

composed of that which we absorb by stomach and lungs, and upon the purity and endurance of these materials depend our health and strength, exactly the same as upon the quality of the bricks and other materials with which an edifice is composed, depends the endurance of its structure, and its power to combat the vicissitudes of wind and weather. Our effort in the selection of food must be to avoid most carefully all that is fermented or contains ferment. This rule is sufficient for the healthy, but for the unhealthy great care must be taken to select that which is least easily fermented, and most easily and rapidly digested. * * We suppose that it is hardly necessary to explain that vinegar, or articles soured in vinegar, are in the second stage of decomposition, and therefore should not be taken. When a desire for acids exist, eat lemons or tomatoes, but never sour currie fruit."

"We are told that salt is a mineral, yet we cannot partake of either vegetable, farinaceous, or fruit food, without taking it, which fact, we are told, proves its harmlessness and its indispensability. All this we are willing to grant, but salt in such form is in an organized form, a fruit salt, and possesses a life-giving property, and when taken thus into the system, cannot be discovered chemically, as a mineral, without calcination, whereas when mineral salt is taken, it can easily be traced in the tissues of a corpse, as a mineral, without calcination. We have read histories of the most torturous sufferings, and horrible deaths of criminals, ascribed to the intentional deprivation of mineral salt; but that this was not the real, but only the pretended cause, is easily demonstrated by strictly abstaining from the smallest particle for years, as I, and many others have done, which would be impossible to do without loss of life, if any of these accounts of deaths occurring in a few weeks, resulting from the absence of mineral salt, were true."

"It is not generally known that fruit is food. It is brought to the table as a kind of fanciful goody-goody, which may be eaten when hunger is satisfied, though thousands are the instances of consumptive and other patients, who have gone to the various grape countries with one foot in the grave and life but a flickering flame, and have placed themselves upon the 'grape-cure,' with the happy result of a total and complete recovery to health and vigor. At first the patients have eaten only about one pound daily, but after a time they will take as many as from ten to twelve pounds daily. Remember that they eat neither fish, flesh nor fowl, nor even bread, but literally nothing but grapes. (Other fruits, or fermented fruit juice, are used with much efficiency.) My experiments, as well as those of others, testify to the fact that not only can a broken down organism be rebuilt upon fruit, but that one in health can also be retained in health upon this diet. Though where there exists a decided decay of the osseous structure, we would prescribe whole ground wheat as a stimulant to supply this special requirement."

"Cold water bathing is an excellent plan for keeping healthy people in health, but to apply cold water to patients that are expelling disease, can have not in themselves immense restorative force, with plenty of natural heat to bring about an immediate reaction, is to drive the disease inward, and rob them of that which they most require. Hot water possesses in itself a curative power. It supplies nature abundantly with artificial heat, and assists the circulation in expelling disease to the surface, thus it is that a course of hot baths will often cause a full eruption to display itself upon the skin, and all eruptions, including small-pox, should be considered as angel's visits. For several ailments, and sudden attacks of illness—such as fever, ague, fits, skin disease and similar troubles—numerous daily hot baths are the best which can be taken to assist Nature's effort at expulsion." Soap, soda or salt, etc., are not requisite in the water. "We are told that hot water, often applied to those who for years have taken hot foot baths, and full hot baths daily, and have become stronger instead of weaker."

"Daily exercise in the open air is one of the necessities to retain health; and happy mental, moral and spiritual surroundings play a great part in assisting physical salutary conditions."

"Never expect to work miracles, and remember that accumulated disease does not leave the body suddenly in mass, for if it did, we fear that many would be reduced to considerably less than skin and bone. Nature demands twenty-one years to build up the human body; then how long, think you, does it take to pull down and rebuild that structure, for this is the work that has to be accomplished before the total eradication of all hereditary and acquired diseases. We warn all that a change from an impure to a pure diet will not at first effect any two persons alike. In all cases it must eventually eliminate diseases, but during the time the process is going on, pain and inconvenience will be encountered to a greater or lesser degree by most persons, while some few, however, will rapidly get rid of their sufferings."

