

[For the Deseret News.]

Moral Habit and Temperance.

BY ALEXANDER OTT.

An inclination cherished contrary to the healthy condition of the purity of heart, gradually acquires greater ascendancy over the moral feelings; at each succeeding contest of the inner man, it more and more occupies the mind; the attention is less and less directed to the moral truths and motives which are opposed to it; the inclination at length acquires the predominance and is followed by volition. Thus a man is being carried away by passion in opposition to his moral conviction, for passion consists in a desire or an affection which has been allowed to engross the mind, until it gradually overpowers the moral causes which are calculated to counteract its influence. Now in the whole of this course each single movement of the mind is felt to be entirely voluntary. From that step, which constitutes the first departure from moral purity, the process consists in a desire being cherished which the moral feelings condemn; while at each succeeding step the influence of these feelings is gradually weakened and finally destroyed.

Such is the economy of the human heart, and such the chain of sequences to be traced in the moral history of every man, who, with a conviction upon his mind of what is right, has followed the downward course which gradually led him astray from virtue.

On tracing such a process backwards in a philosophical point of view, the question suggests itself what was the first step or that by which the mind was led into the course which thus terminated in favor of vice. In the wonderful chain of sequences which has been established in the mental constitution, it would appear that a very slight movement is required for deranging the delicate harmony which ought to exist among the moral feelings; but this each individual feels to be entirely voluntary. It may consist in a desire being cherished which the moral feelings disapprove; and, though the effect at first may be small, a morbid influence has arisen which gains strength by continuance, and at last acquires the power of a moral habit. The more the desire is cherished, the less is the attention directed to the considerations or moral causes by which it might be counteracted. In this manner, according to the mental economy, these causes gradually lose their power over the volitions or determinations of the mind; and, at a certain period of this process, the judgment itself comes to be changed respecting the moral aspect of the deed. From this state of mind there gradually results a moral habit or a mental condition in which a desire or an affection repeatedly acted upon, is after each repetition acted upon with less and less effect.

One of the legitimate offsprings of sound, moral habits is temperance, a virtue which gives relish to all our enjoyments, by keeping us within the bounds of moderation. It is the government of reason over passion. The brute beasts enjoy, in common with us, those appetites and inclinations peculiar to this sub-lunary existence; but the resemblance will hold no further; it is by reason alone that our superiority exists, and whatever we possess that makes our present condition more desirable than theirs, centers entirely in this "noble gift of heaven."

Intemperance, it is commonly said, degrades our natures, and sinks us to a level with the brute beasts; but this I consider as a very imperfect comparison—for when are they intemperate? With respect to animal enjoyments, they certainly are our equals. If I take a long day's journey, till my horse and I are both of us tired, I think it no degradation to suppose that he will relish his hay in the stable as exquisitely as I shall my supper in the parlor; his water will be as refreshing and gratifying to him as my tea or coffee to me; and his rest will be as sweet, on a good bed of clean straw as mine on a soft bed of feathers. So that we are on a level in this respect without any intemperance from my part.

By indulging then, in excess, I should say, we sink ourselves far below the brute creation. They always act in conformity to the instinct of nature; and we preserve our superiority only when we act according to our superior intelligence; but when we renounce this and plunge into excesses which our reason and conscience disapprove, and with which we can never approach the lower animals, how much do we suffer by the comparison?

There is a saying—"One man can take a horse to water, but twenty cannot make him drink, when he has had enough." Take a man who is addicted to drinking, and make the experiment with him, at his favorite liquor, and you will soon see him dead drunk at your feet. Suppose him after a while to be a little revived; he sets out to go home, a mile or two in the country; he goes staggering on, till he becomes so drowsy that, at last, he falls into a ditch, and there, if by good luck he escapes drowning, he falls fast asleep. His faithful dog squats himself down on the bank and watches for his master's returning reason; he will suffer no one to molest him, and the length of time, be what it may, never lets his impatience interfere with his fidelity. Reader, reflect and ask yourself here, which of the two is the most rational being? The one has interests which he never violates; the other has a reason which he seldom employs—which is the lowest animal in moral estimation?

