

THE FALL OF MODERN BABY-LON.

Hour of a nation's overthrow! The rulers from their halls have gone, The lights of revelry burn low, 'Tis midnight upon Washington.

On silken couch 'neath silken pall, The ruler of the land is flung, A peal of thunder fills the hall, He hears, but 'tis no mortal tongue.

A madness fills your rulers' minds Your gallant fathers never knew, No more wise rulers of the land, But vile corruption's bigot crew.

The arm of vengeance waves on high, The clouds of wrath shall shortly burst; Whom the gods purpose to destroy They fill their minds with madness first.

DUNCAN M'RAE.

HEALTH HINTS, ETC.

COMPILED BY MAC.

In consequence of insufficient outdoor exercise, and unwisely close application to mental work, I recently had a severe, but short illness, which caused the suspension of "Health Hints" for several weeks.

HEALTH AND EXERCISE.

"It is a comparatively easy thing to keep well; so easy in fact that hundreds will not see it. We have faith in the doctors, and expect that a drug will effect what we should ourselves do by following the simplest laws of Health.

1st. Exercise.—There is nothing equal to a good, brisk walk of two or three miles—more even—in the open air. There are two times in the day when this is especially beneficial.

Indoor life makes us listless; and when that feeling of weariness and languor steals over us we want to stay in the house, curled up in some easy chair perhaps. But this is a dangerous thing to do; this is the time of all times we ought to be out of doors exercising vigorously.

Riding and driving are good exercise, but hardly to be compared with work in the open air, or walking. Practice walking suitably dressed, and with thick-soled boots, beginning with a short distance and gradually increasing it. Even those delicate in body may finally be able to accomplish, very readily, half-a-dozen miles on a stretch, with short and frequent rests.

SENSIBLE ADVICE.

Take the open air, The more you take the better; Follow Nature's laws To the very letter. Let the doctors go To the Bay of Biscay; Let alone the gin, 'The brandy and the whisky. Freely exercise— Keep your spirits cheerful. Let no dread of sickness Ever make you fearful. Eat of simple food, Drink of pure cold water, Then you will be well— Or at least you ought."

What key will best unlock the door of hell?—Whis-key.

Manma.—Why, Nellie, how pale you look! Have you been sick? Nellie.—(Just returned from an unusually complicated supper). Yes, but I unswallowed myself and I'm better.

It is claimed [that the statistics of life insurance companies go to show that the young man of twenty years of age who abstains entirely from intoxicating drinks, has a good prospect of living to be sixty-four; while the moderate drinker at twenty can only expect to live to be thirty-five and one-half years old.

An apt reply.—A gentleman offered a

little girl wise at a 'great dinner where wine was being freely drunk. She very properly refused it.

Said the man, "Did not Paul tell Timothy to take a little wine for his stomach's sake?" "Yes," replied the little girl, "but my stomach doesn't ache."

How to Cure a Cold.—"About an hour before bed-time, take a hot or steam bath; then, after dressing, go out on the street and run nearly as fast as you can. Swing your arms freely. When out of breath, walk awhile, then run again, until you have run between a half and three-quarters of a mile, according to your strength. Then go to bed. The room must be well ventilated. If it is cold, put on more covers. In the morning you will notice a great change for the better."—Good Health.

FLOUR AND BREAD.

Some time ago I published a recipe for making good bread without yeast or baking powder, and I have so frequently had occasion to write it since, for the benefit of enquiring friends, that I think it advisable to republish it. In connection with the subject, it may be well to say a little about the flour recommended, although I may thereby repeat some things stated before.

The "whole wheat flour" contains all there is in the wheat grain, except the indigestible woody fibre of the bran; it includes the gluten flour that adheres to the bran, also the shorts and middlings; the whole is repeatedly and thoroughly cleaned, bolted, and mixed, producing a superfine white flour. "Graham flour" is the whole wheat coarsely ground and unbolted; it includes the bran, and it would be more appropriate to designate it whole-wheat meal.

