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EVENING NEWS.

February 5, 1886 THE MAILS WHEN THEY ARRIVE AND DEPART.

The above is standard mountain time. JOHN T. LYNCH, Postmaster

> London.] FOOD REFORM.

AS TAUGHT BY THE LATTER-DAY SAINTS. mons," as they are generally nickthey endeavor to practically adapt every-day life to the principles taught by Holy Writ and other revelations of the divine will. They claim that their religion embraces all truth, and that every doctrine of their faith and practice is clearly sustained by the Bible, scientific facts and true philosophy. Among the other great truths advocated by them is that of

and the basis of their belief in the subject is founded on a revelation from God to the Prophet Joseph Smith, imparted February 27th, 1833; and con-nected with that are the teachings given to the ancient laracilities, relating given to the ancient Israelites, relating to the like matter. It will be observed that the date of this, revelation was many years before any, general; public interest was manifested concerning food reform and that it was announced six years preceding the publication of the remarkable scientific treatise on 'The Science of Human Life,' by Sylvester Graham, the modern spostle of hygiene, in America. Perhaps the ideas extertained by Latter-day Saints, regarding the subject to which this magazine is mainly devoted, may interest its readers, I will, therefore endeavor to briefly explain their views by moting the principal portions of the revelation and making a few comments on the same.

The Divine communication referred to is appropriately entitled

that indulgence in such beverages ruins the body and soul of man.

Referring to the statement that strong drinks are for the washing of your bodies," scientific reasons might be adduced substantiating the fact that persons may be benefited by occasionally washing with spirits. It may be stificient, for the present purpose, to simply state that, after bathing in water, if the body is sponged all over with pure alcohol, diluted, a pleasant exhiberation is experienced which leaves no subsequent depression or other harmful effect such as always follows drinking any stimulant. This is a really healthful stimulation, and its good effects are especially notic its good effects are especially noticable in cases of fevers or "colds."

"And again tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruis-

es and all sick cattle, to be used with judgment and skill" There is nothing created by our Heavenly Father but which is for some wise. purpose, and herein is indicated the proper use of that herb. Man, by the filthy, unnatural habits fof smoking, chewing or snuffing, has converted tobacco into a source of physical and mental injury, a baneful sits of strong idrinks. This misuse of tobacco produces various disorders and bodily aliments, beclouds the intellect, creates an appetite for other stimulants, and is particularly hurtful to boys and young men, whom it invariably stunts in growth of body and mind. The human body is patient and long-suffering, and it eventually becomes accustomed to the poisonous weed, as also it frequently is forced to adapt itself to alcohol, opium and many other poisons, seeming, in course of time, to craye the noxious articles. Men, therefore, deceive themselves into the belief that they are benefitted by consuming this powerful narcotic, when disease afflicts them, wrongfully blame some other agency.

as an outward application, for bruises and for sick cattle, there is a small book recently published by Gen. T. L. Chngman, of North Carolina, in which he enumerates hundreds of cases wherein persons have been speedily relieved of eycessive suffering from severe injuries, bruises, sprains, erysipelas, dropsy, rheumatism, neuralgia, sore eyes, inflammation of the throat and many other complaints, by poulticing the affected parts with a thin layer of unadulterated tobacco leaf, wet and kept moist. He also mentions many instances of sick horses, cows and other animals being cured by giving them an infusion of tobacco, notably in cases of hog cholera; and states that, when given in buttermilk, it seems to be a panacea for that disease. There is no doubt that tobacco, for the purposes prescribed, is a useful hear, when "used with judgment and skill." "And again, hot drinks are not for the body or belly." The Prophet Joseph Smith in explaining the term "hot drinks," stated that it applies more particularly to infusions of tea and coffee, although all hot drinks are thereby interdicted. He further said that the harmful effects of tea and coffee would not be materially reduced if they were drank cold. This agrees perfectly with the teachings of modern physiologists, who have clarely demonstrated the

IME SEVEN 1885.

The Missouri Persecutions, Mustrated.

