# DESERET EVENING NEWS

GEORGE O. CANNON. EDITOR AND PUBLISHER. Friday, . . . . March 12, 1689.

#### SIMPLE DIET-PURE AIR.

WE saw it stated lately that men and women who dwell in crowded towns, and work and sleep all their lives in close rooms without ventilation, and who continually breathe air contaminated with the waste of their bodies, go down to their graves seventeen years earlier than the men and women who dwell in the country, and work in the fields, and breathe the fresh air. There is without doulft considerable truth in the statement. The so-called civilized method of living is not so conducive to good health and long life in many respects as that which prevails among men in astate of nature. This has been proved to a demonstration in the history of the settlement of this city. Though the early settlers had been exposed about two years, and, some instances, for a longer period, to many hardships and privations, having to live almost constantly in the open air, the health of the people, for the first few years after the settlement of this valley, was better than it has been since. With the construction of fine buildings, the change from plain and coarse fare to the so-called improved diet which wealth brings, and the increase of the comforts of life, has come a decline in the health of the people. For the first two years of our residence here we ate bread made from unbolted flour, we lived and slept in the open air, in tents and wagons, or, at best, in log houses which were more accessible to the free breath of heaven than our present closely-plastered and almost airtight buildings, and sickness was almost unknown. Inexperienced people, brought up in luxury, would probably shudder at the bare thought of enduring the privations and exposures which the early settlers of this city passed through without a murmur. They would be likely to think that they could not live through them. But if they were brought into these circumstances as the first settlers of Utah were, and for the same causes, and were animated by the same hopes, they would find themselves possessed of the necessary fortitude to pass through them and enjoy themnow, and we are a cheerful, contented people; but if we were to maintain our simple habits of former years, in eating, drinking, sleeping, &c., we might, as a people, enjoy a higher average of health than we do. But ladies who thought the unbolted flour of former days most excellent eating, now recoil at the thought of such coarse stuff crossing their delicate lips or entering their fastidious stomachs; the flour they eat must be ground as fine as French Burrs can make it, and then be passed through a bolting cloth of the finest texture. Even sensible men, who ought to know better what is healthful for themselves and families, and who cannot have forgotton the good effects of simple diet which they experienced in their own persons, will turn up their noses at the idea of eating anything in the shape of flour that has not passed through a No. 11 bolting cloth! ties. It was no hardship for ladies in the first years of our settlement here to walk miles, and take other heavy exer-cise, to sleep in the open air, or in a tent or wagon through which the breezes passed freely, and never com-plain of fatigue, catch cold or experi-plain of fatigue, catch cold or experi-cate any inconvanience from the labor. the was received by Governor Bowie, Mayor Banks and a number of the city officials. The procession was long and imposing, comprising a squadron of cavalry, two regiments of the State Militia, the Fire Department and a large number of citizens. The side-walks, balconies and windows were sed through a No. 11 bolting cloth! ties. ence any inconvenience from the labor or exposure. But now, how is it? We know ladies, who are yet comparatively young, who passed through the scenes of which we speak, who immure themselves in their houses, are scarcely ever in the open air, and who would feel it a great hardship to have to walk a mile; they are so sensitive that a door or window cannot be opened in a room where they are without their taking cold. It would not, of course, be advisable now to fall back to our tents, wagons and primitive style of living. That is not necessary. We do not wish to see our people compelled to do this. But we can conform in our diet to that which we know to be productive of health; we can open our windows and doors, take more exercise in the open air, and more thoroughly ventilate dow cannot be opened in a room where which we know to be productive of health; we can open our windows and doors, take more exercise in the open air, and more thoroughly ventilate than we do. There does not exist the slightest necessity for people to poison themselves and families by breathing foul air when pure air is so plentiful; for the latter costs nothing. When this city was laid out the lois were surveyed sufficiently large to give ample room to every resident for



## **OUR AMBITIOUS NEIGHBOR.**

In discussing the substance of an article on the natural boundaries between the unborn States of the Great Basin and the Pacific coast, which appears in the Alta California, the Territorial Enterprise fails to perceive that Nevada violated the "natural boundary" system advocated by the Alta in the annexation of portions of Utah or Arizona, or that it would do so in accepting a slice. of Idaho. The Enterprise is in favor of the extention of the northern line of Nevada to Snake river, and of the western line to the summit of the Sierra Nevada mountains. The eastern line of that State might be extended, it thinks, to the middle of Utah, and it is in favor | cepts it, but regrets that his health will also of a little enlargement in that di- not permit Washburne to continue in rection.

