

RETROSPECTIVE AND PROSPECTIVE.

For many centuries gone by, 'twixt heav'n
And earth, silence had reigned. The voice
of God,
The great Eternal, who called Abram forth
To leave his kindred and his native land,
Had not, for ages, reached a mortal ear.
Fools, in their hearts declared, "There is no
God!"

Though Jesus said, "Except you're one,
you are
Not mine," the christian sects, who claim to
have
The Gospel as He taught, were multiplied,
And each contending for the preference,
And all maintained, the body of the Lord
Is represented by the church on earth.
But if these sects can be acknowledged His,
What a vast multitude of bodies? Else,
His one, must be in many fragments torn.

The wheel of Time roll'd on, and met the
verge
Of a new Dispensation—this the last—
The closing one—the set, th' appointed time
For God to do a strange—a wonder work,
Preparatory to Messiah's reign.

Prefacing this august, sublime event,
The long, long silence must be broken, and
The voice of God, on earth be heard once
more.

As was His wont when'er He converse
held
With mortal man, He'd prophets at com-
mand
To bear His messages and teach His will.
For this grand purpose, He had raised up
one—
An unsophisticated, honest youth,
Whom He had chosen and had fore-
ordain'd

To see His face, His voice to hear—to take
The lead in the last Dispensation of
A fallen world—to stop the downward ebb
Of life's corrupted stream, and bid it,
through
A purifying channel, upward flow—
To organize the Church of Jesus Christ
Precisely by the former pattern given,
With Prophets and Apostles, governments;
With gifts and pow'rs to heal—authority
To cast out devils, and to speak in tongues:
A Church which Jesus Christ will own as
His.

The Prophet did God's bidding, tho' op-
posed
By hellish wrath and human ignorance.
Unfetter'd and undward'd by man-made
creeds,
His mind soar'd upward to the living Fount
Of truth and wisdom, knowledge, faith and
power.

He master'd languages and sciences,
And principles of vast eternal weight—
A worker and a student till his death.
Having perform'd a mission great and
grand,
He sealed his testimony with his blood.

But yet the Church of Christ of latter-
day,
Which by the Prophet God established,
lives,
And will, altho' opposed by earth and hell.
Though persecution, which our Savior said
Would be the lot of those who follow Him,
Has oft, full oft, with arms outstretch'd,
the path
Bestrode, the Church has never made a
halt.

Off times from place to place by mobbers
driven,
And last of all they drove us from Nauvoo,
To go as Abram did we knew not where.
Perchance they wished—they hoped—they
thought
We'd starve and die, and buzzards fatten on
Our flesh—our bones be left to bleach upon
The lone wild waste, untrod by human foot;
But God was with us and they knew it not.
He, by His noble Chieftain, Brigham
Young,
With wisdom from the courts on high on-
dowed,
Led to these isolated mountain vales—
A desert wilderness, a sterile waste—
A crowning climax of all dreariness.
But peace was here, sweet peace, our lega-
lity claim,

Usurp'd by those who forced our exile
flight.
For centuries the soil untried had slept
The sleep of death, while none but savage
feet
Had kiss'd the sod. No tree nor shrub
adorned
This Salt Lake City Plat. The mountains
then
With their attraction's uncontested charm,
Drew to their summits all of showers, and
left
The valleys dry.

And here we were; The Church
of God, the Saints of Latter-day, must
draw
Forth from this death-wrap'd soil, a sus-
tenance,
Or perish. What a predicament! Who
Of mortal mould unarm'd with mighty faith
In the eternal God, but would have quailed
Before the ghastly prospect's sullen scow?
Not so the Saints; in the Almighty arm
We put our trust: with willing hearts and
hands,
Nerv'd by a living faith, we worked and
prayed,
And with thanksgiving ate our scanty
bread.
We dug the channels for the water's
course,

And tapp'd the creeks (the creeks were very
few
And far between) and strewed their waters
on
The thirsty land, which drank, and craved,
and drank
Till it revived and brought forth nourish-
ment.
We tore the saplings from the mountain's
brow,
Which grew the lovely shade trees that
adorn
Our cities' side-walks, and in summer heat,
Produce a grateful, cool, refreshing shade.
Yes, such it was, and what is Utah now?
The boast of friends, and envy of our foes.
Who wrought the change? God and His
faithful Saints,
And made "the desert blossom as the rose."
A crusade now inaugurated in
Our midst, retards progression's onward
move.
But what disturbers of our peace shall do!
Against the Church, will be o'erruled or
good.

