

CHIEF TELEGRAMS.

New South Wales contingent has left at Suakim.

British steamer *Orestes* from Cool to Penang, collided with and Chinese steamer, and seventy were drowned.

Auxiliary volunteer torpedo flotilla organized at Hongkong. Steam launches all ready for service compose the flotilla.

Price & Co's oil mills at Here, Kent, England, burned yesterday. Loss 200,000 pounds. The were the largest in England.

Young man named Walter Leonard, New Brunswick, was brutally murdered yesterday at Eagle Pass, B. Caribou.

In Victoria, accompanied by the Beatrice, left Windsor Castle yesterday afternoon on a journey to St. Baines France.

Maker & Ettinger's lithographic establishment, 32, 34 and 36 Bleecker New York, burned Sunday night. Loss about \$350,000; partially insured.

United States Government has leased the Old Produce Exchange in Whitehall street New York, \$25,000, subject to the approval of Congress.

Dr. H. Smith, retired lawyer and partner, died in Chicago Sunday morning of congestion of the liver. He was a lifelong democrat and friend of Samuel J. Tilden.

Inhabitants of villages in the Argentine and Susquehanna River valley getting frightened at the advent of warm weather, and are moving to higher places. A great break-up is being seen.

Telegram from Sydney states that the man who defeated Hanlon, is going to fight at once. Hanlon returns to America in a few days. Beach will meet the challenges of Ross and American men.

It is said a proposition has been submitted to President Cleveland by Dr. J. B. Morgan, on behalf of the United States of Columbia, having reference to the acquisition by the United States of commercial supremacy in the South American States.

Secretary J. Osborne, the skating champion, of Cleveland, O., who eloped with Rebecca Kearsley, the Bucyrus woman some time ago, was sentenced to the penitentiary for bigamy. He pleaded guilty.

Secretary of the Treasury has instructed the collector of customs, New York, naval officer, and appraiser of New York, a commission to examine the question of drawback on sugar. This action is the result of complaints that the present drawback are excessive and unjust.

Secretary Manning has instructed the superintendent of the United States at Carson City to suspend coinage operations until the beginning of the fiscal year, July 1st, and reduce the amount accordingly. The mint will, however, remain open for the receipt of coin from depositors.

Is. H. Rugg, the Maybee murderer, has application for a new trial has been refused by the Court of Appeals. An Associated Press reporter: "I don't know whether I shall petition the court to commute my sentence. I thought not to be hung. Imprisonment for life would suit me better. I think I shall make a confession, but not until near the end."

Francis Berton, Swiss Consul at San Francisco, and the head of the banking firm of F. Berton & Co., died in that city yesterday.

Twenty miners employed by the McLean County, Illinois, Coal Company, struck yesterday against the price of mining—25 cents per ton.

It is reported that a military council at Petersburg advised the Russian government against war until the day has been completed to Saratoga.

Twenty-five thousand was the total number of colliers who went out on a strike yesterday in Yorkshire, England, against a 10 per cent. reduction in wages.

THE FOOD WE EAT.

Deseret News:

Letter published last week has had enquiries from many friends, desiring to ascertain something concerning healthy diet, and I promised to endeavor to answer their questions through the columns of the News, provided you desire the matter of sufficient interest to accord it space.

Subject I have chosen, as proper for the article on bread, is MEAT.

Of food which very many people regard as indispensable, and consider themselves on starvation diet if they did not eat some once at least. I purpose trying to show that the daily use of meat is quite unnecessary to the human body as the Bible, fine, white flour bread, is the worst of all kinds of food.

HOG FLESH,

and yet vast numbers of people in this Territory, as elsewhere, eat it frequently in some form. Ham or bacon is eaten by many persons at nearly every meal, and lard, the concentrated essence of the filthy animal, is used daily in cooking various articles of food. God's law unto the ancient Israelites reads: "And the swine is unclean unto you. Of their flesh shall ye not eat, and their carcass shall ye not touch." Modern Israel, the Latter-day Saints, and all other human beings, have much need to observe this divine law.

