

GREAT EATERS.

Great eaters never live long. A voracious appetite, so far from being a sign of health, is a certain indication of disease. Some dyspeptics are always hungry; feel best when they are eating, but as soon as they have eaten they endure torments so distressing in their nature as to make the unhappy victim wish for death. The appetite of health is that which inclines to eat moderately, when eating time comes, and which, when satisfied, leaves no unpleasant reminders. Multitudes measure their health by the amount they can eat; and of any ten persons, nine are gratified at an increase of weight, as if mere bulk were an index of proportion, decisive proof of existing disease; showing that the absorbents of the system are too weak to discharge their duty; and the tendency to fatness, to obesity, increases, until existence is a burden, and sudden death closes the history. Particular enquiry will almost invariably elicit the fact that a fat person, however rubicund and jolly, is never well; and yet they are envied.

While great eaters never live to an old age, and are never, for a single day, without some "symptoms," some feeling sufficiently disagreeable to attract the mind's attention unpleasantly, small eaters—those who eat regularly of plain food—usually have no "spare flesh," are wiry and enduring, and live to an active old age. Remarkable exemplifications of this statement are found in the lives of centenarians of a past age.

Gaier, one of the most distinguished physicians among the ancients, lived very sparingly after the age of twenty-eight, and died in his hundred and fortieth year. Kentiger, who never tasted spirits or wine, and worked all his life, reached a hundred and eighty-five years. Jenkins, a poor Yorkshire fisherman, who lived on the coarsest diet, was one hundred and sixty-nine years old when he died. Old Parr lived to a hundred and fifty-three; his diet being milk, cheese, whey, small beer, and coarse bread. The favorite diet of Henry Francisco, who lived to one hundred and forty, was tea, bread and butter, and baked apples. Ephraim Pratt, of Shutsbury, Mass., who died at the age of one hundred and seventeen, lived chiefly on milk, and even that in small quantity; his son Michael, by similar means, lived to be one hundred and three years old. Father Cull, a Methodist clergyman, died last year at the age of one hundred and five, the main diet of his life having been salted swine's flesh (bacon) and bread made of Indian meal.

From these statements, nine general readers out of ten will jump to the conclusion that milk is "healthy," as are baked apples and bacon. These conclusions do not legitimately follow. The only inference that can be safely drawn, is from the only fact running through all these cases, that plain food and a life of steady labor tend to a great age. As to the healthfulness and life-protecting qualities of any article of diet named; nothing can be inferred, for no two of the men lived on the same kind of food, all that can be rationally and safely said is, either that they lived so long in spite of the quality of the food they ate, or that their instinct called for a particular kind of food; and the gratification of that instinct, instead of its perversion, with a life of steady labor, directly caused healthfulness and great length of days. We must not expect to live long by doing any one thing which an old man did, and omit all others, but by doing all he did, that is, work steadily, as well as eat mainly a particular dish.

Occupation. What a glorious thing it is for the human heart! Those who work hard seldom yield to fancied or real sorrow. When grief sits down, folds its hands, and mournfully feeds upon its own fears, weaving the dim shadow that a little exertion might sweep away into a funeral pall, the strong spirit is shorn of its might, and sorrow becomes our master. When trouble flows upon you dark and heavy, toil not with the waves, and wrestle not with the torrent; rather seek by occupation to divert the dark waters that threaten to overwhelm you with a thousand channels, which the duties of life always present. Before you dream of it, those waters will fertilize the present and give birth to fresh flowers, that will become pure and holy in the sunshine which penetrates to the path of duty in spite of every obstacle. Grief, after all, is but a selfish feeling, and most selfish is the man who yields himself to the indulgence of any passion which brings no joy to his fellow-man.

DIED.

In this city, on the evening of the 28th inst., of old age, ANNA, wife of Elder Robert Peirce, of the 19th Ward of this city. Deceased was about 70 years of age.

Flour, Corn Meal, Oats, Corn, Barley, &c., for sale at the very lowest figures by Gordon & Murray, half Block South of R. R. Depot, S. L. City; also at Branches at Sandy Station and Lehi (Utah S. R. R.) w334f

Highest Cash Price paid for Dried Fruit, by Gordon & Murray, half Block South of R. R. Depot, Salt Lake City, and at Sandy Station and Lehi, (U. S. R. R.) w33 1m

A. T. GREEN,

Commission Merchant and Purchasing Agent,

No. Front Street, San Francisco Cal. 45 1/2 2nd p

DRS. J. M. & F. D. BENEDICT,

Surgeons and Physicians

RESIDENCE—NINTH WARD,

two blocks south and three east of Theatre district

NOTICE

TO WHOM IT MAY CONCERN. That where- as cash entry No. 1007, for the Townsite of Randolph, Rich County, Utah Territory, made July 6, 1872, embracing the following described land to wit: S West 1/4 of NE 1/4 and S 1/4 N W 1/4 and W 1/4 of S E Quarter Sec. 29 in Township 11 N of Range 7 East, containing three hundred and sixty (360) acres, has been made in trust for the inhabitants thereof and is now ready to be disposed of in lots to any person or persons claiming to be owners or possessors of any portion of said entry.

