

### "Here we are."

[Composed for the 12th night of February, 1857.]

BY W. W. PHELPS.

Shine you with the stars to-night—  
Where the best of worlds are running?  
Venus with her eyes so bright,  
Passing Jupiter so cunning,—  
Whose eclipses, like the gipsies,  
Show four moons are playing there;—  
Nightly singing—"Here we are."

Shine you with the stars to-night?  
Seven stars and Aldebaran;  
Mars for war in crimson plight;  
Saturn like the "rose of Sharon;"  
Rings of splendor, arched up yonder;  
Seven moons are dancing there:—  
Nightly singing—"Here we are."

Shine you with the stars to-night—  
Where the Orions so sweetly,  
With their smiling wives in sight,  
Show plurality completely:  
Six or seven up in heaven,  
Give a sample of the fair,—  
Nightly singing—"Here we are."

Shine you with the stars to-night—  
Where the Twins, in long communion,  
Hold their pleasure and delight,—  
While the "lesser lights," in union,  
Watch Capella take a belly  
Full of riding in the chair,—  
Nightly singing—"Here we are."

Shine you with the stars to-night,—  
Where the "Dog-stars" ever eye us,  
As the upper suns of light?  
What if Kolob is Si-ri us?  
God, who's Adam, with a madam,  
Brought our garden seeds from there,—  
Nightly singing—"Here we are."

Shine you with the stars to-night,—  
Where our Adam's Father's Father,  
In another range of light,  
Sees the wiser virgins gather,—  
Where the lions fill up Zions—  
For yet further kingdoms there?  
So on—Singing—"Here we are."

### Sandwich Islands.

WAILUKU, Maui, Oct. 21, 1856.

BELOVED BROTHER JAMES MCKNIGHT:—

By faith, diligence and much hard work, I in company with F. A. H. F. Mitchell, Wm. France, J. Brown, F. W. Young, William B. Wright and R. A. Rose, I was enabled to obtain sufficient means to procure a passage to Honolulu. Accordingly on the evening of the 3rd of September we shipped as cabin passengers on board the ship Francis Palmer, bound to Honolulu. At one o'clock p.m. of the 4th, we bade farewell to America and set sail for the place of our future destination for a season.

After about two day's sea sickness we were able to eat our allowance, and we enjoyed ourselves first-rate during the passage. The passengers all treated us with courtesy and respect. Salt Lake and Mormonism was often the topic of conversation. By the request of the passengers, we on Sunday, 14th inst., held a meeting on the quarter deck, where every passenger and officer of the vessel was in attendance. They afterwards treated us more kindly than before. They read a number of our books.

On the evening of the 18th, after a very pleasant voyage, in the enjoyment of good health and spirits, we landed safely in Honolulu. We stopped in Honolulu two days, enjoyed ourselves much in the society of Mrs. Bell and Whitney, there being no more of the brethren here. President Silas Smith had gone to the island of Maui, leaving word for us to follow him.

Accordingly on the evening of the 20th, we in company with Mr. Bell shipped on board a schooner for Lahaina, Maui, where we arrived in safety on the evening of the 21st. Here we took our first meal of poi, and also our first lesson in the native language. We stopped all night with some native Saints.

At dusk of the 22nd, we in company with Mr. Thurston, with our packs on our backs, started on foot over the mountains for Wailuku, a distance of 25 miles, where we arrived on the morning of the 23rd, in the enjoyment of the best of health and good spirits. Here we had the pleasure of meeting Mrs. Silas Smith, H. P. Richards and J. R. Young. We spent the day very happily with them and on the morning of the 24th, I in company with Mrs. Silas Smith and Bell, started on horseback for another part of the island, and after a very pleasant visit of eight days with the Saints we returned to Wailuku.

At ten o'clock a.m. of the 6th of Oct., the brethren having arrived from the different islands, we convened in general conference; during which we had a happy time together. Some of the brethren are very proficient in the native language. Our conference lasted four days, at the end of which, the Presidency laid their hands upon the brethren, one at a time, and blessed them and set them apart to their different fields of labor. I was appointed to labor on this island.

After conference the brethren all started for their different islands and the brethren that are to stop on this island have all gone to other parts of it and I am left entirely alone. I spend the most of my time studying the language, which I believe, by being diligent, faithful and prayerful and the blessing of the Lord to attend me, I shall be able to obtain.

My love to you and yours and all inquiring friends. With high esteem, I remain your friend and brother in the gospel of Jesus Christ,

ALMA L. SMITH.

### Causes of Decay of the National Health.

Two things are generally conceded, viz: that the American women are not as healthy as the European; and that the present generation, especially the women, are not as healthy and vigorous as the former one.