A common practice is to fatten hogs on the rotting refuse of slaughter pens, decayed vegetables, fermented swill: in fact, any garbage and refuse, unfit to place before other animals, is considered good enough for swine. What kind of flesh and fat can result from such feeding?

It is a scientific fact that every particle of animal flesh is filled with worn-out matter, working its way out of the system; that is, decomposed animal tissues, material similar to bile, perspiration, and other waste products of the body not polite to mention. The blood, also, is laden with this same kind of matter, and if an animal is not well bled when killed the

MEAT IS ACTUALLY POISONED

by it. It is the presence of these waste products in meat that soon renders it putrid. Beef tea, often highly recommended for invalids, is shown by analysis to be essentially the same as urine. Physicians generally are convinced that rheumatism, neuralgia, Bright's disease of the kidneys, and many other complaints, are frequently caused by an excess of uric acid in the system, and it is quite reasonable to infer that the surplus of this acid may be attributed, to a great extent, to the use of meat as food; also, that salt, and other condiments that are generally eaten with meat, add greatly to the excess of uric acid. The waste material spoken of is in the flesh of human beings and all animals, no matter how pure their food may be; and one may easily imagine how much worse than all others the flesh, or lard, of swine must necessarily be, that are fed as has been described. If people will continue to eat that which

GOD HAS FORBIDDEN.

Let them, at least, see that the naturally unclean thing is fed on rye, as recommended in the Word of Wisdom, or some other wholesome food.

R. T. Trull, M. D., says: "Although swine's flesh and grease, under the names of pork and lard, are staple and favorite articles of food throughout Christendom, common observation has long since traced the prevalence of scrofula, erysipelas, and a variety of glandular and eruptive diseases resulting from impure blood, to their general employment." Susanna W. Dodds, M. D., to whose book, "Health in the Household," I am indebted for much valuable information, attributes to the use of hog meat and lard a large proportion of such diseases as typhoid fever, diphtheria, scrofula, consumption, etc., in addition to that dreadful, deadly infection trichinosis. "Diseases are multiplying among the swine themselves, killing them annually by hundreds of thousands. Of the twenty million dollars worth of hogs in the United States that were sick in 1877, about 50 per cent died. Has any one thought to inquire what became of the 41 per cent that recovered?"

If we must eat our fellow creatures, let us observe the law. "Whatsoever parteth the hoof, and is cloven footed, and cheweth the cud among the beasts, that shall ye eat." Lev. xi, 3. The Word of Wisdom says: "Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless, they are to be used sparingly." "And these hath God made for the use of man only in

TIMES OF FAMINE

and excess of hunger." We read that the anger of the Almighty was raised against the children of Israel when they demanded flesh from Moses. "While the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague." (Numbers, chap. xi.) In view of these divine and scientific facts, it is strange that so many people in this enlightened (?) age continue to make animal food a leading article of diet.

"Animal foods, of all others, should, if eaten, be selected with the utmost care; the animals themselves should be well fed, well housed in winter, and allowed to graze from open pastures in summer. No animal should ever be stall-fed, or sty-fed; and none with carnivorous or omnivorous habits should be used as food."

Beware of diseased meats. It is said that seventy-five per cent. of all animals killed for food are more or less diseased. It frequently happens that animals are driven, or carried in ill-ventilated cars, considerable distances, without food or water, and are killed before recovering from the effects of their journey; such meat cannot be healthy. The Hebrews are very particular in selecting and killing the animals they want for food, carefully draining all blood from the meat, and discarding the carcass if any signs of disease are discovered. The fact that no Jews died from cholera, during the recent epidemic in Italy and France, was attributed to their careful dietetic habit.