Intemperance in drinking is a vice which is more detrimental to the human system than many may suppose. From the best medical and philosophical authors, such as Hull, Hahnemann, Hufeland, Laurie, Humboldt and

others, we learn that the frequent use of liquors, either fermented or spirituous, proves eventually fatal to the body and mind. It predisposes to nervous, gastric and yellow fever, Asiatic cholera, apoplexy, and, in many cases, it brings on the horrible *delirium tremens potatorum*. Before the latter malady sets in, a gradual but entire change of the mental and physical system takes place, the temper becomes extremely irritable, the memory gets weak, great anxiety and restlessness seizes the mind, which is constantly engaged in following out fixed ideas, such as, that somebody is about to kill the patient, etc. When the disease is completely developed, delirium accompanied with frightful dreams, imaginary visions and sounds, assail the patient up to his dissolution.

To those who are not exactly drunkards, but merely taking a little from the sadly mistaken idea of bracing up their system for their daily avocation, I would say, let the indulgence be ever so small, you injure yourself. Avoid taking liquors and other intoxicating stimulants, no matter what beautiful, tempting names they may have and where they may come from, they are a sweet, slow, but sure poison; hence, do not try to justify your morbid hankering after that fatal beverage, by saying or thinking it is good for a cold or something else. A cup of water, milk or cream at every meal will do you more good than all the intoxicating stimulants in the world.

Your life, your happiness, yes, even your salvation is depending upon a drop of whisky, because the offender you take of it, the more the power of your conscience gets diminished; yes, even your judgment becomes perverted with respect to the true principle of so dangerous an indulgence, till the very act of taking liquor, which at first caused a violent conflict with your better self, is perpetrated without remorse or almost without perception of its moral aspect. Why then hanker after that which constitutes the chief misery and regret of the many miserable victims of drunkenness?

As remarkable instances of great moderation, I mention here Dr. Franklin and Baron Alexander von Humboldt, who were distinguished both for their abilities and elevated stations in life. When the former was a journeyman printer, and lived in London, his sole beverage was water, while all the other men in the printing office drank very plentifully of porter and liquor, from the erroneous ideas of strengthening themselves for their work. Yet with this great difference in their diet, he tells us himself that he was as strong as any two of them, and could undergo a proportionate degree of fatigue. As for Humboldt, it is well known that the great philosopher, notwithstanding the many temptations which presented themselves to him at the royal court of Berlin, where he was a daily and welcome guest, drank nothing but water and milk. Owing to this great moderation, the intellect of this great man remained bright and in full activity up to the day of his death, which took place in the 91st year of his age.

Aim then at moderation in all your pleasures and affairs of life, and you will never be disappointed; it promotes health; it invites respect; it sweetens enjoyment; it creates independence; it supplies the means of benevolence; it cements friendship; it invigorates the mind; it expands the affections; it alleviates care and contributes to our happiness.

Anecdote of Washington.

In 1754 he was stationed at Alexandria with his regiment, the only one in the colony, of which he was the colonel. There happened at that time to be an election in Alexandria for members of the assembly, and the ballot ran high between Colonel George Fairfax and Mr. Elzey. Washington was on the side of Fairfax, and a Mr. William Payne headed the friends of Elzey. In the course of the contest Washington grew very warm (for his passions naturally were very powerful, though a wise regard to duty, i. e. honor and happiness, soon reduced them to proper command) and unluckily said something to Mr. Payne, who, though but a cub in size, was a lion in heart, elevated his shillelah, and at a blow, extended our hero on the ground.

News was soon carried to the regiment that their colonel was murdered by a mob! On the passions of the soldiers, who doated upon their commander, such a report fell at once like a flash of lightning on a magazine of powder. In a moment the whole regiment was under arms and in rapid motion towards the town, burning for vengeance.