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they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or familie." Also in relation to wild animals, "These hath God made for the use of man only in times of famine and excess of hunger." Connect these words with the restrictions God placed months of liders of

Israel, as recorded in the 11th chapter of Leviticus, and other portions of the Holy Scriptures, wherein he prohibits the eating of animal fats; pronounces swine flesh totally unfit for human use; prescribes certain rules for killing animals, whereby they are required to be in perfect condition and health, especially requiring the blood to be thoroughly drained out of the carcass; limiting the eating of certain parts, to certain occasions and seasons, and it is plainly evident from these divine injunctions that the prevailing habits of frequently, and indiscriminately eating flesh, fowl and fish, are wrong in His sight and hurtful to man.

grain and fruits are especially designated as the proper food for man, and that fact is emphasized by repetition. This corresponds with the result of exhaustive researches by scientists and learned vegetarians, frequently published in this magazine and therefore unprecessory for me to dwell upon published in this magazine and therefore, unnecessary for me to dwell upon. I will merely call attention to the words "Nevertheles, wheat for man," as positive proof that the oft repeated assertion of vegetarians is correct, in claiming that wheat is the most valuable of all earth's products, for the sustenance of the human body. It is deplorable that foolish men deprive this precious grain of its most nourishing elements, by converting it into flour which contains only the interior, starchy, portion. The great Creator evidently intended that bread, "the taff of life;" should be made from the whole of the wheat, as analysis shows, and experience proves, that every part whole of the wheat, as analysis shows, and experience proves, that every part of the kernal is nutritive and therefore essential. Mark the words also: "All these to be used with prudence and thanksgiving." It is the sacred duty of all God's creatures to give thanks for His bounteous kindcess to gratify deprayed appetite. Na-ture's penalties for over-indulgence in things otherwise healthful are quite as severe as those inflicted by the use of prohibited articles of food or drink, or excesses of any other kind.

tion and making a few comments on the same.

The Divine communication referred to is appropriately entitled

THE WORD OF WISDOM,

and the first paragraph states it is given to show forth the will of God in the temporal salvation of all His Saints in these the last days. The next paragraph informs us that 'linasmuch as any man drinketh wine or strong drink among iyou, behold it is not good, neither meet in the sight of your Father.' 'And again, strong drinks are not for the belly, but for the washing of your bodies.'

The first part of this quotation needs no comment, as the disease, misery and crime, that abound in Europe and America, as results of drinking alcohold liquors, are sufficient evidence that indulgence in such beverages breathing impure air, ever it is doubtall, while he who is addicted to all those deleterious practices has his chances for health and long life diminished seven-fold.

There may be nothing surprisingly new to the readers of this magazine in these principles of diet, as taught by the Latter day Saints, but there is surely something worthy of consideration in that peculiar people accepting those principles as a part of their religion, and claiming they are but a few among the multitude of grand truths embraced in their remarkably biblical, although unpopular, doctrines.

though unpopular, doctrines.

D. M. MCALLETER.
Salt Lake City, Utah, Oct., 1885.

The man and the dog have lived together in more or less intimate association for many thousands of years, and yet it must be confessed that they know comparatively little of one another. That the dog is a loyal, true and affectionate friend must be gratefully admitted, but when we come to consider the psychical nature of the animal, the limits of our knowledge are almost immediately reached. I have elsewhere suggested that this arises very much from the fact that filtherto we have tried to feach animals, rather than to learn from them. To convey sur ideas to them, rather than to devise any language or sode of signals by which they oright communicate theirs to as. The former may be more important from a difficult in a point of view, though even this is questionable, but psychologically it is far less lateresting. Under these dreams language it occurred to me whether some such system as that fellowed with deaf mutes, and especially by Dr. Howe with Laura Bridgman, might not prove very instructive if adapted to the case of dogs.