MEAT IS NOT ESSENTIAL

to human beings, as an article of food, neither is it natural for them to use it. The most eminent naturalists assert that the teeth, the stomach, the bowels, and indeed the whole of the internal and external structure of man, clearly indicate his adaptation to a fruit, farinaceous, and vegetable diet. Flesh taken into the stomach is heating and stimulating, promotive of animal passions, as illustrated by all animals that live on flesh, they are vicious savage and dangerous. This stimulating quality undoubtedly has the effect of increasing thirst, and the appetite in man for strong drinks.

It is a mistake to eat meat in preference to vegetable food for the purpose of acquiring strength. Rollin, the historian, states that, "in the training for the public games in Greece, where muscular strength was exhibited in all its varied forms, vegetable food was adhered to; but when flesh meat was adopted afterwards, those hitherto athletic men became sluggish and stupid." Scotland and Ireland have raised millions of strong men and beautiful women on oatmeal and potatoes. The great populations of India, China and Japan subsist principally upon rice. A vegetable diet is the rule with the hard working peasantry of Europe, from Spain and Portugal to Russia and Turkey, where the strongest and hardiest men in the world may be seen living on brown bread and grapes or figs.

MEAT IS EXPENSIVE.

In a pound of wheat meal, peas, oatmeal, rice, corn-meal or other grains there is from three to five times more nourishment than is contained in an equal weight of the best beef. Seventy per cent. of butcher meat is water. Man requires in his food a large proportion of carbonaceous material, which is found prolifically in vegetable productions, wheat containing about seventy-five per cent., while lean beef contains only ten per cent.

One of the most convincing arguments that can be produced, to show how unnecessary meat is as an article of food, is found in the first chapter of Daniel, in which is related that beautiful incident of his youthful life, wherein he, and three others, of the noble, captive, children of Israel refused to

DEFILE THEMSELVES WITH MEAT

from the king's table. The result of their living on pulse (a vegetable similar to peas) and water, that was, at the end of three years, when these four were compared with the others who had been fed on the king's meat, Daniel and his three companions were found to be the fairest and fattest; and among them all in "matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in his realm."

I fear my remarks are getting too lengthy for a newspaper article; I will, therefore, close for the present by simply stating that, in my opinion, meat is unfit for human food, unless there is nothing else available.

D. M. McALLISTER.

Salt Lake City, March 27th, 1885.

THE MONKEY AND THE NUTS.

A colony of monkeys, having gathered a store of nuts for the winter, begged their wise ones to distribute them. The wise ones reserved a good half for themselves, and distributed the remainder among the rest of the community, giving to some twenty nuts to others ten, to other five, and to a considerable number none. Now, when those to whom twenty had been given complained that the wise ones had kept so many for themselves, the wise ones answered, "Peace, foolish ones, are ye not much better off than those who have ten?" And they were pacified. And those who objected having only ten, they said, "Be satisfied, are there not many who have but five?" And they kept silence. And they answered those who had five, saying, "Nay, but see ye not the number who have none?" Now, when these last made complaint of the unjust division, and demanded a share, the wise ones stepped forward and exclaimed to those who had twenty, and ten, and five, "Behold the wickedness of these monkeys! Because they have no nuts they are dissatisfied, and would fain rob you of those which are yours. And they all fall on the portionless monkeys, and beat them sorely."

Moral.—The selfishness of moderately well-to-do, blinds them to the rapacity of the rich.

UTILE DULCI.

—Newcastle Weekly Chronicle.

PAROWAN STAKE CONFERENCE.

The Parowan Stake Conference convened in Cedar City, March 21 and 22, 1885. Present on the stand, President Thos. J. Jones and Counselor Morgan Richards, Jr., and many of the leading brethren of the Stake.

After the usual opening exercises, President Jones expressed pleasure in meeting so many Saints in Conference assembled.

The various Wards were then reported by the Bishops, who also gave much good counsel to the Saints on the subject of marrying, tithing, prayer, faith, love, charity, etc.

