

## HEALTH HINTS, ETC.

COMPILED BY MAC.

Cut out these "Hints" and keep them.

Notes selected from Dr. Trall's writings. Continued from last Saturday's News.

**Animal Food.**—The best animal food is, beyond all peradventure, that derived from the herbivora—beef, mutton, etc. Those animals which derive their nourishment directly from the vegetable kingdom will certainly afford a purer and more wholesome aliment than animals who subsist on other animals—the carnivora. Omnivorous animals, that eat indiscriminately vegetables or other animals, are far inferior to the purely herbivorous as food for human beings. Of the hog, whose filthy carcass is converted into a mass of disease by the ordinary fattening process, I need only express my abhorrence.

The Mosaic law, which forbade the Jews to eat the blood of any beast or bird, or to partake of their flesh, unless the throat had been cut, in order to drain off the blood, was founded on correct physiological principles. As a further precaution against eating blood, they were required, previously to boiling meat, to let it soak half an hour in water, and then lie an hour in salt; the object of this proceeding was to draw out any remaining portion of blood the flesh might contain. In regard to the philosophy of dietetics, Moses was far in advance of the majority of the Christian teachers of the present day.

The white-fleshed birds—chicken, turkey, partridge, quail, etc.—are very nearly as nutritious and digestible as beef. Chicken flesh is called the "least stimulating of animal foods" by medical writers, but I think the assertion wholly gratuitous. The dark-fleshed birds, as game birds, grouse, robin, woodcock snipe, etc., are less nutritive and less digestible, but more greasy and savory to epicures.

The aquatic birds, geese and ducks, are strong, rancid and oily, and extremely unwholesome. The canvas-back is considered one of the greatest luxuries; but here, as in a majority of cases, the luxury consists in the pampering of an exceedingly depraved appetite. The flesh of turtles is prepared at the refectories in the forms of steak and soup. It is unwholesome aliment in all ways.

In a general sense, fish aliment is far inferior to flesh. Fish is not as nutritious as flesh, and is usually considered as less stimulating. The feverishness so generally noticed after a meal of fish may be imputed to the impurity of the aliment, though some regard it as evidence of stimulation. As a general rule the least oily fishes are the most wholesome, as the cod, halibut, trout, whitefish, bass, blackfish, haddock, whiting, sole, turbot, etc. Salmon, eels, herring, pilchards, sprats, mackerel, ehad, etc., are among the oily varieties.

The objectionable nature of fish aliment is generally made still more objectionable by the usual method of cooking—frying, and the indigestible additions of melted butter, lobster-sauce, egg sauce, etc.

Of the crustaceans, lobsters, crabs, shrimps and prawns are those most generally eaten. They are all exceedingly indigestible, and a frequent cause of disordered digestive organs. Of the class mollusca, the oyster is the greatest favorite with the lovers of sea-food. They are not very nutritive, containing only about 12½ percent. of solid matter. When eaten raw, they are still more indigestible than when cooked in any manner. Oysters have had the reputation among medical men of being a specific for dyspepsia, scrofula and consumption, but the more intelligent physicians of the present day specially prohibit them in those diseases.

The dietetic character of animal food is affected by the manner of cooking. Boiling, on all accounts, is the best method of cooking all flesh meat. Boiling, taking care to skim off any floating particles of oil, is better than roasting; and this again is better than frying, which is a method never to be recommended.

**Vegetable Foods.**—The vegetable kingdom affords the purest aliments as well as the greatest variety of alimentary principles. Vegetable foods are found in the form of seeds, fruits, roots, buds, and young shoots, leaves, flowers, and stems, of flowering plants and lichens, ferns, sea-weeds, and mushrooms, of flowerless plants.

The seeds and fruits are the most useful of human aliments; yet it would be difficult to decide which of these is most necessary, for the perfection of nutrition requires both.

Of the cereal grains, wheat and rice are the most extensively cultivated. Although they possess about an equal amount of alimentary properties, the wheat is far superior as a single article of diet. Those who employ a diet mostly of rice require a larger proportion of succulent fruits, or watery vegetables, or ligneous matter, as leaves, roots, etc., than those who subsist principally on the whole grain of wheat, for the reason that the latter contains in the bran a much larger proportion of lignin. But even wheat is too nutritious and concentrated of itself, and requires the admixture of a due proportion of fruits, or other succulent and, comparatively, in nutritious vegetables.

