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SEE BY EXAMINING THIS MAP, THAT THE



Items the Great Central Line, affords to travelers, by reason of its unrivalled geographic cal position, the shortest and best route between the East, Northeast and Southeast, and the West, Northwest and Southwest.

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The letter published last week has elicited enquiries from many friends, who desire to ascertain something further concerning healthy diet, and I have promised to endeavor to answer some of their questions through the columns of the NEWS, provided you consider the matter of sufficient general interest to accord it space. The subject I have chosen, as proper to follow the article on bread, is

MEAT,

a kinel of food which very many people MOST PERFECT MADE would consider themselves on starva-lou diet if they did not eat some once Prepared by a physician with special rea day, at least. I purpose trying to show that the daily use of meat is quite considerable number none. Now gard to health. No Ammonia, Lune or Alum.

as injurious to the human body as the

is eaten by many persons at nearly every meal, and lard, the concentrated essence of the filthy animal, is used daily in cooking various articles of food. God's law unto the ancient Israelites reads: "And the swine is unclean unto you. Of their flesh shall ye not eat, and their carcass shall ye not touch." Modern Israel, the Latterday Saints, and all other human belogs, have much need to observe this divine

18W. A common practice is to fatten hogs on the rotting refuse of slaughter pens, decayed vegetables, fermented swill: n fact, any garbage and refuse, unfit to MOST PERFECT MADE place before other animals, is con-sidered good enough for swine. What kind of flesh and fat can result from Purest and strongest Natural Fruit Flavors, Vanilla, Lemon, Orange, Almond, Rose, etc., flavor as delicately and naturally as the fruit.

such feeding? It is a scientific fact that every par-ticle of animal flesh is filled with worn-out matter, working its way out of the system; that is, decomposed animal tissues, material similar to bile, perspiration and other waste products TO BUILDERS AND perspiration, and other waste products of the body not polite to mention. The blood, also, is laden with this same kind of matter, and if an animal is not well bled when killed the CONTRACTORS. WE ARE PREPARED TO MAKE ALL kinds of Castings for Bailding pur, Iron Columns, Pilasters, Lin-

MEAT IS ACTUALLY POISONED.

ontinue to eat that which

GOD HAS FORBIDDEN.

Let them, at least, see that the natur-

under the

CRESTINGS a specialty. General Rail oad work done promptly and in first-class by it. It is the presence of these waste products in meat that soon renders it putrid. Beef tea, often highly recommended for invalids, is As We compete with Eastern prices. ve us a call before going elsewhere. shown by analysis to be essentially the same as urine. Physicians generally are convinced that rheu.natism, neu-EXCELSIOR FOUNDRY, 347, 349 and 351 W. Sixth South

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tels, etc.

PURE

CREAN

ECIA

LUMBER YARD

AND PLANING MILL,

HALF-A-BLOCK EAST OF DEPOT.

LUMBER,	DOORS,
LATH,	SASH.
SHINGLES.	MOULDINGS,

and

TELLING.

FLOORING.

had been fed on the king's meat, Daniel and his three companions were found to be the fairest and fattest; and wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in his realm.'

I fear my remarks are getting too lengthy for a newspaper article; 1 will, therefore, close for the present by simply stating that, in my opinion, meat is unfit for human food, unless there is nothing else available. D. M. MCALLISTER.

Salt Lake City, March 27th, 1885. -----THE MONKEY AND THE NUTS

A colony of monkeys, having gath ered a store of nuts for the winter

them.

begged their wise ones to distribute them. The wise ones reserved a good This medicine, combining from with pure regetable tennes, quickly and completely (ures Dyspepsia, Indigention, Wenkness, impure Blood, Mulacia, Chilfannd Fevers, and Neuralgin. It is invaluable for Diseases peruliar is Women, and all who had sedestary lives. It does not injure the tooth cause headache or produce constipation- *dher free medicares do* It does not injure the tooth cause headache or produce constipation- *dher free medicares do* It does not injure the tooth cause headache or produce constipation- *dher free medicares do* It enriches and particles the blood, simulate the appetite, side the scatialities of find, re-lieves Heartburn and be the blood. For Intermittent Ference, Lassitude, Lack e Energy, dec., it has no equal or The genuine has above trade mark an This medicine, combining from with put when those to whom twenty had been

BROWN

P

The genuine has above trade mark and roused red lines on wrapper. Take no other ade only by BROWN CHERICAL CO., BALTINGRE, ME "Nay, but see ye not the number who nave none?" Now, when these last made complaint of the unjust division.

THE LIVER AND ITS FUNCTIONS.