The Almighty's drama will enacted be—
Each acts a part—to all, the choice is free.
Our persecutors make a sad mistake,
They earn our pity by the choice they
make:
All in the harvest reap the crop we sow,
And they in theirs, will garner only woe.
Who shed the blood of innocence will feel
The wrath of God, from which there's no
appeal.
Our foes, in blindness, now exult and
think
The Church, beneath their lash, is bound to
sink:
Crushed, it may seem, in their distorted
view,
And still be gaining strength and prestige
too:
From vile oppression's bondage 'twill come
forth
In glorious light, with pow'r to gladden
earth.

But ere the drama's close, and curtains
fall,
Will good result from scenes which now
appall—
This crusade furnace-heat will purify
The Church from hypocrites, and all that
lie—
From those whose hearts are set on worldly
gain,
And all who sacred cov'nants break in
twain.
The Truth and Justice will resume their
throne,
And man's oppressiveness shall be un-
known.
The Son of God, the Prince will come
again,
With all His Saints, in majesty to reign.

E. R. S. S.
Salt Lake City, Jan., 1887.

CHRISTMAS IN THE SOUTH.

HOW A NUMBER OF ELDERS ENJOYED
THE DAY.

MT. ROZELL, Limestone Co.,
Alabama, Jan. 15th, 1887.

Editor Deseret News:

Not desiring to let a Christmas pass
without a kind of gratification of those
pleasant impulses that throb the heart
at this season of the year, the Elders in
this vicinity concluded to have a
royal feast of fat things, such as the
country was capable of producing, and
arranged matters for this purpose about
two weeks before the day arrived.

The arrangement was simple, but in
this compared well with the country,
and a forced consistency was the re-
sult.

The first instinct that seized us was
to arrange something in which our
neighbor Elders could participate, and
knowing the failings of neighbors gen-
erally, concluded that eating should be
the most prominent feature. In this we
made a most happy selection, as was
evinced later by the ability of our
friends to do justice. To suggest as
big a thing as a

CHRISTMAS DINNER

to a family of the Saints seemed like an
imposition, but having learned, by
practical experience, the motto,
"Nothing venture, nothing have," we
again gave it a test, resulting in a cool
yes, which grew rapidly into an enthu-
siastic desire to have it consummated.
At this stage of the proceedings we
seated ourselves, pencil in hand, to jot
down what should be the bill of fare,
as suggested by those present. First,
all agreed to sweet potatoes, and the
various dainties into which this useful
article of food can be made, such as
pies, a peculiar kind of bread, custards,
etc. Then Irish potatoes, corn bread, in
fact, all of the vegetable kind. When
the meats were reached, it was plainly
visible that the vegetable serenity
would be broken. In high glee, the
natives suggested opossum as the
principal dish of meats. This met a
stubborn opposition by one of the
Elders who has not become reconciled
to this questionable dish. I have un-
derstood the long, sleek tail, perfect
hands for hind feet, and a resemblance
to that obnoxious animal that some-
times forces itself into the social
game of cards, were the objectionable
points; these things speak a richness
that makes the stomach proclaim its

FULLNESS TO OVERFLOWING,

whenever mentioned. The points de-
veloped in this argument, were, on one

side, "It can't be beat," and on the
other, "I believe the animal to be but
three degrees removed from the
monkey." The contest was finally
withdrawn in favor of a couple of
fame geese. Geese; ordinarily, these
are next to turkey, but in extraordi-
nary cases, such as we meet here, a
comparison would be unkind. They
are not raised for big dinners, and the
inhabitants think that those who eat
them should be ostracized. This as a
rule would be a correct conclusion, as
the goose is only kept for the feathers
it produces and undergoes a picking
once about every six weeks; hence in
a lifetime, and they have been known
to live forty-five years, they be-
come "sorter" tough. Fortune (?)
however, again favored our efforts and
we were informed of a neighbor who
had a couple for sale that had only
furnished feathers for two years. The
"evening" was upon us and, as we had
a journey of four miles to make, a hasty
summing up with a request to secure
the two-year-olds, ended our protract-
ed consultation. Meanwhile, we often
indulged in pleasant reflections at the
approach of the great day, but as soon
as we were brought to a consciousness
of our position and surroundings,
those happy thoughts of former days
would

DROP WITH A THUD.

