

And this being true, there can no longer be presented a reasonable excuse for denying admission to the Union or depriving us of our rights and privileges as American citizens beyond the time it will take to secure them by the speediest possible process. But one or two of all the territories at the time of their admission had population equal to that of Utah today.

ATTRIBUTE OF UTAH.

Her people are chiefly, they are almost exclusively permanent residents, the floating element, such as is attracted by booms and spasmodic excitements of a speculative character comprising but a small percentage of the whole. The taxable property is greater in the aggregate and per capita than that of any territory heretofore admitted. The people are educated up to the American standard, the community ranking among the foremost in this respect. The official records give her an enviable reputation throughout the West as regards obedience to the laws and in the observance of the moral code. In short, while not saying it boastfully nor with the thought of giving offence to anybody, I refer to the history of Utah as furnishing a splendid example of community stability amid surroundings and under conditions tending to the opposite, that history providing an excellent certificate of character for the people.

Today Utah asks for admission to the Union as a state, and I cannot understand how any fair-minded person can oppose her appeal. The Territory has fully demonstrated her qualifications for statehood, and that is all that can in reason be asked of her. That is all the theory of the territorial system contemplates. We have done our part, and now let our fellow-citizens, through their representatives in Congress, do theirs, and add another star to the grand constellation, and which, I vouch for, will shine to the credit of the commonwealth which has so long been in the shadow of the clouds.—*Hon. John T. Caine in Washington Evening News.*

CAYENNE PEPPER AS A REMEDY.

Alluding to the subject of medical botany which has been referred to recently in your columns, I will tell you a little circumstance. I was getting rock for the Provo tabernacle about ten or eleven years ago, when a section hand came to me and greeted me by name; I knew him, but could not place him. He asked if I remembered a person at Preston, England, when I was on a mission there, who had had bleeding of the lungs, and whom I told to take a quarter of a teaspoonful of cayenne pepper every day for a week or two. He continued: "I am that man, and it cured me."

I knew then who he was. There were a few scattered members of the Sheffield and Leeds conferences in and about Preston as coal miners. When I was appointed to take charge of the Leeds conference I organized a branch there. The young man that had the bleeding of the lung attended our meetings, and some months after he joined the Church, also his mother and sister. The three and several other families from that branch are in Utah county.

On the use of cayenne pepper I call your attention to the following which I wrote for the *Independent* and which was printed last week:

Botanical remedies are in harmony with nature's laws of life and health. I will enumerate some of the uses of cayenne pepper. It is a natural stimulant, acting quickly on the system, creating free circulation and healing many afflictions of the body; half a teaspoonful with half a teacup of warm water will cure any case of nose bleeding. I have seen this remedy used many times and it never failed of good results in one minute. During the last holidays I had the pleasure of visiting friends in Salt Lake City, and there met an aged lady friend who had been taken with a severe attack of bleeding. A doctor was called who plugged the nose, and put a cold stone to her back and in this uncomfortable position she was left. Having had time for reflection she thought of my advice in the use of cayenne pepper; she had the stone and plug removed; her nose bled profusely, she took one teaspoonful of cayenne and was immediately cured. Cayenne is also good for hemorrhage of the lungs. I can name a number of cases permanently cured by its use. It is also a certain specific for pleurisy. I have seen it tried often, and twice upon myself when taken with this dreaded complaint, I obtained relief and a cure in less than twenty-four hours. For treatment of pleurisy take one teaspoonful of cayenne and bathe the feet in hot water with mustard and cayenne added to hot water. Should the first application not give relief repeat the dose as occasion may require.

In times past professional men held to the idea that in the diseases above named bleeding and leeching were the remedies; however it is now universally admitted that such practice is injurious to health.

General Washington's motto was, "save life." Botanical science is, "save the blood," a pure and free circulation being the true source of life and vigor. I will conclude by adding what the great discoverer on circulation, Dr. Harvey, says: "It cannot be told in fewer words than that health is a free circulation and sickness an obstructed circulation of the blood."

THOMAS CHILD.

SPRINGVILLE, Feb. 14th, 1893.

BANNOCK STAKE CONFERENCE.

The quarterly conference of the Bannock Stake of Zion was held in the Louisville meeting house on Sunday and Monday last. There were present on the stand Elders W. M. Merrill, T. E. Ricks, James E. Steele, A. E. Hinckley and W. M. Parker and other leading brethren. The Bishops reported their wards as improving, both spiritually and temporally. In several of the wards many who have never belonged to the Church are investigating the doctrines of the Latter-day Saints, and there are prospects of additions to the Church soon.

Elder M. W. Merrill spoke at the different meetings and gave many good instructions. Regarding temple building he said what the Latter-day Saints donate will only benefit them, inasmuch as they go into the Temples and perform labor for

themselves and their kindred who have passed behind the veil. He discoursed on the duties of the Priesthood in their various callings and counseled the Latter-day Saints to build up their townships that they might enjoy the benefits accruing from living in communities.

William A. Walker, returned missionary from the Northern states, gave an account of his labors. He had been among the Strangites who seceded from this Church, gave a short history of their apostasy and showed how the various apostasies from the Gospel of Jesus Christ had been foreseen and predicted by the ancient prophets.

Elders James E. Steele, C. N. Watkins and Bishop John Dabaldson treated also upon the general duties of the Saints.

Elder W. M. Parker was ordained a Patriarch, also two Bishops were ordained.

Elder T. E. Ricks thanked all for their attendance. He advised all to try to digest what had been said during conference and asked the Saints to entertain the Patriarchs that they might be participants in the blessings they had for them.

There was a large attendance at all the meetings notwithstanding that the weather was somewhat unfavorable.

JAMES GILLESPIE, Stake Clerk.

SANITARY CONFERENCE.

The question of holding a sanitary conference as set forth in the resolution adopted by the City Council a few nights ago is agitating the council, Chamber of Commerce and Business Men's association almost as much as the scheme to secure the copper refinery. The resolution sets forth that it is of vital importance to the people of the Pacific coast and intermountain country that vigorous quarantine and sanitary measures be established and enforced during 1893; that Salt Lake shall invite the municipal authorities of all western cities having a population of 10,000 or more to join in this city in a convention to be composed of the health officers of said cities, to be held during April or May next.

VIEWS OF LEADING PHYSICIANS.

Commenting on the advisability of holding the conference, Dr. Joseph S. Richards said to a News reporter today: "I am in favor of anything that looks to the health of the community and the adoption of any measure which will prevent the spread of any epidemic. I am a firm believer in the idea that our country will be swept with a scourge next season and should my conclusions prove to be correct, Salt Lake, as it is, on the highway between the East and the West, will be crowded with persons anxious to escape the ravages of cholera or some other disease; quarters of all kinds will be in big demand and the rush should be provided for. As to the time, I say the conference should be held in April. May is too late. I would favor meeting in March if arrangements can be made. The talk about waiting until our city has put on a coat of green sounds nice and poetical, but it lacks business application and necessities. Advertising is all right in its proper time and place, but we should not