During this time Washington had been liberally plied with cold water, acids, and volatiles; and, happily for Mr. Payne and his party, was so far recovered as to go out and meet his enraged soldiers, who crowded round him with faces of honest joy to see him alive again.

After thanking them for such an evidence of their attachment to him, he assured them that he was not hurt in the least, and begged them, by their love of him and their duty, to return peaceably to their barracks. As for himself, he went to his room, generously chastising his passions, which had just struck but a spark that had like to have thrown the whole town in a flame, and feeling himself the aggressor of Mr. Payne, he resolved to make him the honorable reparation of asking his pardon.

No sooner had he made this heroic resolution than, recovering that delicious gayety which ever accompanies good purposes in a virtuous mind, he went to a ball that night and behaved as pleasantly as though nothing had happened. Early next morning he wrote a polite note of invitation to Mr. Payne to meet him at the inn. Payne took it for a challenge, and repaired to the inn in the full expectation

of smelling gunpowder. But what was his surprise, on entering the chamber, to see, in lieu of a brace of pistols, a decanter of wine and a pair of glasses on the table. Washington rose to meet him, and offering his hand, with a smile began: "Payne, to err is sometimes nature; to rectify error is always glory. I believe I was in the wrong in the affair of yesterday. You have had, I think, some satisfaction, and if you deem that sufficient there is my hand; let us be friends."

An act of such sublime virtue produced its proper effect upon the mind of Mr. Payne, who from that moment, became the most enthusiastic admirer and friend of Washington and, for his sake, ready at any time to charge up to a battery of two-and-forty pounders.

"Would our youth," says the narrator, "but be persuaded to act in a style so correct and heroic, our papers would no longer shock us with accounts of elegant young men murdering each other on false principles of honor—by one desperate deed depriving themselves of all present pleasures and of all future hopes."—[Recollections of the American Revolution.

A SENSIBLE GIRL.—A young woman in the back woods of America looking over the Atlas of the United States, remarked to her mother, that there were two states missing.

The mother replied, "Which are they, my dear?"

The girl then asked, "where is the State of the mind?"

"Why, my dear, that is no Territory; it only means how we feel; are we happy, &c."

She then asked, "Where is the matrimonial State?"

The mother told her that was not Territory either, but meant a young man and woman getting married.

"Well, says the girl, I should like to live in that State."

LIST OF LETTERS

REMAINING in the Salt Lake City Post Office, Dec. 31, 1859, which, if not taken out before March 31, will be sent to the Dead Letter Office.

If in asking for any of these letters say they are advertised.

H. F. MORRELL, P.M.

Adamson Thomas
Aldrich W F
Aiger John
Alkier Joseph
Allan John
Alleman John
Alling Franklin S
Alfred William M
Amanuel John

Bacon Dr E M
Baldwin James W
Ballard Will W
Bull Laytaette
Baker Henry W
Baker John
Barber Truman
Burkes Edward
Barnett William
Burton Henry
Barton George
Beck Anders
Benbow John 2
Bennion John
Bennett John
Bigler Adam
Billman Charles H
Bingham John
Birch Richard
Birch Francis
Blair James
Blickenderfer Wm H
Bloxum Mr
Booth Joseph
Booth John
Boys James
Braden C C

Canoon Daniel S
Campbell Grant
Canfield Cyrus
Carlsie Joseph
Carver Alexander
Chapman Wm S
Chapman Joseph S
Chase Isaac
Chinn W H
Chisum P M
Clapp Benjamin
Clarke Laurence
Clarke B T
Clark George
Clark A G

Daniels Larvell
Darow John G 2
Dastnip K L 2
Davis Walter
Davis Jos R
Dewees George W 2
Duffie Edy M
Dillen Edward
Dimick Albert
Ditmars Wm R 2
Dixon Hanree
Dix Owen
Doltan John

Edmondson Fred E
Elsworth Edmund
Empy Nelson
Evans John
Evans James

Fallass John E 2
Farrar Don 6
Funt Joseph
Fields James T
Finnigan Patrick
Fluton Thomas
Fishburn R L
Fisher David 3
Forster Warren

