

question, but the demand upon the
Czar to allow the return of Alexander
might result in making the whole mat-
ter an international affair.

LONDON, 25.—The British corvette
Diamond took possession, in the name
of the British Crown, of the Kermadec
Islands, in the South Pacific Ocean,
on the first of August.

LONDON, 25.—Rev. Henry Ward
Beecher is ill. He has cancelled his
lecture engagements at New Brighton
for next Friday and gone to the hydro-
pathic institute at Moffat, Dumfriesshire, Scotland.

Advices from Adelaide, Australia,
state that the wheat crop in South Aus-
tralia will yield according to latest es-
timates an average of seven bushels to
the acre. There have been copious
rains throughout the wheat growing
regions and the rains continue.

LONDON, 25.—Gladstone started this
morning for Germany, where he ex-
pects to spend three weeks vacation.
He was accompanied by his daughter
and Lord Acton. Mrs. Gladstone, John
Gladstone and a number of personal
friends went to the railway station to
see him off. As the train moved away
Gladstone was waved farewell. He
appeared to be in good spirits and pre-
sented a jaunty air, though his face was
pale. He wore a grey suit and a brown
felt hat.

LONDON, 25.—General Sir Redvers
Buller will start on his Irish mission to-
morrow, going first to Dublin.

Mr. Edward Russell, Liberal, will
move an adjournment of debate on the
address in the House of Commons to-
morrow, in order to elicit the exact
functions and powers of Gen. Buller.
Mr. Russell will have the support of
the Parnellites and prominent Radicals.
A section of the opposition be-
lieves that the selection of General
Buller for the Irish mission is the first
step toward placing Ireland under
martial law.

The House of Commons will proba-
bly sit on Saturday.

LONDON, 25.—Reports were received
in the House of Commons last night
of fighting in Bulgaria, and created much
excitement among the members. The
general impression is that civil war is
unavoidable; that Russia will inter-
vene with troops to restore order; that
Turkey as a suzerain will occupy the
Balkans, and that a bloody war will be
the result.

The garrison at Rustchuck, which
remains loyal to Alexander, is march-
ing to Sofia. The loyalists are besieging
the town.

His stated 10,000 Bulgarian troops,
who have been stationed at the Serbian
frontier, are hastening toward Sofia to
support Prince Alexander.

The government has received news
confirming the report that Prince Alex-
ander landed at Rezi, but nothing has
been heard of him since he landed.

TIENNOVA, 25.—The following pro-
clamation is just issued: "In the name
of Prince Alexander and the Bulgarian
Parliament, I hereby declare that I
have resumed direction of the provi-
sional government at Sofia. Persons
failing to conform therewith will be
dealt with by the military law. I ap-
point Colonel Mantkoff Command-
er-in-Chief of the army, with full civil
and military powers. I appeal to the
Bulgarians to defend the crown of
their Fatherland against traitors seek-
ing to dethrone our heroic and beloved
Prince, who was chosen by the people
as their ruler. Long live Alexan-
der!"

The proclamation is signed "Stam-
boloff" and countersigned "Mantkoff."

Bucharest, 25.—Prince Alexander has
left Rezi for either Darmstadt or Ber-
lin.

THE ALLEGED PHENOMENAL GIRL.

ANY PEOPLE PURSUE A PHANTASIA-
GORIA.

CANSLER, Lamar County,
Alabama, August 11, 1886.

Editor Deseret News:

I suppose you have, ere this, heard
of the Wonderful Girl at Vernon (this
county) who claims to have visited the
realms above and conversed with God,
and that He told her that she must suf-
fer for the sins of the people, and call
upon them to repent, etc.

I enclose an article or two from the
Vernon papers, so you may see how
easy it is for some people to be led by
every whimsical breeze of doctrine,
when they depart from their God.

Many are ready to give up all and
follow her because of the cunning of
the devil that is inspiring her to utter
some sweet, deceptive words.