BAASHAS

BITTERS

CURES

ALL DISEASES OF THE

ALL DRUGGISTS

PRICE DOLLAR

that equals PRICKLY ASM BITTERS is a medicine of rare merity and not an intoxicating beverage, and being purely vegetable in its composite can be used at all times with beneficial results. It is not claimed as a cure-all, but for derangements of the correst mentioned. It is a proceing and all

the organs mentioned, it is a specific and we a BLOOD PURIFIER ranks above all other pre-parations. Ask your draggist for it, and give it a fair triat. If he has none on hand, ask that it be or-dered for you.

PRICKLY ASH BITTERS CO.,

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anty for its merit. Drastic Pur-

shat class of remedic

of remodics case bave but one ef-fect — that is by their

Bitters acts directly on the Liver,

Hidneys,

and is as

& Bowelr

R SAL Solar in A mild.

ion to

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BEST TONIC.

those who had twenty, and ten, and five, "Behold the wickedness of these MATCHES mankeys! Because they have no nuts they are dissatisfied, and would fain rob you of those which are yours. And they all fell on the portionless mon-OUR TRED CAP MATCHEST ARE A

keys, and beat them sorely. Moral — The selfishness of moderategood as the best inspected and fully a off not cheaper, so when you on ly well-to-do, blinds them to the ra-L. DAID OF IST & CO., UTILE DULCI. -Newcastle Weekly Chronicle. 1510. Box 595.

BRIEF TELEGRAMS.

A fire in Foochow, China, Feb. 21st, destroyed 50 buildings. The Mapleson opera troupe left San Francisco last night for Chicago.

D. W. Caldwell was yesterday ap-pointed receiver of the Nickel Plate railway. He is vice-president of the

and demanded a share, the wise ones stepped forward and exclaimed to

pacity of the rich.

Thes become a well established fact that the family is subject arise in the first place from some derangement of the Liver. This organ is not only the largest, but at the same time one of the not the block on its reduction is the the terms block of the term is the terms that the same time one of the term is the terms block on its reduction is the terms of the term is the terms of terms of the terms of the terms of terms of terms of terms of the terms of t Senator Cameron starts next week for New Mexico, Arizona and Southern California, to be gone some weeks.

Documents have been seized proving that the late outbreak in Corea was ralgia, Bright's disease of the kidneys, planned in connivance with Japanese authorities. enode the wholess ed, and no organ can property performits function unleast is supplied with FURE BLOOD to maintain its strength. So the

The International African Association has applied to a syndicate of Ger-man bankers for a loan of \$20,000,000 to carry on the work of establishing the use of meat as food; also, that salt, and other condiments that are general-Congo Free State.

It is reported that the Canadian Paly eaten with meat, add greatly to the excess of uric acid. The waste mate-rial spoken of is in the flesh of human beings and all animals, no matter how if aid is not given, further construction of the road will be suspended.

pure their food may be; and one may easily imagine how much worse than all others the flesh, or lard, of swine must accessarily be, that are fed as has been described. If people will President Pablo Arozemena, of Pan-

hoped to be a sign of peace. General Gonima is the fourth President since ally unclean thing is fed on rye, as rec-omended in the Word of Wisdom ,or

of MUSLIN UNDERWEAR, Corset Covers,



accumula-tions, and restors if to its original Strength

and Vigor. For all the

complaints of this kind there is no ned in line that equals

Liver becomes all important, and

when one hasthe feel ing of being

continually tired, worn out, is con-stipated, with tenden

cy to Piles, Headache

Bick Stom-ach, Sallow Complex'n

Eruptions



road.

raigia, bright's discusse of the kinneys, and many other complaints, are frequently caused by an excess of uric acid in the system, and it is quite reasonable to infer that the surplus of this acid may be attributed, to a great extent, to the

ama, resigned yesterday, and has been succeeded by Gen. Gonima. Gen.Cor-reoso is appointed Minister of State and War. This is believed to be the outcome of recent conferences, and is

you and Kansas City, in Missouri, and Leavenworth and Atchison in Kansas, and the bun dreds of cities, villages and towns intermediate. The

GREAT ROCK ISLAND ROUTE,

As it is femiliarly called, offers to travelers all the advantages and comforts incident to month track, safe bridges. Union Depots at all connecting points, Fast Express Train composed of COMMODIOUS, WELL VENTILATED, WELL HEATED, FINELY UP HOLSTERED and ELEGANT DAY COACHES; & hav of the MOST MAGNIFICENT HORTON RECLINING CHAIR CARS ever built; PULLMAN'S latest designed an hand-somest PALACE SLEEPING CARS, and DINING CARS, that are acknowledged b press and people to be the FINEST RUN UPON ANY ROAD IN THE COUNTRY, and is which superior meals are served to travelers at the low rate of SEVENTY-FIVE CENTS **非公司**机

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FRANCIS COPE, JOHN SHARP. concerat Freight and Passinger Art. General Super-intendent.





