

Deseret Evening News.

GEORGE Q. CANNON, Editor.

SATURDAY EVENING, JAN. 25, 1868.

DIETETICS.

Few subjects engaging the attention of mankind are more worthy of their attention and consideration than diet, for no one, probably so vitally affects all the interests of their being, whether mental, physical, or social. To prove its importance, the Lord, through Joseph the Prophet, in the early days of this Church, gave what is known among Latter-day Saints, as the Word of Wisdom. In that revelation, great wisdom and long life are promised to all who yield a faithful observance of its precepts. These blessings are not the result of special Divine interposition, but are the natural and inevitable results flowing from the observance of the laws of our being.

For years this subject has been urged by their leaders upon the attention of the Saints; but more particularly for the last year or so have they been counseled to lay aside the use of many things which only tend to sensualize and degrade, and to devote the means thus employed to the more rational and noble purposes of self-improvement and the furtherance of that, which lies nearest the heart of every true Saint—the advancement and triumph of the kingdom of God upon the earth. Gratifying results have already followed, and many are rejoicing in a measure of the blessings promised.

Now, the word comes, to desist from the too profuse use of meat as an article of diet. Many people think that it is impossible for mechanics and others engaged in laborious pursuits to do without flesh as food. But this is altogether a mistaken idea, originating, doubtless, in most instances through the traditions and circumstances by which we have been surrounded.

A little good wholesome beef or mutton may be beneficial to those engaged in out door occupations in winter; but the use of flesh and grease, and especially pork at almost every meal, is productive of dyspepsia and many other stomach and nervous diseases. In this Territory the raising of beef, mutton and pork is very expensive when viewed in connection with our limited amount of arable land. Our population is increasing in a greater ratio probably than anywhere else upon the face of the earth, and it would doubtless, be more advantageous to us, even in a pecuniary point of view, to raise less beef, mutton and pork and more of the esculent, and wholesome cereals, roots and vegetables for the sustenance of our population. Then, again if we must have flesh to eat, instead of raising so many sheep and cattle, many of which fall a prey to Indians and other marauders, why not raise more fowl of various kinds? We have several lakes too, in our Territory which abound with fish and they are far more wholesome by way of variety, than the continual use of flesh.

These things are worthy the notice of the people, and being pressed upon them by their leaders, who are ever anxious and solicitous for the promotion of their best interests, it is their duty to heed and comply with these suggestions. When their importance is properly understood by young and old, and they perceive the good effects which will, most assuredly, follow their adoption, there will then be no difficulty in their receiving the attention which they deserve.

The mission of the Latter-day Saints is to effect the regeneration of mankind. Others, have tried to accomplish this in vain; but now, the Lord speaks through His servants, and points the way by

which it may be reached. Let the Latter-day Saints heed, and thus help to bring about the day when peace and good will will be universal, and when the day spoken of by the prophet shall dawn, when "nothing shall hurt or destroy in all my holy mountain, saith the Lord."

By Telegraph.

CANAL THROUGH DARIEN!

The Utah Judiciary!

DEATH OF CHARLES KEAN!

Congressional!

EVERY POWER IN EUROPE ARMING!

The Conventions!

SPAIN ORDERS 50,000 BREECH LOADERS!

THE ABYSSINIAN EXPEDITION PROGRESSES!

RUSSIA DOES NOT WANT WAR!

Chicago, Ills.—The Republican State Convention is called to meet at Peoria, March 16.

Little Rock.—A resolution was offered in the convention to-day, making it a penal offence in common carriers to refuse to transport citizens irrespective of color.

Columbus.—The Republican State Convention meets March 4.

Washington.—The Secretary of State is advised of the conclusion of a treaty between the United States and the Republic of Columbia, for the construction of a ship canal through the Isthmus of Darien. The Treasury Department has decided to discontinue the celebrated Champagne suits, involving at least a million dollars.

The President has appointed Solomon P. McCurdy Chief Justice of the Supreme Court in Utah, in place of John Titus. Enos D. Hoge is appointed Associate Justice. The President sent a message to the Senate stating that the civil rights bill for the District of Columbia would not become law.

Madrid.—The Spanish Minister of Foreign Affairs has replied to Menabrea's note; he says that Spain is determined to maintain the integrity of the Pope's temporal power, but will not otherwise interfere with the affairs of Italy.

Berlin.—The Ambassadors of Austria and Italy had an audience with the King, and presented their credentials as Ministers to the North German Confederation.

