

and fairly stupid with excess of food and the richness of the same, and one of them when I went into the room, was nursing the mother, and the other lay in a crib, sucking a sugar rag. You all know what that is, a lot of sugar tied up in a rag, and moistened for the baby to suck. I could have snatched the deadly thing from the child's mouth, but it was not my business, and the mother was one of the kind who do not take kindly to suggestions. In three months both of the twins were dead, died with only a few hours' warning of stomach troubles. They called it the dispensations of God; I wondered how much the sugar rag had assisted Providence in the deadly work.

Our Ailments.

SORE EYES.

Ophthalmia as this complaint is termed in medical parlance, is not so common in the northern counties, as it is in the south of this Territory. But it sometimes afflicts even our cold valley dwellers, and I have seen it so severe as to cause the most exquisite pain. I cannot think that this disease would reach this highly inflammatory stage, if the person who had the trouble understood the primary cause of its infliction, and would take some simple means to remove the cause thereof. To put the matter briefly, inflamed eyes or eyelids indicate a condition of the blood best described as being "too rich." It is too rich in carbon, and some of the acids needed in the system are not supplied. People who have sore eyes eat either too much sugar, too much meat, too much white bread and butter, or too much grease or sweet in some form. When the eyes begin to be sore, just be sensible and cut off the sugar and meat supply, at least for the time being, and eat something light, acid, and easily digested. Coffee drinkers should leave off the favorite beverage, while all kinds of fermented drinks are so much poison to diseased eyes. For the local treatment of the eye, bathing the eye in warm water and milk, and if you have it, a douche of hot water for the nose, will be of infinite service in reducing the inflammation. Hot water will absorb inflammation, and drive away serious colds of all sorts. Bath the eyes frequently, and let me beg of you, do not use patent medicines of any sort, or indeed any medicine to put in or on the eye. There is no need of it and there are other and far less dangerous methods of overcoming the disease. Drink hot lemonade without any sugar in it. Keep as quiet as possible, and let the overtaxed stomach and system rest. Remember your stomach will not rest if you call upon it to do the same work it has been doing while you were up and at work. Rest means rest, not simply lying down, and eating like a stall fed calf. Some people have a great partiality to taking medicine, and such folks always fancy that they are getting well if they are "only taking something." For such people I would recommend some of the old fashioned blood purifiers, such as cream of tartar and salts, or sulphur and cream of tartar. It is good for those who eat much meat through the winter months to take some spring medicine, you can fix up some simple herb and roots into a decoction, if you wish. It is not bad to drink sassafrass tea for a few mornings. Sarsaparilla is another well known blood purifier. Fix up your

medicines yourself if you must have them, they are cheaper and will give you far more satisfaction than the patent medicines. I must confess to a feeling of reverence for the advice given us in the Doctrine and Covenants, and I cannot see why it does not apply in this case as well as in others. "If any among you are sick, and have not faith to be healed, but believe, they shall be nourished with all tenderness, with herbs and with mild food, and that not by the hand of an enemy." That advice is just as pressing upon this people now as it was when it was written.

Physical Culture.

SOME DOMESTIC EXERCISES TO DEVELOPE THE LUNGS.

In recognizing the necessity of enlarging the lung capacity, we must give some attention to that which will do this with greatest ease and speed. I have given you some exercises which will serve for those who do not do ordinary housework, but there are certain parts of housework which are specially adapted to the development of the chest, especially if they are performed in an intelligent manner. Now, while I recommend these labors as of great importance, I do not for one moment wish to imply that they will take the place of regular and suitable exercise, graded and arranged to call into activity, not only certain muscles, but each and every muscle of the body.

To begin with our domestic exercises, there is nothing better than going up and down stairs. What a chorus of "ohs" and "ahs" follows that statement. It is true nevertheless. But there are proper and improper modes of climbing stairs, and to this our attention must be directed. What happens when you go up stairs? Does not your heart beat at an accelerated pace, do not your lungs expand to their extreme limit? Are not the muscles of your legs increased in size and strength? Yes, to all of this. This exercise does not especially develop the muscles of the trunk and abdomen, an important necessity which we will consider at another time. But the lungs, heart, stomach and legs are all benefited. But now, I want you to watch the next woman you see going up stairs. How does she proceed? Her body is bent, into a bow perhaps double if she is old or weak or lazy, and her head rests upon her breast. Her legs press upward upon the abdomen, and if she can cling to a bannister, she is pulling one arm almost out of the socket trying to help her legs drag the weight of her body up. This sort of thing is decidedly unhealthy, and if long continued it will injure the whole frame. What is the proper position? First and most important, keep your mouth closed and breathe through the nose. Hold your head up, up, I say, and straighten out your back until there is not the suspicion of a curve. Now, draw in the breath and inflate the lungs, and then raise the leg ahead of the body, in a true square. Lift the body up with the lungs and chest, and never let its weight drop on the legs. Watch a man go up the steps. If he is sound and straight, he will be an exact pattern for your own efforts. The quicker you can mount the stairs, the better. Practice going up faster and faster each day. Another thing; use the toes to set upon the upper stair, never the whole foot. If

you get weary half way up, don't drop into a slouch, but wait and rest, and then go on in a proper manner. It would not do to omit mention of one thing which has a very bad effect upon a woman who climbs stairs, and that is the presence of corsets or even of tight bodices, cut in the usual style. You can readily perceive how the compression upon the stomach and vitals would be a thousand fold increased by the increased action of heart, lungs and the whole body in mounting stairs or hills. If corsets are bad under ordinary circumstances, they become positive instruments of torture and danger to her who goes up and down stairs. Every bad effect of them is thus heightened an hundred fold.

Miscellaneous.

MODISH GARNITURE.

An entirely new and pretty fichu is the empire. It consists of a straight piece of net two yards long and six inches wide. All around this is a ruffle of lace. This is worn around the shoulders and low over the bust, not around the neck, simply meeting in front, the ends hanging loose. This will give a plain, low-necked evening dress, quite the effect of the empire.

For the theater and evening wear are shown triple capes of chiffon with a lace edge or narrow ribbon trimming. The longest reaches to the waist line, and all are shirred at the top, the neck being finished with a frill. Made in white lace, a foundation of net is used, with the three ruffles of lace to form the triple cape affect. A bow of ribbon finishes at the front.

Another pretty device is the jacket of lace. This is made in black, white, and ecru, and any width may be used. One of three-inch oriental lace was made with the points turning up in the back across the shoulders, this same piece extending around the arm size in front and across the back again, with the points turning down. The space between these pieces in the back is fitted in with another straight strip of the lace. A very full cap piece finishes the arm size, around which a bright-colored ribbon is twisted, ending in bows over the shoulders. Another was made from two pieces shirred to the arm size with the points out smooth, forming jacket front and back. The back was laced together with baby ribbon. The sleeve was a cap shape, the arm size trimmed with baby ribbon.

Duble ruffles of chiffon and point de Genes are sold by the yard, the latter in black, white, and ecru, and are to be recommended for their usefulness in quickly transforming a plain waist.

The simple berthas of lace or chiffon shirred into a flat collar band are also seen.

TRIMMINGS.

The new galoons come in three widths. They will be used in this graduated way on skirts. A novel type has a transparent gold gauze ground, with a lace applique over-material in which the pattern is outlined and intermixed with delicate 'Pompador' tints, some pieces in pink, green, and heliotrope being especially pretty.

Lace foundations, either cream or ecru in tint, display a pinked out scallop bordering of leather, and leather daisies in relief couched on with beads of pink and blue and gold color.

Our old friend crochet has turned up