

## MOTHER'S DIET.

"The character of the mother's diet is of the utmost importance during the lactation period. The scorbutic diathesis induced by a deficiency of vegetable food, especially the grains, (whole product) and fruits, exerts a powerful influence upon the infant's health, the milk secreted being deficient in certain vital constituents."

"Cases are on record where a change in the mother's diet—the avoidance of meat, pastry, spices, hot sauces, tea, coffee, chocolate—and the adoption of a general diet of plain wheat-meal bread (varied with rye, corn, and oat-meals), milk and fruit, has rapidly restored infants dying of cholera infantum, without aid from any other source."

"The woman who lacks a reliable appetite for any sort of plain, wholesome food, is not a well woman; if she indulges in that which is unwholesome, she can not maintain good health; if she be overfed, abnormally fat and plethoric, she is a sick woman; and such mothers can not supply a perfect food for the nursing child."

"Much sloppy food, hot drinks, profuse drinking between meals to 'force the milk,' are injurious to both mother and child. Much animal food is not advisable either in winter or summer, and in the latter season especially, should be avoided altogether."

"There will be no lack of appetite for plain, wholesome food, if the mother applies in her own case the principles herein advocated, viz.: to eat at regular intervals, not more than three meals, and, while eating enough, never in excess of the requirements of the organism. Nausea, lack of appetite, flitful appetite, 'gnawing' at the stomach—the latter so generally mistaken for a demand for food—all result from excess or the use of unwholesome food or conditions."

The little work from which I am culling these extracts is so full of valuable instructions on this vital subject, the raising of children, that I am constrained to devote still another chapter to it, next week.

25 Tracts on Health topics, for 10cts. A book about what and how to cook and eat, for health, 10cts. Mailed by D. M. McAllister, 68 Centre St., Salt Lake City.

## CONFERENCE MEETINGS AT OGDEN.

JANUARY 23.

This evening has closed two days conference meetings in Ogden, as interesting as any that have been held in this city for years past. At ten o'clock on Saturday morning, the Latter-day Saints in this city and from many of the wards in the different parts of the Stake commenced to file into the Tabernacle. At former similar gatherings there were but few of the Saints present on Saturdays, but on this occasion it soon became evident that the Tabernacle would be filled, which was the case. In the afternoon every seat was occupied and much of the standing room of the aisles. But to-day every foot of space was densely packed and very many were unable to gain admission. The large doors in the east end were thrown open and masses pressed as closely to the apertures as possible, to listen to the voice of instruction and learn the progress of the work of God in the Weber Stake of Zion. President Lewis W. Shurtliff presided. Besides the general and local Priesthood of the Stake, there were present Apostles F. D. Richards and Heber J. Grant. After the usual opening exercises the clerk of the Stake read the

## REPORTS OF THE BISHOPS,

which showed that steady continuous improvements have been going forward in every department of the Stake since the reports at the last quarterly conference. The Latter-day Saints feel better, stronger, and are trying to live nearer to their God, and more in accord with His word and will. The meetings both Sabbath and week evenings are usually much better attended than formerly—especially the latter, which are said to be crowded. The officers are inspired with increasing desires to do their duties in their several callings, not with any undue excitement, but with commendable zeal to promote the best interests of those for whom they labor.

Fast meetings are crowded. Quite a number of merchants and other business men close their establishments during the hours of service on that day, and mingle their voices in the congregations, testifying of the work and goodness of God to them. The more experienced Elders take with them a number of young men—Priests—and hold block or district meetings, at which these young men take active part in expounding the scriptures, prophesying, and bearing testimony to the great work the Lord is doing on the earth in this dispensation. The institutions of the young, both male and female, are in active operation—and the members are qualifying for positions of usefulness, honor and trust to which they will surely be called in the due time of the Lord.

## THE LADIES' RELIEF SOCIETIES

are powerful institutions for good, and are invaluable aids to the Bishops in searching out the poor, the sick and the indigent, and administering to them not words of cheer only, but the solid comforts of life, as well as the necessities. Food, fuel and clothing are supplied to the worthy needy. The

Sabbath schools are filled to overflowing, and in some places there is not room to accommodate all who desire to attend. The reports further show that the people are prompt in paying their tithings, and their offerings, and that they are improving in moral rectitude. The pressure from without is drawing them closer together in unity, faith, brotherly love and charity and a firmer reliance on God to protect them in their rights. The instructions of the speakers were suited to the times and circumstances of the people, whether they related to their religious, social or moral status. They were seasoned with reproof, correction, admonition; caution against the evil elements and temptations to which they are subjected, their close proximity to the institutions and snares that would lead both old and young to perdition. The Saints were counseled to shun the practices which vitiate their bodies, corrupt their spirits and tend to the destruction of both. They were encouraged to continue to pursue the paths of peace by cultivating all the virtues and graces that are inculcated in the Gospel of Jesus Christ. They were assured that if they will live closer to God and consecrate themselves fully to His services, and to His will only, He will give them the victory over their foes, and eternal life in His kingdom.

