

OUR NATION MOURNING.

Upon the reception of the horrifying intelligence that President Lincoln had been assassinated, throughout the city business was generally suspended, flags were draped in mourning at halfmast, stores and other public buildings were closed and craped, the Management of the Theatre announced that the bill for Saturday evening was postponed to Monday, and deep gloom palpably rested upon the minds of the citizens.

On Sunday the stand and organ in the Tabernacle were clad in the habiliments of woe, as were also many of the congregation, and Elders W. Woodruff, F. D. Richards and George Q. Cannon delivered feeling and appropriate addresses upon the solemn occasion.

Monday evening the proscenium and proscenium boxes of the Theatre and two large national flags arching from the center over the drop curtain were draped in black.

Alas for the times, when our CHIEF MAGISTRATE can be thus dastardly stricken down by the hands of an assassin!

PHYSICAL TRAINING OF YOUTH.

The importance of careful physical training, for the proper development of the human structure, is a subject that receives but very little attention compared with what it ought to receive. Those who are engaged in raising stock, trees, flowers, cereals, or anything of a similar nature, use every means with which they are acquainted to produce the best specimens they can. Apart from seeking to obtain the best breeds, or most superior kinds, they exercise continued care, and spare no pains to develop, strengthen and improve them. But in too many instances the human form is allowed to develop itself as best it may. And if its adaptability to climate, circumstances and conditions was not as great as it is, very many more would die in youth of carelessness and inattention than now do, though the per-centage of those whose earthly existence is terminated from these causes is fearfully large among the human family.

There really is no system practically acted upon, as a general thing, among mankind in the physical training of youth. In many places in the outside world, before a child can walk, it is wheeled out, "to get the air," in a perambulator, under the charge of a nurse,

perhaps, and drawn round, it may be in a cold air till its little eyes are staring out of its head, full of moisture, and its cheeks assume a dark purple hue, from the cold; and that is called "taking exercise." If the infant was allowed to roll around on the clean floor of a well ventilated room kept at a proper degree of warmth, it would have the exercise it requires and craves for, while its muscles would develop and strengthen, and its general health be improved.

But it is when the child grows up, and especially if a female, that, in the period when the greatest care should be exercised to give a healthiness of action to the whole system, the seeds of disease, of weakness and physical debility are often sown. Shoes or boots, with soles so thin, that if a strong man wore the like he would be laid up with a severe cold in a few days, are put on the little feet, even in the coldest weather, because "they look neat;" and in obedience to a monstrous fashion, her little limbs are exposed to every passing blast, while that part of the body which is the seat of heat is compelled to bear a perfect burthen of clothing. Growing up to womanhood, the kind of exercise she takes, or the manner of regulating it, scarcely excites a thought in most people. She may accustom herself to loll for hours in a rocking-chair, when a skipping rope or a swing would be a hundred-fold better for her; or she may be compelled to sew, to sit and stich, stich, stich, till her form becomes prematurely bent and attenuated, when she requires healthy exercise. We are glad that there is but little of the latter among us; but we know many whose youth has been thus spent, and who transmit to their posterity some of the baneful effects arising from it.

As population increases in any locality within the bounds of what is called civilization, the natural inclination of human beings to crowd together and imitate those who are looked upon as the leaders of fashion is manifested. Wealth is accompanied by effort at ease, luxury, accomplishments and refinement: all quite correct when the terms are properly used. But among many other evils which grow out of this is the desire to have young ladies, whose parents are or affect to be wealthy, imitate the mincing manners, languid gait and nervous feebleness so fashionable among ladies who make pretensions to aristocracy throughout the world. Exercise is confined to an occasional carriage-ride and the learning of a few lazy motions in the modern style of dancing; when brisk walking and healthy exercise, moderately indulged in, would strengthen, invigorate and expand the system, and aid in developing a physical structure of beauty and grace.

What are termed lady-accomplishments, confined to a little music, a little calisthenics, a little French, etc., are all very well in their place; but the young lady whose youth has been cramped and confined in bonds of whalebone, denied of wholesome and well-regulated exercise, and her time spent in simply acquiring these accomplishments, with a limited knowledge of books, has neither the physical ability, the mental power and knowledge, nor the practical acquaintance with household affairs requisite to enter upon her duties as a wife and a mother, when she reaches the period that these are required from her. A great many women in this community have had to undergo a rather severe physical training, in consequence of the circumstances through which we have been compelled to pass; and the result is before our eyes. We do not think it is saying too much to declare that, there have been fewer cripples, feeble, lame and impotent persons born here since the settlement of these valleys, than have been born in the same time, in a similar amount of

population in any other civilized community with which we are acquainted. In all countries the health of the peasantry, under many disadvantageous circumstances, is much superior to that of any other class; while the health of large manufacturing districts, where women are employed to a great extent, is proportionately low, in consequence of so large a number of the female portion of the community being closely confined for ten or twelve hours a day in unhealthy positions and in a vitiated atmosphere. This is readily accounted for by the former class enjoying a liberal share of healthful exercise and fresh air through the very nature of their employments.

We write to try and arrest an evil that is beginning to make itself manifest, and that will grow with increasing population and wealth if not guarded against. That the next generation may be strong and healthy, with organizations that will last longer than those of the present generation, let parents cultivate the physical powers of the young, and particularly of the female sex. Boys will take exercise. Oftentimes the greatest difficulty with them is to keep their natural exuberance and buoyancy of animal spirits within bounds. But when girls are permitted to loll or slide into womanhood with undeveloped constitutions, enfeebled nervous systems, and weak organizations where they might be strong, not only are their lives shortened and themselves rendered incapable of becoming mothers to a strong and vigorous offspring, but the whole future of their earthly existence is embittered. Every trifling discomposure affects them and excites their nervous irritability. Therefore they cannot govern in the household according even to their knowledge. They are the creatures of every passing influence, governed by every untoward circumstance, and through bodily infirmities they are subject to mental ailments which go far to make their homes abodes of misery, arising from causes which in detail are very insignificant looking, yet in the aggregate are sufficient to make a great amount of unhappiness. Much of this might be avoided by the exercise of care in properly training and developing the growing bodies of the young, that they might be blessed on reaching the years of manhood and womanhood, with sound bodies as the dwelling-places for sound minds.