case of children under three years of age, potatoes are destructive to the healthy condition of the child. One of the reasons for this fact is because the liver of a child is much larger in proportion to its size than a grown person's liver, and it has not the capability of digesting the starch. It is asserted that a child fed on potatoes in excess, never can have good teeth, there being no change from starch into bone or ivory, while the child fed on wheatmeal, oatmeal, or commeal has always good teeth."

CATARRII.

"Perhaps a word may be added as to the great prevalence of that very common disease catarrh. If a person is the daily user of polatoes the body becomes after a while saturated, so to speak, with an excess of starch. In this condition the person, eats more potatoes and has a still further excess of starch. He or she overflows with starch, and coming through the throat, or nose he calls it catarrh. To cure this catarrhal condition is very easy. Stop eating the potatoes and drink a glass of warm lemonade every might, pay strict attention to bathing, and only a few weeks will pass before the catarrh will not only be cured but the person will be greatly benefitted otherwise, because of the reduction of that excess of starch in the body. Catarrh specialists all over the country reaprich harvests from this simple knowledge. They give a medicine composed of acids, and the poor dupc thinks he is recovering because the flow of mucus (starch) is not so great. But as soon as the medicine is stopped and the potato diet resumed, the disease comes back again. Catarrh is a disease torn of potato. Step the food and dissolve the starch with lemon juice and the disease is cured."

25 tracts on Health topics, for 10 ets. Books about "Tobacco," Strong Drinks," "Tea and Coffee," for 25 cts. each. Mailed by D. M. McAl-lister, 66 Centre Street, Salt Lake City.

CORRESPONDENCE.

BETTER EDUCATION.

SALT LAKE CITY, Dec. 20, 1886. Editor Deseret Neis:

Editor Deseret Notes:

It is an axiom of the Gospel that no person can be saved in ignorance. That an uncultivated person can receive that salvation and exaltation in a future state which the Scriptures teach will be the reward of the righteous, is an idea entirely irreconcilable with the religious belief of the Latter day Salats. Probably no religious body on earth is as strennous in insisting that the acquirement of intelligence and mental and spiritual culture is necessary to salvation, as that Church. Hence springs the deep anxiety of its members to have their children educated. It is a matter of profound religious conviction with them.

But there exists an infinitely important necessity of discriminating as to the kind of learning that ought ito be imparted to the pupil. Much that is taught under the popular educational systems of the day is unimportant and some of it is siraply worthitss, Again, in some instances, the text books used by the pupils teach that which is positively false, and in conflict with what God has revealed, and with what sclence, rightly understood, confirms.

How to obviate the evils of the educational system at present in vogue among our people; how to separate the good from the undesirable among its studies and features; how to secure that moral training which is so necessary, as well as the intellectual development which is alone now being accomplished, are grave problems for the educators of our youth to solve. The best means at present available for solving them are schools modeled after the Brigham Young Academy at Provo. The educational system adopted in that institution has, as one of its basic principles, the proposition that a correct understanding of the Gospel of Jesus Christ emoraces the gist of all knowledge in all the departments of sclence and human thought.

This proposition is true. A person familiar with the teachings of the Gospel, possesses a more or less defined understanding of the lundamental truths of all the sciences. Details may be lacking. Study may be req

understanding of the iundamental truths of all the sciences. Details may be lacking. Study may be required to grasp the branches of a given science or department of knowledge, or in order that a satisfactory understanding of it may be acquired, or a desirable degree of proficiency in it attained; but the foundation is already in the possession of the student who has first mastered the principles of the Gospel. Ile knows nothing of any conflict between science and religion. In his mind there can be no such conflict. No problem of science can disturb his faith, because the latter reaches to the root from which science sprung, and to heights to which it has never ascended. He can explain in principle, if not in detail, all the phenomena which the universe presents, and of which science treats. Having an understanding of the power, characteristics and attributes of the Godhead he has a knowledge of the laws and principles by which the universe was created, is sustained, and its pnenomena are produced.