But of all the preachers, lawyers and
other people that have been to visit
her, not one was able to cope with her.
I will now relate my visit to her. I
was on my way to this part of the
county to visit the Saints. I had for a
companion A. O. Lee, an Elder who
lately arrived, and I received a letter
from the Saints telling me that they
wished I could come and see the mys-
terious girl, as the whole country was
in a stir about her. On the fifth we
arrived here and went to see the mys-
terious person on the 7th. We got there
about 1.30 p. m., accompanied by some
Saints and friends. We had an inter-
view with her father (Geo. Pennington),
who told us we were at liberty
to talk with her, and ask her
any question in the world, for
she could answer any question
and out talk any three preachers on
earth. We entered, found her to be a
small child about four and a half feet
in height, hair inclined to be red, age

14 years. She did not seem to want to
talk with us, and her father told me
if we wanted her to talk we would have
to ask her some questions and she
would answer them. As it was known
that I was the man that all expected to
talk to her, all eyes turned on me. I
asked her which of the denominations
was the true Church of Jesus Christ
or if that Church was on the earth.
She said it was here. I asked her
which was it. She said: "You can
belong to any of them and be
saved, just so you have faith
and your heart is right. I took
the Bible and showed that her
views were wrong. After I was
through on that subject I asked her
what it took to constitute the plan by
which the human family could enter
the Church of Christ. She knew nothing
at all about it and was astonished
when I brought forth from her Bible
those glorious principles of faith in
God and His Son Jesus Christ, repent-
ance by forsaking sin, going down in
to the water and being baptized for the
remission of sin and receiving the Holy
Ghost by the laying on of hands, and
that these ordinances must be performed
by those who were called of God as
was Aaron and that Aaron was called
by revelation. She said baptism was
no use, being only an outward sign of
an inward grace and it was only a com-
mand and yet we could be saved by
rejecting it. And the laying on of
hands she intirely ignored.

There was hardly anything in the
Bible that she would have. Her father
came to her aid, but I proved too much
for them both, and he (the father) said
if I would come back the next day he
would have some preachers who
would talk with me on the Bible. The
girl said, "Get them now, for I like
to hear any one talk on scripture." I
told them to bring on all the preachers
they pleased to prove the principles of
the Gospel false, and I would defend
them. But I told them I thought it was
a poor chance, for if the little girl had
been to heaven and God had given her
a command and put words in her mouth
to deliver and she could not refute
what I said, surely the preachers who
deny revelation could do nothing.

After waiting a short time a man
came—I do not know whether they had
sent for him but supposed they did.
The girl sent up a wall and asked him
if he could defend her position, but he,
like the rest, was not able and all in
favor of it began to get excited. We
left them to ruminate over what was
said. At the time the conversation
was going on I called upon any person,
priest or scribe, to take the Bible and
controvert the doctrine of the Latter-
day Saints. Not one would venture,
yet there were ministers in the house.
It is a great delusion and is causing
quite a stir. Men and women are com-
ing from all parts to see and hear.
Letters are coming by the hundreds, to
which answers are given that will
cause many more to come. They are
getting up pamphlets of 30 pages at 50
cents each distributed widely.

Give this to the world and expose it
all you can, if you think any of it worth
publishing.

Any one wishing to know more about
it from me can get the information by
addressing me at Angora, Lamar
County, Alabama.

J. C. DE LAMARE.

The following, clipped from the Lam-
ar News, of Vernon, Ala., was en-
closed in Elder De La Mare's com-
munication:

MORE ABOUT THE WONDERFUL GIRL.

VERNON, Alabama,
July 20, 1886.

Editor of Lamar News:

Because of the great number of let-
ters that I receive addressed to me as
postmaster and minister of the Gospel,
growing out of an article published by
you denouncing Miss Mollie Penning-
ton. This article has been copied by
so many papers and the inquiries are so
numerous, I beg space to answer them
all through your columns. The follow-
ing are statements I know to be true:
She was taken violently ill on the 15th
of June; convulsions being of hydro-
phobia type, and was so pronounced
by the distinguished physicians, Drs.
Mortons, Brown, Reed, and
Burns. These convulsions con-
tinued up to Friday in the evening.
At that time she told those present
that Dr. Burns was coming; but they
informed her that he was not to be
back until morning, when she said
that was true that he did not expect to
when he went away to come back but
he would be there soon. Dr. Burns
about this time called, being as he says
impelled by strange convictions that
he ought to go back. When she re-
marked, "I do not tell you he was com-
ing?" She then told me, Dr. and friends
that she would only have one more of
those dreadful spells, and that the
Lord would cure her, and that she
would be as well as ever in life. She
told them that she would die and go
to the Spirit land for one hour and then
come back; and then asked the Dr. to
remain with her till she returned. She
did die—had no pulse, no heart beat-
ing, and the Dr. pronounced her dead.
Her friends and relatives stood agoniz-
ing and weeping around and thought
she had parted with life. At the ex-
piration of one hour by the watch, she
revived and breathed again, and told
them that she was well and that the
Lord had cured her, and she desired to
get up; the doctor told her that she
was too weak to get up. She jumped
up and began to shout and praise God
and to warn the people. She said that
she had been to heaven and had seen
the Lord and many who are dead; some