It appears to be a confirmed habit among dietetical writers and medical

practitioners to write and speak of animal food, as compared with bread and other preparations of the grains, as being more "nourishing," more "substantial," etc., in the face of all human experience and all chemical investigation, which prove the latter to contain at least three times as much nutriment in a pound as can be obtained from the best flesh-meat. Those tribes of men, laborers, hunters, etc., who subsist almost wholly on flesh, fish, or fowl, devour on the average about seven pounds per day; while those persons in similar circumstances and occupation who subsist almost exclusively on farinaceous vegetable food, eat but little more than one pound. The world is full of examples of laboring individuals, even in cold climates, subsisting on coarse bread, not exceeding the average amount of one pound of wheat, rye, or corn daily; and the millions of China and India subsist on much less than that quantity of rice, with only animal or other food enough to amount to a condiment or seasoning.

The methods by which wheat is prepared for the table are very numerous. The very best is unquestionably the unleavened whole wheat-meal bread. The yeast brown bread ranks next in wholesomeness. Fine bread, made of flour, with the addition of a quantity of rye meal, or coarse ground Indian meal, or both, is an excellent article. The common superfine bread, especially as prepared for the market by the bakers, is the lowest order of bread-kind in the scale of healthfulness. All the bakers' bread with which I am acquainted—and I have examined it very extensively—is over-fermented, by which much of the starch as well as the sugar is destroyed, and more or less of the gluten decomposed, and converted into acetic acid, which acid is neutralized by ammonia or other alkaline matters. This is the reason that stale bakers' bread is so unpalatable after it is fairly cold, while good domestic bread preserves its sweetness and flavor for a week or two. Universal experience as well as physiological science pronounce all fresh fermented bread unwholesome. Fermented bread is never fit for the stomach until it has been twelve hours from the oven, and is not in its best condition under 24 hours.

To make the best bread it is essential to have a good article of whole-wheat flour—if fresh-ground the better—fine, fresh, sweet yeast; the dough must be well kneaded, so as to diffuse the yeast equally through the mass; the loaf must be placed in the oven the precise moment when it is sufficiently light, or it will be heavy from deficient, or sour from excessive fermentation, and baked in a brick oven from an hour to an hour and a half, according to the size of the loaf. Very good yeast bread may be baked in a stove or kitchen range by observing carefully all the above conditions.

Wheaten grits (cracked wheat), fresh ground, an article rapidly getting into popular favor through hydropathic auspices, simply-bolled, make an excellent dish, seasoned with a little sugar or milk. For children there is nothing in the world superior, from the very moment they are able to take any food except mother's milk. I know it will almost horrify some good mothers and kind nurses to be told that cracked wheat, "bran and all," is proper aliment for the delicate, susceptible stomachs of little infants, and yet I know the assertion I make to be true. Let those who oppose this kind of diet for children, if they can, give some rational reason why thirty children per week in the city of New York die of the disease called convulsions, a disease whose almost exclusive cause is obstruction, or constipation, and this condition being almost universally produced in them by the various preparations of fine flour.

Oatmeal is usually employed in the form of mush, porridge, or strabout, prepared by simply boiling in water, and oat-bread, or oat-cakes, made by rolling the dough into very thin cakes, and baking it before the fire or in a stove or oven. These preparations are more wholesome than those of fine wheaten flour, because they contain a larger proportion of lignin or bran, and are hence more laxative, or rather less constipating.

In nutritive properties rice does not differ materially from wheat, although it is much less adapted to prolonged nutrition as an exclusive article of diet, because of its small proportion of lignin or bran.

Obstruction, constipation, irritation and inflammation always result, unless due relations between bulk and nutriment are maintained in our aliments; and hence the more concentrated or nutritive the grain or flour we employ, the greater should be the proportion of the less nutritious vegetables and succulent fruits. An immense amount of disease, suffering, decrepitude and premature death result from a misunderstanding of, or inattention to, this simple and obvious principle; and the advice emanating from medical men, boards of health, medical councils, etc., in cholera seasons, recommending the people to abstain from fruits and vegetables, and eat principally rice, superfine flour, dried beef, smoked herring, etc., has destroyed many lives and saved none.