"Oh, try and help to lessen the accumulated masses of physically, mentally, morally and spiritually deformed and diseased, by scattering truth broadcast over the face of God's beautiful earth, whereby we may practically realize the words of that prayer, which our lips so often breathe without thought or care for its divine meaning—'Thy Kingdom come on earth as it is in heaven.'"
(To be continued.)

CORRESPONDENCE.

INTERESTING FROM THE SAN JUAN COUNTRY.

BLUFF, San Juan County,
July 20, 1886.

Editor Deseret News:

CONDITION OF THE CROPS.

Health, peace and a good degree of prosperity prevail in this State. Our corn, cane and vines look fairly well, but our potatoes are almost a failure, owing, we think, to the very hot weather we have had and the drought that has prevailed for a long time.

We have had a good deal of trouble to keep the water out of our ditch all the fore part of the season, and now, since the river has fallen, we have nearly as much trouble to keep the water in. At Mancos, 90 miles east from this place, the crops do not promise a great yield; the winter wheat will be a fair crop. Spring wheat and oats about half a crop. Much of it had to be watered up, and the spring being late, the growing season is too short to make a full crop. The potato crop up there will be good.

THE TIMBER TYRANNY.

Our grist mill up there is standing idle for want of wheat to grind. The saw mill is being repaired, after which it will cut out what logs we have cut and then shut down again, as the government has forbidden the cutting of any more lumber in that section, except for mining purposes. The matter has been referred to the Interior Department for a hearing.

IN SEARCH OF WATER FACILITIES.

We have just returned from a trip to the Blue Mountains, about 40 miles north of Bluff; we went up to survey a canal to take the waters of Johnson and Recapture Creeks on to the White Mesa. Found very little water and the route for the canal such heavy work that we deemed it wisdom to abandon the enterprise for the present.

We found other streams that can be easily brought out on fine tracts of land and water sufficient to irrigate 6,000 or 7,000 acres, with plenty of good pine timber within a few miles. This location will also be nearer market than the White Mesa, but not so warm a climate, being nearer the mountains, but not too high, we think, to raise fruits.

MILITARY CAMP AND INDIAN AFFAIRS.

We visited, while out, the U. S. military encampment, at the eastern base of the Blue mountains on the Montezuma, a small stream that empties into the San Juan.

The camp at present is in charge of Lieut. Stephens, of Fort Douglas. There is one company of infantry stationed here for the protection of the stock interest and settlers who are trying to settle up this section of country. The Indians have been very peaceable this season, no prospect of any disturbance this summer, the first summer for six years without them making a raid on the stockmen and settlers. I think this is owing to the troops being stationed here. There is more security felt where the military is close at hand. We have purchased, from the Utes, the privilege of ranging our stock on the Elk Mountains, about 40 miles from here, a very fine summer range with an excellent winter range attached on the south, reaching 40 miles to the San Juan river.

We have a small dairy started at the foot of the Elk Mountains, where we are making an excellent article of cheese, which finds a ready market at fair prices.

Lieutenant Stephens is engaged in exploring and mapping the whole country lying west of the Elk Mountains to the Colorado river, and south to its junction, with the San Juan and all between the said two rivers, to the Blue Mountains on the north, comprising the great strong holds of the Indians and white renegades, where they flee to when they are pursued by either civil or military power. This is a very important work that Lieutenant Stephens is engaged in, and I trust he will be able to complete it before the present season ends. He will do it if pluck and courage will accomplish it, for he seems to be blest with all the qualifications necessary for the accomplishment of such an enterprise.

CONFERENCE, ETC.

At our late Conference held at Mancos, we had a most excellent time; the Spirit of the Lord was manifest in all our meetings.

I see by the papers our brethren are still being persecuted and imprisoned for daring to have some religious convictions a little different from the so-called Christians of this anti-Christian age. How long shall this last? until Zion is purified. May this soon be the condition of all the Latter-day Saints.
F. A. HAMMOND.

OUR OGDEN LETTER.