This system of education bits fair to

stance), and which are given to the exclusion of proper food, the matter becomes almost criminal. Thus, in the braces the most effective antidotes that case of children under three years of can be devised for infidelity and important three years of the prominent brethren were in atwill be universally adopted by them at as early a date as possible. It embraces the most effective antidotes that can be devised for infidelity and immorally among the youth, while providing the most wholesome inducements to diligence in study and rectitude of life. whe feature of this system, as set forth so eloquently and impressively by Brother Karl G. Maeser, in his remarks on the occasion of the inauguration of the Sait Lake Stake academy, which requires the pupil to come to school with the double preparation of prayer and study, renders it comparatively superior to any plan of education that could be devised, and which omits the spiritual portion of the pupils' work.

work.

Schools based upon such a system of moral as well as intellectual development as this fit their pupils for entering the higher classes that will, when the circumstances of the Saints are such as to admit of it. be organized and instructed in the Temples built by them for sacred purposes. One of the uses to which those structures are designed to be put, is that of seminaries of learning, in which instruction will be given in the highest, deepest and broadest branches of knowledge. The Saints will become the most learned and intelligent people in the world, but they will attain this status upon natural principles, and by means of their own industry and superior methods of education.

Progress.

PROGRESS.

PLESTY ABOUNDS- PAINFUL ACCIDENT.

Lox, Freemont Valley, Piute County, December 15, 1886.

Editor Deseret News:

We are rejoicing in plenty in this valley, the crops the past season being bonntiful. Abundant facilities abound here for settlers. Fish Lake is being utilized as a reservoir, in addition to the water supply of the streams to irrigate all the valley. The country east of here, viz.. Kane, Blue and Graves Valleys, besides numerous other small places, are as yet spursely settled.

Bishop David Stephens, of Holden, Miliard County, who was passing through this valley fon the 12th instant, met with an accident at Thurber. He saddled and mounted a somewhat victous horse, which refused to ro, and reared and fell over backwards and broke Brother Stephens' right leg near the ankle. Bishop Blackburn, lof Loa, was sent for, who set the limb and on the morning of the 13th he was removed to his nephew's, albert Stephens, at Loa, where he is doing well and feeling quite cheerful.

CORRESPONDENT.

MORE SETPLERS WANTED.

WILFORD, Bingham County, Idaho, Dec. 17, 1886.

GOOD BOYS AND GIRLS.

PLAIN CITY, Dec. 22, 186.

Editor Descret News:

No doubt you know there is such a place in Utah as Plain City, but so little has appeared in the Naws about ns and for fear your readers might have forgotten us, I renture to scratch a few lines, so that you may see we are alive and that we mean to live as long as we can.

I have no sympathy with those who would grasp what little rights we havelet, nor do my opinions at all accord with those who tell us we are priest-ridden and that our policy is foreign to the Government of the United States. Our policy is of the best kind, nay more, the very best that is possible for us to adopt, the policy of attending to our own business. It is the latter that I wish to write about. Brother Charles, Neal, President G the Deacons together and they all agreed to get irrewood for the missionaries? I the latter that I wish to write about. Brother Charles, the same as they slid last year, but they did more: they donated \$11.75 and bought coal and divided it amongs the needy, and after hauling the frewood to ty all agreed to get irrewood to they all agreed to get irrewood to the missionaries? families the same as they slid last year, but they did more: they donated \$11.75 and bought coal and divided it amongs the needy, and after hauling the frewood they all set to and chopped it up the four wood to they all set to and chopped it up the four wood to the donated \$11.75 and bought coal and divided it amongs the needy, and after hauling the frewood to the donated \$11.75 and bought coal and divided it amongs the needy, and after hauling the frewood to the donated \$11.75 and bought coal and divided it amongs the needy, and after hauling the frewood to the donated \$11.75 and bought coal and divided it amongs the heavy to be a service to be sings on his head. He emigrated he conference, treating apon our various duties and the the year loss of the full wards school house Dec. 26th.

The full mission and atter hauling the free house of the full manner to the full manner to the full manner to the full manner to the f which science treats. Having an understanding of the power, characteristics and attributes of the Godhead between the has a knowledge of the laws and principles by which the universe was treated, is sustained, and its pneuomena are produced.