Gelatt Hubert
Gelatt W W
Gerold W E S
Gibbins William
Gibson N L
Gillespie John
Gillett C M
Gleghen J H

Headley Clinton De
Hall O H
Hanks Ephraim
Hansen H 2
Hardy Louis

Andrew John
Andrew William
Argyle Joseph
Armstrong James M
Armstrong A S 2
Arnold John
Annack James G D
Austin A H
Adams Editha M

Brashear Neri
Bridges George A
Brook Wm Thomas 2
Broughton William W
Brown George
Brown Byron W
Brown M D
Brunner John H
Bryant J H
Buffy A C
Burgess T
Bywater G B 2
Baldwin Nancy
Baldwin Miss H
Battleson Miss Albertine
Barlow Mary Jane
Bennison Esther
Bordic Terusha
Bingham Lucinda
Brainer Meriam A
Brimhall Ann C
Brown Mary B
Brown Abbey C
Burchill Mary
Burton Mrs
Busby Miss Hester

Corless Edward
Cornell George W
Crabtree John W
Crabtree George W
Crane James
Crapo Hiram 2
Crippen Thomas
Crosby John
Crosgrove James A B
Crouch Ebenezer
Cunnington William
Cahoon Lusinda
Campble Catherine Miss
Chase Christeen 2
Couch Mary

Doney John
Duglass John
Dow John C
Ducate Francis
Dunlap Jas M 2
Dunyon John L
Dayton Sophia
Decker Mrs Lucas
Deming Hannah
Diggins Lavina
Drapper Mrs Mary
Dufrisse Miss A E

Evarts Orland
Edward Charlotte
Ellis Miss
Emry Mrs Mary
Ensign Priscilla

Foster Wm M
Foster Solan
France Joseph 2
Framan Abram
Fryer Richard
Fulger A
Fairbrother Mrs L G
Fenton Mrs E
France Mrs 2

Goodliffe Arnold
Goodwin Jesse
Gordon J H 3
Greer D H
Grenard Eliza 4
Griffiths Richard
Grimes E
Grosebeck Adolphe

Humphries James
Humburg Co Lima
Hunt Jefferson 2
Hunt Amos
Hunt Hiram

Hardcastle John
Harris Chauncey 6
Hart James H
Harlam John R
Haynard G
Heath John R
Horne Samuel
Herrington E H 3
Higginson G B
Hoagland Abraham
Hoagland Bishop
Holbrook Joseph
Holland Joshua
Hollman C R
Honelles Thomas

James John L
Johnson James M
Jones Shadrick
Jones John G
Jones John
Jones Thomas

Kahn S
Kahoon William
Keller Alva
Kendall Monroe
Keshlear John H

Lambert Charles
Latimer Thomas 3
Lately L
Lee Dr
Lee Charlie M
Letson Theodor
Lewis William
Loake George

Madson Jergen
Manning Elisha A
Marchant Abraham 2
Martin Mr
Ma-singale R A
Mandley Henry 2
McCarthy William
McCandles S E
McConnell W B
McCreight Jas M
McKiron H
McKinney Hugh
McKie Wm H
McIntosh John 2
McLelin Thomas
Meek Nathan
Mellen William F
Miller John A
Miller A J
Mills Ira S
Millard Charles

Nalle John C
Nash Isaac B
Neff Martin 5
Newmire Anthony
Nielsen J

Oman A P
Orr James

Padden James
Palmer J F
Parker Henry J
Parker Wmmond
Parkinson Thomas
Parks John
Pate John 2
Parey Martin
Peacock Joseph
Peck E M
Person William
Pettit Lorenzo
Petty S L
Piggott George W

Quigley B H 2
Rasmussen Rhads Peck
Redfield O M
Reid William 3
Richardson G W
Richards John
Robinson John 2
Rockwood A P
Roberts Mr

