

HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

The season when pigs are usually killed will soon be here, and as it is generally marked with many cases of the dreaded disease diphtheria, I think a few suggestions regarding how to prevent that deadly affliction will be timely.

There seems to be no longer any question, among medical men and scientists, that diphtheria is caused by germs originating in decomposing filth, such as is contained in manure heaps, privies and pig sties. The last named is frequently the worst of all sources of pollution, and the neighborhoods of pig pens are places where diphtheria often times finds the greatest number of its victims.

The scrofulous fat meat which is so much relished and extensively eaten, during the hog-killing season, under the name of "nice, sweet, fresh pork," makes the bodies of those who indulge in it, especially children, very susceptible to infection from disease germs. Among the first things, therefore, requisite to prevent diphtheria, typhoid fever, etc., is that all persons should abstain from partaking of the flesh, or lard, of that filthy animal, which God has positively forbidden human beings eating, or even touching.

J. H. Kellogg, M. D., has written a treatise on diphtheria; its nature, causes, prevention, and treatment, and, as he is widely recognized as a reliable authority on the subject, I will take the liberty of quoting from his valuable little book.

CAUSES OF DIPHTHERIA.

Diphtheritic Germs.—The minute organisms peculiar to this disease act as the immediate exciting cause in all cases. These germs find ready access to the throat and nasal cavity, the parts most readily affected by the disease, being taken in by the act of respiration. The particular germs which are characteristic of this disease are more or less common in the air, especially in proximity to decomposing matter. It is their enormous numbers and extraordinary activity which give to diphtheria its dangerous character.

Origin of the Germs.—Diphtheria may very appropriately be included in the class of diseases latterly known as filth diseases, since the parasitic organisms essential to its production belong to a class of organisms which flourish in organic filth. There can be no doubt that in decomposing, putrefying, organic matter the germs of this disease can find their origin. One great source of such poisonous matters may load the air of a whole village with the poisonous germs, and thus expose to its ravages a whole community at once.

Neglected cess-pools, foul vaults, leaky sewers, unventilated cellars, moldy walls, all these and every source of organic decay are the favorite haunts of these destructive organisms; and the only wonder is that cases of profound poisoning by these parasitic pests are not more common than they are. It is a mystery that so many escape.

Typhoid and Diphtheria.—There is some evidence to indicate that the cause of typhoid fever and diphtheria may not be so very different. It is often observed that diphtheria is particularly abundant when typhoid fever is especially prevalent. Whether the germ elements which at least play an active part in the development of these diseases are precisely the same or not, we may not be able to decide with certainty; but we may at least be certain that the germ causes of these two formidable diseases have a common origin in filth.

Tenacity of Life.—It is an observed fact that germs of all sorts, as well as all very small organisms, are remarkably tenacious of life. It is almost impossible to destroy them either by boiling or by freezing, as they will endure both extremes for hours without losing their vitality.

Diphtheria Contagious.—Since the disease is caused by germs, and since the very germs are produced in great abundance in the body, and thrown off with the breath and other excretions from the body, it is evident that it may be communicated from one person to another. The disease is now generally recognized as contagious, and is treated as such by all enlightened physicians. The certain knowledge of this fact is sufficiently useful to well repay all the labor and time which has been devoted to the investigation of this malady.

Mediums of Contagion.—Drinking water, milk, and even beer, have been proven to be the vehicles of typhoid poison in many instances. There is good reason to believe that diphtheria may be communicated in this manner also, the liquids named being contaminated by absorption of the emanations from prolific sources of germ poisons, or by direct contamination with the excretions of a diphtheritic patient.

Dangerous Kissing.—The common custom most prevalent among the gentler sex, of rather indiscriminate kissing, bestowing especially frequent favors of this sort upon small children, cannot but be deprecated. There are on record numerous instances of the communication of most loathsome diseases through the seemingly harmless medium of a kiss; and there is a

special danger respecting this disease which is well worthy of consideration.