The vote to sustain the general and local authorities was unanimous.

## THE STATISTICAL REPORT

showed that the Latter-day Saints in the Weber Stake number 9,067 souls. These include 1,918 families, 1 Apostle, 557 Seventies, 170 High Priests, 11 Patriarchs, 779 Elders, 99 Priests, 171 Teachers, 314 Deacons. There are now 20 Wards in the Stake. Since the last quarterly report there have been 48 baptisms, 60 marriages, 141 births, 73 of which are males, 163 children have been blessed, the deaths have been 36, 20 of them males; 7 have been excommunicated from the Church; 374 persons in the Stake receive support from the donations and poor offerings. In addition to the above-named quorums there are over one thousand members of the Young Men's Improvement Association, 30 Home Missionaries, about 26 Sabbath Schools, 500 officers and teachers, and 4,000 pupils. These latter are still increasing. With all these forces organized and directed by the inspiration of God, and operating under that intelligent influence, coupled with the unwearied zeal of those who are appointed to take part in the work of this ministry, the "heaven" will continue to work until the whole body attains that union, and faith by which they will prevail with God.

## MISSIONARY WORK IN PALESTINE.

The following, written at Jaffa, Palestine, by J. Spori, appeared in the *Millennial Star* of Jan. 2d:

"The Gospel is gaining favor and some believers in different parts of this land. Many opportunities for preaching were offered during my last travels. In Asdod the Arabs listened with great attention, as they claim to see in the advent of 'Mormonism' among them some of the prophecies of the Koran fulfilled. They treated me kindly, and I was unmolested, although I traveled alone and on foot, and sometimes in the night, from Jaffa to Gaza, then back to Asdod; thence to Jaffa and Jerusalem, and back to Jaffa. In some instances, Arabs offered me food on the road, and a ride on a camel's back. In Sarona the opportunity was given by the German leaders to preach to a large number of men and women. In Jerusalem the leaders of the Temple Society treated me very gentlemanly; they spoke also with esteem of Geo. A. Smith, who was there in 1872.

Not far from Jaffa wonderful signs were seen one afternoon by many people. Soldiers and horsemen were seen in the air, and afterwards a dragon flying slowly in a southwesterly direction. I saw nothing of it, but many people maintain that they saw the wonders.

To-day I start for Beirut, in Syria. I have some letters of introduction to parties living there. From Beirut I shall return to Haifa, where I hope to find news from the brethren.

Two preachers in Haifa fought bitterly against the Gospel; one called me a child of the devil, and ordered me, in the name of Jesus Christ, to leave the room. Both of them soon ran themselves into such contradictions, both with reason and the Bible, that those present could easily see where the truth was. But it turned out that the truth was not exactly the thing they wanted, hence they chose error rather than truth. Still the Gospel is gaining some ground, slowly, but steadily, and for this, and all the blessings of God, who is as true in Asia as in America, I rejoice.

## OGDEN OCCURRENCES.

## AN ATTEMPT AT MURDER.

JANUARY 24, 1887.

The people in the east part of this city were thrown into a state of excitement about noon to-day by the report that a man had murdered his wife. The story soon reached the lower part of the town, and many people rushed to the scene of the tragedy. John Melvin is a Scotchman, something near 40 years old. He has a wife near his own age, and they have one child, a boy of eight summers. They

live in the house of Mr. R. J. Hill, on the bench. Melvin has been a sailor and was formerly a servant to Mr. Hill when that gentleman was in the British navy, some years since. Melvin and his wife came to this country about three years ago, and again entered the service of Mr. Hill. He is considerably addicted to the use of intoxicants, was often under their influence and sometimes has been afflicted with

## DELIRIUM TREMENS.

He appears to be very fond of his wife, and as the old saying goes he "loves her almost to death." To-day an altercation ensued between them when, in a fit of anger or insanity, he procured a razor, with which he struck her a murderous blow on the neck. He intended to cut her throat and put an end to her life. But he did not succeed. It seems that he held the weapon by the handle in such a manner that after it came in contact with his wife the blade was pressed backward. As it was it cut a fearful gash about six inches long and as deep as it could go. The mishap, however, prevented the jugular vein from being severed, and thus saved her life. The woman struggled and broke from him and ran to the house of Mr. John Maguire, the nearest neighbor. Messengers were at once dispatched for the police and Dr. John Driver. In the meantime Melvin had locked himself in the house and thought he was secure.

