

will be acted upon as soon as possible by the different county courts, as the time is short and much must be done before the school reopens to this class of pupils in September. The need of a place where the deaf mutes could be gathered under one roof and put under the daily supervision of trained teachers, instead of among strangers who can not exercise any authority over them nor understand their wants and needs, has long been felt by the University authorities and it was the intention of the Regents to open such a home, this year, but as there are no funds on hand for the purpose, it remains for the generosity of the county courts to come forward and liberally assist this object.

The cost of board in such a home will be \$5 per week for one pupil or \$10 for nine months of attendance and each county is asked to support two or three poor but worthy pupils that may be admitted to the school from said counties. This is asked only as a temporary measure until the Territory is able to take care of its own again. The majority of the pupils come from poor families who are unable to defray the cost of support, and they are thus compelled to grow up uneducated, without any means of support.

During the past year, one fond mother came a distance to keep a small boy for her deaf mute daughter while attending school at the University. This woman was poor in worldly goods but she was so anxious to give her afflicted daughter an education that she left home and kindred in order to be near her child and guard her from evils of which the innocent girl had no idea. On the other hand a good many other parents refused to send their children away from home among strangers, where they had none to take care of them. No good parent would leave his daughter unprotected in a large city like this, nor his boy of tender age to wander at will without one to take care of him. For these and other reasons the establishment of a common home for the pupils where they could live with their teachers is obviously a necessity, otherwise the efforts of the University to educate this class of beings will always be crippled and the results will be anything but satisfactory.

In order to reach the full benefits of an education, the pupils must stay in school from the beginning to the end of the school year. It has unfortunately happened that promising pupils have never returned after their first year and their education is incomplete; others have been obliged to leave in the middle of the term, from lack of means, and still others have left and returned at different intervals, thus producing confusion and spasmodic efforts which retarded the progress of the school. Whatever excellent results have been attained during these two years of the school's existence have been achieved in spite of these various disadvantages.

Parents sending their deaf mute children to this home may rely upon the best of care and treatment from those in charge. The girls will be trained to habits of usefulness in the house, so that they may learn to help their parents at home and understand the various duties of housekeeping; and the boys will be initiated into the methods by which they can make themselves handy about the farm.

We sincerely hope that the county courts will find it consistent to give the aid solicited for so laudable an object.

HEALTH HINTS, AND OTHER THINGS WORTH REMEMBERING.

COMPILED BY MAC.

MRS. DR. WALLACE DISCOURSES AS FOLLOWS ABOUT WHAT SHOULD BE DONE TO PREVENT OR CURE DISEASE. FOOD AND DRINK.

Let fruit and farinacea be your staple diet. (Farinacea means grains and their products.)

Stewed fruit and milk, or porridge and milk, has succeeded in many instances in curing the most chronic diseases of the digestive organs.

Home-made lemonade, or drinks made by pouring boiling water on jams or jellies, and other such simple, pure unfermented, fresh-made drinks can be taken with impunity.

Animal products, such as fresh, sweet boiled milk, fresh butter, new cheese, and new laid eggs may be taken if they agree with you. Pullets' eggs are to be preferred to others when obtainable. That little tough piece found in eggs should always be removed.

Salt, vinegar, or pickles should never be taken. Condiments and spices should be used with caution, as many a healthy stomach has been ruined by them, and the delicate intuitive powers of the palate in discerning wholesome from poisonous dishes and flavors are inevitably eventually destroyed by their long-continued use.

Let fruit enter into your diet as much as possible; most farinaceous dishes can be prepared either with cooked or uncooked, fresh or dried, fruit. And let the ordering of every meal be given with the object of tastefully introducing fruit of some kind.

Ripe fresh fruit should be eaten daily before every meal, but should this give a sensation of coldness, it should be cooked and served hot. Many are unable to take cold fruit in the early morning before breakfast, and would even object to it cooked, and such per-

sons should make their luncheon almost entirely of either cooked or uncooked fruit. Apples for cooking should also be suitable for eating uncooked, or they are not fit for eating at all. Some eating apples will not cook well, but good cooking apples should always be good eating apples.

