

of a system of dietetics which, if lived up to, would add greatly to the longevity of the present generation; and medical men have expressed it as their opinion that what is known among us as the "Word of Wisdom," of which the following is merely an epitome, would advance the age of man far beyond its present narrow limit, and ultimately bring back the longevity of the days of yore. Nor can the Saints treat lightly the important truths set forth therein without a correspondingly injurious effect upon their health and lives. We are warned in this revelation against the use of wine, except in the offering of the holy sacrament. That wine inflames the blood and debases the mind needs no argument; the history of nations is a stronger proof of this than all I can write. Strong drinks are for the washing of the body only. Their internal use is positively forbidden. "Tobacco is not for the body, neither for the belly and is not good for man." The history of the tobacco habit establishes the fact that it deranges digestion, destroys the function of memory, and blunts nervous sensibility. Insanity has frequently resulted from its continued use. A doctor of this country advised a gentleman who was strongly addicted to the tobacco habit against its use, remarking that it was carried to such an extent by him that if persisted in it must result fatally. The gentleman became insane and soon afterwards died. The all-wheat diet, instead of the fine flour, is recommended in this revelation. A doctor of New York said, "If I could induce New York to eat the all-wheat bread I should do more for it than all the doctors who ever entered it have done." Great treasures of wisdom are promised to all who obey this Word. The philosophy of this promise must be apparent, for as the mind manifests its powers proportionately to the health of the body, wisdom depends upon a proper dietetic regime.

THOMAS CHILD,  
Prof. of Medical Botany.

#### NORTHERN STATES MISSION.

The Northern States mission has now established a permanent office in the north end of Huntington's hall, 104 Broadway, Council Bluffs, Iowa, Sister Mary Huntington and others of the branch here having contributed liberally to furnish the same with necessary accommodations and the president of the Iowa conference, Elder W. J. Butterworth, and others having taken much labor and pains to make the necessary arrangements.

Correspondence will be carried on with all the Elders in the mission and the aid of all the Saints in Zion is earnestly solicited, who have friends and relatives living within its limits.

The formality of presenting a letter of introduction or any word of greeting from friends in the Far West will greatly aid the Elders in introducing the Gospel message. Another effectual means that could be employed in the same good cause would be by sending tracts to this office. Many things have been written by disinterested witnesses in regard to Utah and her people that would be of excellent use in helping to remove prejudice, a mountain of which must be dispelled before the Gospel can find a chance for investigation.

Copies of the DESERET NEWS (especially those containing discourses or

Sunday services), the *Church and Farm*, *Juvenile Instructor*, *Contributor*, *Woman's Exponent*, *Young Woman's Journal* or *Millennial Star*, will be of very great use for distribution and will be read often by persons who will not read a religious tract. The greatest care will be taken in placing every paper where it will best serve a wise purpose. If any feel able to send more costly works I would suggest as the best calculated to do good: The Voice of Warning; Succession in the Presidency, by Elder Roberts; Mormon Doctrine; Spencer's Letters; The Mormon Question (correspondence between Vice-President Colfax and President John Taylor); Utah and its People; Constitutional and Governmental Rights of the Mormons; Fruits of Mormonism, by A. M. Musser; Blood Atonement, and Mountain Meadow Massacre.

To those traveling to and from the East and stopping over night in Omaha or Council Bluffs, an invitation is extended to call at this office, as information may be given to assist them in their trouble.

We hold regular services at the hall every Sabbath as follows: Sunday school at 1 p. m., sacrament meeting at 2:30 p. m., evening meeting at 7:30 p. m. There is a hopeful awakening among the Saints, and all our meetings are well attended. We will be very glad to welcome any Saints or friends from Zion.

DAVID F. STOUT.

104 Broadway, Council Bluffs, Iowa.

#### AGE AND YOUTH.

MANCOS, Colorado,  
November 12th, 1894.

Another of Utah's Pioneers has passed away; on the 5th inst. Brother Lewis Barney breathed his last. He had been ailing for about a month, but was not taken seriously ill until a few days before his death, the cause of which was old age. He was 86 years old on the 8th of last September.

Brother Barney embraced the Gospel when a young man, was personally acquainted with the Prophet Joseph Smith, and passed through many of the trying ordeals connected with the early days of the Church, among others the expulsion from Nauvoo. He was very anxious to finish his temple work before he died and had planned to work in the Salt Lake Temple this winter. He was going with a team by way of Wyoming, where he had a son living, but his family desired him to abandon the idea, as they did not deem it wise for a man of his age to undertake such a journey alone. Brother Barney was always true to the principles of the Gospel, and has now gone to reap the reward of a well spent life.

On Saturday the 10th inst., President F. A. Hammond and wife arrived in town intending to spend a few days; but on the morning of the 11th a messenger on horseback arrived from Bluff with the startling intelligence that President Hammond's daughter Hannah had died very suddenly about five p. m. the day before, having been ill only half an hour before she died; so Brother Hammond and wife, with other members of the family who reside here, started immediately for Bluff. They will probably reach their

destination this evening. Miss Hammond was an estimable young lady, about twenty-two years old. Her death was a mystery to her relatives, as she was feeling well when Brother and Sister Hammond left home.

We are having our usual amount of sickness and trouble of late. Sister Mary Slade, one of the officers of the Relief Society, has been sick all summer with an internal tumor, which has grown to an immense size. Last week she was taken to Durango for the purpose of having an operation performed, but on undertaking it the doctors found that the tumor was of a cancerous nature, and could not be removed, and all they could do was to sew up the opening they had made. The poor woman is lying in Durango at the point of death.

Election is over, and we find we have been carried along with the Republican land slide, notwithstanding the strenuous efforts of the Populist party prior to the election. The campaign was a lively one. Among those who visited us, and sought to impress us with the idea that our only salvation was in voting their ticket, were Governor Walte, A. J. Tarsney, Adair Wilson and John C. Bell, also Mrs. Helen M. Johnson of Pennsylvania and Miss Phoebe Couzens of St. Louis, who were traveling in the interest of the Populist party. Miss Couzens has been a Republican most of her life, but has recently sworn her allegiance to that party and joined the Populists. She is a good speaker and well posted in regard to her subject, but she was adversely criticised by some who thought she handled the gentlemen rather too roughly.

As the Republicans have gained the day we trust they will be on their good behavior and do something grand for us.

L. M. H.

#### SUNDAY SCHOOL UNION.

The officers and teachers of the Sunday schools of this Stake met last evening, November 19, 1894, in the Fourteenth ward assembly rooms, Supt. T. C. Griggs presiding.

The excellent musical exercises were given by the South Cottonwood Sunday school choir, ably directed by Brother H. V. Ballard.

The opening prayer was offered by Brother Joseph Hodgins.

Supt. Griggs announced that the Sunday school Stake conference would be held in the Tabernacle on Sunday, December 9, at 10 a. m., 2 and 7 p. m. The city schools are expected to meet as usual and come to the Tabernacle in a body by a few minutes before 10 a. m., and be prepared to recite in concert the "Articles of Faith." The schools on the outside of the city will hold their school sessions as usual, but are requested to have representatives at the conference meetings. Prof. Evan Stephens will conduct the musical exercises at the conference. It is desired that a full attendance of each school be obtained, and the superintendents are requested to make announcements in their various wards of the meetings of the conference.

That an opportunity may be accorded the superintendents to visit other schools, they were invited to accompany the S. S. missionaries to visit the