THE EVENING NEWS.

Saturday, - - - January 6, 1872.

Original Poetry.

UP AND BE DOING.

Let Zion awake and her children be true,
The foemen are coming, are calling for you;
Let your hearts be erect and the light on your brow
Show that truth and its conflicts are dear to you now.

In their serried ranks move let the noise of them roar
Meet your ear as it falls on the ears of the dead;
Jehovah will bless you, His spirit on high
Will hear you and guide you when danger is nigh.

Then up and be doing, look well to your shield
Keep firm to your post till the foemen shall yield,
No timid doubts shake you, no terrors dismay;
Stand firm for the truth and its banner display.

Be wakeful, be watchful, be faithful and true;
The nations at large are all looking to you,
To see if the bills, bonds, fetters and "rings"
Wont stop you from serving the Great King of kings.

Then up and be firm in defence of the right;
God's saints of His covenants keep e'er in sight;
His people who serve Him He said, He would bless,
"And sanctify to them their deepest distress."

Then Hail to His Prophet, to Brigham the Seer!
We will strengthen his hands, we will help him to bear;
Whilst his enemies plan we will watch, work and pray,
That Jehovah will bless him with strength as his day.

Then forward, ye Saints, let your armor be bright;
Although clouds may obscure, we will soon see the light;
For God, even our God, will hear our complaints,
And strengthen the hearts and the hands of His Saints.

Cheer up, then, be firm, be faithful and brave;
We will trust in our God, He is willing to save,
Though Judges and Jurors and Marshals cry woe,
We know He will help us to conquer the foe.

MRS. ELIZABETH DAVIS.

DYSPEPSIA CURE.

Leroy Sunderland, of Quincy, Mass., contributes the following to the *Rural New Yorker:*

In the Rural New Yorker of Oct. 21 there are "pills" and "decoctions" prescribed for dyspepsia; and another writer calls for a "remedy for liver complaint." These articles reminded me of a story told of the celebrated English physician, who being called upon by a desponding dyspeptic for a "remedy" the doctor said to him, "My fee is five guineas! That paid and I will give a prescription that is infallible." The dyspeptic, without hesitating a moment, handed over the fee, when the doctor handed back to him the following prescription:

"Live on sixpence a day, and earn it."

The writer has been "forty years in the wilderness" of the "pestle" and "pill boxes," and long ago he was himself cured of dyspepsia and "liver complaint" by following out this method.

There is a story told of another physician that stood in the front ranks of the medical profession who prescribed "the oil of an axe handle" as a "sovereign cure" for liver complaint; this "oil" to be squeezed out every day chopping wood. "Chop," said the doctor, "till you feel and see the 'oil' dropping from your face." While giving a course of lectures in New York some years since on hygiene, a German doctor told me the following: He was applied to by a man suffering from diarrhœa, when the doctor wrote his prescription, and handing it to the patient, said: "There, take that." The sick man took the paper and departed. In a few days he returned to the doctor to pay his bill, when the latter inquired if the "remedy" was successful, and the patient at once declared that the piece of paper the doctor gave him had certainly cured him; "but," said he, "I found it a difficult job to swallow it."

There are but few, if any, cases of dyspepsia or liver complaint but which have been brought on by habits of living; that is, the fault in the food, or owing to its kind and quantity. In quantity it is out of proportion to the amount of regular and appropriate exercise taken. I could give the cases of hundreds like the following:

Dr. S. R. L., age sixty, of a nervous bilious temperament for fifteen years, had had dyspepsia, constipation and sick headache. He abandoned the city and took to hard work in his garden, ten years ago, and without a particle of medicine, he has been perfectly well ever since. I have seen the worst forms of dyspepsia and of liver complaint cured without medicine. The proverb says "Nature performs the cure, and the doctor gets the credit." Live on simple food such as boiled wheat or parched corn. Eat no bread except that made of unsifted meal. In Germany there is a popular method known as the "Raisin Cure," because the diet of the patient consists exclusively of that fruit during the process of treatment. I know a man, now in good health, who has lived five years on fruits exclusively. The true method of cure points out what is to be done, or left undone; it is not a "dose" to be swallowed. Undo all you have done to get sick, and good health must follow as the result.

