

land, that all was safe. They thus have neglected to secure their land, thinking their neighbors would not buy it for pasturing without letting them know about it, so that a proper understanding might be arrived at; but a change is last coming over their dreams. Many are going into raising stock of different kinds; range is becoming more scarce, as the country is settled up; stock men are looking out for the future. The settlers have been advised to try and secure their range, for if they did not, others would. This timely advice has generally been neglected. The people of this locality are being brought face to face with these stubborn facts, and from a quarter least thought of. If it were only a part of their range that was being taken they would not feel quite so bad about it. But when those claiming to be brethren will jump land that others are living on and have been cultivating for ten or twelve years, with the understanding that it is unsurveyed land and consequently not in the market, it startles people a little. They say: "I wonder what next!"

The parties thus engaged managed to keep their motives a profound secret for over five months after filing at the land office; not so much as a whisper having been heard by the people of the settlement, until a week ago last Sunday (April 25th.) when the attention of the congregation was drawn from the speaker, to a flag being carried past the windows of the meeting house. It was found to be a surveying party, consisting of two of their neighbors and a gentleman that has been sitting on the grand jury for two or three terms (he says he is not mean enough yet to jump his neighbors' land), and a Mr. Frolson of Salt Lake City as surveyor, at \$10 per day and expenses paid. (The county surveyor does similar work for \$2.50 per day and finds section corners, but is not good at keeping secrets.)

The people took the situation in at a glance, as two of the party had been telling them they were going to take up land about six miles above the settlement, to draw their attention (as is now supposed) away from what they were doing right under their very noses.

They so managed in locating their claims as to cut the settlement entirely off from the range.

It looks to the people as though it was purposely done so as to secure the range to themselves. The plea made as an excuse for the course they are taking is, that they heard a sheep herder say he thought of filing on this land, and they thought they might as well get the land as for the sheep man to get it. But, mind you, they did not, neighbor-like, inform their friends that there was danger of their land being jumped because they had learned it was in market and there was a party talking of filing on it, and say to them: "If you do not want to buy or secure it, we will, and thereby keep the sheep off the range."

It has been ascertained by applying at the land office, that they have entered the land that is under cultivation, with its subdivisions under the Timber Culture Act. They have said to parties that they were going to propose to the prior owners of the land, that if they will plant the requisite number of trees to secure the 160 acres at the expiration of the eight years (if they are successful in getting the timber to grow, so that they can get their patent) they will then give them a deed for the land they now have under fence. The brethren seem to think that would be very kind of them. They say a man who would not appreciate such kindness would not appreciate the kindness of a man who after robbing a person of his money, would inform his victim that if he would work for him seven or eight years he would give him back a portion of it. They think by that time they would know how Jacob appreciated his wives after working seven years for each of them.

Another bad feature in the case is, a portion of the land was occupied by a poor man, he having a family consisting of an invalid wife with eight children. I am informed he intended to enter the land this season. He is now an inmate of the Insane Asylum at Provo. Some people think that any one who would jump his claim under the circumstance, must have a good supply of concentrated assurance.

I would say to all who are situated as we are in this county: Try and secure the range you now have. You, perhaps, will not appreciate it, until deprived of it. We will await further developments. OBSERVER.

NARCOTICS.

THE WORD OF WISDOM CONFIRMED BY MEDICAL WRITERS.

Editor Deseret News:

There are many people, and some even among professed Latter-day Saints, who seem to require that Divine revelations must stand the test of worldly philosophy and scientific facts ere they will acknowledge their truth, and often, when said tests clearly substantiate the revealed word, it is reluctantly believed, or ignored. For instance, we find in The Word of Wisdom, that God declares strong drink, tobacco, and hot drinks (tea and coffee), are not good for man, and yet there are a large number of persons in the Church who continue to use them. As such individuals may not have had sufficient of these philosophical reasons or scientific facts presented, to

convince them of the Divinity of this revelation, or induce them to practice its precepts, I think a little of your space might well be devoted to stating a few such reasons and facts. For this purpose, with your permission, I submit a few extracts from pamphlets issued by the celebrated J. C. Kellogg, M. D. illustrating some of the myriad evils that exist from the use of alcoholic beverages, tobacco, tea and coffee, commencing with the last named mild drinks.

Yours truly,
D. M. MCALLISTER,

CHAPTER I.—TEA AND COFFEE.

Under this head we shall consider tea, coffee and coca, or chocolate.

