

glory grew in loveliness round their windows; peace and prosperity dwelt in every habitation, and wisdom flowed from their lips—the children looked healthy, and their eagle eyes and noble foreheads showed that there was a race springing up like unto the first born sons of Adam.

In our meanderings through the city, we chanced into one house, where there were many people gathered together. I asked the reason; when I was told that it was a party of strangers who were going to the gold mines, together with some of the brethren.

I beheld that the table was covered with all the luxuries of life; the bell rang, when all sat down.

I saw that the tea and coffee were very profuse. But the Saints drank cold water: I was astonished at it, and was about to ask my companion why they abstained from the tea and coffee? when he pointed to one end of the table, where I beheld a man drop down on the floor: the cry of "the cholera!" was immediately heard throughout the room;—soon after, I heard another cry, and then another, and I beheld that the destroyer was doing his work. We drew nigh to the table where they had sat; I was struck dumb when my companion pointed to the tea and coffee cups, opposite where these men had sat, and he said,—“your question is answered, why the Presidency has put forth the Word of Wisdom, and if the Saints will keep the laws of God, and obey His Word of Wisdom, they shall receive health in their navel and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures, and shall run and not be weary, and shall walk and not faint; and the destroying angel shall pass by them as the children of Israel, and not slay them: amen.”

With this I awoke, and I have had no more trouble about tea, coffee, tobacco, &c. Hoping that the brethren who keep large parties, will profit by this dream, and show an example by having their tables beautifully ornamented with tumblers, and the clear spring water sparkling in them, which invites us to drink of the waters of health freely, and by that means wisdom may flow from the lips of all the Saints, and that our children will rise up and call us blessed. I subscribe myself respectfully, yours,

HOMER.

## DESERET NEWS.

SATURDAY, JANUARY 25, 1851.

### WORD OF WISDOM.

Why is it not wisdom to make a common practice of drinking tea, coffee, or HOT DRINKS of any kind?

As no physician, philosopher, or elder, has presented us with a direct answer to the foregoing question, we refer our readers to a quotation from President Young's sermon, p 186, for proof that "tea and coffee are narcotic poisons," and this is reason sufficient why it is not wisdom to use them. An additional reason is that those who use tea and coffee, generally drink them HOT. Passing by, for the present, all the deleterious and poisonous effect of tea and coffee on the hu-

man system, we propose, a few suggestions on this part of the word of wisdom, in its simplest literal sense, HOT DRINKS are not for the body, or belly.

Pure HOT WATER is the simplest hot drink with which we are acquainted; but even this, when drank to the extent which most people take of some kind of liquid, with their food, will relax, weaken, and enervate, all the organs of the stomach and prevent or hinder the digestive powers in their necessary operations, both in preparing the food to nourish, and absorbing the nourishment from the food after it is thus prepared.

The effect of hot water upon most animal substances, is well known; for instance a piece of raw-hide, leather, or meat, when immersed, or brought in contact with hot water, becomes elastic, and may easily be drawn into almost any shape, and yet has no power to retain that shape, until it is cooled again, and perhaps dried.

So with the stomach and all the organs of the human system connected with the stomach, when saturated with hot water; and could we then reach them we could draw them over a saddle-tree, or make a trace chain of them, as we would of a piece of hide or leather but they would be of no use until dried, any more than would be leather; and the organs of the stomach when relaxed with hot water can no more perform the duties naturally assigned them in relation to food, connected with the body, than a piece of wet raw-hide can perform the duties of a trace; and it has been said, that a man with such a trace, may attach his team to a load of wood and drive till his family freeze, before the load would start, on account of the stretching of the wet trace; so might a person take food into a stomach, relaxed by hot water, and there the food may lie dormant, till putrefaction commences, before the digestive organs will become cooled and strengthened, sufficient to move that food, into a position prepared for nutriment.

Again, when those JUICES and FLUIDS, which are accustomed to mix with the food, in the stomach, in order to assist in preparing it for nutriment, or for the action of the absorbent vessels, become FLOODED or INTERMIXED with a quantity of HOT WATER, they become weak and inefficient, and are incapable of performing the office assigned them, consequently digestion is retarded, and the food must continue to remain in the stomach waiting the operation of putrefaction; when headache, sickness at the stomach, uneasiness, oppression of the whole man, and fever are the natural consequences, frequently ending in death.

It may reasonably be argued that abundance of cold water, taken with the food, will weaken the fluids of the system, as well as hot water;—very true, but the cold water will

not relax the absorbents and weaken the water ducts, so but that they will gather up, and convey away the surplus water, as the hot water will. A moderate quantity, only, of any kind of liquid, is good to be taken with food, (and none at all is far better,) and any quantity more than is necessary to produce a proper consistency of the food in the stomach is so much too much; but, while cold water will dilute the fluids of the stomach in proportion with the hot, it will, contrary to the hot, stimulate the organs of the stomach, and cause them to act more efficiently, after the surplus water is conveyed away; therefore, it is wisdom to be temperate in drinking cold water; with food, particularly; as well as to refrain from drinking hot drinks to any amount, while in a healthy state; or as an ancient apostle said, be temperate in all things.

When the organs are relaxed, and the fluids thinned by hot water, the food will remain for a season, inert in the stomach, and when nature has thus been imposed upon, and its laws transgressed, it will seek revenge, and strive to force that food from the stomach before it is prepared to nourish the body, and if it succeeds in its exertion, vomiting ensues; if it does not succeed in its revengeful efforts in throwing the food upwards, it will force it downwards; or if any portion should be prepared for nourishing, the absorbent vessels, which are some of the most tender and sensitive of the human system, are so relaxed by the hot water that they are not capacitated to perform their office, and consequently, not only the food and its nutriment is lost to the eater, but the stomach and all the digestive organs are irritated, and to a greater or less extent, retain their spirit of revenge, towards those substances, or that food which has so unceremoniously been forced upon them and through them.

If a sponge is suspended over a body of water, with a corner of the sponge in the water, the sponge will absorb or draw up the water till it is filled, and every part of the sponge will be wet. Drown or immerse the sponge in water, and the water will be forced into every pore in an instant, and all the absorbent properties of the sponge will be destroyed; during the immersion, it is drowned, dead; and if immersed in hot water, the sponge in a great degree becomes inert, losing its absorbent powers.

So it is with the absorbent vessels in the animal economy; they may be drowned, even with cold water; but if they are drowned in hot water, the heat renders them flaccid and useless, and while they remain in that state the body must not only remain unnourished, but is exposed to any disease which may be presented for its reception; and hence a fruitful source of sickness.

Many people have so corrupted their appetites with hot drinks, that they possess an immoderate appetite, called thirst, and should they banish their hot drinks, they would not want to drink near as much as they now do, and this would be a great improvement, in the domestic economy, and tend greatly to health.

We have carefully avoided technical terms wishing to be understood by all who love truth, and although volumes might be writ-