Clothing.—The shoulders, arms and legs require to be as properly covered as the trunk of the body, both in children and adults of both sexes.

Clothing that is worn next the skin at night must not be worn during the day-time. Two under vests, or whatever is the first garment next the skin, should always be kept in use, one for the day and the other for the night.

Boots and shoes should be easy and comfortably fitting, heels either low or altogether dispensed with, and toes broad. In the winter they should be large enough to admit cork soles, which should be frequently taken out and dried by the fire.

It is not always the spot where the suffering is that alone requires to be specially doctored, for instance, well covering the arms and wrists in chest diseases will be often found to give relieve in troublesome breathing, and for pains in the stomach and abdomen the legs and feet should be kept specially warm.

Stays of every description must be discarded. I have proved that they are quite unnecessary under any and every circumstance, when the skirts are not hung from the waist. Like all depravities, when first given up there is a difficulty in recognizing the benefit of their discontinuance, but, once freed from them, and the mind unenslaved by weak vanities, they become truly painful to retorture oneself with.

Every petticoat and skirt of dress, to be cut princess-robe fashion; i. e., from the shoulders, thus preventing any weight from hanging on the hips. (The Reform Divided Skirt princess-robe costume is the best form of garment of any yet invented, but ignorance and prejudice prevent its wise adoption becoming universal.) Elastic and tape stocking-suspenders to take the place of the ordinary garters, and to be attached by button or loop to the combination drawers, so that a band round the waist may be avoided.

SUNLIGHT AND VENTILATION.

Always be in the sun as much as possible. When at all convenient let your bed be where the early morning sun radiates its heavenly glow upon you. You need not have it full in your face, so that it awakens you before you have had sufficient rest. Arrange the position of your bed so as to meet all such contingencies.

Make the room that is the healthiest naturally, by being situated in the most sunny aspect, the room mostly occupied by all the members of the family, and be careful to spare neither expense—which is generally trivial, and not to be compared to that which is willingly laid out in empty show, for the envy and admiration of fools—nor trouble to make it, and keep it, the most cheerful and healthful room in the house.

Every wisely conducted household should be freed from all bedroom slops, almost directly the occupants have left their rooms. Those belonging to the domestic circle should, themselves, if it is at all convenient, attend to this requisite, should there exist the possibility of hindrance, or probability of carelessness, on the part of the chamber-maid.

Bath and hand towels should be loosely hung about the room, in preference to their being neatly folded on the towel-rail, when they smell musty and disagreeable. The bed-clothes should be removed from the bed, night-clothes spread out to air, and windows left open, by all persons before they leave their sleeping apartments, who wish to inculcate in others, and enjoy for themselves, the pleasures of sweet-smelling and healthy bedrooms.

Lung diseases can almost be defied, even by those hereditarily predisposed to them, if they will but adopt, with a correct diet, the habit of, on every clear morning, standing at their open window, and closing their lips, filling their lungs through their nostrils, till their chest expands to its utmost, letting their inspiration be followed by an equally long expiration. Repeat this process from six to twenty times every morning for six months. Measure on the first morning the breadth across the chest by passing a tape measure round yourself under the arms, and again measure yourself in an exactly similar manner at the end of this time, and in all cases there will be found a very decided increase of size.

Bathing, etc.—For diseases and pains in the throat, chest, and sometimes the head, the hands and arms should be immersed in hot water. A toilet jug of water is about the best bath for this purpose, and either one arm at a time can be put in, or each arm can be immersed in a separate jug, as often as the case demands.

Hot bathing, when properly applied, is not only eventually curative, but, as a rule, the quickest alayer of pain. It will enable disease to leave perfectly painlessly, which might otherwise be accompanied by severe agony. It will also assist in the prevention of an accumulation of disease, the climax of which might manifest its departure of the form of an attack, of rheumatism, dysentery, smallpox, inflammation of the lungs, etc., which, when wrongly treated, end too often in death.