What are the causes? Not our climate, for that is the same as it was when the women of this country were as healthy as the English, Scotch and Irish, and when both sexes were as vigorous as their ancestors, or any other people. The change, then, must be owing to changes in our domestic habits and modes of education. Some of these will now be indicated.

Nothing so certainly deteriorates and undermines the body as habitually breathing impure air. The open fire-places in kitchens, parlors, bedrooms, and workshops, secured to our ancestors pure and cool air. But at the present day, close stoves and close sleeping rooms, with no proper ventilation, are debilitating perhaps nine-tenths of the people, while children are crowded into school-rooms heated with stoves, and almost never properly ventilated.

Four fifths of all the food and drink taken are thrown off through the lungs and skin. Every pair of lungs vitates one pint of air at every expiration. That is equal to one hoghead of air each hour for every pair of lungs.

No room, then, can be properly ventilated that does not receive from without at least one hoghead of air each hour for every pair of lungs. This is always secured by open fire places, but by a stove almost never. Thus it is that the greater part of this generation have had every bodily tissue nourished by imperfect blood; thus inducing a delicate and feeble constitution.

A second cause of debility is the want of vigorous exercise, especially to the arms and trunk. In former days the children worked with their parents in pure and cool air for several hours a day, and thus exercised the muscles most important to health, especially to female health.

But in these days, school children, especially the youngest girls, have little vigorous exercise. And where exercise is demanded, a walk of a mile or two is deemed sufficient, while the exercise of the muscles most important to health is entirely neglected. Thus both sexes, but especially that upon whom depends the constitution of the children, are every year becoming more delicate and sickly.

The third cause of national debility is a change from a simple to a stimulating and luxurious diet. Stimulating food provokes an unnatural appetite. A great variety tempts to excess. Both combine to overload the organs of nutrition, and the whole organization is strained and overworked to throw off the excess.

The more food we eat and the richer it is, the more exercise is needed. But, instead of this, the people constantly are eating more and exercising less. Meat is the most stimulating food there is, and there is no other nation on earth where all classes devour such quantities of meat, fat, butter, sugar, molasses, hot cakes and hot tea and coffee. And no nation on earth have such bad teeth, and every other indication of a debilitated constitution.

A fourth cause of national debility is excess in stimulating the brain, unbalanced by exercise and recreation. Fifty years since, to read, write and cipher, were all that was expected out of a college course. No daily drilling in hot school rooms, in all manner of sciences, with evening lessons at home. No Sunday lessons; no books for children at every turn, both Sundays and week days. There is fifty times as much intellectual stimulus of the brain in childhood as was ever known in former generations. Then the cares, business, and excitement of all kinds, for both men and women, have increased at an equal ratio. Everything is going on at high steam pressure. Now, the more the brain is thus stimulated, the greater the need for pure air, exercise, and seasons of relaxation. But, contrary to this, the more the brains of children and adults are stimulated, the less relieved. To use the words of a medical writer, "the constant exercise of the brain takes up the chief strength of the system, and consumes it in feeling and thinking."

Another cause of general debility is the fashions of the female dress. The stays of our ancestors were trifles compared with the accumulated enormities that have been practiced on the female form during the last twenty years. The thin covering for the upper portion of the spine and the vital organs in cold weather, the accumulation of clothing on the lower portion, the pressure of tight dresses around the waist, the pressure of whalebone in pointed waists, and the weight, as well as the heat, of the enormous mass of clothing resting on the hips—all these combining with delicate constitutions, have produced, and are increasingly producing, terrific results that are but little known or understood.—[Electric Medical Journal.]

[From the Boston Traveler.]

### Five Hundred Thousand Dollars.

BY BOB LIVELY.

Five Hundred Thousand Dollars! Is there not music in the very words, a sort of metallic chink as the final S rolls off one's tongue in pronouncing this sum which gives such power to the possessor?

Did you never, reader, dream or fancy what you would do if you were the proprietor of this sum? Wouldn't you "throw down the shovel and the hoe" for a while, wouldn't you travel and see the world a bit, wouldn't you like to have the position for a while at least, to be even with some folks you know of, wouldn't you show those vulgar Jenkinses how to enjoy wealth in a proper manner, wouldn't you let the Closefists see that if you had money you would enjoy it and not be eternally at work scraping together more?

If you are a student or lover of the arts, what

glorious pictures, beautiful books, and graceful statues, you would surround yourself with, what sights of sunny Spain, joyous France, and classic Italy, you would enjoy, what a name you would earn, what a fame you would gain, all, all, if—ay, if, if these castles in the air were not mere baseless fabrics reared by fancy, and the imagination, suggested by Five Hundred Thousand Dollars.