This system of education bids fair to spread rapidly among the Latter-day Saints, and it is to be hoped that it:

Neal, President of the Deacons quordistanding of the Universe of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every clars and ende particles of his nome, but the poor of every cl

a full report of the proceedings. The Bishop and his counsel and a number of the prominent brethren were in attendance. The young ladies of this ward do not like to be backward in well-doing; they had a meeting and agreed to give the boys a surprise, which they did in fine style. The president of the Y. L. Association, Sister Jane Stewart, lwith her counselors and about 40 or 50 ladies, with baskets of food, came to the meeting house where the brethren were in session; they brought a musician and caller with them. This was quite a surprise to the brethren and the President, seeding the state of affairs, adjourned the meeting, the music struck up and all enjoyed the dance and song until 10 o'clock, then consulted the contents of the evening was spent in dancing, singing and speaking. The Bishop said he was well pleased with the labors of the brethren and God would bless them for it. Brother Neal is ably supported with his two counselors, H. A. Bramalli and Joseph Weatherstone, although young in years the above will snow inat they are alive to their duty. The young ladies are not behind in their work of love, nor the Ladies' Reliei Society, they having gathered. \$30 to help a poor sister from England, and I feel to say from my heart God bless them in their noble work of love.

Yours respectfully, G. C. G.

Yours respectfully,

A CALL PHOM CLARKSTON.

CLARMSTON, Dec. 22, 1886.

Editor Deseret News:

It is seldom you hear from our little burg; all is well with us. We are striving to carry out the wise and tinuly counsel given in the Naws in regard to the duties of Teachers,

Priests, etc.

There is an old "standby," who minds his own business and has very There is an old "standby," who minds his own business and has very little to say, but who has a great many interesting tales to tell of Joseph and his days; well, he (Russell King Homer) cetebrated his golden wedding on the 20th inst., being married to Eliza Widhamson on Dec. 20, 1838, at Erie, Pennsylvania. Well, he now has 19 calidren, in all 37 off-pring, who mostly all sat down to dinner on the 20th. Then the old patriarch and all his kindred and all the Ward repaired to the meeting house, where a social time was enjoyed with dancing, singing and recitations.

We are anxiously walting on mail to get an account of the sad affair at Parowan. May our little Ward gever be tried as they have been, for God only knows how we would act.

Yours, John Jardine.

A LINE FROM GARFIELD COUNTY. GEORGETOWN, Garfield Co., Utah, December 11, 1886.

Editor Deseret News:

Wilford, Bincham County, Idaho, Dec. 17, 1886.

Editor Descret News:

Those that want homes should come here. This place is located on the north side of Teton River; it is a beautiful location, with plenty of range, grass and timber in abundance is too miles of it. We have a river on the north that is called Henry's Fork, on the northeast is Fall River, this stream emptying into Henry's Fork. It is a beautiful stream for floating timber; we have a boom under way which will be in running order this coming spring. We have three saw mills in the forks of Snake River. I will also make a statement about the soil, it is of a gravelly nature, one good feature of which is it don't stick to your feet when it rains.

Give us a little time and Wilford will be a shining star in the Bannock Stake. We have got the facilities for doing just what I say, only give us a little more help. We have got a good Sunday school here, and our day school will start in a few days; we have a school controlled by outsiders, but we shall start a school of our own, as the opposition here against any one that is on the Lord's side is very severe ignorance.

JOSEPH JOHNSON.

December 11, 1886.

Editor Descret News:

Editor Descret News:

Carfield County. There are at present for east of Panguitch, the county seat of Garfield County. There are at present four tour small towns in the vailey. We have had quite a number of new settiers come in and locate with us during the least summer and fall and there is still room for a good many more to make their homes here. Our climate is very pleasant and well adapted to the raising of most kinds of fruit and vegetables, and there is a splendid range for stock in the winter. The principal drawback to the country is very pleasant and well adapted to the raising of most kinds of fruit and vegetables, and there is a splendid range for stock in the winter. The whole the winter is very pleasant and well adapted to the raising of most kinds of fruit and vegetables, and there is a splendid range for stock in the wi

By giving the following a place in your columns you will greatly oblige many of your regular patrons:
John Horspoul, the venerable gentleman who recently died at his residence, corner of Fourth and Snith streets, Ogden City, was born March 11th, 1821, at Harlington, Bedfordshire, England.

E. Stratford The house was filled with his relatives and friends. He leaves a wife, 8 children, 24 grand-children and 2 great grand-children.

Respectfully, E. H.

PAROWAN STAKE CONFER-ENCE.

