

that the spirit of a gracious God would be poured out abundantly upon both speakers and congregation while convened to gether.

Elder S. L. Chipman followed with a short but instructive address on faith, repentance, baptism, and laying on of hands for the reception of the Holy Ghost, explaining in a plain and comprehensive manner the nature and workings of these fundamental principles of the Gospel, and also showed the importance and bearing they have upon the welfare of the whole human family.

Elder Stephen Beard was the next speaker. He dwelt for a brief time on the character and glorious attributes of Deity, proving beyond all reasonable controversy, that the Supreme Being was not the matterless and passionless God that some of the Christian world pictured him to be, but a being possessed of all the faculties of man, only in a more perfected state.

President John Morgan addressed the congregation at some length. Said it was gratifying to him to see the Elders and Salutes enjoying the inestimable blessings of health. Our object in coming together as Elders is not solely to preach the Gospel but to exchange ideas and offer counsel and advice regarding many important matters all having a bearing upon and tending to strengthen and advance the interests of the cause. Notwithstanding the continued abuse and misrepresentation by ministers of the different sectarian denominations, and the hostile attitude of the national government, the Gospel is steadily spreading in many portions of the world, and especially in this case in the South where we have at present seventy-five Elders laboring and this force will in the near future be augmented to one hundred.

The Salutes will yet have much persecution to endure, but if they are zealous in observing the commandments of God, they need not fear the outcome, nor apprehend any danger from the calamitous judgments which will ere long be meted out upon a corrupt and licentious world.

President Morgan closed his effective remarks by exhorting the Salutes to remain, under all trials and circumstances, firm and true to the divine principles of the Gospel, to cultivate in all meekness the Spirit of God, and learn the efficacy of prayer. Conference was adjourned till 2 p.m. and after singing Elder L. D. Crandall pronounced the benediction.

AFTERNOON SERVICES.

After singing, and prayer by Elder Henry C. Eddington, Elder Wm. H. Gibbs bore a faithful testimony to the truth of the work and advised all who wished to participate in the joys and blessings of the Gospel to comply with the requirements thereof.

Elder L. D. Crandall testified to the divine origin of the Gospel plan, and spoke a short time in a clear and pointed manner regarding the beauty and plainness of the same.

Elder E. H. Snow made a few appropriate remarks, touching principally upon the powers of the Gospel, and the necessity of people becoming identified with it if they wished to reap the benefits guaranteed to the honest believer.

Elder Thomas Y. Stanford was satisfied that those who obeyed the sound of the Gospel and preserved inviolate their covenants and the commandments of God would be blessed beyond all their expectations. Spoke on the necessity of exercising the right kind of faith.

Elder James T. Thorne delivered a short, but highly interesting address on the first principles of the Gospel, explaining in a clear and forcible manner the nature of them, and the many privileges and unspeakable blessings in store for those who yield obedience in full faith and honesty to their requirements. He closed his impressive remarks by warmly exhorting the Salutes to be fully and sincerely alive to their duties, to be charitable and forgiving one to another, seek to advance each other's interest and welfare, and be drawn close together in the fraternal bonds of love, unity and affection.

Elder D. R. Taylor could heartily endorse the many valuable instructions advanced during the day, and would advise all to reflect upon them, for the principles advanced by the several speakers were of divine origin and if strictly adhered to would prepare and qualify us for an exaltation in the kingdom of God.

Conference adjourned until Sunday at 10 a. m. Benediction by Elder Wm. H. Gibbs.

SUNDAY, 10 A. M.

Meeting called to order by President Z. S. Taylor. Singing, prayer by Elder James T. Thorne.

Elder Wm. H. Gibbs addressed the congregation and said he hoped that the spirit of peace and harmony would characterize our proceedings to-day. The speaker then delivered a brief but spirited discourse upon the operations of the Holy Spirit, showing in a plain and comprehensive way how necessary it was for mortal man to be endowed with the Holy Ghost which was the only medium through which he could communicate with his Maker and progress in the knowledge of the many important things pertaining to the glorious plan of salvation.