When "Graham" is made from good wheat that has been thoroughly cleaned, and it is used within a month from the time it is ground, there is no flour more nutritious or more wholesome. It sometimes happens, however, that it is made from inferior or dirty wheat, and quite often the flour becomes stale or musty before it is used; these things have, naturally, created a prejudice against it; it is certainly then not a whit better than the poor white stuff that goes by the name of XXXX, or any number of X's. I call such white flour "poor" because it is nothing but the starchy interior of the wheat, deprived of the bone and muscle making and nerve nourishing elements, which are in the discarded parts. If it were not for the fruits, vegetables, milk and other natural foods, eaten by children and adults, they would positively starve to death on ordinary white bread.

In localities where it is difficult to obtain good, fresh ground, Graham flour, I strongly recommend each household to procure a plantation mill, resembling a large coffee mill, and grind the wheat themselves, after thoroughly cleaning it.

The Pioneer Roller Mills, of this city, in addition to making the superfine whole-wheat flour, are now giving special attention to the manufacture of a superior quality of Graham. The bran is ground extra fine, and, as they make just enough at a time for one week's demand, it can generally be obtained in fresh condition from the dealers whom they supply.

Bread made from such flour as this, when not spoiled by too much fermentation, is as much superior to that made from ordinary white flour, in health and strength giving qualities, as wholesome mutton is to measy pork.

Fermenting, or "rising" the dough from which it is intended to make bread, is a process that needs careful watching. When fermentation is allowed to continue too long the dough begins to rot, and bread made from it when it reaches that condition is unfit to eat. Bread made with baking powder is unwholesome.

Following is the recipe alluded to, which tells how to make splendid, wholesome bread

WITHOUT YEAST OR BAKING POWDER:

"Take one quart of whole-wheat flour, or Graham flour, and stir into it, in a deep earthen bowl, about the same measure of sweet milk, making a batter somewhat thicker than for pancakes. Beat with a wooden spoon, from the bottom upward, with quick, sharp strokes, so as to incorporate as much air as possible, and until bubbles appear; the beating must be thoroughly well done. The gem pans, having about sixteen cups for this quantity of flour and milk, should be first placed upon the stove, so that by the time the mixture is ready the pans will be hissing hot. Then, after greasing each pan with sweet butter, pour in the mixture and put at once into a quick, hot oven. In about twenty minutes you will have a lot of little golden-browned loaves, puffed high up in the middle and running over at the side like well-made cakes. This is the most delicious bread ever eaten, in comparison with which the ordinary white bread is tasteless and insipid. It keeps sweet a long time, and can be freshened in a few minutes in a hot oven so as to taste as 'good as new.' Those who can afford pure cream instead of milk, will have bread as rich and light as cakes. Two or three eggs added to the mixture will make it still richer and lighter, but it is then not so good for persons inclined to be dyspeptic."

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, 60 Centre St., Salt Lake City.

FROM MONDAY'S DAILY, MARCH 14.

Stake Conference.—The Stake Conference of the Young Ladies' Mutual Improvement Association will take place next Friday, March 18th, at 10 a. m., and 2 p. m., in the Fourteenth Ward Assembly Rooms.

Badly Hurt.—Yesterday Mr. Harry Halbes was getting out of his buggy in front of the Opera House, when he caught his foot in the wheel. His horse started at the time, and he was thrown against the vehicle, his leg badly wrenched, and he was otherwise severely injured. He was taken to his home at South Cottonwood and a physician summoned.

A Delicate Operation.—Yesterday Dr. Benedict, assisted by Drs. Pike, Bowers and other skillful surgeons, performed a delicate operation on the daughter of ex-Mayor Hanson Walker, of Pleasant Grove. The lady was in this city, and the operation was the removal of an ovarian tumor, weighing about 35 pounds, from which she has been a great sufferer. The patient has rallied considerably, and there is now every prospect of a speedy restoration to health.

An Equity Verdict.—This afternoon the jury in the suit of Eliza Durnell vs. Joseph Sowden gave a verdict for plaintiff for \$136. The note sued on was given by A. Case to the defendant, who transferred it to the plaintiff. The latter says the defendant endorsed it, but this he denied, alleging the signature of his name to be a forgery. To settle the matter the jury "split the difference," and gave plaintiff about one-half of the amount claimed. Both sides were dissatisfied with the verdict, and ten days' stay of proceedings was granted pending a motion for a new trial on the part of the plaintiff.