Who will deny that to be rich is to be powerful, and that the glittering ore blinds the world's eye to all deformities and too often weighs down even the scales of justice? Now there's old Premium—thank heaven his portrait which I am about to sketch is not a representative of all whose names are coupled by the world with the sum that heads this article, but it is one which will be readily recognized as the type of quite a class often met with in society.

Premium is a rough, rude, unpolished fellow—stop, did I say unpolished—yes, that was the word, but then I should have added he is gilded; yes, gilded with attractive metal; he's worth Five Hundred Thousand Dollars.

Premium is still a bachelor, but he must be a happy fellow; isn't he invited to all the parties, don't the ladies, young and old, put on their prettiest smiles for him, invite him to call and see them, laugh at his ancient Joe Miller jokes as though they had not heard them an hundred times before, call all his rudeness eccentricities, and shut their eyes to his ignorant blunders? Isn't he worth Five Hundred Thousand Dollars? How fond mamas parade their unmarried daughters before him, how cordially the fops and hangers-on to good society court his company and affect to admire him, and how gentlemen are disgusted with and despise him. How he receives introductions somewhat in this way?

Brown: Mr. Smith allow me to introduce you to my friend, Mr. Premium, president of the Grand Bubble Copper Stock Mining Association, (aside to Smith) "rich as a Jew, my boy, worth Five Hundred Thousand Dollars." How tradesmen avoid dunning him for little bills which they persecute poor widows and honest craftsmen for. Premium can afford to wear soiled linen and an old fashioned coat, for does not every body know he's worth five hundred thousand dollars? Does not his name head subscription lists with a sum containing at least three figures, and are you not as sure that some wealthy institution that does not need his legacy will figure in his will, as you are that he will refuse to bestow on a mendicant the alms he asks of him, or charge you less than three per cent. a month for money? Does not he figure at public meetings—isn't he "talked of" for representative on the score of availability, (the Five Hundred Thousand Dollars,) isn't he a director in the bank and the railroad company, do not men bow low to him in the street and some take great pleasure in being seen arm in arm with old Premium, playing off a confidential conversation for the benefit of observers and their own creditors?

Does not the world tip its hat to him, or rather to his five hundred thousand dollars? Isn't it thought five hundred thousand times more impossible for him to do a censurable act than the poor fellow that saws your load of firewood or the mechanic whose coat is a little ragged at the elbows? In fact, does not the world elbow the poor man of genius off the side-walk to make room for the rich man, even though the latter be deficient in intellect and morals; and does not money in the eyes of the world make a man wise, sagacious and great, and the want of it vicious, foolish and neglected? What matters it how he got his money, is not the world's first question has he got it?

Such is life, such is the world, and when Premium dies, what is it that attracts such a crowd to his stately mansion, what is it that brings out such a row of carriages, what is it that makes so many bow their heads in affection of grief and display of fine linen handkerchiefs,—what is it that causes the sculptured marble to rise bearing a lying epitaph and emblazonment of virtues he never possessed, and the newspapers all to say that a distinguished citizen has passed away? What is it causes all this, and for what was he distinguished? Five Hundred Thousand Dollars!

### The Exiles of Siberia.

The laws of Russia require that all those condemned, in whatever part of the country they may have received sentence, should pass through Moscow on their way to Siberia. The traveler who may have chanced to be there during the weekly gathering, will have little difficulty in recognizing facts in the following account:

On reaching that city they are allowed a brief rest in the convict prison, their daily journeys being so calculated that the separate bands all arrive there from divers directions each Saturday night. After resting throughout the ensuing week, during which term they are relieved of their chains, they are despatched in one common band on the second Monday after their arrival.

The prison is divided into two or three courts, each strictly guarded by sentinels. In the first of these, both sexes are to be seen mingling indiscriminately, and are dressed alike in a long loose great coat, made of a kind of a gray cloth; the only distinguishing mark is, the men have half their heads shaved—whilst the women retain their long hair—a privilege also granted to men as regards their beard; which decoration is the pride and delight both of the merchant class and the peasantry. They are led thence to a second court, where their names are registered, as also their crime and history. Here they make their petitions: some soliciting leave to travel by the side of a brother, a fellow exile—a poor consolation, that of being together in disgrace—but the boon, if granted, is hailed with the greatest joy. A woman will also sometimes petition to accompany her husband; but only in rare cases is this permitted. According to the laws of Russia, she may marry again, for the banishment of her husband cancels the marriage bond as completely as death; but if her prayer is granted, govern-

ment pays her expenses, and she assumes the convict dress, though not in fetters.