PAROWAN, December 20, 1886. Editor Deserct News:

Parowan, December 20, 1886.

Editor Deseret News:

The Quarterly Conference of this Stake convened in Parowan meeting house, December 18th and 19th, 1886. There were present on the stand—Of the Quorum of the Apostles, John Itenry Switti, of the presidency of the Stake, Morgan Richards, Jr., and members of the High Council, and representative brethren from the various wards in the Stake.

After the usual opening exercises, President Morgan Richards, Jr., arose and expressed joy and satisfaction at seeing so many present at the first meeting of our Conference; was thankful to God that we were permitted to meet together in peace, and felt that we were greatly blessed in having one of the Apostles present with us, and hioped that we as Salnts would strive to put in practice what we receive at this Conference. The following Elders also addressed the meeting: Myron D. Roundy, Charles Adams and Ruius C. Allen, discoursing upon the various duties of the Saints, and the necessary works to be performed in order to be accepted of God, and to obtain a salvation and explation in His Kingdom. Apostle John Henry Smith then delivered a short and very pointed discourse referring to the great responsibilities resting upon parents in regard to the training of their children, the necessity of preaching the Gospelat home, setting good examples, and he defined very clearly the duties of Seventies, High Priests, Elders and Ward Teachers, and called upon all professing to he Latter-day Saints to repent of their sins and live nearer unto God.

President Richards then adjourned conference untill 10 a.m. Sanday, to give place for the funeral of Brother Edward M Dalton, which took place

conference until 10 a.m. Sauday, to give place for the funeral of Brotner Edward M. Dalton, which took place

give place for the funeral of Brother Edward M. Dalton, which took place at 2 p.in.

On Sunday, at 10 a.m. after singing and prayer, Elder Francis Webster, S. C. Julett, Wm. C. Mitchell, Andrew Corry and L. D. Watson each spoke. The subjects treated upon were: The objects for which the Saints are gathered together, the Word of Wisdom, cultivating love toward each other, the agency of man and the necessity of epposition in all things.

Apostle Smith occupied the remaining time, explaining the condition of those who have received the full testimony of the truth and then have committed the unpardonable sin. He read from the 6th chapter of Hebrews, and desired to impress upon the Saints the Import of the same.

In the ulternoon the sacrament was administered, the general and local authorities and list of heme missionaries were presented and unanimously sustained by vote of the conference. The greater part of the afternoon meeting was occupied by Apostle John Henry Smith, in speaking upon the principle of the atonement.

President Richards was thankful for the good conference and for the instructions given. He adjourned it for three months, to convene in Cedar City.

WM. H. HOLYOAK, Stake Clerk.

MARICOPA STAKE CONFER-ENOE.

MESA, A. T. Dec. 21, 1898.

Editor Deserct News:

Editor Deseret News:

The Maricopa Stake Conference was held at Mesa on the 18th and 19th 18th, a full representation of the local Priesthood being present.

On Szturday forenoon, President H. C. Rogers made a few opening remarks expressive of the pleasure ne felt in meeting in conference, and touching upon the many blessings the Almighty has bestowed upon ns in this goodly land. He was followed by Elders J. T. Wilson, C. F. Stewart and C. G. Shill, who exhorted the people to observe the Word of Wisdum in the spirit and meaning thereof, and to properly train our youth.

The afternoon was occupied by Bishops E. Pomeroy of Mesa, T. E. Jones of Lehi, O. M. Stewart of Alma, J. F.

ops E. Pomeroy of Mesa, T. E. Jones of Leht, O. M. Stewart of Alma, J. F. Johnson of Tempe, and D. P. Jones of Papago, each of whom reported his ward as in a thriving condition. Elder Geo. Passey then gave a report of the Sabbath schools, the 90th Quorum of Seventies, and the Home Missionary service, stating that he was pleased to note that the Bishops considered these organizations a great help to them, as it snowed them to be in a nealthy spiritual condition.

for the fallacy prevalent that we are governed by a "one-man power;" touched upon the law of tithing, and exhorted all to purity of thought and action.

Elder Geo. Passey touched upon the plan of salvation. Showed the necessity of continued revelation, and referred to the restoration of the Gospel in this dispensation.