To the above the editor of the *Rural New Yorker* adds:

There is as much dyspepsia among hard working men or women as among those who are supposed to do nothing. Especially among farmers it prevails; and it is often due to the fact that they bolt down their food in great haste, bolt away from the table and into the field to work, without giving the stomach time to assimilate and digest the food it has received. It is one of the most prolific causes of dyspepsia among working men. A half or whole hour's rest should follow the eating of a hearty meal.

BEET ROOT SUGAR.

The production of beet root sugar, which commenced sixty years ago, in France, has gradually extended throughout the continent of Europe, until now about two thousand establishments are employed in manufacture. In 1870, according to Dr. Voelcker, 689,000 tons were produced. Another authority places the amount at 900,000 tons. This is more than one-fourth of the whole sugar crop of the world so far as known. The manufacture is gaining ground in England and has already become successfully established in the United States—in Wisconsin and California. In Illinois it is hardly successful as yet. The Sacramento (Alvarado?) Company of California, made last year 500,000 pounds, with an absolute pecuniary profit, and are largely extending their operations. In Wisconsin the experiment has been equally successful. The experiment made in Illinois a few years ago, failed more from the want of experience than any other cause. The managers are hopeful of finally succeeding in making their business profitable.—*Hearth and Home.*

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Manufacturers and Jobbers of
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BAZAAR UNIVERSELLE 1871-2.

WE shall, during the Christmas Holidays, open a very fine selection of most seasonable, useful, and ornamental articles suitable for presents, rare and choice in design. Some of the features of our last year's Bazaar will be resumed, while new and attractive additions will conduce to make this the most delightful resort for persons wishing purchase holiday gifts.

PROGRAMME.

We have carefully selected high novelties from SOUTH OF ITALY, FRANCE, ENGLAND, SWITZERLAND, GERMANY, CHINA, JAPAN, AND OUR HOME MARKETS, Presenting such an array from these different marts as must meet the wants of the most critical.

We shall also display some elegant

Silks, Poplins, Satins, Ball Dresses, Shawls, &c., &c.
From the best looms of the New and Old World.

LADIES' HANDKERCHIEFS AND GLOVES
IN ELEGANT PERFUMED BOXES,
Will form one of the most distinctive features of this Exposition,

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SILVER AND PLATED WARE:
In this we expect to stand preeminent in style, price, and useful variety.

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We are desirous of Buying All the Fruit Crop of this Territory that we can obtain!

We will pay Cash, the Highest Price in the Market, for
Dried Peaches, Apricots, CURRANTS.

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C. S. CRAM, Manager.

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These Saws have been manufactured and in use since 1861. They are warranted the best Inserted Tooth Saws made; are used exclusively on the Pacific Coast, and approved by mill men wherever known.

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HAVING MADE SOME ALTERATIONS to his premises, is now prepared to show the
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HEAVY and SHELF HARDWARE
Ever brought to this Territory, and
Cheap as the Cheapest!
Iron, Steel, Nails, Tinware, Stock, Farming Tools, Plows, Miners' Outfit, Rubber Belting, Steam Packing, Wagon Timber, Stoves and Tinware always on hand.
C. H. BASSETT.
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NEW STORE!
NEW GOODS!
H. WALLACE
HAS OPENED HIS NEW STORE ON FIRST SOUTH ST., NEAR MRS. SIEBHOUSE'S, With a Choice Stock of
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ALSO, Tobacco, Cigars, Sardines, Pickles, Oysters, Staple and Fancy Groceries.
Will also Continue Business at his Old Store.
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TO THE PATRONS OF THE
"GREAT UNKNOWN!"
BEWARE OF COUNTERFEITS!

IN CASES where the health is not good and the blood is impure, it is wise to take something internally to rectify this, as the action of the Hair Restorer must of necessity be slower where the patient lacks in vitality or is troubled with foul stomach or impurity of blood. After consulting with some of our best physicians on this subject, I take pleasure in recommending THE
Epigœan Blood Purifier
As a most efficient remedy, containing the finest ingredients for giving tone to the stomach, purifying the blood and building up the system generally.

Please read the following testimonial:

"I hereby certify that I have a perfect knowledge of the component parts of the EPIGŒAN BLOOD PURIFIER, and that it contains nothing but what is an Excellent Tonic and Blood Purifier of the Highest Order, and must be conducive of good results wherever used. J. M. BENEDICT, M. D.
Salt Lake City, Nov. 29, 1871."

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Price 25 and 50 cents per Box.

I can give plenty of testimonials concerning the Hair Restorer when requested.

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SOLE AGENT FOR UTAH.
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