Copenhagen.—It is generally believed that the Rigsdag has approved of the treaty for the transfer of St. Thomas.

London.—Charles Kean, the tragedian, is dead; aged 57.

New York, 24.—The Times' special pronounces false the statement, said to be supported by the Members of the Cabinet, that Grant admitted that he had agreed to remain in the war office until removed. He says he notified the President forty-eight hours before the action of the Senate of his intention to vacate the office.

Later advices from Dominica confirm the reports of the success of the insurgents. Puerto Plata was taken after a bloody conflict. A strong expedition is moving against the Capitol.

Washington, 24.—House.—Washburne reported the regular appropriation bill; ordered printed. The appropriations amount to between eighteen and nineteen millions. The morning hour was devoted to business of a private nature. A number of bills was reported from the committee on invalid pensions. The House, in order to prevent the payment of certain claims to certain described classes of cases arising during the rebellion, proceeded to the consideration of a bill which forbids the payment of money from the Treasury until further action by Congress. The bill was discussed at considerable length. Pending its consideration, Schenck reported the action of the Committee of Conference on the bill repealing the cotton tax. The report was finally disagreed to. A new Committee of Conference was appointed. In consequence of the death of Hise, late Member from Kentucky, the House adjourned.

Senate.—The Chairman submitted a message from the President in relation to the District of Columbia equal rights bill. Edmunds contended that the President's position was entirely wrong. After remarks from several Senators the message was referred to the Judiciary Committee. At the expiration of the morning hour the Senate resumed the consideration of the reconstruction bill. Morton took the floor and made an elaborate argument in favor of the bill. Nye followed in opposition to Doollittle's amendment.

St. Petersburg.—Newspapers call attention to the fact that the new French army bill materially increases the power of Napoleon, and is sure to prompt him to assume a higher stand and a bolder tone in regard to European politics.

Paris.—The Patrie editorially observes that Russia is the only power not now in harmony with the rest of Europe. The efforts to tranquillize the public mind and to give assurance of prolonged peace, are singularly antagonized by the fact that every power in Europe is actively engaged in arming as for an anticipated war. It is said that the new French loan will amount to seven hundred and fifty millions of francs and will surely be put upon the market soon.

Little Rock.—The Convention passed a memorial asking Congress to appropriate \$100,000 to improve the navigation of the rivers of the State. An ordinance was passed levying a tax of one-quarter per cent to defray the expenses of the Convention.

Memphis.—In the court room to-day, during a murder trial, an altercation ensued in which Thomas Malone, ex-Street Commissioner, was fatally shot through the body; though the court room was crowded, it is not known who fired the shot.

Rochester.—A house in Delevan street was burned to-day, in which three occupants were perhaps fatally burned and two more injured by jumping from the windows.

Havana, 24.—St. Domingo report says that the commissioners sent by President Cabral to obtain the assistance of Geffrard, will return unsuccessful. The Dominican refugees in Turks Island are in a state of great destitution. The Brazilians had possession of all the large towns in Dominica except the capital, which they intended to storm. Advices from Hayti report Salave preparing for a vigorous campaign against Cacos, and he had openly avowed his intention to forcibly prevent the contemplated cessation of the bay of Samana to the United States. Fever of a malignant form prevails at St. Thomas, and there had also been a number of cases of cholera.

Washington.—Baron Gerott the Prussian minister had delivered his credentials.

Atlanta.—The convention is still discussing various propositions to raise money to pay the members. A resolution was offered asking Congress to advance the money.

Charleston.—The Convention consumed the day in a somewhat exciting debate over the proposed measures for the relief of the people.

Madrid.—Fifty thousand American breech loading rifles have been ordered.

Havana.—Antigua dates of the 11th say there had been constant shocks of earthquake since the 29th.

The rebellion in Venezuela was increasing.

London.—Advices from Abyssinia say that King Theodore is in camp between Vedala and Danti near the palace of Magdala, where it is presumed all the captives are at present. The native rebel chiefs had drawn up their forces in front of this to aid the operations of the English. Some powerful chiefs, friendly to the expedition, had offered their aid and a fight was expected soon. Advices from Madrid say that a speedy rising is expected in the provinces of Aragon and Catalonia in favor of the eldest son of Don Juan. The widow of Don Carlos has sent forty million reals to aid the insurrection.

Vienna.—The Arch-duke Albrecht in command of the Austrian army has been ordered to take the field.