Twenty-five tracts on Health topics, for 10 cents; Indigestion; its causes and cure, 25c. Mailed by D. M. McAllister, agent for Health Publications, 66 Centre Street, Salt Lake City.

## "NO 'MORMON' NEED APPLY."

THE REPORTERSHIP OF THE FIRST DISTRICT COURT.

OGDEN, Utah, Sept. 28th, 1886.

To The Editor of the Deseret News:

The recent contest for the reportership of the First District Court was a farce. Long before Judge Henderson left Michigan, the local supreme rulers of the Federal Courts in Utah had decided for his honor in that matter. And if Mr. Dickson or Mr. Hiles had been candid enough to make public their predetermination that "no 'Mormon' need apply," several persons would have been spared expense and trouble.

I was an applicant for the position. After each of the two examinations, positive statements were made by members of the committee that I had excelled all other competitors. Yet the place was finally given to another. I desire to make a public growl: Not merely because of defeat, but because of the contemptible bigotry of the autocrats who commanded and secured that defeat.

When I ventured to contest for the appointment, I imagined that personal integrity and competency were the requisite qualifications. The statute did not prescribe that a person to be eligible must be a red-hot crusader against the majority of Utah's people; and I had lost sight of the fact that the District Courts were reputed to be, exclusively and absolutely, the property of anti-"Mormons." Hence, having a score of recommendations as to efficiency and honesty from prominent lawyers, I was impertinent enough to file an application with Judge Henderson.

Shortly afterward some of my friends obtained direct information that, regardless of all tests which might ensue, Mr. John W. Pike would be given the place. He had been foreordained for the calling by the all-powerful sovereigns of the courts from before the appointment of a contest. And yet as late as the night preceding the first examination, I was informed by one of the committee that Harmel Pratt and myself would be the only competitors.

Judge Emerson, James N. Kimball, Esq., and Assistant District Attorney Ogden Hiles, composed the first committee.

Mr. Pike appeared on examination day at Ogden; and we were tested separately before two members of the committee. The work was not very severe, and I asked the examiners to increase the speed of reading; but they decided that no further trial was necessary. Later, one of the examiners stated that I had led Mr. Pike 225 words in five minutes, and that my notes had been read much more promptly than his. But, he added, that Mr. Hiles was determined to ignore the test and recommend Mr. Pike, as I, being a "Mormon," should not on any account be permitted to have the place. The gentleman objected to this course, and it was necessary to await the coming of the absent examiner to decide the tie. Evidently Mr. Hiles could not get the necessary vote in his favor, for on the afternoon of the next day the contest was declared off, and a new examination was appointed to take place in Provo on Wednesday last.

Mr. Pike did not enter the second contest; preferring, very strangely, to stand by the Ogden examination. Judge Emerson and Messrs. A. G. Sutherland, Jr., and David Evans were the examiners. Mr. Hiles was present in spirit if not in person.

The morning after the second examination a member of the committee called me to one side. He told me that the test had again resulted in my favor, and that the committee considered me best qualified for the place. He then asked me if I were in full fellowship in the Church. I replied that I was. He stated that this was the only objection to my appointment; but upon this point the prosecuting officers of the court were making a bitter fight.

A little later, the father and professional partner of one of the other examiners beckoned me from the court room. He stated, as if by authority, and as if this settled the contest in my favor, that the examiners were agreed that of all the contestants I was best qualified, and would render the most valuable service as reporter. He delicately asked me which I would consider paramount, my oath of office or the behest of the Church—pointing his application by saying: "If a son of George Q. Cannon or John Taylor were to apply for the place, you can see what the inference would be." Naturally indignant, I replied to him with emphasis, that no question of the kind (intimated by him (so far as I was able to see) could possibly arise; that I would, in all things pertaining to my duties as reporter, be governed by the law and my oath of office; and that no person nor influence would ever be able to make me falsify one title of evidence. He answered: "All right, then," with an air which was equivalent to saying: "The appointment is yours."