The Enterprise has an ambition to live in a great State. It wants

"no pent-up Utica to contract its powers."

But would like to have its neighbors east and west, north and south, feel willing to annex themselves to it. That State is so well governed; its finances are managed so splendidly; its burdens of taxation, &c., are so light, and its soclety is in such an admirable condition, that Idaho, California and Utah ought to express anxiety to be absorbed by Nevada. Is it not rather strange that they do not?

(Special to the Deseret Evening News.)

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CONGRESSIONAL. SENATE.

A number of bills were reported from the committees and introduced, including the following: one to re-organize the Navy Department; one granting two million acres of the public lands for the benefit of public schools in the district of Columbia; one to establish a department of Indian Affairs.

The President was requested to inform the Senate whether the Government of Venezuela had paid the first instalment to American citizens, by the award of the mixed Commission.

The Senate took up the bill to strengthen public credit. Sumner moved to strike out the second section legalizing of the Pacific Railroad to California. gold contracts, on the ground that the selves. We do not think that our peo- late decision of the Supreme Court made ple were ever more happy than they were during those years. They were cheerful and buoyant in spirit, and they had robust health, without which life can not be enjoyed. We have every reason to be happy now and we are a cheerful contented ed. The section was finally stricken out, yeas 27, nays 14. Morton offered a verbal amendment to the first section, upon which a lengthy discussion ensued, terminating in the rejection of the amendment. Without disposing of the bill the Senate adjourn-ed to-Monday.

and family upon a few rods of ground They have appointed a Committee to when unoccupied land is so plentiful welcome them on their return to their adopted country.

Chicago.—The Post's special says Grant has decided that Bancroft shall remain Minister to Prussia, Hale Min-ister to Spain, and March, Minister to Italy. Changes will be made in the Ministers to England, Russia, France and Portugal. Gov. Curtin's name was not sent in as Minister to Russia, as reported.

There is a great contest over the Commissioner of Pensions' appoinment.

The Diplomatic Corps called on the President to-day; they were presented by Secretary Washburne. The intervlew was very agreeable. Baron Gerault, in behalf of the delegation, presented congratulations and hopes for the continuance of the friendly relations now existing. The President responded briefly, thanking the gentlemen for their kind wishes, and declaring that it should be his constant endeavor to maintain the present relations of peace and friendship. President Grant, in reply to Wash-

burne's letter of resignation, says he acthe Cabinet. He says—"Our personal relations, since the breaking out of the rebellion, have been such that no other idea presented itself stronger, on the first news of my election the Presidency than that I should continue to have your advice and assistance." He concludes with expressions of continued confidence and hopes for the early restoration of Washburne's health.

Troy .- A fire, this morning, destroyed property to the amount of a hundred thousand dollars.

Harrisburg.-The State Senate has ratified the Fifteenth Amendment by a strict party vote.

New York .- District Attorney Courtney, has received instructions to proceed with the trial of Fullerton and Bellnap at the earliest possible moment

McCormick, the reaper man, and General Dodge, late Congressman from Iowa, are the new directors chosen by the U. P. R. R.

The jury in the case of Louis Jacobs, colored, against the Atlantic Navigation Co., for refusing him a first-class passage, are unable to agree.

The statement of the prisoner Cunningham, in regard to the Rogers murder, does not obtain much credit. Baffalo .- The hog cholera has appeared in the cattle yards here; there have been 100 fatal cases in a drove of 600. Chicago.—The Legislature adjourned yesterday, till April. The Tribune's special says that Gen.