Any person or persons claiming to be entitled to any portion of said entry will take due notice and make the application as provided in the statutes of Utah. JAMES H. HART, Probate Judge. w33 3m

NOTICE.

TO WHOM IT MAY CONCERN. Whereas cash entry No. 1006, for the Townsite of Ithaca, Rich County, Utah Territory, made July 6, 1872, embracing the following described land, to wit: East half of S West and Lots 3 and 4 being Quarter of Section 31 in Township No. 13 North of Range six East, containing 180 acres has been made in trust for the inhabitants thereof, and is now ready to be disposed of in lots to any person or persons entitled thereto.

All persons claiming to be owners or possessors of any portion of said entry will take due notice and make the application as provided in the statutes of Utah. JAMES H. HART, Probate Judge. w33 3m

BUY THE COLBY

WASHER.

A DOZEN

SHIRTS WASHED

IN THREE MINUTES.

Price Six Dollars.

SEND FOR CIRCULARS.

CHAS. W. STAYNER, Agent,

36 w32 1y

Salt Lake City.

Z. C. M. I.

PRODUCE DEPART'NT,

WHOLESALE & RETAIL DEALERS IN

GRAIN, FLOUR AND FEED.

Foreign and Domestic

Fruits, Malt, Hops, Seeds,

Butter & Eggs,

Salt Lake City.

H. B. CLAWSON, Superintendent.

WANTED—First-Class Wheat, Barley, Oats, Dried Fruit, Butter and Eggs. 674 w33 1y

HENRY DINWOODEY,

WHOLESALE AND RETAIL DEALER IN

Furniture!

31 East Temple Street and 75 First South Street.

PARLOR & BEDROOM SUITS,

SPINDLE BEDSTEADS,

Pannel Bedsteads, Children's Bedsteads, Cane Chairs,

Wood Chairs, Bureaus, Washstands, Cupboards,

Tables, Perambulators, Fancy Brackets,

Desks, Book Case and Secretaries.

ORDERS PROMPTLY ATTENDED TO.

w29 1y

Z. C. M. I.

Salt Lake City.

GENERAL MACHINERY

AND

WAGON DEPOT,

COUNCIL HOUSE YARD, NEAR THE TEMPLE BLOCK.

Pitt's and other Threshing Machines, Wood's Mower and Combined Machine, Excelsior Mower and Reaper, Champion Mower and Reaper, Sulky Rakes, "Welcome" and "Superior," Turbine Wheels, "Eureka" Smutter, Cane Mills, Machine Extras.

MARK THE PLACE—COUNCIL HOUSE YARD

Salt Lake City.

We are expecting an immediate shipment of the well-known and justly celebrated

"SCHUTTLER WAGON,"

THE FACTORY HAVING JUST GOT FAIRLY RUNNING SINCE THE

GREAT CHICAGO FIRE!

H. B. CLAWSON, Superintendent.

NOTICE.

TO WHOM IT MAY CONCERN. That cash entry for the Townsite of Spanish Fork City, Utah County, Utah Territory, made July 29th, 1872, embracing the following described lands, to wit: E 1/4 of S W 1/4 and Lots 3 and 4 and W 1/4 of S E 1/4 Section 18 W 1/4 of NE 1/4 and E 1/4 of N W 1/4 and Lots 1 and 2, N E of S W and Lot 3, S E of S W 1/4 and W 1/4 of S E 1/4 Section 19, Township 8 South of Range 3 East and E 1/4 of NE 1/4 and NE 1/4 of S E 1/4 Section 24 and S E 1/4 of S E 1/4 Section 13 Township 8 South, Range 2 East, containing 840 97-100 acres, has been made in trust for the inhabitants thereof, and is now ready to be disposed of in lots to any person or persons entitled thereto.

All persons claiming to be owners or possessors of any portion of said entry, will take due notice and make the application as provided in the statutes of Utah. ALBERT K. THURBER, Mayor. Spanish Fork City, July 26, 1872. w27 3m

J. M. JOELSON,

Dealer in

FURNITURE,

And Manufacturer of

Upholstery, Mattresses, &c.,

GROESBECK CORNER, Opposite the WHITE HOUSE, SALT LAKE CITY, UTAH. w40 1f

W. F. ANDERSON, M.D., H. J. RICHARDS M.D.

Surgeons and Physicians,

Offices for the present at their respective residences in the 18th and 17th Wards. w4-1f