Children should be carefully trained as early as possible in the habit of giving themselves baths every night or morning, so that it may become a custom of their lives, and they should all be provided with a very soft tooth-brush, and get into the habit of rinsing their mouths every time they wash their hands after a meal, which cleanly custom is the best means of keeping the teeth sweet and assisting the prevention of decay. Pure boiled water is the best dentifrice. "Train up a child in the way he should go, and when he is old he will not depart from it."

For the immediate relief of constipation there is nothing that equals the injection of from a pint to a quart of plain, clean hot water. The bowels are generally relieved almost immediately. During recovery from paralysis of the lower bowel, through the long use of purgatives, and the resulting chronic constipation, the hot water bowlenema is invaluable, and may be used daily. The universal adoption of this simple means whenever necessary would drive a good many nails into the coffin of doctor-craft and its allied quackery.

Oh, that people knew the value of the timely and proper application of water internally, by means of drinking and injecting! The benefit which I have seen follow the drinking every morning of a tumbler of hot water (not warm, unless for an emetic) in various cases of internal disorders has been perfectly marvelous, when considering the means employed. Indigestion, constipation, morning sickness, biliousness, sore throat, etc., etc., have all been successfully assisted in their cure by this means. "But what an unnatural thing to do!" once exclaimed a young man to me at the breakfast table, as he was finishing with gusto his third cup of hot tea. "Pray," I replied, much to his discomfort, "what excuse have you for drinking three half-pints of hot water, with an infusion of tea in it, the first thing every morning?"

Learn to Live Healthfully.—For 10 cents, I will send to any address 25 four page Tracts on health topics, and a list of Health Publications. D. M. McAllister, Salt Lake City.

A SOUTHERN UTAH TORNADO

CAUSES A TREMENDOUS RATTLE.

WASHINGTON, Utah, August 12th, 1886.

Editor Deseret News:

Having just got over a big scare, and in order to be up with the times, as it is fashionable now-a-days to read of earthquakes, cyclones, tornadoes, etc., we respectfully announce to the world at large, that we can now sympathize with others as we have had a tornado all to ourselves. At about 2:30 this p.m. all hands in our factory were suddenly brought to a standstill, we thought our time had come. A heavy cloud came rushing towards us from the southwest; the rain and hail came down in torrents. There was one heavy clap of thunder, which fairly shook the earth, then windows and doors, smokestacks, tenderbars, lumber, etc., were flying in every direction. Trees were torn up by the roots and limbs broken off, all sizes up to eighteen inches in diameter. In town it swept diagonally across and seemed about one block in width. It tore up trees, blew down two or three small houses and stables and flattened down nearly all vegetation in its course. The last seen of it, it was making its way towards Silver Reef.

I have not heard of anyone being hurt, but quite a number were badly scared. The damage to the factory is but small. One inside door was blown into shivers. The water ran in torrents all around the building, but did not injure our dam or ditch.

There is a great deal of sickness here at present, consisting mostly of malarial fevers. In some families nearly all the members are down with it.

Yours in haste, A. R. WHITEHEAD.

WASATCH STAKE CONFERENCE.

Convened at Heber City, at 10 a. m., August 7th, 1886.

Present on the stand Apostle J. H. Smith, A. Hatch, President of the Stake and Counselors, members of the High Council, Patriarch Thos. Hicken, Presidents of Quorums, the Ward Bishops and others.

After the usual exercises President Hatch referred to a portion of our Stake being made into a separate Stake, viz.: Uintah County, and that Brother S. R. Beunion had been appointed President.

President Giles made some remarks on the gathering of Israel and the first principles of the Gospel.

Elder J. S. Murdock related his experience in the Church, and bore testimony to the power of God that he had seen manifested many times.

President J. M. Murdock related a little of his experience.