The High Councilors each spoke encouragingly to the people on the sub-

jects of home manufacture, patronizing one another, becoming one in all things, and referred to the great work the Saints had performed, with the blessings of the Lord, in causing the desert to blossom as the rose. They also referred to the times in which the Saints are now living, and the necessity of their being in possession of the Spirit of God in order to overcome.

President M. Richards, Jr., spoke of the necessity of cultivating love and confidence toward each other, for they tend to unite and strengthen, while the opposite will bring discord and confusion. We must observe all the laws of God in order to receive a complete salvation and exaltation in the Kingdom of God.

The different quorums and societies were reported as being in a prosperous condition, and the General and Local Authorities were presented and unanimously sustained, as also home missionaries for the Stake.

President Jones gave much good counsel to the Saints on the subjects of settling difficulties, observing the Sabbath day, attending meetings, parents looking after their children, educating and training them, prayer, tithes and offerings, etc. Conference then adjourned for three months, to convene in Parowan in June next.

WM. H. HOLYOAK,
Stake Clerk.
Parowan, March 25th, 1885.

"ROUGH ON RATS."

Clears out rats, mice, roaches, flies, ants, bed-bugs, skunks, chipmunks, gophers 15c Druggists w

The Boston produce and corn exchanges have decided to consolidate. A new building will be erected for the new organization.

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"Wells' Health Renewer" restores health and vigor and cures Dyspepsia. w

Did you Suppose Mustang Liniment only good for horses? It is for inflammation of all flesh.

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Is just what its name implies; a Purely Vegetable Compound, that acts directly upon the Liver; curing the many diseases incident to that important organ, and preventing the numerous ailments that arise from its deranged or torpid action, such as Dyspepsia, Jaundice, Biliousness, Costiveness, Malaria, Sick-headache, Rheumatism, etc. It is therefore a remedy that "To have Good Health the Liver must be kept in order."

DR. SANFORD'S LIVER INVIGORATOR. Invigorates the Liver, Regulates the Bowels, Strengthens the System, Purifies the Blood, Assists Digestion, Prevents Fevers, is a Household Need. An Invaluable Family Medicine for common complaints.

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It Never Fails to Restore the Youthful Color and Lustre to gray or faded hair, is elegantly perfumed and is warranted to remove dandruff and itching of the scalp, & prevent falling of the hair.

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If you are wasting away from age, dissipation or any disease or weakness and require a stimulant take GINGER TONIC at once; it will invigorate and build you up from the first dose but will never intoxicate. It has saved hundreds of lives; it may save yours.

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Its rich and lasting fragrance has made this delightful perfume exceedingly popular. There is nothing like it. Insist upon having FLORESTON COLOGNE and look for signature of

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COLOGNE.

THE LIVER AND ITS FUNCTIONS.

IT has become a well established fact that the larger portion of diseases to which the human family is subject arise in the first place from some derangement of the Liver. This organ is not only the largest, but at the same time one of the most important. The venous blood, on its return to the heart, passes through this organ, and in its passage the impurities, as also the secretions which are necessary for digestion as well as for a cathartic to assist in the removal of waste material &c. are eliminated. From this it is easily seen that the Liver is liable to get out of order to a greater or less extent, and when this occurs it is impossible for it to properly fulfill its office of removing all objectionable matter from the blood, but allows it to pass through, carrying with it the poisons of which it should have been relieved.

With impure blood the whole system becomes affected, and no organ can properly perform its function unless it is supplied with pure blood to maintain its strength. So the Liver becomes all important, and when one has the feeling of being continually tired, worn out, is constipated, or has indigestion, or is troubled with Piles, Headache, Sick Stomach, Sallow Complexion, Eruptions of Skin, etc., they may be sure their Liver is out of order, and a remedy is required to assist in relieving itself of all accumulations, and restore it to its original Strength and Vigor. For all the complaints of this kind there is no medicine like

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