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PROGRESS.

From July 24th, 1847—the date of the arrival of the Pioneers in this valley—the constant aim and effort of every true citizen of Utah has been advancement in every channel of progress deemed honorable and useful, socially, financially, commercially, morally and religiously. Expelled from homes in the fertile and wealthy States, settling in poverty in an isolated region at the time singularly forbidding, the marvel is not that we have not progressed more rapidly in each laudable development, but, all things considered, that such great and commendable results have been achieved.

This is frankly conceded by those conversant with the facts, and there is still room and requirement for continued effort in every laudable direction, for we have not fully attained desired commercial independence, and our moral atmosphere is not yet altogether so clear as could be wished. In our period of extreme poverty it was comparatively easy to observe the requirements for whose accomplishment we are here, but the trials accompanying increasing prosperity are now to be met, and their seductions and blandishments are far more insidious and alluring than the temptations which have hitherto beset our path in Utah. It will be remembered that, in the fable, the sun caused the traveler to lay aside his cloak, after the efforts of the wind had caused him to wrap it more closely around him.

An increase of this world's goods, instead of being applied to extend one's sphere of usefulness and promoting public interests, is apt to be used as a foundation for gain solely for gain's sake, placing a person in the list of the negro's prayer:—"Lord bless the poor white man, the more he gets, the more he wants." Accumulating, through honest industry, economy and fair deal, first the necessities then the comforts, luxuries and adornments of life, holding them as stewards, and dispensing them in accordance with wisdom's dictates, is altogether commendable, for the Saints are to inherit the earth, and no good thing will be withheld from them. But in so doing it requires great watchfulness lest the sun of prosperity causes us to lay aside the armor of integrity, take credit to ourselves, forget that the race is not to the swift, the battle to the strong, nor yet riches to men of wisdom, make an ill use of the blessings conferred, and thus in the end lose all.

There has been a time in our history when produce was low priced and almost a drug in our markets, while mechanics' labor was scarce and their wages comparatively very high. At that time producers expressed themselves as hardly dealt by and oppressed by their brethren the mechanics, and no doubt thought, were the trade tables reversed, they would not so treat those laboring for the same great cause. The tables are now reversed, produce of all descriptions is high, and have the producers, in their deal with their brethren, proved less grasping than did the mechanics? We hope they have, but are considerably inclined to the opinion that human nature is very similar in all classes. It now rests with the pro-

ducers whether they in turn will become dazzled with the prospect of sudden wealth, and become converts to the spirit of gain.

Placed on the earth to subdue it and do right by ourselves and all mankind, there is ample scope for the employment of the utmost means and capacity of every one in developing the resources in the elements with which we are surrounded, without in the least oppressing or infringing upon the rights of any. We have an abundance of excellent iron ore, and are still importing all the iron we use. We have had sheep from the beginning of our settlement here, and do not yet supply the home demand for wool, and have not machinery for manufacturing all the wool that is produced. Our soil and climate are admirably adapted to raising the mulberry and feeding the silkworm, yet but very little silk has been made here. These are a few instances of the many useful and profitable openings inviting skill and capital for development, and for retaining our money for our convenience in enhancing our progress.

As before stated, considering the circumstances, wonders have already been accomplished, and shall not the deeds and blessings of the past incite to still greater efforts in the future? And, as capital accumulates, will we not follow the example set by our President, and direct our means and energies to supplying, so far as possible, all our wants through our own productions? Then will the time arrive, free from gold worship, when wheat, oil, wine, silk, satin, fine cotton and linen and woolen goods, fertile fields, delightful orchards, gardens and grounds, commodious and beautiful buildings and happy homes will be far more generally possessed than at present. The pay promised by covetousness and ignorance to individual aggrandizement is too uncertain and shortlived for any intelligent citizen to permit it to swerve him from laboring with his might for Utah's progress in all that is commendable.

"PREVENTION IS BETTER THAN CURE."

It is often much cheaper and easier to prevent disease than to remove it; and they who exercise sufficient care to do so are amply rewarded by the immunity they enjoy from the pain and suffering consequent upon sickness. Multitudes of people bring upon themselves premature debility, excruciating pain, and, oftentimes, shorten their lives by lack of care, disobedience to the laws which govern their organizations and inattention to their constitutional infirmities and weaknesses.