Tea consists of dried leaves of a plant which is native to China, but is also grown in India and various other parts of the world, to which it has been introduced. The active principle of tea is theine, a narcotic alkaloid, of which it contains three to six per cent. The other most abundant constituent ingredient is tannin, of which it contains about twenty-six per cent. The remainder is made up of gum, vegetable fiber, sugar, fat, starch, and an aromatic oil to which its varying flavor is chiefly due.

Coffee is the roasted berry of a plant native to Arabia and Abyssinia, known as *Coffea Arabica*, which is closely allied to the plant from which Peruvian Bark is obtained, the source of quinine. Its active principle is caffeine which is identical with theine, of which it contains about one-third as much as tea. It also contains tannin, though in less quantity than tea, together with gum, sugar, casein, fat, and the other ingredients also found in tea.

Chocolate is obtained from the seeds of the cocoa palm, native of Mexico, the pods of a ground nut, a shrub, native of Zanzibar, and other sources. The substances from which it is produced are ground to a powder, then mixed into a paste with sugar, and dried in cakes. Cocoa, or cocoa nibs, consist of the nuts coarsely broken. The active principle of cocoa or chocolate is theobromine, the proportion of which is, according to the analyses of Dr. Stenhouse, five per cent. Theobromine is closely related, chemically, to theine, with which it is practically identical. The remaining constituents are chiefly fat, starch, sugar, coloring, matter, and woody fiber.

Mate or Paraguay tea, and chaat, or Abyssinian tea, are the leaves of trees or plants which possess active principles essentially the same in nature and properties as theine.

EFFECTS OF USING TEA AND COFFEE.

The evil effects of the use of these popular beverages has made too evident their injurious character to allow of room to doubt their deleterious influence, notwithstanding the apologies offered for their use by those who are accustomed to employ them. These evil effects we will attempt to point out as briefly as possible.

1. *They Waste Vital Force.*—By the experiments of Dr. Smith, M. Gazeau, and many others, it is shown that the consumption of the body is greater under the influence of tea or coffee than at other times, the amount of carbonic acid sent out from the lungs being the best known measure of the rate of waste of the body. The amount of extra waste thus occasioned is shown by Dr. Smith's experiments to be from one-fourth to one-tenth that of the whole waste of the body, whence Dr. Smith very consistently remarks that it is especially adapted to "those who usually eat too much." This is a tacit confession that at the least the use of tea is an expensive and wasteful habit.

The fact that the activity of the kidneys is increased brings to light another means by which force is wasted, while, as is confessed, no return is made for the expenditure.

2. *Tea and Coffee Injure Digestion.*—When taken upon an empty stomach, these beverages produce, as is well known, serious irritation of the digestive organs. When taken with the food, impairment of digestion is produced in several ways: (a) By taking into the stomach too large a quantity of liquid; (b) By relaxing the stomach by the use of too high a temperature, by which, also, the activity of the gastric juice is impaired; (c) By precipitating the pepsin with the tannin which they contain. Chocolate is further injurious to digestion on account of the large amount of fatty substance which it contains.

That the use of tea and coffee is a common cause of dyspepsia is an observation made by all experienced physicians. At the last meeting of the British Medical Association, an eminent physician from Australia testified that dyspepsia from the use of tea and coffee is very common in that country. We have seen, personally, many scores of cases of which the use of these fascinating beverages was one of the chief causes.

3. *The Use of Tea and Coffee Affects Injuriouly the Nervous system.*—This statement would seem to be satisfactorily established by its well-known temporary effects. It is well-known that whatever excites vital action above the normal standard without supplying an amount of force to support the extra expenditure, invariably produces, as a secondary result, depression of vital action below the normal standard, or what is known as a reaction. That this is one of the secondary effects of the use of strong tea, is well known. Tea may be used so weak that the reaction is not noticed,

but no doubt it is still felt in some degree by the organic system, if not by the nerves of animal life. This continued alternation of excitement and reaction must certainly result in injury to the nervous system, increasing the liability to nervous diseases of a functional character, such as neuralgia, neurasthenia, hysteria, etc.

MORAL EFFECTS.—The long-continued use of tea has a distinct effect upon the character. This has been two often noticed and remarked to be questioned. An eminent neurologist, writing in a recent number of the *Journal of Mental and Nervous Disease*, calls attention to this fact in the following remarks:—

"Irritability of temper, like dyspepsia, belongs in the category of symptoms produced by long-continued tea-drinking."

"There are 'tea sots' in every great charitable institution—particularly those for the maintenance of the aged. Their symptoms are, generally, mental irritability, muscular tremors, and sleeplessness."