Marshall Ballantyne soon arrived, gained admittance, and with the aid of Julius Kiesel, made the arrest. He was searched and the bloody instrument was found in the prisoner's pocket and taken from him. He was lodged in jail and it is expected he will have a preliminary examination before Justice Dee on Tuesday.

Blood was scattered over several parts of the house, and in the bedroom and on the bed of Mr. Hill. While tracing it the officers heard the distressing cries of a small quadruped, and were soon surprised to see a tomcat appear.

## WITH ITS THROAT CUT.

This Melvin did after his wife had escaped from his murderous grasp.

Dr. Driver put in a large number of stitches—he says he did not count them—dressed the wound of the woman and made her as comfortable as possible. In a conversation with him to-night on the subject, he told me the blow must, in his opinion, have been struck from behind, that the cut ranked from about the middle of the back of the neck under the left ear and partly across the throat. He thinks the wound is not necessarily fatal, and that if she meets with no further accident, and with care and attention which certainly will be given, the woman will recover. She was resting pretty well when he last saw her.

Melvin does not seem to appreciate the enormity of the crime he has committed, nor the critical condition of his wife's life. In fact he is either insane, or reckless and brutally wicked. He has expressed his regret that he had not killed her outright, that some persons might have the chance to

## LYNCH HIM.

His little son was at school at the time he attempted to murder the mother, else it is probable he might have been attacked as well. To some who know Melvin it seems to be a wonder that he did not put an end to his own life.

## BY TELEGRAPH.

PER WESTERN UNION TELEGRAPH LINE.

## FOREIGN.

LONDON, Jan. 21.—Parliament was opened to-day. Following is the Queen's speech:

"My Lords and Gentlemen: My relations with all foreign powers are friendly.

Affairs in the southeast of Europe are still unsettled, but I do not apprehend that any disturbance of the European peace will result from the unjust controversies which have arisen in that region.

While deploring the events which compelled

## PRINCE ALEXANDER

to retire from the Bulgarian throne, I have not judged it expedient to interfere in the proceedings for the election of his successor until they reach a stage at which my assent is required by the Berlin treaty.

The task undertaken by my government in Egypt has not yet been accomplished, but substantial advance has been made towards assurances of external and internal tranquillity.

Operations in Burmah have been conducted with bravery and skill for the purpose of extirpating the brigandage which has grown up during the recent years of misgovernment. The

## BANDS OF MARAUDERS

by whom upper Burmah has long been infested have been dispersed; many of the leaders have laid down their arms, and I entertain confident hopes that a general pacification of the country will be effected during the present season.

Commercial treaties have been concluded with Greece and Roumania.

Gentlemen of the House of Commons: Estimates will be submitted to you, and the efficiency of the public service.

My Lords and Gentlemen: The con-

dition of Ireland still requires your anxious attention.

## GRAVE CRIMES

In that country have happily been rarer in the last four months than during a similar period of preceding years, but the relations between owners and occupiers of land, which in the early autumn expedited signs of improvement, have since been seriously disturbed, in some districts, by organized attempts to incite the latter class to combine against the fulfillment of their legal obligations. The efforts of government to cope with this evil have been

## SERIOUSLY IMPEDED

by difficulties incident to the method at present prescribed by the statute for dealing with such offenses.

Your early attention will be called to proposals for the reform of legal procedure, which seem necessary to secure a prompt and efficient administration of the criminal law.

Since I last addressed you, the commissioners directed to enquire into certain objects of great importance to the material welfare of Ireland have been actively prosecuting their labors. The

## REPORT OF THE COMMISSION

of the operation of recent acts dealing with the tenure and purchase of land, will shortly be laid before you and will doubtless receive from you that early and careful attention which the serious importance of the subject demands.

Bills for the improvement of local government in England and Scotland will be laid before you. Should circumstances render it possible, they will be followed by a measure dealing with the same subject in Ireland.

A bill for improving and cheapening the process of

## PRIVATE BILL LEGISLATION

for England, Scotland and Ireland will be submitted.

You will be asked to consider measures having for their object the removal of hindrances which exist to the cheap and rapid transfer of, and to facilitate the provision of allotments for small householders and to provide for the reader sale of Glebelands.

The commission which was issued in 1885 to inquire into the lamentable depression under which trade and agriculture have been suffering for many years have presented a valuable report, which, with the important evidence collected, will be laid before you.