Other Means of Contagion.—A few other means of contagion which we do not remember having seen mentioned are perhaps worthy of attention. The disease may unquestionably be spread very rapidly by the use of a common drinking-cup at school or elsewhere. Toys and even books may also become the medium for communicating the disease, as well as articles of clothing, and anything that may become infected by the breath or expectorations of the patient.

Taking Cold.—"Taking cold" is a process very difficult to describe exactly, but is so common an occurrence that the phrase is significant to every one. In general, when a person has taken a cold there is more or less congestion and irritation, if not actual inflammation, of the mucous membrane of the pharynx, and often of the nasal cavity also. There is also usually present an increased secretion of these parts, and a tumid condition of the mucous membrane. This condition is particularly favorable not only to the lodgment and development of the diphtheritic germs, but to the development of the accompanying inflammation.

Catarrh.—Chronic inflammation or catarrh of the pharynx, as well as nasal catarrh, is also a powerful predisposing cause of diphtheritic inflammation of those parts. When the mucous membrane is already affected by an inflammatory process the presence of the diphtheritic organisms is all that is required to convert the morbid process into a diphtheritic inflammation.

Unsanitary Conditions.—Unsanitary conditions, by impairing the vital forces, and thus diminishing the vital resistance of the tissues, will produce a strong predisposition to diphtheria. As already shown, all sources of decay may also be sources of diphtheria poisoning, so that unsanitary conditions are both directly and indirectly productive of this dangerous malady. This fact is well worthy of repeated emphasis.

Age.—Children under ten years of age show a marked susceptibility to this disease. Between the ages of two and four years the susceptibility is greatest. Children under one year of age are not likely to have the disease. Very young children seem to be almost wholly protected against it by their infancy. Children are not only the most liable to take the disease, but they are likely to suffer the most severely. Adults, except in cases of extreme old age, suffer much less from the most serious results of the disease on account of greater size of the larynx. In children the larynx is so small that suffocation is imminent when the larynx becomes affected, while adults may suffer the same amount of infection and invasion of the throat and larynx without any serious interruption of respiration. This is one cause of the greater fatality of the disease among children.

The further consideration of this subject must be deferred until next Saturday, for lack of space, when I will present some valuable suggestions from the same book, about how to prevent diphtheria.

Twenty-five tracts on Health topics, for 10 cents; Diphtheria, its causes and cure, 25c. Mailed by D. M. McAllister, agent for Health Publications, 60 Centre Street, Salt Lake City.

THE FIRST EDITION OF THE BOOK OF MORMON.

A few days ago I received a letter from which I make the following extract:

"In conversation with a gentleman, a short time ago, who had come out to the public park of this place (Dunfermline, Scotland,) to ask some questions on 'Mormonism,' he brought up some new opposition to the Book of Mormon, (that is, new to us,) which is as follows: The first edition of the Book of Mormon that was published had on its title page—Joseph Smith, Author and Proprietor. He intimated that this edition was all destroyed, with the exception of two copies, one of which is in the hands of a minister in the United States, the other copy is in the British Museum, in London. He said the next edition was given out in its present form, stating that Joseph Smith is the translator, and that he found it buried in the earth, and thus imposed a fraud upon the world.

"Now, you being in London, we thought you might go to the Museum and see if there is such a book there. This gentleman is spreading this piece of news gratis to any and all that he can get to listen to and believe it.

"If you will give this your kind and immediate attention, you will very much oblige your brethren in the missionary field.

THOS. G. LOWE,
WM. HENDERSON."

The following is my reply:

DEAR BRETHREN:—Your letter of August 16th was duly received, and your requests complied with so far as circumstances have permitted.

You state that your opponent alleges that the first edition of the Book of Mormon had on its title page, Joseph Smith, Author and Proprietor; that this edition was all destroyed, except two copies, one of which was in the

British Museum; that the next edition was given out in its present form, etc., and thereby a fraud was imposed upon the world.