Despair being a poor comforter, we
resolved to cast it away, and make the
best of the situation. The time
passed rapidly and Christmas eve
found us enjoying the company
of the other Elders, five all told, who
had made a walk of forty miles in
one day to join us. Those only who
have been traveling as missionaries in
the world can fully appreciate the
feeling enjoyed in meeting fellow la-
borers. If ever the full amount of
that love which is only prompted by
that Spirit which speaks a brother and
a friend is realized, it is at these times.

The few formalities over we imme-
diately become interested in each
other's experiences and enjoy an hour's
chat on the sterner realities we meet,
which soon give way to the lighter
things; these being so much more nu-
merous, most of the expressed ideas
afterwards are tinged with familiar
native expressions, such as "you'uns
all well enough?" "Howde,"
"Tellem as howdes powerful
well, I'd like to see 'em all." "Well as
common." "Sorta powerful beke of
puny craps." "Done gone, done it,"
etc. The time for singing, that highly
appreciated pastime, arrives, and the
visiting Elders desire to show their ac-
complishments as eagerly as we wish
to hear them, feeling at the same time
that we can't be beaten at this exercise
at any rate. Their first and second ef-
forts secured merited applause; next
a familiar song is selected, when we at
once recognize ability, the nature of
which is a kind of whipping-into-line-
words. This is done by holding the
first two or three words the length of
time allotted for singing the whole
line, and finishing without regard to
time or tune. Notwithstanding these
facts, they secure the laurels of a

STRONG COMPETITION.

This places the resident Elders on the
lowest scale of ability, who seek com-
fort from the uncomfoting source, that
their songs are new.

The morning of the 25th we are
awakened by the firing of guns, re-
sembling more an ideal country Fourth
of July celebration than the day of
peace it once was. This is soon for-
gotten when we begin to arise and the
Elders from Salt Lake, whose appetite
for corn bread increases the more he
gets, makes the announcement that
"Old Santa" has visited him to the
extent that both stockings are filled.
With youthful eagerness he opens them
to our view and shows greatly to
our amusement and his amazement
two monster "hoe cakes!" His first
thought is to keep them as mementoes
but actual wants press their claim, to
which he yields. Our confectioner
shows to the surprised crowd how
"store candy" is made, and we par-
take for the first time in the South of
those things the dyspeptic should re-
fuse. With the exception of some
who craved squirrel, coon and ash
cake, all voted at the close of the day
that a jolly good time was our first
Christmas in the South. W.

HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

Concluding quotations from "How to
Feed the Baby!"

"I am far from asserting that infant
mortality would wholly cease with the
adoption of this system, confining in-
fants from birth to two or three meals
a day, although it is my firm belief that
it would preserve the lives of three-
fourths of the healthy-born infants who
die before entering the third year.

"There will still be occasion for the
exercise of care to guard against ex-
cess and improper substances, and
there can be no absolute security
against disease without due regard for
all the laws of life."

Says Dr. Oswald: "The representa-
tive nurse believes in cramming; bu-
bly, like prize pigs, are most admired
when they are ready to die with fatty
degeneration. The child is coaxed to
suckle almost every half hour, day af-
ter day, till habit begets a morbid
appetite, analogous to the dyspeptic's
stomach distress which no food can
relieve till overrepletion brings on a
sort of gastric lethargy."

"Where there was positive evidence
of an inefficient supply of breast-milk—
where the nursing infant should show
positive signs of inanition, grow at all
weak or emaciated—I would urge, in
place of trying an extra nursing, that
the effort be made to increase the flow
of milk by means of a more nourish-
ing diet than the usual one. Un-
leavened bread, or mush, made from
the unbaked meal of wheat, rye, or corn,
has very much more nutriment, pound
for pound, than is contained in beef
or mutton, notwithstanding the fallacy
that classes the latter as 'heartily
food.' A generous diet of bread,
milk and fruit will enable any 'natural
mother' to furnish an abundance of
rich milk to nourish her infant on
three meals, and is the diet best
adapted in any case for the nursing
woman."

