

neath the teachings of Christian scientists. A person who has no experience in these matters can scarcely conceive, much less believe, the wonderful power which mind can exercise over matter. It is one of the laws of the universe. Are we not told that by faith the worlds were made and that by and through faith all things can be done which are done? I wonder how many of you mothers here, listening to my voice, know that it is the faith you put into the medicine, or in the doctor which is the heaviest factor in the cure of your child? We have all been given one safe, sure, speedy means of cure, not only for big and important cases of sickness, but also for the every day ailments of life. If we put our faith in this sure means of recovery, God will keep His promise, and a renewal of health will be the result.

Again, however, let me say, that I do not think it very wise of us to be like little children, eating poison, or that which acts as poison on our individual systems, and then calling continually upon God to heal the sickness thus engendered. These are matters of vital importance to us, dearest mothers in Israel, but I don't know that you are interested in talking about them, and so I will pass on to the next chapter, and see what we can do when we or those about us are afflicted with some sickness; and what we ought to do instead of running to a doctor. I propose, if possible, to obtain most of the information for these talks from one of the best and wisest doctors in the Church. And so you may rest quite contented, knowing that what you thus read is from the best medical authority.

But before beginning on these lessons or instructions, I want to urge you all to read what is told us in the Doctrine and Covenants, sec. 42, verses 42, 43, 44, 45. Try and see if the Lord will not hear your own prayer first, then if your faith is not strong enough, call upon your husband, and if you both cannot get sufficient, call in the Elders, and then there is still time enough, in the rare cases where it is necessary, to call medical aid. This trial of sickness is a sore one, and things we think we would never do we do under the pressure of fright and cruel anxiety; while that which we have decided we would do in such cases becomes a forgotten part of our memories, and slips away from around us like ropes of sand. Pray for yourselves, dear sisters, while you and yours are in health, that you may have faith to stand firm and calm when sickness approaches.

Physical Culture.

There is such a wide and deep interest in this subject of physical development among all the women of enlightened nations that you and I, dwellers in Zion, cannot shut our eyes and ears to the importance of its teachings. Therefore, let us commune together as to methods, forms, and modes of work in this field, and see if we can discover some personal application in all this, something which will help you and me to be better and happier women, wives and mothers. After all, that is what we are striving to be every moment of our lives, whether we find that happiness in serving others or in serving only ourselves. If we are happiest in serving others, surely we should want to know how to preserve our lives and health in our bodies to be

of the utmost service to those loved ones. And, of course, the selfish person wants to be as healthy and pretty as is at all possible.

Said a Bishop to me the other day, "Do not my girls get all the exercise they need in sweeping and washing, in sewing and scrubbing?" "Yes," I replied "if your girls and their mother, never wore heels on their shoes, nor corsets on their bodies, if they sit as they should, walk in the natural manner, stand properly, and if every move they make is as free and easy as that of the Indian in the forest." That is what physical culture means, to bring us back to Nature, back to sit at the feet of that gracious Mother whom we have all, men and women, deserted these many years, going away after the lusts of our own hearts and forgetting sweet mother nature and all her wise teachings. If any little child shall be brought up without a heel to her shoe, an earring in her ear, a scrap of artificial or unhealthful food, without a constriction upon her limbs or body, without one pound of weight unevenly distributed upon her body, and if she or he be allowed to run and romp without one word of rebuke from Madam Grundy, then and only then can I agree that such young person is prepared to encounter the future without need of special instructions as to walking, riding, sitting, standing, and exercising. The very work the woman does is done, more than often, with the wrong set of muscles, and nearly every one expends twice the energy needed every time they move. There is much to be learned in unlearning things we think we know now, and of all people Latter Day Saints can least declare themselves satisfied with the old and false theories, but above all people, we should say: "Come, truth, thou of the shining face and beneficent hands, beam upon my soul, and cast thy gifts over my body. I am open-armed and full of welcome at thy presence. Thou wilt find nothing but eagerness when once thou hast proven thine integrity."

Then to test that claim, let us proceed to examine the different schemes and plans of physical culture, and, meanwhile, we will wait without prejudice and without scorn.

Interests Outside the Home.

THE RELIEF SOCIETY.

The work we do day by day, who can judge of its importance? Here is a small army of women working quietly and modestly, week by week, meeting, talking one to another, cheering each other up, exchanging experiences, doing charity in sweet humility, and yet how few of them remember that they are making history, and that, too, of the most important kind. The work they are now doing will be eagerly read of, the records will be persistently sought and sacredly cherished when these hands now so busy are folded away. I often think of this when I see my sisters gathering so quietly and unobtrusively to meet and work, or meet and pray. Can you not think joyfully of the true, strong and steady souls who tread this righteous path, when your works shall follow you, and you and they will stand before that beautiful white throne? Oh! happy time!

There is one branch of work in connection with our Relief Society that I would like to see established, and that is, a sort of Labor Exchange Bureau.

If the people who need work and those who want work done would or could come together, I think a much greater field of work could be covered than is done at present. I know there are oftentimes women who would like to get sewing to do or other work, and there are many women living in the same town, women who do not get away from home often, who want work or sewing done. Now, if these two could each take or make known her want to the Relief Society, how much good could thus be accomplished. What would there be to hinder a sort of Intelligence office being established in the societies, where wants of work and of workers could be brought for reference?

There is one point in connection with the charities distributed by the societies which seems to me to need some change. To give means or provisions to any one unless such person returns labor in payment for this means is, to my mind, to educate paupers. It is impossible to estimate the injury inflicted upon children who grow up under such an influence. It hardens, debases, and kills out all the fine flavor of manhood and womanhood which is so beautiful and necessary for the full development of a soul. Is there then no remedy? I should say yes. For there is rarely a woman so feeble that she could not sew carpet rags, or a man so shiftless that he could not cut wood. Let there be work provided for the poor, and make them feel that it is wicked to expect something for nothing, for "the idler shall not eat the bread of the laborer in Zion." Even if the work done is inferior, let it be done, and exercise wider charity in looking over the quality of the work. Even a tramp or an Indian should be allowed to cut wood for his meal, and no one, except the sick or helpless, should be supported by charity.

It is only now and then that a man can be found who is considered a hero at home.

Miss Hulda Graser of Cincinnati is said to be the only woman customs broker.

Queen Victoria is said to be endeavoring to master the East Indian language. How can the good old lady Hindoore it?—*Syracuse News*.

"An actress's life is a precarious one. Sometimes we have plenty of money and sometimes we have none."—Mrs. James Brown Potter.

Which also might be said of all of us.

It is said that no graduate of Vassar has ever been in a divorce court. It isn't said whether this is due to the Vassar girl's judgment in selecting a husband or the husband's forbearance in living with the Vassar girl.—*Chicago Mail*.

THE FAR NORTH.

SWEDEN.

A snow shower in Jemtland brought myriads of small worms along with it and no one seems to know whence they came.

A brewing company just organized at Gothenburg will only turn out beer which does not contain over 2 per cent of alcohol.

An organization called the Society for the Welfare of Sweden is endeavoring