

20. That *no other* fluid produces the same effect on food that gastric juice does; and that it is *only solvent of aliment*.

21. That the action of the stomach and its fluids is the same on *all kinds* of diet.

22. That *solid* food, of a certain mixture, is easier of digestion than *fluids*.

23. That *animal* and *farinaeous* aliments are more easy of digestion than *vegetable*.

24. That the susceptibility of digestion does not, however, depend altogether upon *natural or chymical* distinctions.

25. That digestion is facilitated by *minuteness of division*, and *tenderness of fibre*; and retarded by opposite qualities.

26. That the *ultimate principles* of aliment are always the same, from whatever food they may be obtained.

27. That *chyme* is *homogeneous*, but variable in its *color* and *consistence*.

28. That, towards the *latter* stages of chymification, it becomes more *acid* and *stimulating*, and passes more rapidly from the stomach.

29. That the *inner coat* of the stomach is of a pale *pink* color, varying in its hues according to its full or empty state.

30. That, in health, it is sheathed with mucus.

31. That the appearance of the interior of the stomach *in disease*, is essentially different from that of its *healthy* state.

32. That stimulating *condiments* are injurious to the healthy stomach.

33. That the use of *ardent spirits*, *always* produces disease of the stomach if persevered in.

34. That *water*, *ardent spirits*, and most other *fluids*, are not affected by the gastric juice, but pass from the stomach soon after they have been received.

35. That the *quantity* of food generally taken is more than the wants of the system require; and hat such excess, if persevered in,

generally produces, not only functional aberration, but disease of the coats of the stomach.

36. That *bulk* as well as *nutriment*, is necessary to the articles of diet.

37. That *bile* is not ordinarily found *in the stomach*, and is *not* commonly *necessary* for the digestion of food; but,

38. That when *oily* food has been used, it assists its digestion.

39. That *oily* food is difficult of digestion, though it contains a large proportion of the nutrient principles.

40. That the *digestibility* of aliment does not depend upon the *quantity* of nutrient principles that it contains.

41. That the natural temperature of the stomach is about 100 ° Fahrenheit.

42. That the temperature is *not* *elevated* by the ingestion of food.

43. That *exercise* *elevates* the temperature; and that *sleep* or *rest*, in a recumbent position, *depresses* it.

44. That *gentle exercise* facilitates the digestion of food.

45. That the time required for that purpose is various, depending upon the quantity and quality of the food, state of the stomach, &c.; but that the time ordinarily required for the disposal of a moderate meal of the fibrous parts of meat, with bread, &c., is from three to three and a half hours.

For the News.

*Names of the company and their outfit for Little Salt Lake.*

Wanted 100 men, ready to start on the first day of December, with 500 bushels of seed wheat, 30,000 pounds of bread stuff, or 300 to each person; 34 ploughs, 17 set drag teeth, 1 axe, spade, shovel, and hoe to each man; 1 mill wright, 5 carpenters and joiners, 2 blacksmiths, 2 shoemakers, and 1 surveyor, each with tools; 4 top and pit sawyers, with saws; 1 stone cutter, 2 masons; grain and grass scythes, sickles and pitchforks, 50 each; 1 gun and

200 rounds of ammunition to each man; 50 horses, 25 pair holster pistols, 1 gun-smith, 1 cow to two persons, 50 beef cattle; potatoes, and seed of the ball; radish, beets, squash, and garden seeds of all kinds; and Henry Miller with his threshing machine next year.

George A. Smith, Ezra T. Benson, presidents of the mission.

John Alger, Samuel Alger, Arza Adams, William Adams, Joseph Adair, Rufus Allen.

Richard Benson, John P. Barnard, Simon Baker, Joseph Bateman, Samuel Bateman, Thomas Bateman, Samuel Bringhurst, Wm. Bringhurst, Hermon D. Bayliss, Francis Boggs, Benjamin Brown, Charles C. Burr, J.M. Barlow, Lorenzo Barton, R. T. Burton, Isaac Burnham, Lemon Bronson, David Brinton.

Stephen Chipman, Thomas Cartwright, Aaron B. Cherry, Anson Call, Ezra Clark, Daniel Carn, Thomas Corbit, James Cragan, Benjamin Cross.

William H. Dame, Zechariah B. Decker, O. M. Duel, Simon C. Dolten, John Dolten, Orson Drake, Chapman Duncan, Homer Duncan.

John Eaby, John Eldredge, Elijah Elmer, William Empy.

Aaron F. Farr, Peter M. Fife, Perry Fitzgerald, Timothy B. Foote, Burr Frost, Almon L. Fullmer, James Farrar.

Samuel Gould, Albert Gregory, Elisha H. Groves, Robert Green, George Gates, Isaac N. Goodale, David Grant, Elias Gardler.

Richard Harrison, Chandler Holbrook, Jacob Hoffheins, James Harmison, Charles Hancock, Levi W. Hancock, Samuel Hambleton, Daniel Hendricks, Nelson Hollingshead, Israel Hoyt, Joseph Horne, Joseph G. Hovey, Simeon Howd, Benjamin R. Hultz, F. A. Hammond, Chas. A. Harper.

Benjamin F. Johnson, Joel H. Johnson.

Stephen Kelsey.

James Lawson, Tarleton Lewis, James Lewis, William Laney, Jas. Little, John M. Lytle, Henry Lunt.