WHEN TO BEGIN FEEDING.

"When the month bristles with
teeth, allow the baby a little 'chew-
able' bread, best made from unsifted
whole wheat meal (honest graham).
Give it dry, and also begin the use of
fruit. After the dry bread is eaten
then offer the bottle. Increase the
bread and fruit ration gradually. I
would strongly recommend the con-
tinued use of the bottle so long as
milk forms any part of the
child's diet. In no other way
will he take it slowly enough
to prevent flooding the stomach, and
consequent indigestion. All milk-eat-
ing creatures are and should ever be
sucklings. At least milk should never
be drunk like water. Finally, of one
thing we may rest assured: When
weaning-time comes no child will suf-
fer himself to become too hungry, as
will never refuse needed food, to his
hurt."

"True mother-love seeks first of all
the comfort and well-being of helpless
infancy. Babies are often tortured by
too many and too light-fitting gar-
ments, through the ignorance or care-
lessness of their attendants, or sim-
ply to gratify the mother's silly pride,
and are treated in all respects,
in many cases, more like a doll
in the hands of its make-believe
mother, than like a sensitive little
human being entitled to every possible
comfort, in the free use of the develop-
ing body, limbs, muscles, and or-
gans."

"Dr. Hanaford, speaking of the
needless and injurious bands, or
swathes, says: 'If possible there is
far less occasion for these for the child
than the mother. This is true from
the fact that the bones of the babe are
exceedingly yielding, being little more
than cartilage. If the swathe is worn
tight, so much so as to diminish the
size of the abdomen, bringing the ends
of the floating ribs nearer than while
in their natural position, their yield-
ing nature will soon admit of malfor-
mation—a permanent contraction of
the size of the waist—and of course
any such crowding together of the
vital organs by this early bandaging of
the chest and bowels, must, just to
that extent, maim and cripple the body,
interfering with the action of all the
internal organs, more especially of the
stomach, heart and lungs, bringing the
walls of the air cells in contact, result-
ing in adhesion, and in serious diseases
of the lungs, if not in consumption,
that scourge of civilization.'"

"Where diapers are used at all, the
oftener they are changed for fresh ones
the better; they should never be used
after being stained, till washed,
thoroughly rinsed, and freed from
soap. The best kind to use are the
ones that are always dropping off!"

"The superstitious fear of 'night air'
has done, and is doing, its share
in breeding disease, as well
as preventing recovery of the sick.
The Creator has seen fit to give us no
other between sunset and sunrise, and
the question is simply, shall we take it
as pure as possible, by sufficient and
perpetual ventilation, or shall we shut
up a roomful, or house housefull, and
breathe it over and over again, making
it more 'damp' and more impure with
every breath? In the latter case all
the members of the household are
'starving for want of oxygen,' and are
poisoned by carboic acid,' and the
tender infant is the chief sufferer."

"The face of an infant should never
be covered, but should be fully ex-
posed when in its crib, and the
bedclothes not brought up
in a manner likely to cover
the face or any part of it from move-
ments on the part of the babe. Babies
are often 'tucked up' so nice that there
is no escape from breathing the air
emanating from their own bodies as it
escapes about the face, even if it is pos-
sible to see the baby's nose by making
a sharp effort."

"Babies have been smothered to
death beneath their wraps, on long
rides, and, as a rule, they are allowed
to suffer for want of the pure, out-
door air even when taken out for an
'airing,' if the weather is at all cool. A
well-ventilated room gives them better
air than they can have out of doors if
the face is covered by an ordinary veil.
They should go out every day except
in severe weather, but the face should
not be covered."

VENTILATION.

"Oxygen is the mighty scavenger
in the vital economy, the general puri-
fier and clearer. Everywhere among
the crevices and interstices of the vital
plexus, it lies in wait, seizing upon all
stray stuff—waste products of func-
tions, unassimilable matters of all
kinds, and converting these forthwith
into harmless and eliminable com-
pounds." And this true friend, always

ready and 'free as air,' so vital at all
times, and in a ten-fold degree to the
sick, is, in most cases, treated worse
than a decent tramp, and the windows
and doors sealed against it. Sick or
well, we should always avoid stand-
ing, sitting, or lying in a direct
current of air, either day or night,
but owing to the stupid interpretation
of this rule, the 'draught' and 'night
air' bugbears have sent thousands to
premature graves, and should them-
selves have been buried years ago with
the companion humbug, 'no-water-in-
fever.'"

