

nearly a thousand dollars! This is a damaging statement to come from the leader of the House, and the Chairman of the Committee on Appropriations, whose opportunities for obtaining a knowledge of this subject, enable him to talk by the book.

Mr. Julian also offered a resolution, instructing the Post Office Committee to inquire into the expediency of totally abolishing the franking privilege.

It seems that some of the leading members of the House are looking closely after the abuses that prevail; but whether their statements and action will have any effect in checking them, or not, remains to be proved. It would be something very wonderful if they did. Some rather tough stories are told about the abuse of the franking privilege by members of Congress, which many affirm to be true. We once heard of a member sending a side-saddle through the Post Office under his frank, and it is asserted that it is not unfrequent for members to send their dirty linen home to be washed in some way!

It is exceedingly difficult for a legislative body to correct the abuses of which its members themselves are guilty. They may be stern and severe in dealing with the mal-practices of others, on the principle that it is much easier to point out and correct the faults of others than it is to see our own; but they will fail to see the propriety of being very rigid with themselves. Efforts to correct existing evils of this kind are spasmodic, and are generally made to prevent the opposing party from taking advantage of those evils to raise popular party cries and watch-words. The country will soon be entering upon another Presidential campaign, and politicians are on the alert to seize every advantage that will aid their own party and injure the prospects of their opponents.

There are, without doubt, some men in Congress who would willingly do all they could to retrench and cut down the expenses in which they share; but they are sadly in the minority. We understand that, just at present, Congress is very close-fisted and is uncommonly zealous in scrutinizing every claim on the Treasury. The stagnation of business in the East probably contributes to produce this feeling. But the days of republican simplicity, when country stood first and self and party as a minor consideration in the minds of our public men, have gone by, and under the present order of things, never to return.

For the Desert Evening News.

"AS A MAN THINKETH IN HIS HEART,  
SO IS HE."

It is said that the vast beds or reefs of coral which are found beneath the surface of the ocean—and which have, in some instances, grown into islands upon which farms have been made and cities built—have been formed by the almost imperceptibly gradual deposits of millions of animalcules that inhabit the briny deep. These infinitesimal atoms, so small that the naked eye cannot perceive them, and so pliable that the gentlest ripple will leave its impress upon their newly formed surface, eventually become so firm and unyielding that the storm-lashed waves, in their wildest fury, can make no impression upon them.

So it is with living intelligences. The little momentary thoughts that no eye can see, so trifling that we scarcely deem them worthy of our own attention, are, nevertheless, though silently and slowly, yet steadily, surely, hourly,—nay momentarily, forming our characters for good or evil. Words and actions are but the reflex of our thoughts,—the outward fruit that springs from the seed planted and cherished in the hidden soil of the mind. If we would become pure, wise and noble in character and conduct we must cherish and cultivate thoughts of a kindred character. If we desire to see our offspring grow up men and women of virtue, integrity, faith and wisdom, we must give a proper direction to their thoughts; then, as they advance in years, they will become firm and strong in the cause of truth and right, the storms of temptation and the waves of malice will spend their fury upon them in vain and fall in impotent rage at their feet, while they will stand erect in all the majesty of conscious dignity and unshaken virtue.

How shall this be done? By presenting before the mind images of the pure and true; by feeding it with its proper and healthful aliment—Truth. The mind will think upon what the eye sees or the ear listens to. If we look upon,

hear or read that which is vicious and corrupting, our thoughts will be vitiated and our character, to a greater or less extent, degraded. But if we read and listen to that which is good, our thoughts cannot but partake of goodness and our characters will be proportionately purified and elevated. How little do we realize to what a great extent our characters, prosperity and happiness depend on the nature of the books and papers we peruse, and on the apparently insignificant portions of time we occupy in reading. Let us read that which is good and truthful and we shall find less difficulty in controlling our thoughts and moulding our characters according to our highest desires.

W. H. S.

#### 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."

#### EXAGGERATED STORIES.

In the correspondence of the Helena Herald, written under date of Dec. 24th from the New Gold Mines on the Sweetwater, we find the following statement:

"The first discovery made, was that of the famous Cereso Lode, by Mr. Henry S. Redell. Riding along on horseback, he noticed a white boulder, literally covered with gold. (The rock is now at the Recorder's office in South Pass City.) He examined the boulder again and again, hardly believing his own eyes, but when at last he found that he could trust them, he began to look about him, and upon search found the far famed Cereso Lode, about which so much has been told and written, and yet it is not over estimated. Four tons of the rock hauled to Salt Lake, and thence to Springville, gave \$28,000, so report says, and the Company are now paying \$200 per ton to have the quartz hauled 500 miles to be crushed, with returns of \$2,000 per ton. Quartz pounded up in a hand mortar, gave \$10 per pound. Stories are told in regard to this lode which no doubt are untrue, but I give you what I believe to be true."

In the editorial comments upon this correspondence the writer says: "so florid is its style, and so marvelous are the details, that, coming from a less reliable source, we would hesitate to give the communication publicity." He then proceeds to show the advantages which must result to Montana through the discovery of these mines. The gold-seekers will be disappointed, as they have been in other mining districts, and the stream of emigration will push on and overflow Montana. He thinks it would be no cause of surprise if Montana were to quadruple its population in the next twelve months.

If those who come to the new mines on the Sweetwater base their expectations on the above statement which we have quoted, and come in as great numbers as it is expected they will, then we would not wonder at the population of Montana being quadrupled, provided that they all went there.