Court Notes.—Proceedings in the Third District Court to-day:

The People vs. R. H. Shively; trial set for Wednesday, March 23.

The People vs. Marsh; robbery; dismissed for want of evidence.

The People vs. D. McDonald and Herbert A. Slade; prizefighting; continued for the term and the request of counsel for defendants.

Eliza Durnell vs. Joseph Sowden; verdict for plaintiff for \$136.

Charles E. Gomin, Charles J. Bengtzen and James Price were admitted to citizenship.

Wm. Ayrton vs. Thomas Tenant; on trial before the Court.

Beaver Bits.—We clip the following points from Saturday's *Utonian*:

The Minersville people are busily engaged on their rabbit-proof fence.

Mr. Dupaix expects to drive a flowing well at Minersville in the near future. Success is hoped for.

Some non-Mormons were among those summoned as grand jurors who could not take the new oath. We begin to think both shoes pinch a little.

The school in Adamsville was dismissed this week. The rabbit craze has struck that burgh and all hands were summoned to fight the pests.

A prominent non-Mormon gentleman of this town was overheard to remark this week, that if the President were to send him a commission as probate judge he would reply thanking him for the honor conferred and request him (the President) to please remove the judge, such things having been tried here before with meagre results. The gentleman seems to understand the situation.

Railways for Idaho.—Articles have been filed in the Secretary of State's office for the incorporation of "The Elko and Idaho Central Railroad Company," for a railroad to run from Wells north to the Idaho line; capital stock, \$1,500,000; length of said road, 100 miles; incorporators, C. Wallace, of Eureka; C. W. Friend, Sam C. Wright, J. E. Jones, F. B. Allen, James D. Torreyson, Hame Yerington and T. Coffin, of Carson. Directors T. J. D. Torreyson, and Hume Yerington. Also articles of incorporation of the Idaho, Nevada and Montana Railway Company, to run from Winnemucca north to Camp McDermitt, were filed. Length of road 100 miles; capital stock \$1,500,000; same directors and incorporators as in the Elko and Idaho Central Company. A bill has passed both houses of the Legislature aiding the building of the latter road, and efforts in the same direction will doubtless be made for the former.—1 *scavenger (New) Times-Review.*

Logan Notes.—From the *Utah Journal* of March 12th:

There is still difficulty with getting freights over the U. & N. "No cars, no cars!" is the railroad-men's explanation.

Sixteen men left Logan yesterday for the north, whither they went to work on the railroad. The third rail, which will change the U. & N. into a wide-gauge road, is being rapidly laid between Pocatello and Butte, and this furnishes work for many men.

At Hyrum, Cache County, on March 9th, Lydia Ann, third daughter of Chas. C. and Harriett A. Shaw, died of acute pneumonia. She was aged 13 years, 6 months and 7 days. She attended school on the 7th inst., in her usual good health, and appeared as happy as a child could be. Her father, in company with other trustees, was visiting the school that day, and at 11 a. m., on arriving at the intermediate school, he found deceased with her head bowed on her desk crying. On asking what the trouble was, she said nothing; she finally told him that her head ached and went home, where

she rapidly sank until her death. On the same day, and at the same place, Willis Johnson, four and a half years of age, died of croup, and the funeral services over both were held together in the Hyrum meeting house.

Deputy Marshal Whetstone and Mr. Thomas drove over to Hyrum on Thursday evening and subpoenaed A. A. Allen to serve as a jurymen, and passing the residence of Wm. Williams, of that place, saw him in the yard. They immediately stopped and arrested him on the charge of unlawful cohabitation. He was brought to Logan and placed in charge of Mr. Thomas at Cardon's Hotel over night. On Friday morning, being taken before Commissioner Goodwin, he pleaded guilty to the charge, and was bound over in the sum of \$1,000 to await the action of the grand jury. Enoch Lewis and Thomas Roberts went his bonds. Mrs. Margaret and Mary Ellen Ward Williams were bound over as witnesses in the sum of \$200 each. Mr. Williams is over 60 years of age, and his second wife has been married to him 19 years. He is the first victim of the crusade from Hyrum.