Safford J B
Saig Simon
Sawyer J B
Schonfield Edward
Scott George
Scougall James
Seaton William J
Secher Antis
Skeery John
Sharp John
Shelton Stephen
Sherragan John P
Slack James
Smith John J
Smith Devereaux
Smith John H
Smith Lot
Smith J
Smith Charles A
Smith H P
Smith William
Snow Lorenzo 7

Taber Frank
Talcott Wm 2
Tanner Thomas
Tanner H
Taylor George
Thompson Sam
Thompson Sam
Thurpe Horatio John

Vachoran G H
Valler Peter F D

Wall James E
Walker Sharp
Walker Henry
Walker John
Walker Joseph R
Wallace George B
Walling Warren 5
Walter John
Watkins William
Watson Wm or John
Ware Lewis S
Ware John 4
Wayman Emanuel
Wells Jonathan
Westover Charles
Wherry George
Whitaker John
Whittaker George
White John A
White John

Yeo Frank 2
Young Joseph 3
Young Lorenzo D
Young Henry

Hyde Charles Henry
Hale Miss Mars
Hammer Nancy
Hampton Martha
Hardy Louisa
Hardy Hannah 2
Hemminway Joanna
Herrin Josephine
Higbee Judith H
Hoagland Lavina
Horne Mrs Mary
Houston Mrs Theodocia
Hungerford Miss Marion
Hunt Mrs Celia 2
Hutchings Mrs William

Jones E W
Judd Riley
Jacobsen Carallia
Jones Miss Ellen 2
Jones Mrs Mary Ann
Jones Mrs Susan

Ketcham Lyman
King Charles
King Linza
Knowlton Ora 6

Logan Robert
Longest David
Lontrup Mrs Louisa
Little J C 2
Lulind Samuel
Lyon Bradley B
Lyman Amasa
Lees Eliza

Mitchell Benj
Molyneux John
Moreland Henry
Morrell William
Monroe John 2
Morgan Samuel
Morrey C
Morris William V
Mounzen N A
Morse John H 2
Moston Sylvester
Muir William S
Mullett John S
Mulliner Samuel
Mace Mrs Rebecca
Morgan Miss Celia
Morse Miss Elizabeth
Morse Miss E A
Morris Miss Mary A
Mustard Ma garet

Nielsen Rasmus
Nielsen William
Nirung T J
Nilson C F
Nosler Fighlman

Ore Abraham
Osburn Lewis

Pierce Josiah
Pomroy H M
Pomeroy Aaron
Pooler Robert
Potterill J
Potter Newell
Pottloff W H
Pottor William
Procter John
Palmer Mary H
Earks Elizabeth H
Patterson Mary M
Pool Elizabeth

Quorum of Seventies 16th

Rogers Daniel
Rhodes Alonzo
Roley William
Rowan Matthew
Rowland Steuben
Rockwood Nancy
Roger Jemima

Saper Ric d 8
Sparks Alfred
Sylers John
Spillsbury George
Sprague Sam L
Staffanson P
Stark Fielding 2
Stallad Thos E
Stewart Hamilton
Stewart E
Stickney George D
Stocking John J
Stockey Enos
Summers John R
Sutton Isaac 2
Slade Emma Carline
Smith Miss Mary C
Smith Miss Helen M
Salvely Susanna
Stewart Mrs James
Strickland Mary
Summers Mrs M S

Tolis L V
Treadwell Sami P
Tufford James 2
Twitcheil Thomas
Thorn Mrs
Thomlinson Miss Alice
Turner Prudence

Vaneten E W
Vantress Ben F

Wilborn Robert
Wilcox W E
Wilkie F 2
Williams George
Williams Daniel
Williams Ezra
Williams E T
Williams Christop her
Williamson Jesse
Wilson Robert
Wilson Anthony 2
Wisinger J W 2
Worthington Herm an
Woolstohome William
Wright William T
Watterson Wm Mrs
Watson Mrs Elizabeth
Wetler Mrs Elizabeth
Wheeler Mrs William

Young E W
Young P Z
Young Mrs Catherine