Not the least pleasing feature of the occasion was the singing by the Lamanite choir. They sang in good time and excellent harmony, "High on the Mountain Tops," "Twas on that Dark and Solemn Night," "Awake, ye Saim's of God," etc. Much praise is due Sister Thaukful Harmon for the patience and perseverance she has displayed in training this choir of the "Red Men of the Frairies."

The health of the people is good, but three deaths having occurred in a period of one year, among a community numbering 1,300 sonis.

Geo. Passey, Clerk.

ST. JOSEPH STAKE CONFER-

Editor Deseret News:

The quarterly conference of the St.

Editor Descret News:

The quarterly conference of the St. Joseph Stake of Zion convened at Pima, Dec. 11th aud 12th, 1886. There were present on the stand the Stake Presidency, Bishops and representatives of the various settlements.

After the opening exercises, President Layton said we had met once again in conference capacity to transact such business as was pertaining to our welfare; left that the hand of the Lord was over His people for good, and urged the people to be more prompt in attending their meetings, etc. Called for the reports of the valious, wards, which were given by the following rBishops: M. H. Merrili, of St. David, M. M. Curtis of Curtis John Taylor of Pima, George M. Haws of Central, Samuel Claridge of of Thatcher, John Walker of Layton, P. O. Peterson, of Graham, and Elder D. H. Mathews of Mathews Branch of of the Pima Ward, all of which were very encouraging, showing a determination among the people to press forward in the good work, and an improvement spiritually and temporally. After the Bishops' reports, the High Priests' Quorum waspeported by its President, and Elder Seth Jierton reported the home missionaries. Seth C. Jones the Y. M. M. I. Associations, Superintendeut J. W. Johnson the Bunday Schools, and James Duke the Elders' Quorum.

The statistical report of the Stake was read by J. East, showing a steady increase in numbers. Secretary Wm. Webb read the report of the Stake was read by J. East, showing a steady increase in numbers. Secretary Encourage and Blugham spoke on the first principles of the gospel.

On Sunday, at 10 a. m., the Conference reconvened, and after an interesting session adjourned to meet at Pima, March 19th and 20th, with benediction by Patriarch Wm. McBride.

There are several buildings in progress of erection, with plenty of building material to be had on reasonable terms. Brick eau be bought for \$5 per 100 pounds.

When I now cure I do not mean merely to stop them for a time and then have them return again. I mean a radical cure. I have made the disease of FITE, EFI LATE For P a life IVO SICKENOVA a life-long study. I warman my remedy to cure them upont cases. Because others have failed is no reason for host new reviving a cure. Bend at once for a treation and a Free lightle of my infallible remedy. The Express, end Pess Office. It coult you nothing for a tried, resided and a residence of my intelline remark. The separate and I sat Office. It costs you nothing for a trial and I will cure you. Dit. H. G. ECOT, is a Pearl St., K.Z.

CONSUMPTION GURED

Pome Treatment. Alste discovery by a celebrated German, Physician. Is a POSITIVE remody in Every Sings. Treatise sent PREE to any sufferer. Dr. W. F. G. Noetling & Co., 245 East Hampton, Ct

SUMMONS.

In the Probate Court, in and for Sait Lake County, Utah Territory.

Harriet Lee, Plaintiff, James Lee, Defendant.

The People of the Territory of Utah send Greeting;

To James Lee, Defendant.

YOU ARE HEREBY REQUIRED TO
A appear in an action brought against
you by the above-named plaintift in the
probate Court of the county of Sall Lake,
Territory of Itiah, and to answer the complaint filed therein willing ten days (excluave of the day of service) after the service
on you of summons—if served within this
county, or, if served out of this county, but
by this district, within twonty days; otherwise within forty days.

The said action is brought to obtain a decree from this court dissolving the marriage
contract existing between said plaintiff and
you, on the ground of fashine of defendant
to provide plaintiff with the contains necesseries of life and desertion since March, AD. 488.

D. 188... And you are hereby notified that if you fail to appear and answer the said combining as above required, the said plantiff will apply to this court for the relief prayed for and cost of sait.

[BEAT.]

Witness, the Hon. Ellas A-Sumb, Judge, and the Scal of the Probate Courter Salt Lake County, Territory of Utah, this 22nd day of Oc-toher, in the year of our Lard one thousand eight hundred and eighty-six.

JOHN C. CUTLER, Clerk.