"When we reflect that the whole
volume of the blood makes the circuit
of the body once in every half minute,
or thereabouts, passing through the
lungs to exchange carbonic acid for
oxygen, it is easy to see why the
breathing of a vitiated atmosphere for
only two or three hours out of the 24
is sufficient to produce scrofula, con-
sumption and other alarming condi-
tions, while causing a predisposition
to croup, diphtheria, fevers and the in-
fantile diseases."

"The true theory of ventilation is to
obtain a perpetual and sufficient change
of air without sensible draught. The
following simple plan, as I have proved
by years of experience, perfectly fulfills
these requirements, and leaves nothing
to be desired. The *Scientific American*
endorses the plan, and places it
above many, in fact most of the
elaborate and expensive devices. A
three-inch strip placed beneath the
lower sash of each window has the ef-
fect to 'mismatch' the sashes, causing
them to overlap each other in the mid-
dle. The stream of air thus admitted
is thrown directly upward, and slowly
mixes with the heated air in the upper
part of the room. As several
windows in each room are
thus provided, the vitiated
air is constantly passing out at one or
another of the ventilators. The strip
being perfectly fitted or listed, no air
can enter at the sill, and all can be so
nicely finished as in no manner to mar
the appearance of the most elegant
drawing-room. A dwelling thus ven-
tilated will never smell 'close' to the
most sensitive nose upon re-entering,
even after a long stay in the open air—
a test that would condemn, as unfit for
occupancy, ninety in the hundred sit-
ting and sleeping rooms, as well as
churches, halls, etc., the world over."

An eminent physician has said: "As
a medical man I have visited thousands
of sick-rooms, and have not found in
one in a hundred of them a pure atmos-
phere. I have often returned from
church doubting whether I had not
committed a sin in exposing myself so
long to its poisonous air. In 1861 I
visited a Legislative Hall, the Legis-
lature being in session. I remained
half an hour in the most impure air I
ever breathed. It is no wonder that
we have bad laws."

"Our school-houses are, some of
them, so vile in this respect that I
would prefer to have my children re-
main in utter ignorance of books rather
than to breathe, six hours every day,
such a poisonous atmosphere. Twelve
hours in a railway car exhausts one,
often, not by the journeying, but be-
cause of the devitalized air."

"No two persons, whatever
their relationship, should habi-
tually occupy the same bed.
There are many instances where this
habit goes a great way toward hasten-
ing the decline and premature death of
the weaker individual."

"The baby should by all means
have his own single cot, if possi-
ble."

"Worms will never trouble a well-
fed child. Indigestible food or over-
eating is usually the cause of these
'natural scavengers.' Bread, of no-
bolted grain, ripe fruits, and vegeta-
bles, simply boiled or baked, infre-
quent meals, and temperance, consti-
tute a plan of medication that is death
on worms, and better than all the nos-
trums and vermifuges in existence."

Remember that, if you would save
the babies' health and life, they
must not be nursed, or fed,
oftener than three times daily. Milk
is the natural and best food for in-
fants. They must have a plentiful
supply of fresh air. They must
be allowed perfect freedom to exer-
cise their limbs. No article of cloth-
ing should fit tight, or compress any
part of the body.

Remember also, that excessive fat in
babies, or grown people, as well as in
pigs and all other animals, is a "dan-
ger signal" indicating disease.

The same remarks apply to "children
of a larger growth," except that, after
the age of eighteen months, a gradual
change in diet may be made from milk
to grain products, fresh fruit, and veg-
etables. No child under seven years
of age should ever be allowed to eat
any kind of flesh food.

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, 66 Centre St., Salt
Lake City.

CORRESPONDENCE.

PLEASANT GROVE, Utah,
January 23, 1887.

Editor Deseret News:

This town shows considerable energy
of late. Hayes Bros. & Co. have
erected a warehouse at the U. C. Ry.
Station, where they expect to carry on
the produce and commission business
and handle the fresh fruit, of which