On the 20th of August I went to the Museum in company with Elder E. Davis and Miss M. Scoles. On application two copies of the Book of Mormon were handed to us for examination.

I herewith send you the certificates of the librarian, and also a pamphlet containing the letter and other information referred to below.

Both books were found to be genuine copies of the Book of Mormon; and after a careful comparison of their contents, we failed to discover the least difference of a syllable or word in them.

On the title-page of both was the statement that their contents were translated from plates found in the earth, by the gift and power of God, by Joseph Smith, Jun., as also the testimony of the witnesses. In all this both books were exactly alike.

One of them was published at Palmyra, U. S. A., in 1830, and on the fly-leaf was the announcement that the book had been entered at the Copyright Office, New York, by Joseph Smith, Author and Proprietor. The other book was published at Liverpool, England, in 1841, and of course, did not have the notice that it had been copy-righted in America in 1830, as that would have been a falsehood.

We, therefore, admit what your opponent stated, that a copy of the first edition of the Book of Mormon is in the British Museum, and that it has on its title page, Joseph Smith, Author and Proprietor. But what of it?

No doubt the gentleman flatters himself that he has discovered a powerful argument by which he can demolish the claim of divine authority of new revelation, and he, perhaps, feels as proud of it as the old hen did when she found a chalk egg in her nest, and then went strutting and cackling about to make believe that she had laid it. It is an old bubble blown up afresh, and needs only the straight pin-puncture of argument to loose and dissipate its foul gas.

Joseph Smith was the Author and Proprietor of the first edition of the Book of Mormon, and the laws of the American copy-right obliged him to state on the title-page of the book who its author and proprietor was before he could get the patent. He was also the author, or translator, of the second edition published at Liverpool in 1841, as the book itself states. This edition was published by eight of the Apostles of the Church, and was the property of the British Mission. There being no difference in the contents of the two editions, and the same testimonies to the divine authenticity of the records being appended to both books, where is the evidence of fraud?

The Holy Bible has been published and copy-righted by the American Bible Union, and has since been published in England by the British Bible Society. Does the English edition prove the American edition a fraud?

As to the statement that all or any of the first edition of the Book of Mormon was destroyed, it is as false as it is absurd and malicious.

The early history of the Church and the published biographies and journals of the first Elders, abound with statements about the distribution of the first edition of the Book of Mormon, and also of its powerful effect in enlightening and converting the people.

I will cite one conclusive proof that no such inhibition or destruction of the book was ever contemplated or taken into effect. In a letter written by Joseph Smith, at the request of the editor of the Chicago Democrat, and published in that paper in 1842, the Prophet, after giving a short synopsis of the contents of the book, says: "For a more particular account I would refer to the Book of Mormon, which can be purchased at Nauvoo, or from any of our Traveling Elders." (See pam., page 38.)

The book, then, on sale at Nauvoo and in the hands of the Traveling Elders, was the first edition of 1830, copies of which had, for years, been sold all through the United States, in England, and in many other English-speaking countries. Will not some callow, carping anti-"Mormon" rise and explain how, under these circumstances, all the copies, but two, of that first edition were destroyed?

These are the silly and contemptible shifts resorted to by frantic truth-haters to destroy the evidences of the divine origin of "Mormonism," and to bolster up their own rotten and tottering systems of man-made creeds and Christian frauds.

Your brother in the Gospel,
JOHN H. KELSON.

—Millennial Star.

FINE SCENERY.

GRAND SIGHTS ON THE D. AND R. G.
—AN ELDER GOING SOUTH.

MOUNT ROZELL,
Limestone County, Ala.,
October 4, 1886.