That a man can lift himself over a fence by the straps of his boots is being almost demonstrated by the well known inventor Chris. Garff, of Logan, who has conceived and is practically demonstrating the novel idea of making the swift-running streams of these fair mountain regions lift themselves out of their channels and up on to a bank—or at least enough of the liquid for irrigating, gold-washing, and kindred purposes. The manner of accomplishing this is so simple that it seems strange it has never before been put in practice. It consists of a small iron wheel, or wheels, so constructed and placed between two boats as to secure the power of the running water to operate them. The wheels can be lowered into the stream until entirely submerged or raised, at the will of the operator, thus regulating speed. The deeper the wheels are in the water, the greater will be the power, and an unlimited power can be secured in this way at a very slight expense as compared with the usual ways of securing water power. Of course this power can be applied for all purposes where water power can be used. We understand that the machine that has attracted so much attention for the past few days, and which was in successful operation yesterday, in the canal, is intended for Snake River, and will be used in raising water for gold-washing, and we feel to congratulate Mr. Garff, as well as the miners who have secured so effective an arrangement for raising water, and are thus enabled to secure the wealth which seemed "so near and yet so far" when water can be had cheaply.

RELIGIOUS MEETING RAIDED

A Latter-day Saints Conference Visited by U. S. Marshals.

SEVERAL PEOPLE DETAINED, BUT NO ARRESTS.

On Saturday evening we mentioned a raid by Marshal Dyer and his deputies, made on Bountiful, Davis County, on Friday night. In addition to the events recorded, a wedding party was interrupted by the search for alleged violators of the Edmunds law, and a hall where a dance was in progress also received attention. On Saturday the

QUARTERLY CONFERENCE

of Davis Stake of Zion was commenced at Bountiful. In the forenoon the President of the Stake, Wm. R. Smith, addressed the congregation. The meeting re-convened at 2 p. m., and, as was afterwards learned, word was sent by a party at Bountiful, informing U. S. Marshal Dyer that there were present several persons who were suspected of disregarding the third section of the Edmunds law. This was about 2:30 p. m., and the Marshal, accompanied by Deputy Franks and a penitentiary guard named Kingsbury, started north on horseback; communication between this city and Bountiful by

TELEPHONE WAS SHUT OFF

lest some one might warn the residents of the latter place. The officers rode hard, and by the time—3 p. m.—they reached the Bountiful Tabernacle their animals were covered with foam. Stephen Hale, an "apostate," who resides near there, was called upon to identify parties who might be wanted. Elder John Woolley, who was presiding over the meeting, was called out by Marshal Dyer, who had stationed guards at the front and back doors. The Marshal informed Brother Woolley that he came to make certain arrests, and named, as among those wanted, President Wm. R. Smith, Bishop Chester Call, Jas. T. Wood, Wm. S. Muir, Jr., and Harvey H. Perkins. He also said that it was his wish that the meeting go on undisturbed, and that when it was concluded only one door should be opened, that all who passed out might be scrutinized.

The Marshal then stationed him n to watch the doors, and when the services were concluded the people began to emerge. The officers kept their eyes open for anyone who might be suspected, and

SPOTTED SEVERAL PERSONS

for arrest. Among those detailed were Mayor Roueche, of Kaysville, and Messrs. David Stoker and Joseph T. Mabey, but all were afterwards released. The first named, when he came out of the meeting house, turned and

walked rapidly away, when he was pursued by Deputy Franks, who seized and held him, notwithstanding his protestations.

Finally, when the building was vacated, the Marshal called on Sheriff Willey, of Davis County, to go through the house with him. The two then

SEARCHED THE BUILDING,

but no one was discovered within. Not being satisfied with this result, Mr. Dyer sent Deputy Franks, in company with Judge Stoker, who again examined the entire interior of the building, from cellar to dome. By this time the officers were convinced that their errand was a bootless one, and they returned to the city.

BIRTH.

MARGETTS.—Sunday morning, March 6th, in the Nineteenth Ward, to the wife of F. B. Margetts, a fine daughter. All doing well.

MARRIED.