who died long before she was born.
She said that she saw Mrs. Bickerstaff
who had died about five miles from her
home that day and it is a certain truth
Mollie had not heard of the death. I
had officiated as minister at the burial
that morning. She told her friends
that I went with her to heaven and that
the Lord had sent a message by her to
me.

When asked what it was she told
them she was to tell no one until she
told me. This conversation I did not
hear, but I vouch for its truthfulness,
every word of which can be established
beyond any doubt should any doubts
arise.

Up to this time I had not had an
opportunity to go out and see her,
nor had I seen her in four or five
years.

I was in bed asleep on Friday night,
spoken of before, when two young
men called at my home and related the
circumstances, and told me of her re-
quest that I come to see her. I rode
out with them, and found her, I think,
one of the happiest mortals I ever saw,
and I have been a revivalist for thirty
years, and have witnessed many happy
persons, but nothing like this. She
told me she had been to heaven, and
saw the Lord, and that she saw
my son Jimmy who has been dead
three years there, and that the Lord
told her if I kept on that I would get
there when I died and meet my chil-
dren. She said she could not read a
word and had never been to school a
day, but that the Lord could put words
in a child's mouth and that all must
become as little children before they
could be saved, and exhorted all to
repent and believe or they would be
lost. Told me that the doctors had
given her medicine to kill or cure and
that she would have died had not the
Lord saved her and that He had cured
her and that if she lived until she was
twenty-one years old she would never
have another spell. She got up right
away and has eaten of everything she
wished and has had no illness since.
She has said so many things in keeping
with the Bible and her lamentations
are great. She is not able to
read the Bible, but rejoices that the
Lord had put words of exhortation in
her mouth. When I remarked that was
better, she replied not, for the Bible
was God's word, and continued to ex-
horted the strongest faith I have ever
witnessed among mortals, repeatedly
that she did not dread the stings of
death.

And that she loved the Lord and his
ministers and all Christians and mani-
fested great zeal for the salvation of
sinners. A great many other things
said and done by her are equally con-
vincing that it is a great supernatural
work. Lamenting her limited oppor-
tunities of attending church and school
and not being able to read the Bible.
She by her own appointment talked to
the people for three successive even-
ings; large concourses of persons at-
tending and the fear of God was most
fearfully demonstrated, many shouting
and praising God.

On the first Sunday in this month she
joined the church and was baptized by
the writer. Since that time she has
at appointed times been talking to the
people at stated intervals, and the
power of God over the hearts of her
hearers has been wonderfully magni-
fied.

I will continue my letter in your next,
and until the many wonderful things
said and done by her are all told the
people. Yours truly,
T. W. SPRINGFIELD.

The following shows how the "won-
derful girl" is going to be worked on a
financial basis, with an eye to "the
main chance":

The undersigned will on or about the
31st, issue a pamphlet of 30 pages, giv-
ing a history of the life and prophecies
of Miss Mollie Pennington. Nothing
so wonderful has happened since Bible
times. The strange life of Joan of Arc
is not so interesting and wonderful as
the life and prophecies of this girl. The
book will contain a portrait of Miss
Pennington and will be sold at fifty
cents each. Parties from every State
in the Union are wanting them. Every
mail is loaded down with letters in-
quiring about her.

Send your orders early, as our first
edition of one thousand copies will
soon be taken.

E. J. McNATT,
Vernon, Ala.

HEALTH HINTS, AND OTHER THINGS WORTH REMEMBERING.

COMPILED BY MAC.

Susanna W. Dodds, M. D., in her
valuable book "Health in the House-
hold," writes the following rules in
relation to healthful diet:

Fruits and vegetables should not, as
a rule, be eaten together; that is, at the
same meal; if they are so eaten, per-
sons with feeble digestive organs will
usually suffer.

If vegetables are eaten, the noonday
meal is the best time to take them, two
or three varieties being quite sufficient.
Tomatoes do well with vegetables,
grains or meats; but they should not,
as a rule, be eaten with fruits.