## A bill for leaving the mode of,

## LEAVING TITHES

in England and Wales will be submitted.

With regard to Scotland, you will be asked to consider measures for the reform of the universities, for completing legislation as to the powers of the Secretary for Scotland, and for attending to the procedure of the criminal courts.

Measures dealing with the regulation of railway rates and the preventing of the fraudulent use of merchandise marks will be brought under your consideration.

In the performance of these and all your other momentous duties, I earnestly pray that the blessing of Almighty God may attend your labors.

LIVERPOOL, Jan. 27.—The official count of the vote in yesterday's Parliamentary election on the exchange division of Liverpool shows that Goschen, Chancellor of the Exchequer, was defeated by just seven votes.

## CORRESPONDENCE.

BUCKEYE, CLAY CO., ALA.,  
Jan. 15th, 1887.

## Editor Desert News:

A little over two years ago the Elders first came into this settlement, about six miles below here. One Sunday they preached but I could not go. The next Sunday they preached nine miles below here. I was at that time a member of the Baptist church but was not prejudiced against others, so I thought that I would go and hear them preach as I had never seen an Elder though I had heard much talk about them, and like many out here thought they were most outlandish characters. So myself and a few out here went there and I was somewhat surprised at the class of men we found. A few of the old settlers refused to let them preach in the meeting house so they took the benches out of doors and preached outside. Those who spoke were A. Cazier and R. M. Stephens, and I thought they spoke well, and I wanted my wife and friends to hear them, so I asked them to come up where I lived and preach the next Sunday, at 2 o'clock, and they said they would. I told them that they should have a house to preach in if I had to give up my own house. Then I saw the d—raging. One man, a Methodist, said to the Elders, "How many wives has Brigham Young?" and they told him, "Enough to let other men's wives alone." Then some of the crowd laughed and some were angry.

The Elders came, according to promise; they had a good crowd and everything went off all right, so I invited A. Cazier to come to my house and asked several of my friends to come in that night and we asked him many questions, but he seemed to have an answer for them all. Then lies began to spread and the d—raging; but A. Cazier came to my house again and I had love for that man that I never had for any man before. He stayed all night with me, and we talked about religious matters. I told him that I

never wanted to be a Mormon, for I thought there was good in all churches, and I was a Baptist and would remain so. He kindly laughed, and I can almost fancy I see his smiles now. He was called home and about Christmas two other Elders came into the settlement and I asked them to come to my house. The Elders came and talked with me and I could not help believing what they said while they were there, but as soon as the Elders would leave some one would tell a big story about them and I would forget what they had said. But somehow or other I would always ask them to come back to my house, and I thank God that I did. I thought if the Lord answered Joseph Smith's prayers he would answer mine, and as I wanted to know if what the Elders told me was true I went to work and the more I prayed and read the stronger I got, until I got so I did not believe the tales that I would hear about them; and I asked them to have prayers in my house one night, and they prayed for me and my family and all that would work works of righteousness, and I so rested on my mind that I kept asking the Lord to aid and assist me in the knowledge of the truth, that I could see that the Lord had answered my prayers. I asked my brother-in-law one day what he thought of the doctrine, for he had read many of their books and he said he thought they were good men, but he did not think any of us could live here if we were to join them. I said to him I have a notion of trying it, so I said something to my wife about it and she did not say much about it; however, I said to the Elders I believed I would be baptized. They took the pains to tell me a great deal about the Gospel and on the 3d day of May, 1885, I was baptized, and I can say that I never have regretted it. I have tried to stick close to the Gospel and keep all counsel, and I pray God to aid and assist me that I may always be able to keep all counsel, and I would ask all who may read this to remember me, for all of my friends and connections have turned against me, but I found that the Lord is on my side, and I hope that the way will soon be opened that I may be gathered out to Zion. I ask an interest in the prayers of the Saints. I merely write this to let some of the youth of Zion know my experience.

May God bless all the Elders and lead them to the honest in heart is the prayer of your brother in the Gospel of the Church of Jesus Christ of Latter-day Saints.

W. J. CONGER.

Henry Hawkins was caved on and killed in the Morning Star Mine, near Ophir, Placer County, Cal., on the 22d. He was a native of Cornwall, England.

On the 23d of January, the people of Monrovia, Cal., were startled by the report that Colonel Samuel Keefe, proprietor of the Grand View Hotel, had committed suicide. While his family were at breakfast the Colonel entered a water closet, and placing a pistol in his mouth, fired, killing himself instantly. The report was heard by one of the servants, who rushed in and found the lifeless body lying on the floor.

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