

at all. After some thought and many questions I found out and in my next paper I will tell you.

Our Ailments.

TOOTHACHE AND EARACHE.

The cure for toothache, says one, is to go and have the tooth pulled out. Perhaps; but I know of women who under certain circumstances go and have one tooth out only to have another and an apparently sound one begin to ache in a few weeks more. And as many of us are too cowardly to have our teeth all pulled out, and as there are various circumstances under which it seems impossible to have them out, I want to talk a little about the affliction, and suggest some simple helps for it when one is really afflicted with it. There are two kinds of toothache—one from the nerve and one after the nerve is dead, and an ulcer begins to form or has formed at the root of the tooth. The first is usually caused by the exposure of the nerve to the air, or it may be that the nerve is about to die. This pain is a very sharp, darting pain, which is more or less spasmodic in character, and it often takes the form of neuralgia and flies about from place to place in the head and face. The other pain comes on usually with gradually increasing force, until the dull heavy pain drives out every thought and emotion but that of intense suffering. If you are sure the ache is caused solely by diseased nerves, quiet, hot water applications and some simple nervine as a bowl of catnip tea, or a bit of asafetida, will soon cause relief. If it is cold, which is only another name for a bad stomach and blood, you can take your choice of several remedies. If you like to dose, take two or three pills, or some physic, preferably the pill of cascara spoken of in a former paper, and keep your face warm and if possible sweat it in some way. A hot bath is good in any case, and if you have a syringe, a full enema of tepid water, or one of a teaspoonful of glycerine will help in the clearing out of the stomach and bowels and you will soon obtain rest. Proceed exactly as if you had a so-called bilious attack, and you will succeed. Of course, I should strongly recommend you to fast for at least one day, and to live on dry toast and gruel for three or four days more. Rest is what the stomach is crying out for, and it will be wise for you to heed its cry.

If it is the earache, proceed precisely the same as regards a good clearing out of the system, and for local treatment, a few drops of warm consecrated oil poured into the ear, and more added from time to time, with warm flannels and the drinking of plenty of hot water will sooner or later cause the pain to cease. I must tell a story of my friend the doctor, who loves the truth so well that he asserts people don't love him for telling it. One day a good woman came to him for a prescription to heal the running at the ear which afflicted her child. "Oh," said the doctor in his plain, cheery way, "go home and wash it out several times a day with hot water and castile soap." Indignant at such treatment the lady hurried out to find a doctor who knew enough to give her a proper prescription. Back she came to the same drug-store an hour after with a Latin prescription for soap suds and water for which she had paid \$2.50, the soap and water costing her another 50 cents. She went home satisfied and left my friend the

doctor chuckling merrily at the credulity of humanity who pay any price to be humbugged.

Physical Culture.

Says some good mother, Oh, my children don't need physical culture; they run and play enough to keep themselves in excellent condition. Just so. Will you kindly tell me the position your girl takes when she sits down? What is the reason your growing son hangs his head forward like a convicted criminal? Have you one boy that carries himself "like a soldier on parade?" Have you one daughter who stands, sits and walks with the lissome grace of an ancient Grecian maiden? Oh, no, you answer impatiently, but if the children are healthy, what need have I to care about the rest? But are they healthy? Do they never have a headache, or side ache, or are they never afflicted with colds? Do you know that perfect beauty and perfect health are synonymous terms? If the ancient Greeks possessed the secret of beauty, they also acquired the knowledge of perfect physical health. You have the earthly lives of your children in your hands? What would you say if some one came to you and told you that either from prejudice or ignorance you had robbed your children day by day of a long string of pearls? Each day you stole one from the chain, until you sent forth your offspring, stripped of their most precious possession and left to face a bitter world with no means and no power to acquire them, for you had robbed them of their all. You will do that. Let me tell you what this gospel of physical culture means to you and me. We say that the spiritual Gospel of Christ must be obeyed, or men will be damned. So must this branch of His Gospel; if you do not accept light and truth when it is presented before you, you will be condemned. That is plain language, but it is Bible language. Now, our leader Brigham Young used to say that all truth belongs to the Saints. Joseph Smith has told us that the temporal and the spiritual are so closely connected that one indissolubly involves the other. Our temporal welfare must receive a righteous share of our time and strength, or we will be called to a severe reckoning. Your children need to be taught how to use their bodies, as well as how to use their minds. Would you think your child had a sufficient education if you gave him books to read indiscriminately, and left him to work out his own mental salvation? If it is necessary for him to go to school to get his knowledge in a systematic manner, if he needs method and scientific direction for his intellectual development, why do you say and think he can get his physical development without system, order, science and education? This gospel of temporalities, like many other revelation given through the Prophet Joseph Smith, has been taken up by the outside world, and people are awaking to the fact that the body is a part of the immortal soul, and that neglect or cruelty to the body is second only to neglect and cruelty to the soul. If you have the opportunity, give your children a chance to study physical culture under a competent teacher, and encourage them to exercise intelligently at least once every day. Let me say one word, which because of its importance deserves a more noticeable

place than at the close of an article: the system of expression called Delsarte is not physical culture, any more than your arm is your body. I have explained this before but it deserves repetition.

The Lives We Live.

How many of my readers know by whom and under what circumstances the Bible was written? Who wrote the first five books of the Old Testament and who wrote the last? Who were the four men who wrote the first four books of the New Testament, and who wrote most of the others? I wonder if it would not be well for some of our good brethren and sisters to take a course in Sunday school work under a thorough theological teacher.

SUNDAY SCHOOL COURSES.

Talking of Sunday schools reminds me of the work being done by this body of workers in the establishment of a normal Sunday school at Provo. I heard the other day that the S. S. Union board visited that institution last week, and the report they brought back was most satisfactory. It is very pleasant to think we have such a natural child teacher at the head of that union as Bro. George Goddard. It is worth some sacrifice of time to go where this good man is going to be on Sunday and hear him talk to the children. One of the stories told in Provo, as it was laughingly repeated, was about the time when he first went to Sunday school seventy years ago. An old lady sat on one end of the long bench, so said the good man, and another old lady sat at the other end of the long bench. There was no support, nor legs in the middle of the long bench, and the little boy used to try to get in the middle of the long bench so he could "do so and so," suiting the action to the word. Bro. Goddard gracefully teetered up and down to the infinite amusement of all present. When you can see such wise simplicity carried far into old age, it makes you wish to be as worthy of the blessings of obedience to this Gospel as he has been and is. Surely the untaught eloquence and art of this aged veteran ought to be a standing pattern of simplicity and lack of pomposity and verbosity to every one who ever sees him. God bless such men!

Y. M. M. I. AND Y. L. M. I. COURSES.

The two courses in mutual improvement, one in Manual to the young men and one in the Guide to the young women, finished up their first five weeks course last week. It has proved very successful in all the schools and increases in popularity. Mrs. E. S. Taylor and Mrs. M. Y. Dougall paid a visit to the Provo academy a week ago, and returned highly delighted with the work being done in the Y. L. M. I. A. course.

Miscellaneous.

Perfect Cream Biscuit.

There have been several calls for recipes for food for invalids. For a long time a member of our family could not eat yeast-raised bread, and this biscuit, invented then from necessity, has proved so palatable and wholesome, and so useful for the children, that it has come to be a stand-by. Four quarts of flour, one cup of white sugar, one teaspoonful of salt, one tablespoonful of soda, two tablespoonfuls of cream of tartar.