President John Morgan then delivered an impressive and masterly dissertation on the unity of the Saints and the beauty and harmony of that plan or system of faith introduced by the Savior and His Apostles, showing by scriptural quotations how exactly by every detail the teachings of the

Latter-day Saint Elders accord with those doctrines propagated by the humble and lowly disciples of our Redeemer. His discourse was listened to throughout with profound attention and duly appreciated by all.

Adjourned till 2 p.m. Benediction by Elder Stephen Beard.

AFTERNOON SERVICES.

After singing and prayer by Elder E. H. Snow, the congregation was addressed by Elders Edward Crowther, P. Lindsay and Henry E. Eddington. They felt deeply interested in the success of those principles which are destined to redeem the world and elevate it to a much higher standard of intelligence and morality. Their remarks were truly appropriate and replete with wholesome advice and good instructions to the Salutes.

Elder G. A. Oddie followed with a short address on Repentance, depicting in a vivid manner the joy, happiness, and prosperity to be obtained by a true and genuine repentance, and the misery and sorrow and remorse that always follow in the wake of a worldly repentance.

Prest. John Morgan advised the Salutes located in these mountains to dispose of their possessions as soon as expedient and immigrate to the appointed gathering place of the Saints, where they may escape the terrible calamities which will at no distant day sweep with disastrous results through the land, and where they can be more fully instructed in the principles of life and salvation.

Prest. Z. S. Taylor was pleased with the friendly feeling and peaceable spirit that marked the two day's meeting. He then pointed out in plain and unmistakable language how impossible it is for mankind to enjoy and participate in those rich blessings in store for the faithful unless they obey those laws and ordinances revealed for their compliance and strict observance. After President Taylor had read the statistical report, he kindly thanked all who had contributed to the comfort and entertainment of the visiting Elders, Saints and friends, Conference adjourned *sine die*. Benediction by President John Morgan.

This conference comprises several fairly populous counties in North Carolina, two in Tennessee and two in Virginia, all located in the healthful and picturesque glens of the Allegheny and Blue Ridge Mountains. At present fourteen Elders constitute the entire working force. They are enjoying with one or two exceptions excellent health, and are meeting with moderate success in disseminating those principles so decidedly inimical to the spiritless and contentious creeds of the day.

WM. H. GIBBS,
Clerk of Conference.

IMPORTANT ANNOUNCEMENT

Strange to say, there has never been a book written giving a complete and authoritative account of the professional criminals of America, although the want of such a one has been long felt. It is met now, however, by the very best man for the purpose—Thos. Byrnes, Inspector of Police and Chief of Detectives, of New York City.

This important volume will be published on or about the 10th of October by Messrs. Cassell & Company, and contains the Portraits, Pedigree and Records of a large number of Celebrated Professional Criminals who are plying their vocation in all parts of the United States. The portraits are heliotype copies of the original photographs and they will be of great value to Banks, Judges, District Attorneys, Sheriffs, Chiefs of Police, Detective Officers, Constables, Marshals, Hotel and Boarding-house Keepers, Large Commercial Houses, Newspaper Offices, and, in fact, to any person who may be liable to come in contact with the criminal classes. Indeed, with the use of this book, every man may be his own detective.

Inspector Byrnes has facts at his command that would make the fortune of a writer of sensational stories. His experience of twenty-three years has been particularly fruitful, and he may be said to have an intimate acquaintance with the "ways that are dark" and the "tricks that are vain." The book is filled with stories of famous bank burglars, murderers, sneak thieves, confidence men and others, so that the general reader will find much entertainment in its pages. In looking over the portraits, the reader will be struck by the respectable appearance of some of these criminals. There are bank burglars who look more like bank presidents, and sneak thieves who might be taken for Sunday school superintendents.

Inspector Byrnes speaks highly of the ingenuity and nerve of some of these rascals, but there are few of them who cannot be outwitted by the lynx-eyed detective.

HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

A very large proportion of human ailments are the result of disorders of the digestive organs, I think, therefore, that readers of "Health Hints" will all be interested in these quotations from Dr. Kellogg's valuable book on

INDIGESTION.