I have tried this in a small way with a blace proude named "Van." I took two pieces of cardboard about 1933 mehas, and on one of them, printed in large letters the word floot, leaving the other blank. I then pisced the two cards over two sancers, and in the one under the "lood" card put a little bread and milk, which "Van." after having the other blank. I then pisced the two cards over again till he had had enough, a about ten thays he began to disting them to me, which he did readily enough. When he brought the plain card I simply threw it back, while, when he brought the role of them, and in card I simply threw it back, while, when he brought the plain card is fimply threw it back, while, when he brought the flifference. I then had some other cards printed with the word 'out,' "card, chooding it from several others, and ore tain number also with words to which I did not intending the word of card, in the printed cards. It took him longer to realize the difference between the plain and p

Nor could the dog recognize them by scent. Tuey were all alike, and all continually handled by us. Still I did not trust to that alone, but had a number or lived for each word.

few days were missed, we may say for ten weeks, and yet at the end of the time I cannot say that "Van" appeared

ten weeks, and yet at the end of the time I cannot say that "Van" appeared to have the least idea of what was expected of him. It seemed a matter of pure accident which card he brought. There is, I believe, no reason to doubt that dogs can distinguish colors: but as it was just possible that "Van" might be color blind, we then repeated the same experiment, only substituting for the colored cards others marked respectively. I, II, and III. This we continued for another three months, or, say, allowing for intermissions, ten weeks, but to my surprise entirely without success. Leroy, who, though he expresses the opinion that "the nature of the soul of animals is unimportant," was an excellent observer, mentions a case in which a man was anxious to shoot a crow. "To deceive this suspicious bird, the plan was hit apon of sending two men to the watchhouse, one of whom passed on, while the other remained; but the crow counted and kept her distance. The next day three went, and again she perceived that only two retired. In fine, it was found necessary to send five or six men to the watchhouse to put her out in her calculation. The crow, thinking that this number of men had passed by, lost no time in returning." From this he inferred that crows could count up to four. Litchenberg mentions a nightingale which was said to count up to three. Every day he gave it three mealworms, one at a time; when it finished one it returned for another, but after the third it knew that the feast was over.—Nature.

SUE'S WEDDING.

Sue ought to have been married a long time ago. That's what everybody says who knows her. She has been engaged to Mr. Travers for three years, and has had to refuse lots of offers to go to the circus with other young men. I have wanted her to get married so that I could go and live with her and Mr. Travers. When I think that if It hadn't been for a mistake I made, she would have been married yesterday, I find it dreadfully hard to be resigned. But we ought to always be resigned to

would have been married yesterday, I find it dreadfully hard to be resigned. But we ought to always be resigned to everything when we can't help it.

Before I go any further I must tell about my printing press. It belonged to Tom McGinnis, but he got tired of it and sold it to me real cheap. He was going to write to the Young People's postoffice box and offer to exchange it for a bicycle, a St. Bernard dog, and 12 good books, but he finally let me have it for \$1.56.

It prints beautifully, and I have printed cards for ever so many people, and made \$3.75 already. I thought it would be nice to be able to print circus bills if Tom and I should ever have another circus, so I sent to the city and bought some type morenaninch high, and some beautiful yellow paper.

Last week it was finally agreed that Sae and Mr. Travers should be married without waiting any longer. You should have seen what a stake of mind she and mother was in. They did nothing but buy new clothes, and sew and talk about the wedding all day long. Sue was determined to be married in church, and to have six bridesmaids and six bridesgrooms, and flowers and music and things till you couldn't rest. The only thing that troubted her was making up her mind who to invite. Mother wanted her to invite Mr. and Mrs. McFadden and the seven McFadden girls, but Sue said they had insuited her, and she coul in't bear the idea of asking the McFadden tribe. Everybody agreed that old Mr. Wilkinson, who once came to a party at our house

with our family should have an invitation.

She counted up all the people she meant to invite, and there was nearly 300 of them. You would hardly believe it, but she told me that I must carry around all the invitations and deliver them myself. Of course I couldn't do this without neglecting my studies and losing time, which is always precious, so I thought of a plan which would save Sue the trouble of directing 300 invitations and save me from wasting time in delivering them.

I got to work with my printing press, and printed a dozen apiendid big bills about the wedding. When they were printed I cut a lot of small pictures of atimals, and ladies riding on horses out of some old circus hills and pasted them on the wedding bills. They were perfectly gorgeous, and you could see them four or five rods off. When they were all done I made some paste in a tin pail, and went out after dark and pasted them in good places all over the village.

The next afternoon father came into

The next afternoon father came into the house looking very stern, and carrying one of the wedding bills in his hand. He handed it to Sue and said, "Susan, what does this mean? These bills are pasted all over the village, and there are crowds of people reading them." She read the bill, and then she gave an awful shrick and Isinted away, and I hurried down to the postoffice to see if the mail had come in. This is what was on the bills, and I am sure it was spelled all right:

Church next Thursday at half pas All the Friends of the Family

Wilkinson are invited.

