

don't be too anxious to point them out; if the moral exists, it will teach its own lesson. Then ask questions; all the time, every few moments, ask questions in the midst of your story stop and ask questions. These two rules must form your whole lesson: Tell a story and ask plenty of questions. God bless you then and go ahead.

Our Ailments.

COLDS.

Of all the ills that flesh is heir to, the most common and the least understood is a cold. If you meet a person on the street at this time of year, and neither he nor any of his family is afflicted with a cold, you may set it down that he is either too sensible or too poor to clog up the stomach with bad and indigestible food. I am quite aware that most people imagine a cold is caused by a draught or by wet feet. It reminds me of the story told by Pres. Jos. F. Smith. He met an old lady who was hobbling along the street, and asked after her health. She replied that she was very "bad with the rheumatics." "Ah, yes," said the gentleman sympathizingly, "the rheumatism is very bad." "So it is, so it is," said the old lady, shaking her head, "But rheumatics is worse." Thus with so many people, if they have sat for hours in a closed meeting house, or at home with a dozen or a thousand foul breaths contaminating the shut-in air, and then if one breath of pure air strikes them on the chest, they are quite ready to exclaim, "The foul air is bad but the pure draught is worse." I wonder when our people will accept the teachings of such men as Dr. Seymour B. Young, Dr. Heber John Richards, Dr. Talmage, Dr. Taylor, Dr. R. B. Pratt and others, and will learn to breathe pure air and give their stomachs as much chance as needful to digest the unhealthful quantities of food forced into them by we silly mortals.

Well, but suppose you have the cold? Then, I can say nothing better than I said some weeks ago—fast for one day, take two or three injections of warm water, drink nothing but pure water, whether cool or warm, and rest. Your cold, or your children's, will soon disappear. If the children need physic, give them a little senna or a home-made pill, if you must give medicine. There is nothing better than hot lemon water either for a cold or a cough. Try it. Drink two or three lemons through the day, in a glass of hot water. A dessert spoonful of charcoal and a thorough injection of warm water several hours after is good. I heard Pres. Geo. Q. Cannon say that he was subject to periodical headaches, and that, you know, is of much the same nature as these so-called colds. He said he always kept a bit of dried wormwood in his pocket, and whenever he felt the least symptom of headache he took a glass of cold water—mind, cold water—sprinkled a little of the dried herb on it, enough to cover the top of the glass, covered it and after it had stood some hours he drank the tea thus formed. This was all he usually needed in the way of medicine. There is one young and highly vigorous man of my acquaintance who does daily the work of three men and whose beautiful complexion is a marvel of white and pink purity. I once asked him how he kept so well. He never staid away from his office for sickness, not even when

the grip was around. Oh, he said, he tried to keep the Word of Wisdom. This consisted in eating, even in the winter season, very little meat, little or no pastry, and from a seven o'clock breakfast to a seven o'clock dinner he ate nothing but an apple or an orange. If he wanted to fast, he took twenty-four or forty-eight hours for it. He took daily baths in cold water, and regular exercise in the open air. No wonder he is handsome physically and vigorous mentally!

Physical Culture.

Among the nations which have made the study of Physical Culture of first importance, the Germans may be said to rank first. The common school is called the gymnasium, and no studies are taken without accompanying exercises of some sort. They have apparatus, indeed, most all our vaulting and leaping exercises come from this nation. Light weights are used, and wands for special work. A great portion of their work consists, that is the class work, in dancing steps. These, with wand and light dumb bells, form the class work. All of these exercises are done to rhythmic music, and nothing could be prettier than a large class performing these graceful and intricate movements. Bars and horses form much of their heavy and special work. Here men spring, jump, climb, swing and perform with all the strength and grace possible. Here is where much of our trapeze performances originate, although the Japanese likewise have this art carried to perfection. The German asserts that strength is not the principal aim of Physical Culture, but grace an agility. He discards the precise and clockwork movements of the Swede, and is happy in the results he generally attains. Expression, except the general expression of graceful movements, is unknown to him. And unknown to him also, is the lighter and more ethereal grace of his neighbor, the Frenchman. The French, so long the exponents of emotion by expression, have at last reduced their arbitrary teachings to an exact science. This has been done through the studies and inspiration of one man, whose name was Delsarte. He asserted that men and women had been corrupted from the highest and purest forms of expression as understood by the ancient Greeks, and he spent his whole life in studying the principles of the lost science. It is not the uncultivated and unthinking savage who can express the high and holy emotions of pure passion and pure devotion, but the savage can best express the emotions which betray his own untutored nature. To the haunts of poverty and vice, to the salons of the cultured and elegant, went this man in his attempt to find what had been so long lost. The emotions of love, of fear, of hatred, of anger, and of despair, were studied through their ablest exponents, and the secrets of un-repressed nature were gradually unfolded to this student. Like Froebel in another line of study, his work was marvellous in its results. A system of expression was formulated and elucidated, and modes of expression feeling were at last ready to be studied as a science. No thought of the effect upon the physical structure was at first given to this system of expression; but very recent years have convinced the highest authorities that the study of the emo-

tions and their proper expressing cannot be left out of a complete system of Physical Culture. So that Delsarte, as this science and art combined has been named, has become a part of the curriculum of the highest eastern gymnasiums.

Interests Outside the Home.

THE Y. L. M. I. A.

The general board of the Y. L. M. I. A. have decided to put into the Brigham Young Academy at Provo a full course in the study and use of the Young Ladies Guide. This course runs parallel with the course given the young men in the use of the Manual, and will prove of infinite value to the various Associations throughout Zion. This has been done, partly through the solicitations of many young women who are very anxious to take this course, and partly through the progressive determination of the principal of the Academy to have every possible means added to the Academy to insure success to the various organizations among this people. The course is free to any young woman in Zion, and consists in a five weeks' term, which has been so arranged that the course in the Sunday School work can be taken at the same time. The first term began this Monday, the 16th of Jan. 1893. Here is a grand chance for the daughters of Zion to prepare themselves for the higher usefulness in their own spheres. Sister Taylor and her efficient aids are to be warmly congratulated upon the success attending their efforts for higher development.

THE Y. M. M. I. A.

The work in the three principal Academies in the use of the Manual is being prosecuted with vigor, and the results are being widely felt for good throughout all the Young men's Associations. Surely the progress of this people has been made at a very rapid rate during the last five years.

THE SUNDAY SCHOOL.

Since the organization of classes in the Sunday School work at the Brigham Young Academy at Provo, increased interest in this branch of spiritual work has been felt. The labors of Elder Geo. Reynolds in this cause are felt and appreciated. The course just closed in the academy was not so full as it will be when this matter is more widely understood. But the new course just entered upon during the last week commenced on Jan. 16th promises grand results. What ought to hinder men and women all over Zion from attending these winter courses in the Sunday School work, that they may prepare themselves for the arduous duties attending labor in the Sabbath Schools? Nothing, surely. The course is free, and five weeks will so enlarge the mental vision and the ability of any superintendent or teacher, that the nominal price of board and lodging ought not to be counted for a moment. Prest. Cannon went down to one of these normal Sunday school classes in that Academy and his encouraging words for this new venture has stimulated much interest in all the adjoining stakes of Zion.

Miscellaneous.

WINTER BEDDING.

Of all the things which bother a conscientious housekeeper, the problem of having healthful and suitable bedclothes to keep her dear ones warm and com-