We think our friends of Springville will be greatly astonished at hearing that four tons of quartz have been hauled into their town, from which \$28,000 have been extracted. If four tons of quartz had been brought here, and then taken to Springville, and such an amount realized from it, we think we should have heard something about it. The mines may be very rich, but if they are, there is no necessity to circulate such unfounded stories as the above to create a reputation for them. They react against them, and destroy confidence in those who read. The fact is, there is scarcely anything which appears in print setting forth the advantages and richness of new mines that can be relied on. There is a great tendency to exaggerate such prospects, and the results in the most of instances are disappointment and loss.

We have seen statements in circulation respecting the richness of mines said to be in close proximity to this city. Suppose our people were to allow themselves to be deluded by such inventions, how long would they be able to sustain themselves? Had the people of this Territory followed the *ignis fatuus* which has misled so many and lured them away from home, friends and certain employment, this land would today be a wilderness, a fit habitation only for the savages that roamed over it when we came here. But we have persistently closed our ears against the delusive stories which have been circulated on every hand respecting rich mines, and have followed those branches of business that were certain, and upon which we could rely. The results we see around us in the plenty that abounds throughout our Territory, and the future will yet more fully vindicate the wisdom of our course.

#### Correspondence.

By the kindness of Elder George A. Smith we have been favored with the following communication, which will be read with interest:

MILLERSBURGH, Washington Co.,  
January 6th, 1868.

DEAR BROTHER:—I take the liberty to inform you, that a disastrous flood has destroyed this place and the chances of its continuance as one of the settlements of the Saints.

On the 24th of December, early in the morning, the banks on both sides of the great wash, on which our town was

built, began to give way to the violence of the roaring current that had rushed from the mountains for about eighteen hours and reached its greatest volume about daylight, running about seven feet deep and the full width of the wash, which is about a quarter of a mile. We began to remove our effects to the adjoining hills, and during the day seven buildings were torn away by the flood, and the rest rendered so unsafe, that even those persons whose houses remained, returned to them very reluctantly after a few days. The fields on both sides of the wash were principally washed away, and the rest rendered useless, by the chances of future irrigation being destroyed. Young orchards and vineyards, with good promise of ample fruiting the present season, the first of their full bearing, have taken passage towards the Pacific. The rich alluvial land on which they stood melted away before the roaring tide of turbid water, and the Rio Virgen, into which the wash empties, rose about seven feet above high water mark. This location has always appeared somewhat dangerous, for, as the wash by which this margin of fertile land has been deposited in former times, takes its rise about fifty miles north from here, and drains a large surface of quick sloping hills, it was not unreasonable to suppose that there might be danger; but as the floods of six years ago had worn a deep and wide channel, the hope was entertained that this might be sufficient for any flood to pass harmlessly by that might be likely to come, and this might have been the case if the centre of the channel had not been obstructed by a dense growth of willows and cottonwood. Preventive measures were often urged by some of our number who could see the danger; but nothing was ever done. It was highly desirable that there should be a settlement here; for, being the only spot considered eligible for one on the long stretch of ninety miles of lonely road between St. George and the Muddy, and offering as it did the advantage of a fertile soil, a delightful climate, healthy water, and refreshing groves of timber, it seemed very desirable and promising. It will now relapse into its former condition as a camping place for the traveler in the midst of the deserts, unless its position as a connecting link be deemed so important that a few families be required to remain at, or to come to, this place to depend upon the chances of trade for subsistence or to occupy one of the adjoining bottoms of the Rio Virgen, which offers a modest chance.

Yours in the gospel,  
DANIEL BONELLI.

FROM THURSDAY'S DAILY.

PAROWAN.—By a kindly letter from Br. Wm. C. McGregor, dated Parowan, Jan. 14th, we learn that on the 13th, which was the seventeenth anniversary of the settlement of Parowan, Bishop W. H. Dame gave a party to the pioneers of the settlement and invited guests, at which all present enjoyed themselves most heartily. Our correspondent says:

"When Parowan was first settled there was no other settlement south of Parowan; but now they are spread on every side, many of them being first settled by men from his place, which entitles Parowan to the name given it by Br. George A. Smith, 'The mother of settlements in the south.'"

He further informs us that the basement of the new meeting house is finished and comfortably heated, in accomplishing which Bishop Dame evinced much of his customary energy. All things are moving on lively in the settlement.

Thanks, Br. Mc. for your kindly wishes.

AT ST. GEORGE.—By telegram from St. George we learn that Captain D. P. Kimball and train had reached that point, all well. He would leave this morning for California.

UGLY FACTS.—The New York Times tells us, "On one night this week, three newly-born infants were picked up by the police in the streets of this city, where they had been abandoned by their mothers. On one night last week three were in like manner picked up; and other cases have occurred with unusual frequency since the cold weather began. We quite agree with those who denounce the mothers of these poor castaways as inhuman and brutal; but still we can admit that in at least some of the cases the pangs of poverty and the prospects of the winter may have been almost intolerable. Such occurrences are proof of the extreme hardness of the times among the very poor, and should stimulate our generous citizens rather to search out and alleviate cases of distress than to indulge in severe language against the wretched sufferers."

So says the Washington Evening Star. But what about the fathers, the inhuman, brutal and scoundrelly men, who after gratifying their hellish lust have left the poor, unfortunate mothers to sorrow and suffer and starve, to bear the odium and the pain, until they forget their nature and their sex, and leave the offspring of illicit passion to a horrible death! No wonder the would-be moralists of the east are horrified at the plural marriages of Utah, with such "ugly facts" staring them in the face at home. Gentlemen, there is an Augean stable to clean out under your very eyes, that will tax the utmost powers of the wisest men and greatest minds of the day. The stench arising from it salutes your nostrils morning, noon and night. Better direct your energies there, and learn from Utah the lesson how to live in virtue and purity.