TIMES OF FAMINE.

TORPID BOWELS and excess of hunger." We read that the anger of the Almighty was raised against the children of Israel when DISORDERED LIVER. hey demanded flesh from Moses of the diseases of the human race. These symptoms indicate their existence: Loss of Appetite. Bowels costive, Sick Headacte, fullness after eating, aver-sion to exertion of body or mind, Eructation of food, Irritability of "While the flesh was yet between the teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague." (Numbers, Ernetation of food, Irritability of temper, Low spirits, a feeling of hav-ing neglected some duty. Dizziness, Fluttering at the Heart, Dots before the eyes, highly colored Urine, CON-STIPATION, and demand the use of a remedy that acts directly on the Liver. As a Liver medicine TUTT'S PILLS have no equal. Their action on the Kij-neys and Skin is also prompt; removing all impurities through these three "scav-engeneration and the scarchap. xi.) In view of these divine and scientific facts, it is strange that so many people in this enlightened (?) age continue to make animal food a leading article of diet. "Animal foods, of all others, should, if

eaten, be selected with the utmost care : the animals themselves should be well fed, well housed in winter, and alengersofthesystem," producing appe-tite, sound dig stion, regular stools, a clearskin and a vigorous body. TUTT'S lowed to graze from open pastures in No animal should ever summer. stall-fed, or sty-fed; and none with carnivorous or omnivorous habits, should be used as food." Beware of diseased meats. It is said

that seventy-five per cent. of all ani-mals killed for food are more or less diseased. It frequently happens that animals are driven, or carried in illventilated cars, considerable distances,

without food or water, and are killed before recovering from the effects of their journey; 'such meat cannot be healthy. The Hebrews are very par-ticular in selecting and killing the ani-mals they want for food, carefully draining all blood from the meat, and discording the careful and some side and discarding the cascass if any signs of disease are discovered. The fact that no Jews died from cholera, during the recent epidemic in Italy and France, was attributed to their careful distetic babli

MEAT IS NOT ESSENTIAL.

to human beings, as an article of food. neither is it natural for them to use it. The most eminent naturalists assert that the teeth, the stomach, the bowels, and indeed the whole of the internal and indeed the whole of the internal and external structure of man, clearly indicate his adaptation to a fruit, farinaceous, and vegetable diet. Flesh taken into the stomach is heating and stimulating, promotive of animal passions, as illustrated by all animals that live on flesh, they are

all animals that live on flesh, they are vicious savage and dangerous. This stimulating quality undoubtedly has the effect of increasing thirst, and the appetite in man for strong drinks. It is a mistake to eat meat to preference to vegetable food for the purpose of acquiring strength. Nollin, the historian, states that, "in the training for the public games in Greece, where muscular strength was exhibited in all its valied forms, vegetable food was adhered to; but when flesh meat was adopted afterwards, those hitherto athletic men became sluggish and stupid." Scotland and Ireland have raised millions of strong men and beautiful women on otimeal and potatoes. The great populations of India, China and Japan subsist principally upon rice. A

Skirts, Infant Robes, Slips, and Chil-dren's Short Dress, which we will dispose of at very low prices. COHN BROS. 140 CALL and see the handsome assort-ment of White Goods and Embroidered Dress Patterns, at F. AUERBACH & BRO. GO AND NEE The very large stock of the furniture at P. W. Madsen's, between Deseret Bauk and Theatre. SCHOOL BOOKS ON AND APTER THIS DATE, WE THE undersigned, will until further notice school books at the following prices: INDEPENDENT READERS: First Reader, 20c. Third Reader, 50c. RAY'S ARITHMETICS: SWINTON'S LANGUAGE LESSONS, 45c. APPLETON'S GEOGRAPHIES: H. PEMBRORE. W. F. RAYBOULD. March 20, 1885. CATARRH HAY FEVER CREAM BALLOUL CREAM BALLOUL CATALACHTES COLL CATALACHTES INEAL HAYFEVER DE S PRICE SOCOICS EASL ELY BRO SOL TO THE STORE AND A DURNING SONSA USE THE STORE AND A DURNING SONSA LION. There are severe spasms of severe s Cream Raim is a remedy founded on a correct diagnosis of this disease and can be depended upon. 50 cts. at druggists; 60 cts. by mail. Sample bottle by mail 10 cts. ELY BRON., Bringgists, Oswego, N.Y ING. LATH, WINDOWS, MOULDINGS tν 5 P цЦ, ŵ





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