Apostle Smith said he felt glad to be here and listen to the remarks of the brethren; referred to the religious elements that existed in the world and said they were too mythical to be beneficial. The Gospel of Jesus Christ, as revealed in these last days, was perfect, but in putting into practice its principles we often failed. Our faith and hope were strong in believing that

God would clear away the clouds that seemed to hover over us. He did not see any reason why any of the people should complain; it was true that about 125 of our brethren had been put in prison, but that was nothing; we were in the habit of sending several hundred Elders on missions every year, and he believed those in prison were preaching the Gospel more effectively than any missionaries. Referred to the persecution of the Quakers in England, how several thousand were imprisoned because they would not swear that they were in consonance with the authority of the government. They were willing to affirm it, but not take an oath on it, as that was against their religion, but that would not satisfy the demand. He showed that the crusade against us was similar, that our enemies would fall in their persecutions and the government would yet honor a "Mormon" Elder in their midst, as England now honors the Quaker, "John Bright." He concluded by bearing testimony to the truth of the work of God.

Singing. Benediction by Elder John Duke.

2 p.m. After the usual exercises, Bishops Duke, Clegg, Moon and VanWagoner reported their Wards as flourishing in peace and good health prevailing and the Saints trying to live their religion.

Apostle Smith made some excellent remarks on the reports that had been made by the Bishops. He believed that the Latter-day Saints generally were trying to live their religion; thought there was no people on earth but what had some religion in them; that those who really claimed to be infidels (if there were any such) were insane. He did not blame men for looking with indifference at the various creeds that existed in Christendom, and reasoned at length on the existence of a God, showing that all Creation, from the lowest form of organism to man proved that there was a Supreme Being. He gave advice to parents and teachers to guard against excesses in organization. They should cultivate the faculties that were the most deficient, and restrain those that ran to excess, thus producing a harmonious result. At the time this Church was organized, the people were going to excess in all their religious beliefs, thus the Gospel was sent that they might have a proper and correct knowledge of God. He made some remarks on selfishness, quoting the saying of the Apostle Paul. "He that neglecteth to provide for his household, etc." Considered that this had not reference alone to wealth, but the providing of everything that would have a tendency to elevate, and improve the mind as well as the body. The training of children was next discussed and the subject handled in a masterly manner.

In the evening there was held a Priesthood meeting, besides, attending local business. President Hatch and Apostle Smith delivered addresses that were full of instruction.

Sunday 10 a. m.—The President of the Stake made a few remarks about the Stake House, and gave instructions to the Bishops how he wanted them to report their wards, that all might be mutually benefited. Gave instructions to young men, about to marry, and his views of building and making home pleasant.

Bishops Murdock and Cluff reported their Wards as prospering, and Brother Farsel of Wallsburgh, reported that Ward as the Bishop could not attend, owing to sickness.

Patriarch Hicken gave a very spirited and interesting discourse.

Apostle Smith said it was a peculiar position for a speaker to arise and address a meeting without having previously considered what to say. But he knew that God would bless those who relied on Him for support. He bore testimony to the assistance that the Spirit of God had rendered on many occasions. In referring to the remarks on marriage made by Pres. Hatch, he said marriage was honorable in all, but forbidding to marry was the doctrine of devils. Referred to the opinion of some that marriage was not as pure a state as celibacy, and how the Catholic Church kept their clergy from entering into the marriage state. When the apostle Paul said "It was better not to marry," the circumstances surrounding him at the time caused him to say what he did, but did not give it as revelation. "The man is not without the woman nor the woman without the man in the Lord." God at the beginning commanded all His creation "to be fruitful and multiply," and thus was the great decree of heaven stamped on all the creation, everything that lived had that instinct implanted in its organization. He referred to the views of the Protestant sects, how they considered that in heaven, the marriage relation ceased, but proved that the Gospel of Christ would unite and bind together the sexes, and their relation with each other would continue for ever. Referring to the 144,000 that John saw on Mount Zion, that had not defiled themselves with women, said they were not men whom the world believed to be destitute of wives, but men who had not polluted themselves, but had kept themselves pure and free from sexual sins.

He advised the young folks to marry, keep themselves pure, and live lives of virtue and honor before God and man.