We have heard the query frequently put, Why has disease been so prevalent of late, in a region enjoying an atmosphere as pure as that of these mountains and valleys? In last week's issue some of the causes were touched upon, and some others may be relevantly noted now, by way of sequel.

The most prevalent disease among our children, and one which often attacks adults, is canker, which is always serious, often fatal. It is generally ascribed to the alkaline matter that impregnates the soil, water and air, being carried through the last in the minute particles of dust which are driven about so profusely by every passing breeze or rising gust of wind. While it is not possible to change the alkaline and saline qualities of these mountains and valleys, it is possible to neutralize their injurious effects upon the human system. To do so an acidulous element should enter into our food in proportion to the extent to which that food may be impregnated with the objectionable elements. How far that is the case may be determined from the locality where the food is produced. Pickles, or vinegar employed in cooking where practicable, the mountain grape, the native currant,

the California and other kinds of grapes which contain considerable acid, and apples that are not of the sweetest kinds have all a neutralizing tendency. They may be and should be used by all who can obtain them, and most of them everybody can get here, so that the effects of the alkali and saleratus may be neutralized in the system before injurious results become apparent. We are not prescribing remedies when the disease has appeared, but preventatives that it may be kept away. Mothers when nursing infants should remember that they can partake of many things with apparent impunity, because their physical systems are developed and strong, which act very banefully upon their babes whose bodies are weak. In consequence of this, the mothers may continue to use articles of diet, containing the objectionable elements alluded to, without using enough of a neutralizing element, and feel no apparent injurious effects for a time, while the children who draw sustenance from them would feel it and suffer. The habits and diet of the mothers should be, therefore, so ordered that they would enjoy as good health as possible themselves, and avoid the transmission of disease to their children. Infants that have not got their teeth or that are teething should never have food given to them that requires to be chewed, whether it be prepared for them or not; their stomachs have not strength enough to digest it without receiving injury.

Another fruitful source of sickness, principally among the young, is negligence in not trying to preserve as equal a temperature to the body as possible. Why is it that colds are much more prevalent in the fall and spring, than in the depth of winter? The nights are cool and frosty; sufficient bed-clothing is used to impart a comfortable degree of warmth; in the mornings, men, women and children will rise from warm beds, put on the clothing that will be used through the heat of the day, and until the air inside the house is heated by the stove the body feels chilled and uncomfortable. Perhaps the little ones are allowed to run about bare-footed, those who should see to their being carefully and warmly clothed finding employment in lighting fires, cooking breakfast and attending to other household duties. Again, in many places the stove is kept as well supplied with wood at mid-day as in the mornings and evenings, and thus there is a continual succession of atmospheric changes from heat to cold and from cold to heat, which surrounds the body, alternately chilling and heating it, producing colds, catarrh, neuralgia, rheumatism, etc.; all of which might, to a great extent, be avoided by the exercise of wisdom and care in having a more equable temperature in-doors, and using extra clothing when going out into the cool air.

Let all rooms be sufficiently ventilated, especially sleeping apartments; use food that will generously sustain the system and the waste of which will pass freely from it; partake of such things as will neutralize the alkaline and saline elements which are around us and which enter into our systems in our eating, drinking and breathing, and try to preserve as equable a temperature as possible, each individual carefully studying their own peculiarities of physical constitutions to deal with them as they may require, and an increase of good health and sound bodies will be the result. We are no doctor, but we have proved the utility of these things and can safely recommend them.

HOME ITEMS.

CONCERT.—We invite attention to Professor Thomas' advertisement elsewhere in our columns, nothing doubting but his personal friends and the lovers of music will crowd the 13th Ward Assembly Rooms on the night of the 3d inst. For particulars, see programme.