OGDEN CITY, UTAH,
July 30, 1886.

Editor Deseret News:

The chief topic of talk, of local interest, on the streets, in the stores, hotels, etc., for the most part of the day here, has been the recent and unexpected sentences of

MR. CHAS. HEMENWAY,

editor of the Ogden Herald, for libel. Many of our citizens express great surprise at the event, and some say, "Well, it is just what I expected and nothing more." The first sentence, which was to pay a fine of five hundred dollars was met last evening, and Hemenway retired to his cell in the county jail and commenced to serve his term of imprisonment therein for one year, which will expire on the 29th of July, 1887, when he again expects to resume his position as editor of the Ogden Herald.

In a farewell address published in this evening's Herald, Mr. Hemenway says: "Of course this one year's imprisonment winds up our bobbin," to use a homely expression—but it "winds up our bobbin" for only one year. At the end of that time, God willing, we will once more make the Ogden Herald a terror to the wicked, as it has been in the past." While he feels keenly being deprived of his liberty, the society of home and family, he is resigned to his fate, and feels certain that at the expiration of his term of confinement he will emerge a "stronger."

BRAVER, WISER MAN,

better qualified for an editor, more servicable as a friend, and more invincible in just enmity." One thing that gives him considerable anxiety, is the delicate condition of his wife, who, he says, is still in her teens, and is near her "maternity." Her father is expected here to-night from Payson.

In the meantime, we are told that the Herald will not be long without an editor, for it is the intention of the management, as soon as possible to procure a "writer of culture and experience who will not be afraid to cauterize, moral lepers, petty despots, malicious oppressors and the like." From all of which it would appear that they do not intend to tone down the temper of the journal, but to keep up its present pitch, and continue its present or past policy; in which event those who offend in the future as some who have already done so in the past may expect to face the

CAUTERIZING LASH

of the editorial whip; the results of which time alone will develop. Other events will roll on rapidly and engage the attention of the public and our unfortunate like many others before him, be left to recruit his strength, and work out his redemption in peace and quietude; but he will not be forgotten or neglected in his solitude.

About 4 o'clock this afternoon a wild rumor prevailed in the streets that a

TERRIBLE DOUBLE COLLISION

had occurred on the Union Pacific railroad at Echo. Everybody was inquiring, but no one could give the particulars of the wreck. One report stated that the G. A. R. bound for Ogden had collided with the outgoing passenger which left here to-day. Gen. John A. Logan was a passenger and was coming in a special car. Each train had two engines, and it was reported that all four of them were ditched, that four Indians and one engineer

WERE KILLED

and a fireman was dangerously hurt. I went to the depot and made inquiries about the matter, but could obtain no information from any of the railroad officials or employees. Neither could I get to talk with any of the passengers when the train came in, there was so much bustle and rush. However I was told by one man that the only person who was hurt was Bowman, the fireman, and he not seriously. A wreck train was dispatched to the scene of the accident to render such help and make such repairs as might be needed.

It was expected and hoped by quite a number of the "men of war," that on his arrival here Gen. Logan would make a speech to his comrades. But all who indulged such fond anticipations were disappointed, for the

HERO OF THE CIVIL STRIFE

sped on his way south as soon as practicable. The railroad depots continue to be the scenes of bustle and confusion. The Pullman palace sleeping car office to-day for a long time was almost as animated as a San Francisco stock exchange office on special days. Crowds of men of all ages were packed together, each one trying to be the first to obtain a ticket for a sleeping berth, and apparently all fearing the last ticket would be gone and that they would have to bunk in the seats. But there was no cause for this apprehension, for, like the articles sold at the stands of "cheap John," there is usually just one more left after they are all sold.