The eminent Dr. Bock, of Leipzig, writes as follows respecting the influence of tea and coffee on character:—

"The nervousness and peevishness of our times are chiefly attributable to tea and coffee; the digestive organs of confirmed coffee-drinkers are in a state of chronic derangement, which reacts on the brain, producing fretful and lachrymose moods. Fine ladies addicted to strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. Chocolate is neutral in its psychic effects, and is really the most harmless of our fashionable drinks. The snappish, petulant humor of the Chinese can certainly be ascribed to their immoderate fondness for tea."

TEA-DRINKERS DISORDER.—That there is a distinct class of symptoms characteristic of the effects of alcohol, of tobacco, of absinthe, and of opium, has long been generally recognized; it is only recently, however, that the morbid effects of tea have been sufficiently well studied by eminent physicians to secure the recognition of the fact that tea and coffee, as well as the other poisons mentioned, produce such a distinct class of symptoms. It is now conceded, however, that the use of tea may, and often does, produce a morbid condition which has been appropriately termed tea-drinkers' disorder.

"Some functional nervous derangements are excited by fluids commonly consumed with, or as foods. Tea taken in excess is one of these disturbing agents. Tea exerts an astrigent action, and by the presence in it of an organic substance, theine, it exercises a special influence over the nervous system, which, to say the least, is temporarily injurious. I believe the effects from tea are more severely felt by the young, and when middle age approaches, they are less severe."

"The symptoms which indicate the injurious action of this article of food are sufficiently characteristic. They are, intensely severe headaches, constipation of the bowels with what is usually considered to be deficiency of bilious secretion, flatulency, an unsteadiness and feebleness of muscular power, and, not infrequently, a lowness of spirits amounting to hypochondriacal despondency. In children under the influence of tea this lowness of spirits is often very severe, so severe that the occurrence of the simplest natural phenomena, as the approach of darkness, the cast of a large shadow, or the spreading over the sky of dark clouds, is sufficient to create dismay and fear."

"In poverty-stricken districts, amongst the women who take tea at every meal, this extremely nervous semi-hysterical condition from the action of tea is all too universal. In London and other fashionable centers in which the custom of tea-drinking in the afternoon has lately been revived under the old name of 'the drunl,' these same nervous symptoms have been developed in the richer classes of society, who, unfortunately, too often seek to counteract the mischief by resorting to alcoholic stimulants. Thus one evil breeds another that is worse."

"The flatulency induced by tea taken late in the evening has the effect of interfering with the processes of sleep; it prevents or disturbs sleep by dreams and muscular startings, and is a common cause of that peculiarly painful symptom known as nightmare."

"The extremely injurious effects of tea are best seen in some of those who are charged with the commercial duty of what is called 'tea-tasting.' A professional tea-taster who was seriously affected by the process that he thought it proper to consult me on the symptoms induced, defined the symptoms very clearly as follows: 'Deficiency of saliva; destruction of taste for food; biliousness; nausea; constipation; an extreme and undecidable nervousness; and nightmare whenever sleep is obtained.'"

"The symptoms from which habitual tea-drinkers suffer are identical in character, but minor in degree."

"Coffee, like tea, induces dyspepsia, and perhaps, with even more activity than tea, it keeps the brain awake when that wearied organ ought, according to nature, to be asleep."

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CORRESPONDENCE.

ASHLEY ITEMS.

Stock Growers' Association Organized—Location of Settlements—Crop Prospects, Etc.

An Ashley Fork (Utah County) correspondent sends us the following newsy items from that region:

ASHLEY, April 26th, 1886.

We, on the 17th inst., perfected a Stock Growers' Association to be known as the Ashley Valley Protection Association, postoffice address, Ashley, Utah County, Utah, by electing Lycurgus Johnson, President; Isaac Burton, Sr., Vice-President; H. C. Hullinger, Secretary; Robert Bodily, Treasurer, and an executive board of seven members.

The Wyoming by-laws were adopted with some little alteration in some of the sections to suit our condition and convenience. Before adjourning the executive committee ordered the following notice to be posted in three public places in the county:

"Notice is hereby given that a reward of \$100 will be paid to any person or persons giving reliable information that will lead to the conviction of any person or persons stealing any live stock belonging to any member of the Ashley Valley Protective Association."

By order of the Executive Board, April 17, 1886.

Postoffice address, Ashley, Utah County, Utah.

H. C. HULLINGER, Secretary."

The spring has been cold and backward. Farming is rather behind for this time of the year, but all hands are at work with a vim. The general health of the county is good at present, but we have had a pretty severe siege of catarrhal bronchitis during the latter part of last winter. But few deaths resulted from it, and they occurred mostly among infants and very small children.

The people generally feel well, with plenty to eat, drink and comfortably clothed. Buckskin is a legal tender for cloths in this valley.