Editor Deseret News:

A trip from Salt Lake City to Chattanooga would be very uninteresting but for the scenes on the D. & R. G. through Colorado. These scenes may, however, have a tendency to place one in a condition of mind unfitted for the enjoyment of what follows on the trip. It might be considered assurance in

me to say anything about the sights to be seen, but like others I will not rest until I do, briefly. Nature has arranged admirably for viewing the wonders on this route coming east. First, we are modestly initiated by

CASTLE ROCK,

a narrow wall of rock running hundreds of feet upwards and apparently about three feet thick resting on a sandstone formation. Many, perhaps, have been the looks to see this mass fall as the train thunders along, the very far of which would seem to shake it to the earth. I am honest in my convictions that a cannon ball fired against it would send it tumbling to its final destiny. Next we are awakened at Black Cañon. Here we seek the platform shivering in our overcoats to view the sights. A gentlemanly brakeman informs us the rules of the company are strict and forbid persons outside, because of falling rocks. We return to our windows with but poor satisfaction of the thin protection they offer after this cheerless announcement. We reach Sargeants and start to climb the mountains having our overcoats buttoned closely to keep from shivering. As much more grand do we find the ascent to the summit at Marshall Pass over Black Cañon as the latter place was superior in gorgeousness to Castle Rock. All the time ascending, literally, as well as in scenery. After what we here see, we have some time to recover for what follows and crowns all,

ROYAL GORGE.

We find a whole mountain of wonder extending for miles. Taking the observation car and getting securely fastened in our seats, we prepare to see. We not only see, but feel feelings we never felt before. After dodging through the cañon for about a mile that pleasant sensation of sea sickness seizes us and whenever we venture to observe the immense rocks directly over head, a comforting sign of "go fast" greets our eyes. Already some have their eyes closed and hands employed in holding to what loose gewgaws adorn their frightened souls. At last we're through and involuntarily sigh. "Death number one Passed."

IN ARKANSAS

we are introduced to scenes that appear real to what we expect in our fields of labor. One week's study of the disposition of the people in this country gives a person a fair idea of what a mission is in the south and nothing but words of praise would we utter about the people we find. The work of the Lord is progressing favorably in this region and many are enquiring earnestly after the truth. Some threats are occasionally heard, but nothing worthy of note.

Yesterday we held services at which one who had said we could not pass through his lot was present. After meeting he wanted us to stay all night with him. Previous arrangements prevented our doing so. Scarcely a place do we go to but what we hear of the fate of those who engaged in the Kane Creek massacre, and undoubtedly parties hesitate to conspire against the Elders in consequence.

THE UTAH COMMISSION.

Its Annual Report to the Secretary of the Interior.

A Budget of Recommendations and Suggestions.

The following is the full text of the Annual Report of the Utah Commission to Secretary Lamar:

CHICAGO, Ill.,

September 24, 1886.

SIR—We respectfully submit a report of the operations of this Commission during the past year, together with some observations on the present condition of Utah.

It is hardly necessary to set forth in detail our proceedings in relation to the execution of the law, as this would be substantially a repetition of what has been stated in our former reports. It is perhaps sufficient to say in general, that during the past year, as in the last and previous years, the law relating to the disfranchisement of polygamists and those living in unlawful cohabitation has been fully and successfully enforced.

All such persons, with very few, if any, exceptions, have been excluded from voting and holding office. During this period, as in the preceding year, criminal prosecutions, for violations of the law of Congress, have been numerous. A large number have been fined and imprisoned in the Penitentiary for polygamy or unlawful cohabitation, chiefly for the latter offense.

It is reported and believed by many resident non-Mormons that during the last year a large number of polygamous marriages have taken place in the temples of Logan City and St. George, located respectively in the extreme north and south parts of the Territory. We have not the means of verifying such reports, yet we have no doubt that a considerable number of such marriages have been celebrated with the knowledge, approbation, and active co-operation of leading men of

the Mormon Church. Whether upon the whole polygamous marriages are on the decrease in Utah is a matter on which different opinions are expressed; but undoubtedly many persons have been restrained by the fear of disfranchisement and the Penitentiary, and we think it is safe to say that in the more enlightened portions of the Territory, as, for example, Salt Lake City and its vicinity, very few polygamous marriages have occurred within the last year, while, on the other hand, in the rural districts in some parts of the Territory we have reason to believe that such violations of the law are not infrequent.