J. A. Campbell, of Schofield's staff, will be appointed Gov. of Wyoming. Attorney General Hoar has resigned the office of Supreme Judge of Mass. Clay's resignation of the Russian ministry has been received.

Twenty tons of mail matter were forwarded on Tuesday, from the terminus

[For the "Deseret Evening News."] THE NATION'S JUBILEE.

The Nation's jubilee's at hand: a World Will now rejoice, for victory acheived, But not on the gore stained battle-field, where Thousands of noble forms lay mutilisted; Or by cities, villages, and homes made Desolate, by the devestating power Of rapine's flaming torch. No! a greater theme is ours; A nobler deed is done, we celebrate The victory of mind, o'er time and space; For both are vanquished, and earth's remotest Bounds are being measured by a span, while Obstacles, once deem'd insurmountable, Are now o'ercome as by a magic wand. The wave wash'd shores of two great oceans bound

bound In union, and Natures bulwarks, which In union, and Natures bulwarks, which Have stood impregnable through the lapse of Ages, at the command of the God given Power of man, now open their granite Veins, and through them proudly moves the offspring Of his Heaven born genius, while to His lordly will the elements are made Subservient, and all things do his bidding. The Wasatch snow-capped monntains, around which

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which Scarce any sound awoke the solemn stillness. Save the Indian's war wheen the growl of The bear, or the flap of the eagle's wings. Will now reverberate with the rushing sound Of cars, bearing their living freight from East And West, and the rich produce of Oriental Climes, shipp'd to the "Golden State," for this, and Other lands. The children of the forest Look with mute awe, and marvel at this power Of the white race, and its inroad on their Once famed hunting grounds and verdant glades, in

Once famed hunting grounds and verdant glades, in Which their isther's bones repose in peace. 'Tis said by demagogues, that we in Utah Fear the consummation of the Nation's Enterprise, and dread its future workings; But this is falsely said; have not Utah's Sons nobly borne a portion of the toil, Through scenes most wild and rugged on the track?

Have they not bared their brawny arms an

delved In the stubborn soil, cut through the flinty Rocks, and bridged o'er chasms, through which

runs the River's turbulent stream? Yes! all this they Have done, and more! why should we lear that

which God has given to benefit mankind?

Have doile, and more: why modeld we fear that which God has given to benefit mankind? We hail all gifts from Heaven with joy, nor This one least of all; for through this precious Boon, which has seemed to us too long deferred, Friend will commune with friend, visits will be Exchanged—minds disabused of error, and Prejudice give up its baneful sway. We Fear not contact with enlightened minds; if They are good and virtuous, we bid them Welcome, and all the truths they can impart We will received; but the counterfeit, and All we deem corrupt, we will indeed reject. We fear not man, nor anything but the Displessure of our God, in failing to Abide His sacred laws. The stranger, As he is borne along through our lovely Valleys, will mark the signs of industry Abounding on every hand; our well-tilled Farms dotting the landscape o'er; our smiling Orchards, and our limpid streams; and will he Not see our thriving cities, our towns and Villages, and exclaim, "A people, who Could, without the Nation's fostering care, Make this once dreary waste to 'Blossom an The rose, must have the elements of greatness And goodness incorporated in their Nature, and God must be their friend." We halt the completion of the 'World's great Highway" with gladness, for the blessings it Will confer upon our goodly land. We Wish it well; we also wish our Nation's Weal, and that her glory may shine as a Bescon light o'er the troubled waves of kingly Despotism, until all the noble spirits Wide groan under priestly bondage, and the Rule of tyrants, are maile free and happy By "the Constitution of our glorious Coantry." J. K. HALL.



SANDS' CHICAGO STOCK ALE on draught at the Salt Lake Billiard Room. d16 5m CHOICE GUNPOWDER TEA. And a full supply of Staple and Fancy Groce

ies, at reduced prices, as cheap as the cheapest G. W. DAVIS, Two doors north of Kimball & Lawrence's.

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OLD

And

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SOLON SHINGLE.

COLONEL FREELOVE ......