The fight of the examiners with the prosecuting officer to see whether their views should be sacrificed to his mandate, lasted until Saturday, when the recommendation of appointment was given to Mr. John W. Pike—the man selected by the court's Richellen. To-day I met one of the examiners and asked him why the committee had made such a peculiar report. He replied in effect as follows, and almost in these exact words: "The committee had nothing to do with the affair. It was controlled absolutely by the Dis-

trict Attorney. The question of competency was not considered. There was no impeachment of your efficiency or personal integrity. You know from the questions I put to you (at Provo regarding religion) why you were ignored."

This examination was ostensibly made to find the most competent person possessing the other statutory qualifications for the position. Religion was properly no part of the question; and no man, whatever his position, had any legal right to dictate to the committee. But in this, as in other things, the law, the court, the bar, and the citizens proposed, but the District Attorney disposed.

Yours respectfully,  
DAN. HAMER.

## CORRESPONDENCE.

A WARNING TO THE KING AND ITS SATELLITES.

BEAVER CITY, Sept. 28, 1886.

Editor Deseret News:

For many years past Utah, a land blessed of the Lord, has been greatly afflicted by a coterie of unprincipled, whining conspirators, who are discontented with everything that savors of truth, morality and fair dealing. They have fastened themselves on to our blessed commonwealth, like barnacles on to a ship's bottom. This disagreeable troop of leaguers, with the assistance of the general government that has too much, by far, inclined its ear to their plaintive wails, has already done much mischief to the people of this realm, and ere long will work great injury to themselves. For all that has been done by the powers that be to aid this unprincipled combination, they are still dissatisfied and filled with disappointment. This very small minority have not yet obtained control of the local revenues of the Territory in order, as they imagine, to enjoy themselves and lord it over the great majority; however, they are determined to take time by the forelock, by ventilating their revolutionary schemes before the country, to have ample time to inflame to public mind, to incite Congress to continue to make greater inroads upon the Constitutional liberties of the "Mormon" people. If Congress will lend an ear to their growling murmurs, and so far forget itself, by playing into their hands, in granting them the legislation desired, the "Loyal League of Utah" will be much dissatisfied as ever. It is not in the nature of things for such characters to be satisfied, and as far as happiness is concerned, they are entire strangers to such a blessing. The Prophet Isaiah, in contemplating the coming forth of the Book of Mormon, as a preparatory work to prove the second coming of the Messiah, refers to the bitterness that would rancor in the hearts of those who reprove with malignity the meek of the earth. They, however, will reap disappointment, for the prophet exclaims: "It shall even be as when a hungry man dreameth, and behold he eateth; but he awaketh, and his soul is empty; or as when a thirsty man dreameth, and behold he drinketh, but he awaketh and behold he is faint, and his soul hath appetite; so shall the multitude of all the nations be, that fight against Mount Zion." It is true, the moment a man who is famishing for food or water drops to sleep, he dreams of appeasing his hunger by partaking of a sumptuous repast, or to quench his thirst, the gurgling fountain bursts before him, when he awakes that he is satiating the cravings of his soul; but when he awakes, like the oppressors of Zion, he is faint and filled with the most acute disappointment. Notwithstanding the many failures of this confederation, they still persist in assailing our motives with glaring falsehoods, and with the aid of priests, editors, politicians and other demagogues, keep fanning the flame of public animosities against us, in order to obtain the desired legislation to bring us into a more galling captivity.

The next term of Congress is a short one, beginning in December, and terminating March 4th. When taking out the holidays, that body will only have a fraction over two months in which to deliberate, air their oratory, and pass such measures as may be deemed of great importance by the majority of Congress, and may not have time to get up the necessary heat to temper with the liberties of this people the present session; however, this will be just as God proposes.

The revolution that this class referred to are hastening will not go back until the culminating point is reached. What they do not accomplish during the coming session, they will try hard to achieve during the fiftieth session of Congress, which will continue till the summer of 1888. This body will adjourn in time to enable the politicians to prepare for the conventions, which the respective parties will hold to nominate their candidates for President. The country at large has endorsed the debarring of the people from every vestige of right that unately belongs to freemen. Even if Washington, Jefferson, and other departed heroes, were to visit the country, and take observations of the awful workings of the legislative and judicial branches of the government, and not forget to take a peep at the Utah courts when in session, they would not be able to recognize it as the same government which they estab-

lished under the guidance of Almighty God.