By the law of Congress the duties of this Commission appertain to all elections—territorial, county, precinct and municipal. The municipal elections occur under legislative provisions or local ordinances, at various times during the year; and at the proper time before the election in each city and town we are required to appoint the registration officers, judges of election, etc. This work was begun early in the present year. Besides, registration officers for each county and precinct were appointed to the number of 250; and judges for the general election to the number of over 800 were selected and commissioned. These officers were chosen after diligent inquiry as to their fitness and qualifications.

Under the local law, as modified by the act of Congress, two revisions of the registration were made in the spring and summer, preparatory to the annual general election on Aug. 2, at which time there were chosen three "commissioners to locate university lands," county sheriffs, clerks, probate judges, selectmen, assessors and collectors, prosecuting attorneys, treasurers, coroners, and various precinct officers, such as justices of the peace and constables.

A board of canvassers, consisting of three non-Mormons and two Mormons, intelligent and reputable gentlemen, appointed by this Commission, assembled in Salt Lake City and canvassed the election returns; and it appeared that all the candidates of the "People's" or Mormon party (except a few precinct officers) were selected, and certificates of election were given accordingly.

On January 11, 1886, the Legislative Assembly of Utah met in Salt Lake City, and remained in session sixty days. A bill concerning registrations and elections was passed by both houses of the Legislative Assembly, but failed to become a law through the disapproval of the Governor.

The effect of such bill would have been to return the registration and election machinery to the local agencies, from which they were taken by the act of Congress, and to restore to the Mormon people the political power of the Territory, in derogation of the act of Congress referred to.

Since we submitted our last report, joint resolutions have been brought forward, and are now pending in both houses of Congress, proposing an amendment to the Constitution of the United States prohibiting and punishing polygamy in all the States, and in all places within the jurisdiction of the United States; extending the judicial power of the Federal Government to the prosecution of such offenses, and conferring upon Congress the power to provide for their punishment. A bill which passed the Senate at the last session of Congress is now pending in the House, which, with the amendments proposed thereto by the Judiciary Committee of the House, furnishes a comprehensive plan for the treatment of public affairs in Utah. Bills have also been heretofore introduced into Congress proposing substantially to abrogate the local legislative authority in Utah, and to substitute a legislative commission to be appointed by the President.

After the careful and deliberate consideration that has evidently been given by the Judiciary Committees of the two houses of Congress to the recommendations of the President, the suggestions made through the reports of this Commission, which clearly appears from the bill referred to, in which nearly all of our recommendations have been incorporated, we deem it unnecessary to press our views further at this time upon the same topics. But we consider it not improper or superfluous to make some observations in regard to the proposed constitutional amendment. While we are of the opinion that this should not supersede other measures, we are satisfied that it would be an efficient factor in effectuating the desired result, namely the abrogation of polygamy wherever it exists within the jurisdiction of the United States. In addition to the reasons so forcibly presented by the Judiciary Committee in their very able report accompanying the joint resolution, we would suggest that the incorporation of this provision in the Constitution of the United States would serve as an advertisement to the people of all civilized nations that in the United States polygamy had been put under a ban in the most authoritative and emphatic manner, so that the most ignorant of the deluded immigrants might reasonably be expected to take cognizance of the constitutional inhibition, and the consequences of violating the laws.

Again, the Mormon leaders have taught the people that the laws against polygamy are unconstitutional. They profess a high regard for the Constitution as an inspired instrument. But they claim that it has been subverted and misinterpreted by Congress and the courts. Now, if the anti-polygamy amendment should become a part