The Irish potato seems to be an ex-
ception among vegetables; it is so un-
aggressive in its nature that it seldom
quarrels with anything. It may there-
fore be eaten (by most persons) with
either fruits or vegetables; and it
always does well with grains.

Fruits and cereals are particularly
suited to the morning and evening
meals; and very little other food is re-
quired.

A good rule, when suppers are eaten,
is to make the meal of bread and fruit
only, these being taken in limited
quantities, and at an early hour.

Fruits, if eaten raw, should be ripe,
and of good quality; and persons with
feeble stomachs digest them more
easily at the beginning of the meal: this
is particularly true when warm foods
make a part of the repast.

Fruits raw or cooked, may be eaten
at dinner, provided no vegetable (un-
less it be the potato) is taken. But if
raw, they should be eaten first, par-
ticularly if there are warm foods to
follow.

Some persons can not digest certain
kinds of raw fruits for supper, or late
in the day; let them take these on sit-
ting down to the breakfast table, or
the first thing at dinner, unless there
are vegetables at this meal.

If meats are eaten—a debatable
question between strict hygienists and
"other people"—take them at the
noonday meal, with or without vege-
tables; and in cold weather, rather
than warm.

The grains digest well with all other
foods; though some persons cannot
eat them in the form of mushes. They
should always be thoroughly cooked.

Persons with feeble digestion should,
as a rule, confine themselves to a single
kind of fruit at a meal; they can
make the changes from one meal
to another.

Those who find it difficult to digest
vegetables should not attempt more
than one kind at a given meal, until the
digestion is improved. And often it is
best to leave them off entirely for a
time.

In selecting vegetables for a simple
meal, do not, if there are several va-
rieties, have all of them of the watery
or juicy kinds, as cabbage, asparagus,
white turnips, etc.; nor all of the drier
sorts, as baked beans, winter squashes,
sweet potatoes, etc.; but blend the
more and less nutritious kinds in a
judicious manner. Or if you have only
the watery ones at hand, be content
with not more than two varieties, pre-
pare a side-dish of something rather
nutritious, and then add a dish of
warm corn bread, as an accompani-
ment, particularly if it be a cold day.

If you have for dinner a thin vege-
table soup, follow with something
more substantial, as baked beans,
baked potatoes (sweet or Irish), or corn
bread; but if you have bean or split-pea
soup, let the other vegetables be of a
kind less hearty.

On a very cold day, have a warm
dinner of good nutritious articles, se-
lect mainly solid foods with grains,
rather than thin soups and watery
vegetables.

On a warm day make the breakfast
largely of fruits, with a moderate sup-
ply of cereals. The dinner may be of
young vegetables (or fruits), a dish of
grains if you like, and a little bread.
Eat lightly, and you will suffer less
from heat—particularly if no season-
ings are taken. For supper, a glass of
cold grape juice and a slice of loaf
bread, is fine in hot weather.

In very cold weather, take the chill
off your stewed fruit, fruit pies or
other dishes, before serving them.
Pastries, if used, are best at the mid-
day meal—and so are puddings.

If there are invalids at the table, they
should eat nothing that is cold; food
not much below blood heat is best,
particularly in cold weather; and the
dining room should be comfortably
warm.

Never have too great a variety at a
single meal; have few dishes, well pre-
pared, and make the changes from one
meal to another: this will please bet-
ter on the whole, and it will not too
rapidly exhaust your limited supplies.

If one meal happens to fall a little
below the average in either quality or
variety, see that the next is fully up to
the mark.

Eat slowly, masticating your food
thoroughly before swallowing it. The
first process of digestion—called insal-
ivation—takes place in the mouth.

Take your food regularly, at stated
intervals—not at any hour of the day;
and do not form the habit of eating
between meals.

If anything is taken outside of the
regular meal-time, ripe, juicy fruits, as
apples or oranges, will usually occa-
sion less disturbance than more hearty
or substantial food.

Do not wash down the food with a
fluid; eat without drinking; it will also
help to preserve the teeth. The horse
never leaves his oats or corn to take a
sip of water between mouthfuls; nor
is he ever tortured with the toothache.

Raw ripe fruits, as apples, berries or
cherries, are fine for breakfast, and
best at the beginning of the meal.

Avoid the frequent use of soft, slop-
py foods; and also of soft bread; give
the teeth something to do, if you
would have them grow strong, and
keep clean.