Who is responsible for this state of affairs? The people! They have repeatedly encouraged, as well as instructed their servants, whom they placed in power, to dispossess us of our inherent rights. In all this they will soon learn that they have been fighting against God. The Almighty is about to withdraw His spirit from the inhabitants of the land, after which the scenes of Shiz and Coriantumr, the Nephites and Lamanites, will ensue. No reflecting man need be astounded to witness strange things at the coming Presidential election, or more especially at the period of inauguration. Perhaps the two great and other political factions which may come into being in the near future, through their insatiable thirst for power, position and lucre, each aspirant backed by his respective followers, will contend for what they determinedly believe to be their rights, which the parties may view as being unjustly wrested from them, and thus tap the smoldering volcano upon which the people are reposing. If such a crisis should arise, which is more than probable, in the absence of national recognized authority, the secret combinations with other existing influences, would materially add to the disorder. Perhaps some of my readers will exclaim, "What are you giving us?" Remember the disputed election of Tilden and Hayes, scenes as a pointer in this direction. If Tilden, who was honestly elected, had repudiated his seat, bloodshed would have ensued. The great statesman dreaded this, and he shrank from making the attempt. Let such a condition of circumstances arise in the near future, and the aspirants for office will have no compunctions regarding bloodshed, so as they get the places. However, in Tilden's day, the time had not come; the powers that be had not put themselves squarely on record. Their cup was not quite full. Another factor to be taken into account is, that this people had not been sufficiently ground upon the nether millstone of despotism in order to engrain into our very souls a perfect love for human liberty. Let our present training serve as a school-master to us, that when our day arrives, when is dawning, we will protect every man in his rights. Witness what we have learned during the past few years, while contending for our rights which have been trampled upon with impunity; also, what we will most likely be obliged to learn regarding liberty during the next two years or upwards. We have more especially, of late years, incessantly importuned Congress and the President for our inherent rights; we have been obliged, at great expense, to hire eminent legal counsel to defend us before the courts; but a deaf ear has been turned to all our humble supplications and the courts have sat down on us, at the expense of that eternal justice which never sleeps.

I will now close this article by inserting a quotation from a letter written by the Prophet Joseph Smith to John C. Calhoun: "If the Latter-day Saints are not restored to all their rights and paid for all their losses according to the known rules of justice and judgment, reciprocity and common honesty among men, that God will come out of his hiding place and vex this nation with a sore vexation; yea, the consuming wrath of an offended God shall smoke through the nation with as much distress and woe as independence has blazed through with pleasure and delight." Who cannot see that everything is tending to this point. Then will the bottom drop out of the Utah ring's hallucinations, and they be like the hungry man that he eateth and the thirsty man that he drinketh. They will be completely enshrouded in disappointment.

MOONSHREX.

BY TELEGRAPH.

PER WESTERN UNION TELEGRAPH LINE.

AMERICAN.

New York, 6. An evening paper says:

The opponents of the home club in this city

SEVERELY CRITICISED

the action of General Master Workman Powderly in appointing such a notoriously partisan committee on credentials at the Richmond General Assembly, and the belief is quite general among the leading Knights that there will be a split in the Order. It is predicted that many independent unions now attached to the Knights will withdraw. Conservatives in the Unions say they are tired and discouraged in their attempts to create reforms in a body where a clique has schemed until it has obtained absolute control and seeks to drive out its honest opponents, for fear that its schemes will be thwarted. Some wondered why Mr. Powderly was so blind to the movements of the Home Club, but now they declare that he has deliberately favored the Home Club men, light in the very face of the exposure made at Cleveland, and also in the face of the blunders made by the Home Club in this city. Powderly's hint about the Trades Unionists and subordination of the Knights of Labor to any other organization, is looked upon as an indication of his feeling regarding the endorsement of the break-up of the open Union's policy, which No. 49 attempted to inaugurate by crushing out the