

many of the great cities of this land—this land which had such need to acknowledge the hand of God—this nation which had been raised up by His hand—this nation whose independence was founded upon a Declaration which partook of all the nature of an inspired document. The people were running away and forgetting altogether the Sabbath of the Lord their God.

Coming nearer home, among those who called themselves the Saints of latter-days, did we find a growing disposition to look upon the Sabbath day with reverence? Places of pleasure, resorts for amusement—and in many cases for unhallowed and ungodly amusement—were kept open, and the people were tempted to go into the canyons, to the lakes, and turn these natural blessings and great beauties of the land to their own detriment and destruction. They desecrated the Sabbath of the Lord their God and trod under foot the mighty statutes which He had established as the sign between himself and his people, making His great day like unto other days, neglecting his sanctuary and forgetting they are the people who professed to be the Saints of the living God. What was it to be a Saint? It was to be a holy one of the Lord, and He had always been jealous of Holy ones—be they men or things, places or days. Let them think of what they were doing by dragging down into the mire of common-place things this holy day. The Lord would not allow such trifling with holy things to go unpunished, and he sometimes felt that we were scarcely better than the impious king Belshazzar, who at his unrighteous feast beheld "the writing on the wall." He had thought, at times, that some of them who were so neglectful of this holy day should fear lest the hand should be seen tracing on the wall the words which spoke their punishment and doom, because they had desecrated the holy things of God.

In conclusion the speaker besought his hearers to beware and live more godly lives, keeping inviolate those signs or symbols by which the Saints of God might be distinguished from those who claimed not to be His people. Let them lead true Christian lives and seek every day to demonstrate unto Him that they deserved the fond name which He had applied unto them—His children.

COUNSELOR CHARLES W. PENROSE said he desired while the choir was preparing to render the anthem to add a few words to the remarks of Elder Talmage. Not only should the Latter-day Saints keep the Sabbath day holy and refrain from going on excursions to places of public resort, but they should teach their children to observe this day and walk uprightly before the Lord; for so had God commanded. He would ask his brethren and sisters, the fathers and mothers in Israel, to use all the influence they possessed to induce their children to keep the Sabbath day holy. Parents in Zion should also exercise a careful watch over the young, especially at night. He had been informed that, on the late bathing trains, a great many of our young people when returning conducted themselves in a very improper manner, the daughters of Latter-day Saints mingling

with strangers, persons of loose character, and acting in a way which was a disgrace to the name they bear. As one called to watch over the people of the Lord in this vicinity, he begged of his brethren and sisters to see that when their children went out on pleasure they returned home at the proper time. It was a bad thing for boys and girls to be away on pleasure excursions till nearly midnight. It was not good either for their health or their morals. He had no objection to amusement. On the contrary, he believed in proper and innocent recreation for both old and young, more particularly for the youth. But recreation should be so conducted that no harm could come from it. If parents were not able to accompany their children in their recreations, they should see that some one had charge of them who could exercise influence over their actions, in order that they might return home at proper seasons. Teach them to conduct themselves aright. He would ask the young ladies, whenever they went out on pleasure trips to comport themselves with that modesty and decorum which became respectable people, to say nothing about Latter-day Saints. It was not considered proper anywhere for young ladies to act in the way some conducted themselves when out for pleasure. They should be modest and chaste in their manners as well as in their acts and words. He hoped the young people would take a lesson from what he had said, so that such admonitions need not be reiterated; for on the rising generation in Zion depended the future glory of Israel. May God help us to understand our responsibilities in this and other respects.

The choir sang the anthem: "Glorious is Thy Name, Almighty Lord."

The benediction was pronounced by Elder John Morgan.

TOBACCO.

Looking over my notes accumulated during rambles in America and Europe, I find the following valuable discovery made by a celebrated physician of Great Britain, which may prove a voice of warning to some young men of Utah who are being thoughtlessly led into a bad habit by the examples set before them by many of the new comers as well as the older residents of Utah.

With the earnest hope that, at least a few of the intelligent lads of Utah may take the warning and cease the evil habit of the use of tobacco. I pen the following scrap:

A certain doctor, struck with the large number of boys under fifteen years of age whom he observed smoking, was led to inquire into the effect which the habit had upon the general health. He took for this purpose thirty-eight persons aged from nine to fifteen, and carefully examined them.

In twenty-seven of these he discovered injurious traces of the habit. In twenty-two there were various disorders of blood, circulation and digestion, palpitation of the heart, and a taste, more or less, for strong drink. In twelve there were frequent bleedings of the nose, ten had disturbed sleep, and twelve slight ulceration of the mucous membrane, which disappeared on the use of tobacco ceasing for some

days. The doctor treated them all for weakness, but with little effect until the smoking was discontinued, when health and strength were soon restored.

Now, this is no "old wife's tale," for the foregoing facts are given under good authority.

Quite recently, while at Logan Temple, I met a brother and his wife from Santaquin, Utah County, Utah, who thanked me for kind words on the subject of the Word of Wisdom, as found in the Book of Doctrine and Covenants, Sec. 89, p. 321, verse 8: "And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill." Verse 18: "And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones."

The gentleman from Santaquin I have forgotten, and here make the request that if this meets his observation he will communicate the particulars to my address, 118 S. First West street, Salt Lake City, Utah. In his thanks he remarked that the lecture at Santaquin, twenty-two years ago, on the subject of the bad habit of using tobacco, struck him so forcibly that when he returned home from the meeting he resolved, before his wife, that by the help of God he would quit the filthy habit as one of the mistakes of his boyhood days. He also said that although so attached to the long use of the "weed," he was enabled to keep his resolution, and that his health, appetite, and spirits were ever so much improved by the small sacrifice made.

While in Mexico last May, at the Palatig Hotel, the proprietor offered me, out of compliment, a cigar. This I refused, saying that I was either unfortunate or fortunate in not smoking. "Very fortunate, sir," was the reply. The hotel clerk informed me that the proprietor had, in times of deep thought, smoked two ounces of cigarettes before "letting up." I saw the latter walking with his staff a corpulent and broken down, though comparatively young man.

The Southern States is one of the worst places I ever came across for inveterate users of tobacco—both men and women; but I am constrained to believe that Mexico takes the lead in the tobacco line.

EDWARD STEVENSON.
SALT LAKE CITY, August 15, 1892.

DEATH OF SISTER M. N. ALLRED.

Melissa Norton Allred was born in New Lisbon, State of Indiana, December 23rd, 1824. She was the daughter of David and Elizabeth Norton and wife of P. H. Allred. She died July 26th, 1892. Her grandfather fought in the Revolutionary war, under General George Washington. She, with her parents, joined the Church in an early day and moved from Indiana when twelve years old to the State of Missouri, in President A. O. Smoot's company; settled near Haun's Mill; shared in the persecutions of the Saints and came near being in the Haun's Mill massacre. Her father and family gathered to the mill for protection the night previous to the massacre.