It may be safely said that very few escape some personal knowledge of

the tortures of indigestion—either acute or chronic—at least in this country, in which these maladies are so nearly universal that Americans have gained the reputation of being "a nation of dyspeptics."

To this great army of dyspeptics we would say, you can get well if you wish to, if you care enough about health to make the effort; but the man who has been a dyspeptic for years must not expect to get well in a week, nor in a month. He must be willing to persevere in his efforts after he has started in the right direction, never relaxing for a moment his determination to get well. He must make up his mind to deny his appetite of all things harmful, to wage a constant warfare against the things which have made him ill.

In the treatment of this disease, proper diet and regimen are of first importance. Drugs hold a very subordinate place, in many cases being entirely unnecessary, provided proper hygienic conditions are assured, these being far more important than all other measures combined. It is necessary, however, that it should be most carefully adapted to the wants of each individual case.

It is not an easy matter to induce individuals suffering with dyspepsia to deny the demands of appetite. In many cases the will is weakened by long-continued disease, and the appetite is perverted, so that the patient loses self-control, and thus himself stands as the most difficult obstacle in the way of his recovery. It must be insisted, however, that the directions to be given shall be followed implicitly. In no other way can a bad dyspeptic hope for recovery.

Although, as before remarked, there is no such thing as a universal diet for dyspeptics, there are certain articles of diet that must be discarded by all persons who have a weak digestion, and certain dietetic rules which must be conformed to by all. To the most important of these we will now call attention.

1. Eat slowly, masticating the food very thoroughly, even more so, if possible, than is required in health. The more time the food spends in the mouth, the less it will spend in the stomach.

2. Avoid drinking at meals; at most, take a few sips of warm drink at the close of the meal, if the food is very dry in character.

3. In general, dyspeptic stomachs manage dry food better than that containing much fluid.

4. Eat neither very hot nor cold food. The best temperature is about that of the body. Avoid exposure to cold after eating.

5. Be careful to avoid excess in eating. Eat no more than the wants of the system require. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends not on what is eaten, but on what is digested.

6. Never take violent exercise of any sort, either mental or physical, either just before or just after a meal. It is not good to sleep immediately after eating, nor within four hours of a meal.

7. Never eat more than three times a day, and make the last meal very light. For many dyspeptics, two meals are better than more.

8. Never eat a morsel of any sort between meals.

9. Never eat when very tired, whether exhausted from mental or physical labor.

10. Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so.

11. Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and take but one or three kinds at a meal.

12. Most persons will be benefited by the use of oatmeal, wheat meal, or Graham flour, cracked wheat, and other whole-grain preparations, though many will find it necessary to avoid vegetables, especially when fruits are taken.

As an aid in the selection of articles of diet we present tables of foods classified according to their digestibility, giving first a table of

ARTICLES EASY OF DIGESTION.

The following articles are readily digested by a healthy stomach, and can be digested with comparative ease by most dyspeptics:

Animal Foods.—Raw white of egg, beaten to a froth. Raw whole egg, beaten. Fresh eggs, soft boiled. Milk, fresh and warmed. Mutton, broiled. Venison steak, broiled. Chicken, especially the white parts. Fresh trout, and most fresh fish which are not oily.

Vegetable Foods.—Stale bread. Graham rolls, made without yeast or soda. Rice, well broiled or steamed. Tapioca, sago, corn starch. Oatmeal porridge, eaten with dry toast. Graham mush or crushed wheat. Cauliflower. Asparagus, if very tender. French beans. Sweet or subacid apples, baked. Strawberries and whortleberries. Grapes, without skins or seeds. Oranges and bananas.

INDIGESTIBLE ARTICLES.

The following articles, while they may be digested by a vigorous stomach, impair the digestive powers and induce indigestion, and are more of the character of poisons than foods to the dyspeptic:

Animal Foods.—Pork, veal, goose, liver, kidney, theriot, sausage, hard-boiled eggs, scrambled eggs, cheese, hashed and stewed meats, salt and smoked meats, melted butter, and all animal fats, mack erei, and all oily fish,

salt fish, dried and smoked fish, sardines, and other fish preserved in oil, lobster, crabs, etc., cooked oyster and clams, fried meats of all sorts.