Stock has generally wintered well as far as heard from, with a small percent of loss. We have had ten district schools running the past winter, well attended, with a good corps of teachers. Three new school houses were built last fall, and united with an addition to the third.

A joint stock company organized and subscription books are opened to erect a building for a high school where the more advanced branches of education may be taught exclusively. Grounds are selected and located. The building is to be of brick.

We have three election precincts viz. Ashley, Brown's Park, and River Dale. We also have six Bishops' Wards. River Dale is the southeast, with Nathan Hunting as acting Bishop. On the northwest is Merrill's Ward, with Geo. H. Davis as acting Bishop; then west and north is another Ward, with J. Glims as acting Bishop. North of that lies Mill Ward, of which Wm. Shapn is Bishop. To the northwest is Dry Fork settlement; Thos. Blagham was the former Bishop, but has moved down into Mill Ward. East of Mill and north of Merrill's ward is Central Ward, over which uncle Jerry Hatch presides, and is the presiding Bishop of the valley. A large and commodious meeting house is in process of erection, with part of the material on the ground. It is hoped it will be completed this summer and fall. This country is in its infancy yet but you would scarcely believe your own eyes if you had seen it three years ago next fall when I first beheld it and were to see it now; farms opened, water ditches taken out, and comfortable homes started where the irrepressible sage brush held sway.

Quite a stir was made among the Indians at Ouray by an Indian killing their war chief Shavenagh a few days since. He accused Shavenagh of making bad medicine that killed his children, and accordingly shot him. The tribe took the Indian down to the river, shot his horse, filled him full of bullet holes, and threw both into Green River. The Indians are all peaceably inclined toward the settlers, but complain bitterly of their agents, who, they say, do not furnish them enough to eat.

The want of lumber is our great drawback at present; but there is a prospect of two more mills being started this summer—one a water mill, and the other, I understand, is to be a steam mill. It is to be hoped they will start, and start early, and take people's grain, which commands cash every spring at an advance of 50 percent upon fall prices. Some complain that there is no market for grain, but the people are not ready for an export market yet; they cannot more than supply the home demand and surrounding stock ranches as yet. Persons who talk that way do not, as a general thing, have any grain to sell.

As nearly as can be estimated there is about 25,000 acres of good, first-class farming land in this valley.

We have two good grist mills and five blacksmith shops, all of which have plenty of work. A good shoemaker would, I think, add ducats to his pocket if he would come and hang his shingle on the outer wall. A good cabinetmaker would also do well here, as most of the people are enjoying the luxury of three-legged chairs, without any back.

Let I tire you out I will stop for the present. More anon.
Yours, JUSTINUS.

NORTHWESTERN STATES MISSION.

Conference—Feelings of the Elders and Prospects of the Work.

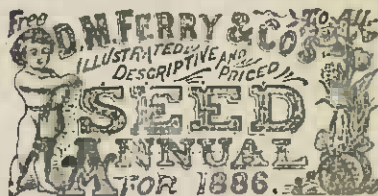
SOUTH BEND, Blue Earth Co., Minnesota, April 27th, 1886.

Editor Deseret News:

Our Conference convened at this place on the 18th and 19th inst. Twenty-one Elders from Utah were present, of whom eight recently arrived. Besides the Saints a number of strangers were in attendance, who listened with a liberal degree of interest to the plain and instructive discourses delivered by the Elders upon the various principles of the Gospel. The Elders all expressed their appreciation of the opportunity of meeting in this capacity to reciprocate the love that characterizes every faithful missionary. During our gathering a few were added to the church and a number of others are investigating the principles of the Gospel. There has been but little persecution during the past seven months. The brethren report as fair treatment as could consistently be expected, and while the spirit of indifference has been general we have reason to believe that as much good has been accomplished during the time intervening between last September Conference and this as in any other period of the same length within the past two years. The recent legislation in Congress and the unwarranted rulings of the Federal officials in Utah are performing their part in spreading the truth, the effect of which is realized in various places. Many who have in the past given no reflection to our condition are now beginning to inquire into the cause of such special legislation, and are frequently heard to admit that the present crusade is the result of the resurrection of that spirit which promoted religious persecution in all ages. And thus the truth of the scripture is verified which says: "I will make the wrath of man to praise me."

The Elders all express their determination by the help of God to spread the truth, and while we are solicitous of the welfare of our fellowmen who do not comprehend the truth, and rejoice to be counted worthy to labor among them in this part of the vineyard, we are equally in sympathy with the Saints in Zion by whom we hope to be ever remembered.

Your brother in the Gospel,
JACOB JACOBSEN.



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