St. Petersburg.—The official journal has an article in reply to the assertions of the Paris papers relative to the attitude and intentions of Russia, in which it says that Russia is powerful and strong and that her resources are equal to France, at the same time it is neither her wish, nor, perhaps, her policy to extend her frontier, but on the contrary to seek and maintain peace and order and to insure the continuance of progress. She bears no ill will to the other powers of Europe, but does not wish to see either of them claim a particular preponderance in influencing its affairs, nor will she allow any other power to arrogate such a position. The article concludes with the assertion that whatever power meditates war in Europe just now will insure and deserve the execution of history in future.

Atlanta.—Osborn the Radical leader announced in convention that it was the intention of himself and party to ask Congress to give validity to whatever action might be passed without submitting it to the people. This caused great excitement.

Twenty-five lives of Abraham Lincoln have been published in this country.

Correspondence.

LOGAN CITY, Jan. 20, 1868.

Editor Deseret News:—Winter, in these more northern latitudes, seems to have at last settled down in earnest. Yet the perseverance of the people appears not to be abated. The very favorable fall weather was well applied in plowing and putting in grain, throughout the extent of the valley, almost to the very eve of Christmas. How much in area has been sown, I am unable to say; but I have heard of one man, and he but of moderate calibre, agriculturally speaking, who has sown fifty acres in wheat. There prevails here, also, a strong pre-assurance that bountiful crops will repay the tiller's toil, at the coming harvest.

An era of more general local improvement is dawning for Cache. The necessity of farmers' barns is becoming practically exemplified in substantial frame buildings of varied dimensions, ranging from 60 by 80, to those of ordinary proportions in heavily timbered countries. Almost every man in Richmond who has hay in quantity to stack, and stock to feed, has either already got out, or commenced getting out, or is soon going to commence to get out his timbers for a real, live American farmer's barn, with all the appurtenances, &c., thereunto belonging, as Blackstone would express it. And well betide the day that brings it about. The trees are growing in the mountains, and here are the sturdy yeomen who can put them into shape.

The elegant and commodious stone school-house, just erected at Franklin, would adorn any town in the Union. The people there, under the unflinching care and stimulation of Bishop Hatch, have also inclosed their meeting-house of cut stone and of really massive proportions; considering their comparative strength in numbers and resources. Messrs. Flavius Green and Wm. C. Neale, the latter gentleman of your city, have a portable steam saw mill in the heavily timbered mountains above Franklin, which, it is confidently hoped, the coming season, may very far exceed the large amount of lumber sawed the past year.

At Smithfield, your friend Jerry Hatch is turning out a fair quality of cut nail, from a machine of his own construction. A handsome and commodious frame meeting-house has also been put up there this fall, where the Saints can comfortably assemble, until their more elaborate stone house—already up to the square—shall have been completed.

In the very handsome new stone meeting-house at Hyde Park, on Saturday evening last, a vocal and instrumental concert was given by the Logan choir. A crowded house witnessed the performance. Some of the singing was exceedingly sweet and charming. Proof was not lacking of the existence of liberal acquirements and talent in music.

The traveling public will be glad to learn that the work of reconstructing the road and bridges in Box Elder canon, so fearfully torn and distorted by the recent flood, is going on vigorously, and it is confidently expected, will be in order again about the 20th inst. Already, I understand, light sleighs can pass over it with safety.

Preparations are in progress here for a Sunday school concert and dramatic exhibition, under the direction of W. H. Shearman, superintendent.

SCOTIA.

LOCAL ITEMS.

THEATRICAL.—Falconer's delightful comedy of "Extremes" has so many good points and good characters, that in the hands of even a mediocre company it could not fail but please; while, rendered as it is here by our very superior company it has been a positive treat when presented before. In "Extremes" and the "Two Polts" the casts embrace all those popular favorites whose names are a guarantee to the public for excellent acting. Miss Nunn sings a favorite ballad.

WARM.—The stoves and extended piping, placed in the first circle of the Theatre, render that part of the building now as warm as a sitting room, while the whole house is in the highest degree comfortable on the coldest nights.

THE JUDICIARY.—By the telegrams we notice that the office of Chief Justice of Utah, vacant by the expiration of the term of Judge Tilton, and the office of Associate Justice, vacant by the expiration of Judge McCurdy's term, have been filled by the appointment of the President. Judge McCurdy has been elevated to the chief seat in