THE UNION DEPOT HOTEL

is filled with guests—it is crowded to its utmost capacity, and has been ever since the arrival of the Grand Army. The restaurant keepers also are gathering in the ducats and passing them to their coffers. And not the least among the great folks is Alf Low, who has been turning over many an "honest

penny," for which he exchanges his fruits, nuts, candies and other needed commodities. Besides his stand contains an abundant supply of literature, including the daily local and eastern and western journals; and books of every description, from the dime novel to the most elaborate productions of the

MOST POPULAR AUTHORS,

ancient and modern. To-day his musical voice was heard, ever and anon, as he mingled in the great throng, assuring the visitor that every lady needed a fan, they must not pursue their trip further without a G. A. R. fan. Gentlemen should purchase them at 10 cents each. Alf always makes his influence felt, and on this occasion he sold a large number of fans.

A great number of excursionists while waiting, visit the main part of the city and are much surprised to see so populous a town, and so many fine business establishments, and elegant residences. Many travelers have been led to believe that the dingy and old wooden sheds and other firetraps at the depots constitute the most part of Ogden. When they return they are wiser and better informed men and women than they were when they arrived at the miserable

APOLOGIES FOR STATIONS,

or than they would have been had they remained until their trains moved on, which those carrying the Grand Army of the Republic will soon do and set them down nearer the setting sun in the land of the Golden Gate. The railroad grounds will again relapse into comparative solitude, and we shall still pursue the even tenor of our daily life just the same as though the Grand Army of the Republic had neither visited us nor expressed such anxiety and willingness to lend a hand in wiping out "Mormonism." It will live when they, like John Brown's body, are mouldering in their graves.

The wreck train did not return from Echo until long after midnight. I then interviewed one of those who had been to the wreck and was pleased to learn from him that the damage done by the accident was not very serious. Three engines were ditched and considerably injured. The mail car, the baggage car, and front car were disabled, and their contents had to be transferred. All the remainder parts of the trains were uninjured. None of the passengers were hurt, and only one man, a fireman, as stated above, received any injury, and he was not badly hurt. So "all's well that ends well," which was providentially nearly so in this instance.
WEBER.

FROM THE CAMPFIRES.

"VERITAMICUS" DRAWS A FITTING PARALLEL.

Secondly—Let me point out the striking similarity between the charges made against the Mormons and those made against the primitive Christians. This similarity points, no doubt, to a common source of origin.

You will remember that our blessed Savior, and His followers after Him, were constantly spoken against by all the world for centuries. He was accused of immorality, "Behold a man gluttonous, and a wine-bibber, a friend of publicans and sinners," which meant nothing less, in the mouth of the Pharisees, than that Jesus was a lover of gluttony and drunkenness and found his pleasure in associating with the outcasts of society. They judged most falsely of the motives of our Savior, but I suppose their arguments were just as valid as those common y used against the "Mormons."

You will remember that Jesus was tried and condemned to death on the charge of blaspheming against God and treason to the Government. He has proclaimed himself a King, and therefore, let him die.

The charge was always repeated. Of Paul it was said, "this fellow persuadeth men to worship God contrary to the law" (Ag. 18, 13); "This is the man that teaches all men everywhere against the people, and the law" (Ag. 21, 28); In Philippi it was said of Paul and his followers, "These men, being Jews, do exceedingly trouble our city, and teach customs which are not lawful for us to receive, neither to observe, being Romans" (Ag. 16, 20), and in Thessalonica: "These that have turned the world upside down, are come hither also. And these all do contrary to the decrees of Caesar, saying, that there is no her King, one Jesus." And yet, Paul was no traitor, in spite of all that was cried against him.

Even so late as in the first half of the third century after Christ, in the days of Tertullian, the most wonderful stories were told and believed. Had these stories been true, the Christians would have been the most detestable creatures on earth. You will remember how the Christians were said to kill a little child in their meetings, and to eat the flesh and drink the blood of that child. It was said of them that they used to put out all the lights, and in the darkness indulge in horrible crimes. Such things they were accused of constantly.

Nor did these false, groundless accusations cease until Christianity had become a secular power. As long as the Christians struggled to keep themselves pure from the world, so long they were everywhere spoken against, but when the fatal union between Belial and Christianity took place, these things were changed. Then many hypocrites confessed Christianity for the sake of gain; then many ungodly men,

covetous, boasters, proud, blasphemous, disloyal traitors were seen among the professors of Christianity. But then the world praised the Christians and their religion. This is very remarkable. As long as the Christian religion was pure, it was hated and belied; when it became defiled it was received with open arms by the world.