Singing. Benediction by Elder John Harvey.

2 p.m.

After the usual exercises, remarks were made by Elders Wilson, Empey and Cluff.

Apostle Smith delivered a discourse.

The subjects treated on were, the Word of Wisdom, the laws of life and health, the necessity of becoming better men and women, and guarding against our weakest points, and the difference between various kinds of sin; man and woman would be judged accordingly and receive a just judgment.

Benediction by Patriarch Thomas Hicken.

HENRY CLEGG, Clerk.

CORRESPONDENCE.

An Albuquerque Editor Goes Off Wrong.

MOJAVE, California, August 2d, 1886.

Editor Deseret News:

I am surprised to hear the editor of the *Sunday Morning Democrat* of Albuquerque, N. M., who knows so little about "Mormonism" and its practice make such comments on their alleged lasciviousness of its adherents as he has made in his issue of August 1st, 1886. If Mr. Albright would investigate and enquire a little deeper into the various phases of true "Mormon" life, he would not make such a bold assertion, which is only founded on false reports and imaginary and prejudiced suppositions. It would be more becoming in Mr. Albright if he would attack the degraded habits of his own locality, the town of Albuquerque, then to wrongfully accuse an innocent people abroad of immorality. Everybody who is acquainted with Albuquerque knows it to be the worst city in the west of its size for lasciviousness. It gounds bad for an Editor of a paper which pretends to be the *vox populi* of the city and even of the territory to assassinate an innocent people abroad with vile accusations, and offensive insinuations, while the faults of his own neighbors are allowed to pass by unscrutinized. In fact they are only recognized by the majestic scribe of that "sheet" with a "Baby mine" smile on his contented countenance. It appears he must join hands with the majority of Editors in this land of freedom, and spit his venom against the leaders of a people, who are virtuous, law-abiding, inoffensive and totally devoid of concubinage, Mr. Albright's accusations to the contrary notwithstanding.

EVERS.

TUTT'S PILLS

25 YEARS IN USE.

The Greatest Medical Triumph of the Age

SYMPTOMS OF A TORPID LIVER.

Loss of appetite, Bowels constive, Pain in the head, with a dull sensation in the back part, Pain under the shoulder-blade, Fullness after eating, with a disinclination to exertion of body or mind, Irritability of temper, Low spirits, with a feeling of having neglected some duty, Weariness, Dizziness, Fluttering at the Heart, Dots before the eyes, Headache over the right eye, Restlessness, with awful dreams, Highly colored Urine, and

CONSTIPATION.

TUTT'S PILLS are especially adapted to such cases, and do effects such a change of feeling as to astonish the sufferer. They Increase the Appetite, and cause the body to Take on Flesh, thus the system is nourished, and by their Tonic Action on the Digestive Organs, Regular Stools are produced. Price 25c. 44 Murray St., N. Y.

TUTT'S EXTRACT SARSAPARILLA

Renovates the body, makes healthy flesh, strengthens the weak, repairs the wastes of the system with pure blood and hard muscle; tones the nervous system, invigorates the brain, and imparts the vigor of manhood. \$1. Sold by druggists.

OFFICE 44 Murray St., New York.

ESTRAY NOTICE

I HAVE IN MY POSSESSION.

One flea-bitten grey MARE, about 13 years old, branded T F on left shoulder, collar marks and away back.

It said animal is not claimed and taken away in ten days, it will be sold to the highest cash bidder at the estray pound in Redmund, Tuesday, August 24th, 1886, at 2 p. m. at the estray pound in Redmund.

J. S. JENSEN, Precinct Poundkeeper.

Redmund, Sevier Co., Aug. 11, 1886.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION.

One black MARE 2 years old, branded something resembling a bracket—on left thigh, star in forehead.

If not claimed and taken away within ten days, will be sold to the highest cash bidder, Thursday, August the 26th, 1886, at 2 p. m. at the estray pound in Redmund.

JAMES S. JENSEN, Precinct Poundkeeper.

Redmond, Sevier County, Aug. 16, 1886.

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