

need a gentle tonic and physic, the doctor says there is nothing so safe and gentle as a pill of cascara. They can be obtained at any drugstore. It is a vegetable preparation, and those who wish to follow out the admonitions in the Doctrine and Covenants need not hesitate because of the nature of the medicine. It is said that this preparation, unlike all other cathartics, does not require a larger and still larger dose, but is quite of the opposite effect, and the dose must be lessened all the time. A few days of this treatment, the dose constantly decreased, will cure the most obstinate case. A pill twice a day, then once, then only a half a pill, then quit.

Physical Culture.

THE SWEDISH.

Of all the systems that have reached the heart of this nation, that of the Swede has been first and foremost. This is due to one fact: they require no apparatus and therefore require no expenditure of money. All of the so-called gymnastics given in the schools are adaptations from the Swedish movements. And most excellent they are too. But they lack the unity that should characterize the perfect system of development, and therefore we who are wise use them in their place. The Swedish assert that health is obtained and maintained only by increase of muscle and of muscular strength. To tell a Swede that there is such a thing as grace, beauty of expression, a divine harmony of motion to express emotion, is to proclaim to him a doctrine that he will never accept. If strength is obtained, health must follow says he, and who cares for the rest? Now the French assert that we use altogether too much muscular effort to accomplish the smallest exertion—that the secret of health and motion is to learn how not to use strength, rather than how to use the most possible exertion. The disciples of each system quarrel though each is right and each is wrong. The truth of the matter is that wise human beings should know when to put forth muscular effort, and when to relax the muscles. That is what the Sargent or American system is trying to teach, and, soon or late, the shrewd Americans will see that they have masters who know whereof they speak and will quietly follow the lead of such men as Dr. Sargent of Harvard without question or comment. To particularize for the benefit of those who have never seen the gymnastics or Swedish movements performed anywhere, I will say that certain exercises which begin with light, upward, and downward, outward and backward movements of the arms and legs, are followed daily by an increasingly heavy and heavier exertion of the limbs and body, until the joints are free and the muscles are extended to a remarkable extent. The Swede begins and closes his exercises with various breathing exercises, than which nothing can be better. The movements are all angular and sudden, all in stiff angles and rather quick time. This is the exact opposite of the German and French, which two move in circles and in curves. No angularity is allowed by the German. His hand if elevated is gracefully poised in air, and the arm when lifted is not rigidly straight, but gracefully upright. Of course, when pupils take the whole American course it is a little difficult to train under both

these masters, as what you have learned in one hour has, seemingly, to be unlearned in the next. It is not so, however, but the pupil is receiving the very best of training, which will enable him to be quick and angular when strength is required, and easy and graceful if no extra exertion is needed.

Boston leads the United States in this matter of physical culture, as it properly should, being the Athens of America. There the public schools are provided with gymnasiums and special masters from Sweden and Germany, as well as fine American teachers are hired to train the pupils in the art of physical culture. New York is trying hard to follow this glorious example, while Philadelphia has already done so. What will Utah do?

Interests Outside the Home.

Whether a woman shall have any interest outside of the home is a deep and important question. To be sure, that question would be said by some to be largely governed by circumstances. For instance, the mother of a large and growing family of children cannot be controlled by the rule which would include the unmarried daughter, or others who have no large family cares. But you see in naming over those who would not stand beside the mother of small children who are constantly increasing, there is found quite a large percentage of our sisters even in this community who are noted for their large families who ought to have plenty of time for some public work. Years ago, I, too, thought that the woman who was raising children need not trouble herself about Y. L. M. I. A's. nor Relief societies, and even she could well be excused from attending regular Sabbath meetings. Positions of trust and dignity were refused because of this notion, and for years the spirit was left to starve because of this lack of knowledge or faith. And the spirit will starve, let me assure you of that. However, I am very well aware that the mother who has children and has not the means to hire her work done, is in a position to justify herself somewhat if she be a non-attendant at meetings. But let us ask even her one question: Do you find no time to go out visiting or gossiping? Do you not spend time in other places that could, by a little management, be used in attending at least a few of your meetings? Now, the question is this: Which is the better wife and mother, she who grows and develops spiritually and mentally at the same time her husband is so doing, or she who constantly narrows her life down to one round of domestic duties? One of the best known women in this Church has raised a whole family of her own children and a family of adopted children, and to my certain knowledge she has spent a good share of her time while raising her children in nursing the sick, washing and anointing the poor and afflicted, and to her honor be it said not one of her children nor her step children are even indifferent to the Gospel, but all of them are model members of society and of this Church. She never missed a meeting of any kind, that I heard of, unless sickness demanded her attendance upon some one of her own or another's family. Where will you find nobler, grander women, and are their children not the pride and prop of many places and interests in this Church? Is not this an object les-

son for young mothers and old mothers? The time has gone by when fools can point the finger of scorn at the faithful sister who attends her meetings and prophesy that harm will come to her or hers for the observance of this duty. Experience and time have sufficiently demonstrated the fact that the women whose hearts are near the Lord and whose feet find their way to Relief Societies and other such institutions are the mothers who are loved and respected most of all in this Church. The wives of former leaders of the Church, Joseph Smith, Brigham Young, Heber C. Kimball, Geo. A. Smith, Daniel H. Wells, Orson Hyde, Erastus Snow and such men as those are well known, and such as are alive today are among our leading women. But, I ask this question in loving humility, if silent wonderment where are the wives of the present leaders of the Church?

Miscellaneous.

Reading for Children.

The wise mother will teach her children without their suspecting that they are learning lessons, writes Elizabeth Robinson Scovil in an exhaustive article on The Best Reading for Children, in the February *Ladies' Home Journal*. The charm of Little Red Riding Hood and The Three Bears may be equaled by true stories of the wonders that lie all about us. These have revealed themselves to many patient, sympathetic observers who have recorded their observations for our benefit, so that we have only to profit by their labors. The fairland of science has domains as fascinating as anything in the realms of fiction. Why not make the children free of it? Tell them of the habits of birds and plants and animals; of the wonderful snow crystals and the black diamonds of the coal. It is not difficult to begin, it is only difficult to know where to stop; the supply of subjects is inexhaustible. As we watch the development of the active, intelligent minds we feel the importance of supplying them with food that shall nourish as well as amuse them. It seems a pity that the retentive memories, on which it is now so easy to make an indelible impression, should not have imprinted upon them facts of real interest and value. These may be told at first in the simplest language, and illustrated by reference to familiar things. Children are full of curiosity; all their surroundings are new and strange. They are constantly asking questions and inquiring into the reason of everything that strikes them as being unusual. They should receive intelligent answers—explanations that will satisfy them as far as possible, when the subject is really beyond their grasp. Nothing is more exasperating to the inquiring mind than to be told, "You cannot understand that now; you must wait until you are older."

Women of Irritable Temper.

It is like living in a den of snarling animals to live with a person who has this sort of temper, writes Ella Wheeler Wilcox in an article on "The Destroyers of Domestic Edens," in the February *Ladies' Home Journal*. Many an Eden is destroyed by it, while the possessor prides himself upon being a good Christian, and doing his whole duty by his family. Yet if the soup lacks a little salt, or contains a little too much pepper, if a meal is a moment delayed, if a child is noisy in its mirth, if a drawer sticks,