NAISBITT-HIGLEY.—At the residence in the Twentieth Ward, by Counselor George Romney, Frank Albert, fourth son of Henry W. Naisbitt, to Lucinda E. Higley, eldest daughter of George Higley, of Hooperville, Weber County, Utah.

DEATHS.

BIRCH.—At South Cottonwood, Salt Lake County, February 27, 1887, at 11:35 p. m., of inflammation of the bowels, caused by lead poison from the smelter, George William Birch, son of Thomas and Sarah Birch; born in Mill Creek Ward, May 31st, 1868. He leaves a large number of friends to mourn his loss.

HATTON.—At Smithfield, February 22, 1887, of old age, at the residence of her brother (Peter Richardson) Hannah Hatton, aged 70 years.

Sister Hatton moved from this city to Smithfield at the same time; Sister Melille's son married Sister Hatton's daughter. Both died on the same day, funeral at the same time. Both leave children, grand children and great-grand children.—(COM.)

JOHNSON.—At Whitwick, Leicestershire, Elizabeth Johnson. Deceased was 51 years old and died in the full faith of the Gospel to the truth of which she testified just previous to her death. She was given to hospitality and highly respected by all who knew her.—*Millennial Star.*

MEIKLE.—At Smithfield, February 22, 1887, of old age, at the residence of her son (Robert Meikle) Margaret Jackson Meikle, widow of William Meikle; born July 19, 1798, at Cambuslang, Lanarkshire, Scotland; baptized into the Church in 1843 by Elder William Gibson. Emigrated in 1856, crossing the plains in Captain Daniel McCarthy's hand cart company; moved to Smithfield May, 1869, where she resided until her death.

YATES.—In the 16th Ward, this city, March 7th, 1887, at 5:02 a. m., of capillary bronchitis, after an illness of thirty-eight hours, James A., only child of James A. and Alice Yates; aged 2 years, 8 months and 9 days.

COUNSELL.—In the Sixteenth Ward, Salt Lake City, March 10th, 1887, from natural causes; William, son of Joseph and Sophia Counsell; born August, 1836, in Somersetshire, England; he went to Australia, and from there to Utah; he leaves a wife and three children to mourn his loss; he has two sisters residing in Utah.

DANDY.—In the Tenth Ward of this city of pneumonia, Elizabeth Dandy, at 6:20 a. m., March 8, 1887.

The deceased was born in Illinois, November 16, 1822; joined the Church of Jesus Christ of Latter-day Saints January, 1837, immigrated to Utah in 1868. She was noted for her honesty, industry and frugality.

OBITUARY.

BATES.—John Bates, died at Wanship, Feb. 25th, at 1 o'clock p. m. He was buried on Sunday, the 27th inst., the funeral service being held in the school house, which was too small for the congregation. The funeral sermons were preached by Presidents Cluff, Petersen, and Elder Marchant of the High Priests Quorum.

Brother J. Bates was born October 10th, 1816; embraced the Gospel in 1850; was ordained a Priest in 1851, and an Elder in 1852; emigrated in 1856; stopped in Pennsylvania four years and gathered to the mountains in 1860, and settled at Wanship, Summit County, and has been identified in the development of this place from the beginning, he being one of the first settlers. He labored as a Teacher in the ward for a long time but was set apart as Second Counselor to President Petersen, of the High Priests quorum of this Stake, July 11th, 1877, and has labored faithfully in that position up to the time of his sickness. He died as he had lived faithful to the Gospel. *Millennial Star*, please copy.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

Three HOGS; two Sows, marked with two slits in right ear, and a Barrow marked with one slit in the same ear. If not claimed within ten days from date, will be sold on Friday, 18th of March, 1887, at one o'clock p. m.

J. W. COONS, District Poundkeeper, Richfield, Sevier Co., Utah, March 9th, 1887.

ESTRAY NOTICE.

I HAVE IN MY POSSESSION:

One small bay or brown Horse MULE, saddle marked, 5 or 6 years old, branded something like V on left thigh. If not claimed and taken away within ten days from date will be sold to the highest bidder, on Monday, March 21st, 1887, at two p. m.

W. J. SPENCER, Poundkeeper, Taylorsville, S. L. Co., March 12, 1887.