Do not take very hot or very cold
foods or drinks; these crack the ena-
mel of the teeth, and destroy them;
they also weaken the salivary glands,
enfeeble the stomach, and impair di-
gestion.

If you want good teeth, you must

first eat the kinds of food that will
make them, and then you must use
them, or they will decay. Remember
that a cow can be slop-fed till her
teeth will fall out. To
preserve the teeth, then, you
must throw white bread to the
dogs (and it will kill them if they are
fed exclusively on it), eat bread made
of the flour of the whole grains, and
have it well baked; it must be hard and
crusty enough to keep your teeth clean
and bright.

To secure a good sweet breath, the
digestion must be perfect and the teeth
clean. Use the brush after eating, not
before. Some persons brush their teeth
the first thing in the morning and the
last thing at night; this leaves them
unbrushed between breakfast and din-
ner, and between dinner and supper—
or in other words, only clean at night.
Form the habit of brushing the teeth
the first thing after you rise from the
table.

Women in this country do too much
cooking; they prepare too many kinds
of food for a single meal; they liter-
ally load down their tables with an en-
dless variety of dishes, showing a lack
of good taste, as well as good
judgment. A few dishes, well
prepared, would be altogether bet-
ter. And the practice of high sea-
soning, not only in desert dishes, but
in the plainer or more substantial ones,
as vegetables, meats, meat prepara-
tions, etc., is most deplorable. These
highly seasoned foods poison the
blood, congest the liver, and inflame
the mucous surfaces; and if long con-
tinued they prostrate the nervous sys-
tem and ruin the general health.
"That machine will wear out the soon-
est which works the fastest." Strong
constitutions, it is true, may not give
way for years; but sooner or later they
too must succumb.

The Rev. Dr. J. F. Clymer, in his ad-
mirable little work on "Food and
Morals," gives a forcible illustration
of the effect which diet has on charac-
ter, even in childhood. "A father, by
prayer and precept, and flogging, had
done his best to reform his boy, whose
staple diet was meat and sausage and
pie and cake at his meals, with
lunch between. The family physician
said to the father: 'If you will put a
leech back of each of your boy's ears
one a week for a month, you will do
more to reform him than your preach-
ing and pounding will do in a year.'
The father asked for the philosophy of
this prescription. 'Why,' said the
doctor, 'your boy has bad blood, and
too much of it; he must behave badly
or he would burst.' Then, said his
father, 'I'll change his diet from beef
and pie to hominy and milk.' In
three months thereafter a better boy of
his age could not be found in the
neighborhood. The acid, biting, evil
blood had not become food for leeches,
but it had done its wicked work and
passed away; and a cooler, blander,
purer, safer blood had been supplied,
from sweeter, gentler food sources."

Learn to Live Healthfully.—For 10
cents, I will send to any address 25 four-
page Tracts on health topics, and a list
of Health Publications. D. M. McAl-
lister, Salt Lake City.

THE GREAT
SIMMONS' LIVER
Unfailing Specific
FOR
LIVER
DISEASE

SYMPTOMS. Bitter or bad taste in
mouth; tongue coated
white or covered with a brown fur; pain in
the back, sides, or joints—often mistaken for
Rheumatism; sour stomach; loss of ap-
petite; sometimes nausea and waterbrash,
or indigestion; flatulency and acid eructa-
tions; bowels alternately costive and lax;
headache; loss of memory; with a painful
sensation of having failed to do something
which ought to have been done; debility;
low spirits; a thick, yellow appearance of
the skin and eyes; a dry cough; fever; rest-
lessness; the urine is scanty and high col-
ored, and, if allowed to stand, deposits a
sediment.

SIMMONS' LIVER REGULATOR

(Purely Vegetable)

Is generally used in the South to arouse the
Torpid Liver to a healthy action.

It acts with extraordinary efficacy on the

LIVER,

KIDNEYS,

AND BOWELS.

AN EFFECTUAL SPECIFIC FOR

Malaria, Constipation, Sick Headache, Nausea, Mental Depression, Etc., Etc., Etc.

Endorsed by the use of 7 Millions of Bot-
tles, &c.

The Best Family Medicine

For Children, for Adults, and for the Aged.

SAFE TO TAKE IN ANY CONDITION OF THE SYSTEM.

J. H. ZEILIN & CO.,
SOLE PROPRIETORS, PHILADELPHIA, PA.
PRICE, 25 CENTS.

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Good, Clean Cotton Rags
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