The examination past, the exiles are led to a third court, where fetters are placed upon the whole band. This is a most cruel and brutal affair. The fetters consist of a couple of heavy iron rings, one for each ankle, united by a chain, not adapted to the size of the person and his length of stride, but of one unvarying length about two feet. This is connected, by means of links, from four to five inches long, with another chain, fastened around the waist. The hoops round the ankles are not fastened by a padlock, so as to be removed at night, but are riveted by the executioner, who drives an iron bolt through the rings, and by strong and careless hammering (for he often misses the mark and strikes the flesh) flattens the bolt at both ends, in such a way that removal is impossible except by means of a file; and with these chains the poor, weary, foot-sore wretches have to walk every step of a journey which takes them only a few days short of six months.

Meanwhile a sergeant stands by, who must answer for their security with his own life, as he takes charge of them during their pilgrimage, and he sees them properly secured and fastened together in fours by the wrists.

This ceremony over, the gates are thrown open and the world ceases to exist for them. It is surprising to witness the calm bearing, the sad but resigned looks of that melancholy assemblage. Hope is now dead; and in its place a dim, vague glimmer appears in the distance of life, to which they look, perhaps with a more dreamy curiosity than with any active feeling of terror or despair. The gates are thrown open, the exiles are handed over to a strong guard, employed exclusively on this duty, and each soldier loads his gun in their presence; there is a mounted escort, with spears, the commander of which carries a long whip to lash the cavalcade in order; and thus they move on, the males first, then the carts, and lastly the females.

Persons of rank are not treated otherwise than the lowest serf, noblemen being compelled to march the dreary journey on foot, and as heavily chained as the vilest felon. Those destined for the mines are shut out even from the light of heaven; they not only lose rank and riches, but, by refinement of cruelty, are deprived even of their name, and a number given them instead, by which the driver of each band calls when he has need to address them.

### The Religious Ton.

It seems, from statements in the Bay papers, that the learned and Reverend Dr. Scott has resigned his pastoral charge of the flock which he has weekly corralled in Calvary church for the last three years; whereas we opine there will be much pious sniffling amongst the fashionably religious, of whom his congregation was chiefly composed. Now, the Doctor is a devout and erudite gentleman, and, what is still better, an upright and exemplary citizen; and has labored diligently, we doubt not, for the cure of souls during the period of his ministrations as above, yet we fear but few lost sheep have been impounded through the instrumentality of his preaching, his sermons, though exceedingly rich in biblical research and oriental learning, not being of that pointed, practical and pungent character that produces upon hide-bound sinners that species of cutaneous uneasiness indicative of spiritual anxiety.

In fact, the services at the worthy Doctor's church had come to be regarded as a sort of holy opera, affording the aristocracy elegant facilities for displaying their superior wealth through the medium of drygoods and jewelry, rather than as a means of promulgating the faith, as taught by the Nazarene to the lowly fishermen of Galilee.

And although Miss Belinda Sultzevitz might thereby be deprived a suitable place and occasion for exhibiting the latest modes as embodied in her apparel, we cannot help thinking in our unsanctified heart, that if the sum expended upon the gorgeous temple and princely salary of the Doctor, had been laid out in some other manner, as for example in furnishing a ragged school or house of refuge, for San Francisco's outcast children, there would have been, ultimately, more treasure laid up in Heaven, though, possibly, less in the Doctor's coffers. Somehow, we are just that queer, that we would rather have some simple act directed to turning the footsteps of these young wanderers from the deep worn trail to Hell, pleading for us when we come to stand in the Great Recorder's dock, than all the preaching and prayers that ever echoed through the isles of that splendid edifice, dedicated to the uses of Fashion in the name of the Redeemer.

Had all the means and efforts thus spent in pandering to vanity and pride, been appropriated to institutions for aiding the destitute and reclaiming the erring, it would have caused all the angels of Heaven to clap their wings for gladness. We are not attempting to impugn the motives, nor impeach the industry and zeal of this able divine; still we never could believe that dissertations on the length of Aaren's beard, or the ears of Balaam's asses, interspersed with homilies on the width of Solomon's beard, or the gender of Job's turkey, however recondite and ingenious, were eminently calculated to scare game into the gospel net.

Yet such, we are constrained to say, was the character of much of the Doctor's discourse; and pursued, too often, with a copiousness and proximity rivaling that of the monk, who, having written 16 volumes on the mysteries of the immaculate conception, added yet four others in a titling whether the subject came properly under the head of theology or obstetrics.—[Sacramento Age, Nov. 17.]

The excesses of our youth are drafts upon our old age, payable with interest 20 years after date. Just bear this in mind, all you test young men.

Indolence often assumes the appearance of patience.