Vegetable Foods.—Warm bread, especially when taken with butter, muffins, buttered toast, pies cakes, and all sorts of pastry, pancakes, fried bread and vegetables, nuts of all kinds, onions, mushrooms, pickles, tea, coffee, cocoa, chocolate, mustard, pepper, spices, and other condiments. Sugar, preserves, and all saccharine foods.

PRACTICAL HINTS.

In addition to the above tables, which are based upon the observation of the effects of different articles of food on a large number of dyspeptics, the following practical suggestions may be made:

1. The flesh of wild game is usually more easy of digestion than that of domestic animals, and is less likely to be diseased.

2. Fats are injurious to dyspeptics almost without exception. If eaten at all, butter is the only form admissible, and this should never be eaten cooked, but cold, on bread.

3. Broiling is the best mode of cooking meat.

4. "High" meat should never be eaten, as it has begun to decay.

5. Meat and vegetables do not agree well together.

6. Fruit and vegetables often disagree. Some cases must be required to discard vegetables altogether.

7. Milk does not agree well with either vegetables or fruits.

Slow Digestion. (a very prevalent form), is benefited by the two meal plan of eating, as by this means the stomach is given more time for its work. Six or seven hours should intervene between the meals. The more nearly the patient confines himself to articles included in the first list, the better progress he will make.

Caution.—We would impress upon the mind of the dyspeptic this fact: that when he finds himself well again, he must not make the error to suppose that the principle "once in grace always in grace" in any sense or the smallest degree applies to the improved state of his digestion. Although the stomach may be restored to a sufficient degree of health and vigor to enable it to do its duty well, under favorable circumstances, it will be certain to fail and relapse into a diseased state again as soon as those conditions are no longer supplied. The dyspeptic must make up his mind to study carefully the laws of good digestion and apply them to his own case, not only as a means of recovering his health, but as an essential for keeping well when he has once recovered. When the stomach has once lost its natural healthy tone, it will never again bear the degree of abuse which it may have once endured for a considerable time before breaking down.

Treatment.—An eminent writer on this subject, Dr. Chambers, in referring to the treatment of dyspepsia says: "My main object is to prevent the sufferers from resorting to drugs, which, in such cases, not only produce their own morbid conditions, but also confirm those already existing."

The extensive and often habitual use of alkali for acidity, of purgatives for constipation, nervines and opiates for sleeplessness, and after-dinner pills to goad into action the lagging stomach, has been a potent factor in the production of a large class of most inveterate dyspeptics. This kind of treatment for dyspepsia cannot be too much deplored, nor too often discouraged. Especially to be discountenanced is the wholesale employment of "liver-pills," "stomach-tonics," "anti-bilious pills," "bitters," and the whole genus of quack nostrums and proprietary drugs.

Constipation.—Inactivity of the bowels is often one of the most troublesome difficulties with which the dyspeptic has to contend. The use of purgatives, and carelessness respecting the observance of the calls of nature are two of its most potent causes. The latter cause is especially common with women, particularly those who reside in the country, where accommodations for the purpose are often by no means convenient. If the duty is neglected when it should be performed, the bowels become in some degree tolerant of their contents, so that the call is less vigorous; and the neglected organs may become so dormant that they may cease to demand relief. The most obstinate cases of constipation are produced in this way.

For the relief of this condition we offer the following suggestions: 1. Drink a glass of cold water on rising in the morning, unless the condition of the stomach is such as to forbid the taking of much fluid. This one practice has cured some of the worst cases of constipation, which have resisted many other modes of treatment.

2. Eat food of sufficient coarseness to afford the necessary bulk for the bowels to act upon. Graham bread, oatmeal and cracked wheat are excellent remedies in such cases. Concentrated food must be sedulously avoided, together with any excess of fat, as the latter article diminishes the biliary secretion, which is the natural regulator of the bowels.

Kneading and percussing the abdomen is a very useful measure, and should be practiced regularly.

Twenty-five tracts on Health topics, for 10 cents; Indigestion; its causes and cure, 25c. Mailed by D. M. McAlister, agent for Health Publications, 66 Centre Street, Salt Lake City.

