These papers of mine may cause some learned physicians to smile at the apparent lack of technical knowledge; but I conceive it to be necessary to tell common people in common language some very common ways of getting rid of doctors and keeping rid of them when they are once out of the way. There are some ailments that need no medicine; and in fact few do, for right living and the faith and administrations of the priesthood are quite sufficient for us all, if we were only wise enough to see it. But we have strayed far from our leaders, and it is sometimes a welcome word to those who have not strength to keep the Word of Wisdom, to know that simple things can be done to rid themselves of disease.

The complaint mentioned in the title is common; concerning it I shall have to tell Pres. Jos. F. Smith's story again: He one day met a very old lady going up the street leaning upon her cane and hobbling along. He asked how she felt. "Ah," replied the old lady, "just as bad as I can be with the rumatiz." He sympathizingly said that rheumatism was a very bad thing. "Yes it is, answered the old woman. "But rumatiz is worse."

That is the way with a good many people, that which is simple and easily understood is not so bad as that which doctors make them believe is something mysterious and terrible. The old lady's ignorance was her pride. Now there are, as in almost every other disease, two sorts of rheumatism, acute and chronic. I shall not try to write about both, but give a few simple directions, which can be applied with modifications, to both. The moment you feel a twinge of this disorder, just say to yourself, I have been abusing my stomach and have got a whole lot of acid in my blood which would not be there if I ate suitable and proper food. Stop eating sugar and every thing else that is sweet. Then leave off your meat, and if you ever drink beer or any wine or fermented drink, stop it at once. Next, eat quantities of relaxing fruits and vegetables, and besure your supply of milk and butter is cut off short. Live on hygienic food, that is, simple and no heating food, and bathe in warm water very often. If the limbs are swollen and painful, wrap the painful joints in cotton batting with a generous supply of consecrated oil rubbed in first. Eat, or drink in hot water, from one to three lemons every day, without one grain of sugar, and avoid coffee as you would poison. Now, if you are not crippled up, get the directions of any ordinary gymnastics and practice them faithfully every morning and night, no matter if they do make you groan. Presto your pain has all gone, and you wonder where it fled to. You will find out, if you go to eating and drinking in your old reckless manner. I know a young girl who has been subject for years to this disease in the winter, and this winter at my earnest solicitation she left off eating candy and sugar, took up physical culture, and she has never had one twinge of her old complaint. She is a happy girl too, for many of her sisters have died from similar diseases, caused by a weakly condition and lack of proper

exercise and food. Let me warn you who suffer from this complaint against the eating of pork, sugar, grease, too much milk and butter, coffee and all sorts of fermented drinks. Eat fruit, vegetables and good brown bread; never eat white bread, sick or well.

Physical Culture.

We were to continue our talk upon breathing. Without entering into a lengthy description of the lungs and the process by which the blood is freed from its impurities while in passage from the lungs to the heart, it will still be necessary to speak in general terms of this wonderful labor performed in nature's laboratory. We all know that we could not live without breathing, but why this is so, is not so well known.

Respiration is twofold in its character, it assists in creating heat for the body, and it purifies the blood in its passage through the lungs. The lungs, bronchial tubes and air cells of the lungs, as well as the diaphragm and certain muscles of the chest are active in this work. The blood which enters into the lungs is full of venous poison, which, if not gotten rid of, would instantly kill the person. This poison is carbonic acid and is the result of the union of carbon with oxygen. We get carbon from the food we eat, and it is like charcoal and quite harmless of itself, but when united with oxygen it becomes deadly poison. This same poison it is which suffocates when breathed from burning charcoal, and it is the same deadly air which we throw off from our lungs, and which so often in poorly ventilated houses we are compelled to breathe over and over again. No wonder people have headaches and are sick after sleeping in shut-up rooms, or kept in a meeting house which has no outlet for the thousand impurities with which the air is loaded. We would call it criminal to shut people up and let a fire of charcoal burn in the shut up rooms, but we virtually do the same thing every day when we shut down our windows or when we sit in public halls without ventilation. The diaphragm pressed down upon the stomach, and thus creates a vacuum in the lungs, which immediately fill up with air, and this we call inspiration. When the cells have filled as far as they can under the circumstances, the diaphragm springs up, and the air is expelled. There are thousands and thousands of these air cells in the lungs that are only filled when violent or suitable exercise is taken, and if these air cells are never used, they naturally lose life and vitality, and the consequence is that every day our lungs decrease in capacity. It is possible to greatly increase the size of the lungs, by suitable exercise, and of course with that increase of lungs, if not carried beyond the point of reason, there is more and purer blood furnished to the system, the heart is stronger because of increased vigor, the stomach which is actively interested in the movements of the diaphragm as well as in the amount and purity of the blood received into the system, does increased and better work, and the line of improvement is seen from head to toes of the individual. Can you not see how important it is that once every day the lungs should be exercised to their utmost capacity for a few minutes at least? There is no exercise so wide reaching in its results as that which strengthens and enlarges the lung capacity. Mechanical

exercises for enlarging the lungs are not so safe nor so thoroughly beneficial, although useful in their place, as is this one of breathing as deeply and slowly as is possible from twenty to fifty times every day while in the open air.

The Lives We Live.

What are the necessary qualifications for one desiring to go into the Temple?

The near approach of the ceremonies of dedication of the Salt Lake Temple, give rise to many and very serious thoughts. What better question can the women of this Church ask themselves, than this: what shall we do in order to be ready for this great event? Let us hear what you all answer. One little sister with bright brown eyes, says she thinks people ought to be very charitable and hospitable in all their walk and work; she does not think it wise to pick too many flaws with anybody. Another, with equal decision of tongue, thinks we are not to set up a standard of tithing for women to follow. To be sure she makes a few pounds of butter every week, and has a few chickens, or she earns a little money by selling milk, but if the men pay the tithing that is all that should be necessary. Another good sister thinks folks need not suppose that a cup of tea is going to damn a woman, and if she eats pork and drinks occasionally glasses of wine or beer, there is no occasion for any one apostatizing on her account. Another sister, who keeps the Word of Wisdom because her husband insists upon it, objects to our questioning her as to her duties in the matter of praying. She has been too busy all her life to teach her large family to pray, and when father is not present, she sees no harm in letting the children drift off to bed without formal prayers. To be sure she tells the older ones to say their prayers, and sometimes she remembers hers before getting into bed. But she guesses the Lord is not so hard upon poor women as some people might suppose. Then another good sister, who rarely offends in any of these ways, but whose city life has used her to the ways and walks of Babylon, thinks it very presumptuous in us to ask her if she is not inclined to run recklessly after and into outside society, and who perchance prefers that her children make intimate associates of those outside the Church. What if one or two of her children have married outside the faith, do you not think she will be just as anxious, aye ten times more so, to badger her bishop into letting them attend the great services than will be the humble woman who fears to tread where angels are? Then there comes the woman who has never found time, forsooth to attend to Relief Society meetings, who scarcely ever goes out to a Sabbath meeting, but who asks no odds of you or me, she is rich, or perhaps she is the wife of or is related to one who has influence; she may think she can afford to do just as she pleases and you and I are not to expect to be judged by her own supreme standard. Here too, comes the humble accuser of self, and the more worthy she is of going there the less she will feel so. She has done her best, kept all the laws, has donated when it took the bread out of her mouth, but she, better than any one else, knows the weakness of her own mortality, and she feels supremely her own unworthiness. Dear sisters, if you and I take our