THIS INSTITUTION, having for its objects the consolidation of the Mercantile Inter-ests of this Territory, and the distribution of General Merchandise to the people MR.J.A. HERNE This Evening, At a Small Margin of Profit. takes pleasure in announcing that its business is fully organized and Three Fine Parts I Wholesale Stores Miss ANNIE LOCKHART ARE

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CLOTHING,

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## GENERAL.

San Francisco, 11.—Gen. Crittenden has been appointed Superintendent Gen-eral of the recruiting division of the Pacific, vice Sewell. Gen. Devin is assigned to the command of the District of Arizona, with his headquarters at Camp McDowell.

The excitement about the White Pine mines is unabated; thousands of people are rushing thitherwards. Fifty-six companies have been organized in this city since the 1st of March to work mines in that vicinity.

New York .- Boutwell's appointment was received with much favor, and had a baoyant effect on the national securi-

walks, balconies and windows were

The Tribune's New York special says the appointment of Hamilton Fish is not generally satisfactory to New York politicians. Bets are being made that another change in the Cabinet will oc-A case of fast driving was set for adjudicur within a week.

The Times special says it is settled that Col. Parker will not be Commissioner of Indian affairs. The contest is between Gen. Lamborn and Gen. Connor. Gen. Sherman favors the former.

There is excellent authority for the belief that the nomination of Horace Greely as Minister to England will be sult is that many, who for years, have been sent in on Monday. Greely will de cline.

Chicago .-- Cole's bill to encourage telegraphic communication grants three sections of land to each mile of the China cable and the connecting American land lines.

The movement for ousting Collector Miller, by Supt. Swaine, is check-mated so far.

Judge Southard makes a strong fight for District Attorney, but Pixley will win.

Felix A. Matthews, of Martinez, will probably be Consul General, at Algiers. Corbett has introduced a bill, authorizing additional national banks with exclusively gold notes, secured by Government bonds.

Chicago.-It is snowing hard this morning. Reports from the East show

that the storm is general. Chicago.—The *Republican's* Foreign special says the people of Nova Scotia are about to ask England for release from

San Francisco.-Sandwich Islandsad-

yesterday, a wooden house at Point Levi was blown to pieces; a family of three persons within were buried in the snow, their bodies have not yet been recover-

Due notice will be given of the First appear-POLICE.-There was a case of assault and MISS LUCILLE WESTERN. \$10 for his amusement. A case of fast driving was set for adjudi-cation at 4 o'clock this afternoon. TO-MORROW, (SATURDAY), **Rip Van Winkle!** ANTIDOTE FOR TOBACCO .- For the last two or three years, the necessity of a practical observation of the "Word of Wisdom" WANTED. has been dilated upon considerably by the BY a respectable family in this City, a Female Help. Apply at this Office. elders in their public teachings. The re-



in any form. 2. Go to an apethecary, and buy ten cents' worth of gentian root, coarsely

ground. 3. Take as much of it after each meal or

oftener, as amounts to a common quid of "fine-cut" or "cavendish. 4. Chew it well, and swallow all the

5. Continue this a few weeks, and you will come off conqueror; then thank God, and thank us.

If this be true it furnishes to all addicted

to this filthy practice an easy way of eman-cipating themselves. It is cheap, and will do no harm to try it.



All the Varieties of

Suited to this Market, at



VALUABLE PROPERTY FOR SALE. WHOLESALE & RETAIL.

> IN ACCORDANCE with the subjoined order of the Probate Court of Salt Lake County, the described property of the late DAVID PET-TEGREW, will be sold on the premises, half-a-block south of Barney Adams' and opposite east of D. H. Wells' Farm, in the Big Field, by Pub-lic Auction, to the highest bidder, Merchandise

Om Tuesday, March 16, 1869,

OHN PROCTOR, TERRITORY OF UTAH, | Probate Court for The various Co-operative Firms, Jobbens throughout the Territory, and the Public gene-rally, are cordially invited to call and examines this immense Stock of Goods, as the induce-ments offered are such as must insure their Liberal Patronage.

Parties at a distance, wishing to order Goods, either by letter or telegraph, are assured that their Goods will be promptly



Staple