Lousetown and the Truckee meadows, about twelve miles from here, is a fine large boar, which has been raised a large boar, which has been raised a pet, running about the house, barn and corral as it pleases. Yesterday moon for some reason or other became suddenly became vicious and attacked Nicoletto, one of the ranch hands, who got out of his way lively. Shortly afterward Tony Chapolle, a partner in the ranch, came in on horseback from driving some cattle, put his horse in the stable and went toward the house. The hog met him, and when Tony unthe stable and went toward the house. The hog met him, and when Tony undertook to pet him as usual the rabid beast made a rush at him, throwing him down and seizing him by the fleshy rear part of the right thigh, just above the knee, setting his teeth and tusks in most viciously. Tony shouted for assistance, and might have been killed had not some of the ranch hands hastened to the rescue. As it was, the tendons and flesh of the leg were horribly torn and incerated by the infuriated brute. He bled treely and was brought to this city as soon as possible for surgical attendance, and Dr. Zankerie summoned. The unfortunate man was so severely injured that he will doubtsummoned. The unfortunate man was so severely injured that he will doubt-less be rendered a cripple for life. The hog was placed in a pen as soon as possible, and in due time will be properly cured or salted down.—Virginia (Nev.) Exterprise.

Advice to Young Married Prople.

Appearances should not be disregarded in home life; husbands attach much importance to what others think of their wives and their homes. It is a part of the science of home life to present a good face to the world; it argues bad housekeeping to be seen at a disadvantge. At the same time the young wife must never dwindle down into a mere housekeeper and head nurse, with a spice of the dressmaker. She must keep her place as a companion.

A good wife is a priceless treasure, and the husband is none the worse that he is made to realize she is a lady and to be treated as such. Surround your lord with tender care and tender thought for his comfort, but it does not become you to fetch and carry and wait on him hand and foot, or he will come to expect it as a right and think the less of you rather than the more therefor. From the very first expect and demand respect and you will get it.— ADVICE TO YOUNG MARRIED PROPLE.

Vicans and Curates.—A highly edi-fring anecdote is told in the City Press of the manner in which a certain city vicar performs the duties of his parish. This gentleman, according to my con-temporary, has an income of £1500 a year, out of which he used to pay a curate £20 a year to do nearly the whole of the work. The unfortunate curate asked that his salary should be raised to £25, and was promptly dismissed by his generous superior. The vicar then asked that his salary should be raised to £25, and was promptly dismissed by his generous superior. The vicar then found another curate, who offered his services for nothing, on condition that he was allowed to live in the vicar's house. Being an absence the worthy parson agreed, but subsequently the new curate asked for a small salary, when the vicar magnanimously conwhen the vicar magnanimously con-sented to allow him to take in lodgers —London Truth.

An Editor's Daughter. — "Step right into the parlor and make yourself at home." said the nine-year old sow of the circle to the sileter's best young man. Take the rocking chair and help yourself to the album. Helen Louise is up stairs and won't be down for some time yet; has to make up her form, you know, before going to press."—The Judge.

Doctors are beginning to warn mothers that babies should not be kissed upon the lips, but the small boy is still at the mercy of the old lady's alipper It is said that red cheeks can be pro-duced by rubbing the face with ice. It has long been known that red noses could be produced by rubbing the lips with glass.

At Albuquerque, New Mexico, on February 2, lour horse thieves were captured by Deputy Sheriff Dickson from Baylor County, Texas, assisted by Arthur Jilson and Stephen Mendenhill, officers from San Miguel County N. M. Dickson has been on the trail of the thieves for two or three weeks, and has traveled over 1,300 miles. They were arrested in the gambling room of the Armijo Hotel by the officers coming a on them and ordering the parts to throw up their hands, which they dist. Their names are John A. Scrimshire, John Hamilton, Robert Williams and Iou Smith. The principal of the party is Scrimshire, who is wanted in Baylor County, Texas, for the their of in head of horses. He is a desperado.

Man and Beast

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