SAN JUAN STAKE CONFERENCE.

BLUFF, Sept. 26, 1886.

Editor Deseret News:

The quarterly conference of the San Juan Stake of Zion convened in the Burham meeting house, New Mexico, Saturday, September 25, at 10 a.m., Presidents F. A. Hammond, Wm. Halls and Wm. Adams on the stand.

After the opening exercises President Hammond addressed the Saints advising them to put to one side everything of a worldly nature, that they might better enjoy the spirit of gathering.

Elder George Halls reported the Mancos branch as being in fair condition considering their former condition. Had raised splendid crops of grain which found ready sale at 2 cents per pound. Each of the brethren held 160 acres of land. Building facilities could not be surpassed. Plenty of room for settlers and welcome. The Sabbath schools, relief society, etc., were in good running order, and financially the people were blessed.

President Wm. S. Catts counseled the brethren to divide up their lands and invite immigration, as this is the way to build up new countries.

Benediction by Walter Stevens.

2 o'clock p.m.—Counselor L. H. Redd, Jr., reported the Bluff Ward. The people were trying to live their religion. Ward meetings were well attended. Sabbath Schools, Relief Society, Y. M. and Y. W. associations all in good running order. Splendid crops were raised and there would be a large surplus of grain and sorghum, which found a ready sale at good figures. Stock and Elk mountains were in fine condition, (one of the best ranges in the west.) Our large dairy had made splendid butter and cheese, of which there would be quite a surplus.

Elders McConkey and Warner reported Buena and Moab Wards as being not so well united as should be. These are good places for making homes. This part of the Stake is well adapted for fruit raising and stock.

Superintendent J. B. Decker reported the Stake Sabbath schools as being in good condition; desired as complete an organization as possible in all the wards; dwelt very earnestly on the duties of teaching the young.

Benediction by S. S. Hammond.

Sunday, 26, 10 a.m.—Joshua W. Stevens reported the Burham Ward as being in good condition; meetings were well attended; good crops had been raised, double as much as any year previous, with about the same number. The brethren were holding more land than they could cultivate and much desire more help.

The remainder of the time was occupied by Presidents Hammond and Halls, when much valuable counsel was given.

L. H. Redd, Jr., presented the general and Stake authorities, who were sustained by the Conference.

2 p.m.—Elders Jas. Wheeler and A. S. Farnsworth each spoke encouragingly.

A statistical report was read making a very favorable showing. The remainder of the meeting was taken up by President F. A. Hammond, who exhorted the Saints to be pure and remember their covenants; dwelt very earnestly on the Word of Wisdom, and held up those who observed it as examples and should be leader? advised the brethren to engage extensively in the fruit business, as our climate, soil and location was all that could be desired; said we ought to co-operate in our interests for success and protection; counseled the large land owners to be liberal and brotherly with new comers.

A general good time prevailed. After invoking the blessings of heaven upon all present, President Hammond adjourned the conference for three months hence.

Benediction by Joshua M. Stevens.

Meeting was held in the evening for the benefit of Sabbath schools and the young generally, which was very much enjoyed.

L. H. REDD, JR.,
Clerk pro tem.

PROVO POINTS.

FIRST DISTRICT COURT DOINGS.

On (Saturday, Jens Jensen and John Hendrickson were admitted to citizenship.

The case of the People vs. Johnson, for grand larceny, was concluded at six o'clock Saturday evening and went to the jury. The jury returned Sunday morning at five o'clock with a verdict of not guilty.

Monday's court convened at 2 p.m. The calendar was gone through with and cases set for the term in order.

The case of the United States vs. John Durrant, of American Fork, indictment for unlawful cohabitation, was set for Tuesday morning at half past nine.

The case of the People vs. Pierson indictment for manslaughter, is to follow the Durrant case. This case, it will be remembered, was a homicide committed on one Green at Juab last fall. The father of the defendant—Mr. Pierson, proprietor of the Baldwin Hotel of San Francisco—is here with Mr. Hyden, his counsel, said to be one of the best criminal lawyers of California.

The case is likely to last a week or more, and is set for Wednesday, the 13th.