The reformers of the middle age were subject to the very same accusations.

If you will take the trouble of perusing what Roman Catholic authors write of Luther, for instance, you will find him charged with nothing less than lewdness and murder. I can refer you for proofs of this statement to Prof. Dollinger's D.D. account of the life of that great reformer.

And taking a mere superficial view of the transactions, the charges seem to be quite sustained by facts. The adversaries point to Luther's marriage with Catherine von Bora, and say, "That monk has broken his sacred oaths which he made upon entering the holy brotherhood of our order. He has defiled the sacred grounds of a nunnery, seduced one of the holy sisters, who had most solemnly sworn eternal chastity," and so on.

"The War of the Peasants," as that rebellion is called by historians, is charged on Luther. His enemies say, that he first inspired the peasants to that rebellion, promising them liberty and redress for all their wrongs. But when he saw that the peasants were about to be put down by the armies of Germany then, to free himself from all suspicion he—so they say—preached to the victorious Princes that now was their no time for mercy, only for the sword. A man could now easier secure heaven by butchering rebels than by fasting and prayer. These words are laid in Luther's mouth. And certain it is, that thousands of these poor, misguided peasants were most cruelly slain by the soldiers. Certain it is too, that one of Luther's old friends and followers, Francis von Sickingen, appears among the leaders of the rebellion. During the "Camp fires" I could not help thinking of these things. The similarity of these charges brought against the Mormons and those against both primitive Christians and the reformers was too striking.

I could picture to myself the Roman citizens appealing to the grand army of the empire and conjuring them to come and help them against this Christian sect, whose absurd doctrine—they preached salvation through the blood of a rebel, condemned by law and hung on a cross—whose lawbreaking and rebellious plans—they said that Jesus was to set up a kingdom, destined to overthrow the Roman empire—was a shame to the Roman nation, a stain on their honor, unendurable by all loyal Romans.

I could see the same thing repeated again at the time of the Reformation, history always repeats itself. And I conclude this comparison by saying, that not one single accusation was made against the Mormons this week that has not some time or other been made against some of those men whom the Christian world now honor and whose names they immortalize on the pages of history, holding them up as patterns to follow and imitate for all ages to come.

The right course to pursue against the Mormons was enlarged upon by some speakers. And this course was to rob them of all political privileges and to establish schools among them. It struck me, that any rebel, any criminal might be thankful for a justice so easily satisfied. For, mind you, the Mormons were said to be rebels, traitors and murderers, and yet their accusers would be satisfied if they, by the aid of the G. A. R., could disfranchise them and—I was going to say—put them to school, like boys and girls. I have not been aware that this course is recommended to be taken against most and the Socialists in Chicago, nor against any other conspirator against the public peace.

If the Mormons are rebels, traitors, and murderers, I suppose the best plan would be to hang them. It would not be safe to establish schools among them, you know. The teachers might be found murdered in their classrooms. And as for disfranchising them, well, it was said over and over again that the people of this Territory were not Americans at all, therefore clearly that would not hurt them at all. Oh, no! Traitors and murderers deserve quite another treatment. And I suppose the laws of the United States of America are not uncertain as to how traitors and murderers are to be dealt with.

The speakers who proposed this treatment of Mormons, conveyed very clearly to my mind the idea, that the people of this Territory are certainly not even by the most bitter antagonists, considered to be common criminals. I thought of the story related of the people of the confederate states, that they (no doubt through speeches delivered by their patriots) were impressed by the idea that the people in the northern states among other qualities also possessed that of having norms, and I wondered, if some of the speakers wanted to try if they could not impress their hearers with the idea that the people of Utah have not only horns but a tail also, figuratively speaking.

Putting all things together, I may say that it came home to me with force, that the struggle against the "Mormons" is just a political struggle, and that their peculiar doctrines and practices are the pretext for continuing the struggle.