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PATIENCE WITH THE LIVING.

Sweet friend, when thou and I are gone
Beyond earth's weary labor,
When small shall be our need of grace
From comrade or from neighbor;
Passed all the strife, the toil, the care,
And done with all the sighing,
What tender truth shall we have gained,
Alas! by simply dying?

Then lips too chary of their praise
Will tell our merits over,
And eyes too swift our faults to see
Shall no defects discover.
Then hands that would not lift a stone
Where stones were thick to cumber
Our steep hill path, will scatter flowers
Above our pillowed slumber.

Sweet friend, perchance both thou and I,
Ere love is past forgiving,
Should take the earnest lesson home—
Be patient with the living.
To-day's repressed rebuke may save
Our blinding tears tomorrow;
Then patience—e'en when keenest edge
May wreathe a nameless sorrow.

'Tis easy to be gentle when
Death's silence shames our clamor,
and easy to discern the best
Through memory's mystic glamour;
But wise it were for thee and me,
Ere love is past forgiving,
To take the tender lesson home—
Be patient with the living.

—Christian Advocate.

DRINKS AND NARCOTICS.

On Wednesday evening, January 9th, Professor James E. Talmage, Principal of the Salt Lake Stake Academy, delivered a lecture in the Sixth Ward meeting house, the subject being the "Effects of Stimulants and Narcotics." The building was crowded with an attentive audience, who were deeply interested. The speaker illustrated his subject by charts of the human anatomy, thus giving a much better idea than could be conveyed without the charts. The lecture contained a large amount of information relative to the topic treated on, and we present the following synopsis:

Prof. Talmage said that he con-

sidered the subject one of instruction rather than entertainment. It was of great importance to the world under existing circumstances, and one in which sentiment has been substituted for hard facts and logical arguments. Many temperance lecturers have endeavored to work upon the sympathies of their hearers to gain their adherence, and have drawn pictures of the results of the use of stimulants and narcotics. I shall present for consideration, only those facts that have been clearly developed, and can be grasped by the understanding. I will here remark that habit is an important factor in connection with this subject. By constant practice we may become accustomed to the use of anything—even the most deadly poisons. You see the child when it goes to the piano for the first time; how clumsily its fingers move along the keys. But after years of practice, you see developed the finished pianist, whose delicate touch in no way resembles the early efforts. You see the child at school, when called to speak a piece for the first time; how awkward and bashful he is. But by the steady development of practice in later years you behold the statesman, whose eloquence holds his auditors spellbound.

Some have said that habit is second nature. It is not. We have but one nature, and habit becomes a part of that nature; its paths are natural to us. In whatever service we are in, whether good or evil, practice makes us perfect. In this connection I am reminded of the story of the bad boy, whose mother had the habit of whipping him every day, in order to keep an even account with his bad deeds. No matter whether or not an offense was charged against him, she gave him the thrashing on general principles. One night her heart was

more than usually tender, and she omitted the accustomed flogging. The boy retired to bed but not to rest. He shifted uneasily about, and finally came to his mother and asked her to whip him so that he could go to sleep. Whatever there may be in the story, it is a correct principle, that we can become used to just such things as these. Dr. Huxley tells a story to illustrate this principle. The British soldiers obey the orders of their officers without question, so thorough is their discipline. The doctor relates that on one occasion he met an old soldier coming along with his arms full of parcels. With a voice as nearly as possible resembling the tone of an officer giving orders, he commanded, "Attention!" The soldier instantly obeyed, straightening himself up, and dropping his parcels where he stood. Thus is our life's training written in our very tissues, in our very nerves.

The word stimulant is a study. It has a meaning which we recognize in its very form. It comes from the Latin *stimulus*, to spur, to goad. It was formerly applied to a spur or hook with which the horseman urged his animal to greater exertion; it was also applied to a whip. The term is now used to indicate that which gives apparent energy. But who would think that a blow would give him increased energy? It rather incites to more desperate action; but no force or energy can be acquired from it. There are some stimulants that our nature requires, but these are not injected into the body by a system unnatural and injurious.

The stimulant that is best known among us is alcohol. Centuries ago, the Arab women used a cosmetic, with which they thought to enhance their beauty. When the habit was discovered the cosmetic was called *Al Kohol*, the deceptive