THEATRICAL.—That portion of our citizens who take pleasure in witnessing dramatic representations will be gratified to learn, that the Theatre will open, for the regular Winter season, on Saturday evening, 5th inst. The fine old play, "A New Way to Pay Old Debts," which has never been performed here, will be produced on the occasion, with Mr. T. A. Lyne as Sir Giles Overreach. This is one of the most difficult characters to faithfully portray that Mr. Lyne has ever been cast in here, and doubtless his numerous admirers will gather in force to witness his rendition of a character that has nothing redeeming in it, except what interest the actor may throw around it by the force of histrionic ability, or the moral to be derived from the working out of the plot and the retribution that overtakes the remorseless and villainous Sir Giles. It is, throughout, a heavy piece, and will task the abilities of all engaged in it.

We understand the Management intend producing during the season a number of new pieces especially procured for that purpose, as well as plays that are new to the boards here by the most eminent dramatists, and otherwise endeavor to make the season a complete success.

WEST JORDAN CANAL.—The Jordan Irrigating Company have completed the survey for their contemplated canal, and we are informed that the work of excavation commences this week. To those who have been in doubt in reference to the immediate prosecution of the work, we are authorized to state that enough has already been subscribed for carrying on the work to the completion of the canal.

Those who desire to become share-holders in this important enterprise, should apply without delay to Geo. B. Wallace, 17th Ward, or to Robert L. Campbell, Historian's Office.

POLICE REPORT.—Charles Blake was arrested on the 21st for an assault on a P. G., and on being brought before Alderman Clinton was fined \$10.

On the 25th, a C. V., named Frederick Jones, was arrested on a charge of having committed an outrage too gross for publication. For good and sufficient reasons the hearing of the case was set for Thursday. At the examination the evidence was clear and conclusive against Jones, and he was committed to the custody of the officers to give the Court time to examine the law on the subject. At 2 p.m. on Friday, the prisoner was brought into court and informed by Justice Clinton that there was no law on the statute books of our Territory applying to the case. Jones was thereupon discharged. About seven o'clock the same evening the dead body of Jones was found within a rod of the footpath crossing the S. E. corner of 1st South and 2d East Temple streets. The father of the outraged boy was arrested the same evening on suspicion, but no evidence appearing against him either at the Coroner's inquest or at the examination before Justice Clinton, he was honorably acquitted. The sudden, fatal termination to Jones' career should prove a warning to all workers of abominations, for there is always the risk that some one will be impatient of the law's delay in cases so outrageous and abominable, even when a statute covers the case.

Charles Blake was again arrested on the 25th, charged with assaulting one Tierney, a P. G. At the investigation it was proven that Tierney had perjured himself for the purpose of getting Blake out of the hands of the military. Blake confessed to having stolen the horses, for which crime he had been put in duress by the military, and he has since been turned over to the Sheriff of Tooele county.

Tierney was set at liberty it seems by the military authorities, went to the Drug store and procured a quantity of Morphine, which he took, and died the same night.

Thomas H. Wright complained of a discharged soldier's having a shot gun of his in pawn, and attempting to take it out of the Territory. The ex-soldier pawnbroker was arrested and brought before Justice Clinton. After hearing the evidence in the case the Court assessed a fine of \$25 and costs, and ordered the gun returned to Wright. The defendant paid the smart, and started for the northern mines.

UTAH COUNTY.—We understand that Brigadier Gen. Johnson, is having a general muster today, of the militia of the southern part of the county.

The crop of Sorghum is represented as being very light throughout the county, and in some localities the Potato crop has been injured by early frosts.

SPANISH FORK.—Mr. Thomas Day, of Spanish Fork, informs us that he has thirteen grape vines 4 years old, of the California varieties, from which he raised the past season 400 pounds of fine, full developed fruit. Mr. George Mayer, of the same place, has raised 100 pounds of excellent grapes from two vines. This was the second year of bearing.

Mr. Z. Coltrin, did not have such good fortune with his vines, for although he had a fine crop, a great proportion of the crop was destroyed by breachy cattle. These three brethren expect to offer for sale in the spring, 1,000 rooted vines.

A WELCOME FEAST.—On the arrival of Capt. Hyde's train on the 26th ult., the passengers were treated to a very bounteous and varied repast provided by the Bishops of the city wards, an acceptable contrast to the dry fare of the plains.