

MOCKERY OF RELIGION

would not be so glaring. Of course these brewers, pious, moral people that they are, condemned labor organizations. The *Tribune*, the organ of the whiskey, gave special prominence to this convention and praised the members composing it for their physical greatness and Falstaffian roundness. Since the time Noah made his wide experiment in the vineyard nothing like this has occurred. The *Tribune* has acted the part of Ham, and made merry over the nakedness of his country, while the *Herald* and *Times* approached backwards and covered the convention by not mentioning it at all. Perhaps, one extreme drops into another, or as the old paradox has it, "extremes meet." The Brewmasters' convention and its novel prayer was no more a

TRAVESTY ON RELIGION

and morality, than would be a gathering of praying women bombarding a gin-mill with palms and litanies and scattering its contents on the street would be a travesty on law and order. The intemperance of temperance is as bad as the drunkenness of drink-makers.

Whisky is one of the crying evils of the time, and it must be trampled under foot, not by electing its traders into Congressmen, nor by vehement denunciations, but by the simple process of evolution. Let masters of industry and employers of labor learn their duty to society and to the state, and weed out the drunkard from their ranks. An employer who retains a drunkard on his pay-roll is as

MUCH A CRIMINAL

as the veriest foot-pad. Sympathy is often manifested for the drinking man simply because there is a wife and family in the background. This is just the very reason the drunkard should be eliminated, because he is then debarred from founding a race of drunkards. The most effective temperance law known to civilization is to boycott the drunkard, and the tippler as well.

The *Northwestern Christian Advocate* is the organ of the Methodist Episcopal Church, in Chicago. The paper is published in this city, and considering that it is a religious paper it is really a fairly decent one. It does not devote much of its editorial space to Utah matters, but when any one of the moralists sojourning in Utah wants to say anything, it lets him say it in his own words. And it must be confessed that the paper in question knows a good thing when it sees it. It appears that one

ROBERT W. VASEY

attended divine service at the Tabernacle in Salt Lake City, on Feb. 6, 1887. He was very much impressed with the proceedings. He says a Mr. Cannon spoke first, but displayed nothing more prominent than jewelry and well-made clothes. Mr. Cannon was succeeded by Bishop Whitney, and the latter's discourse so edited Mr. Vasey that a report of it was forwarded to the *Advocate*, and there are three columns of very instructive and interesting reading in the number of March 3, 1887. In fact, it contains the whole of Bishop Whitney's discourse, or, at all events, a much fuller report than did the *Deseret News*, and is splendid reading it makes. Mr. Vasey has a delicate sense of humor, for he says the tabernacle audience seemed more affected than a

METHODIST AUDIENCE

would be if addressed by a Methodist bishop under like circumstances. Mr. Vasey has shown much sense and sound discrimination in his investigation of Salt Lake matters. But it must be expected that he is a gentleman, and an honest one, and perhaps this is why he is not the Rev. Robert W. Vasey, but plain Mr. Vasey.

In the same number is a communication from the Rev. T. W. Lincoln, of Provo. This "gentleman" exhibits the sweetest kind of charity, and the most gentle kind of Christianity in his characterization of his neighbors. He says: "A Mormon's conscience is very elastic, and perjury is lying only to the Gentile God, and not to the Mormon God. We all know here that practically and truthfully a Mormon

CANNOT TAKE THE OATH;

but politically he will do anything. We have no faith in the bill at all as reaching the vital issues. It will only be a continuation of the experiment of the past five years, and irritation, recrimination, paralysis of business, and practical failure must be the result." This is what the Rev. gentleman from Provo has to say of the Edmunds-Tucker bill and of the great premature test oath. However, he does not clamor loudly for a new bill, but has hopes that some new developments are about to take place. He says the Rev. P. A. H. Franklin (what a terrible name) is now in the east working for the

SALVATION OF UTAH,

and the faithful are earnestly entreated to make up little purses of silver for the cause. Mr. Lincoln further says: "We must strengthen our work, and recruit our forces that we may be ready when the great apostasy comes, as come it must." All right Mr. Lincoln, keep on getting ready, and wait for the apostasy; we will send you more missionaries and more money. Don't distress yourself, but get ready, and wait for the "great apostasy," it will come when the Mississippi river flows into Salt Lake. Don't spoil your temper, don't ruin your appetite,

don't destroy your chances of sainthood by troubling yourself about the Mormon conscience and the Edmunds oath. Your duty is that if you find any person in Utah takes this oath, and is already, or in future becomes a bigamist or polygamist, then prove your

PERJURY CHARGE.

This oath has nothing whatever to do with conscience or belief, or with Mormonism, Methodism or Boodleism, it simply requires you to forswear polygamy within the jurisdiction of the United States, and if you don't intend multiplying your wedded blisses, if you don't intend counseling others to do so, you need have no scruple at all about taking the oath. If you violate it, of course, you are a perjurer, and must suffer the penalty.

In the number of this journal dated Jan. 19, 1887, is a short communication from Superintendent Haff, relative to the dedication of the Palen M. E. Church at Richfield, Utah. This effusion overflows with enthusiasm. It says the crowding in church was such that persons had to stand on the windows. It says: "The Mormons had a meeting and sang their hymns, but they were unable to draw their people from us. Jesus walked among us and we saw him by faith." The superintendent winds up by saying that Miss Palen is a

GODLY WOMAN.

and she has contributed \$1,000 to the building of the church. Are there not some other old ladies with thousands to spare now to support this church? Surely after Jesus has walked there, and it so crowded too, some other old lady ought to give a thousand to build an annex. For my part, I would encourage as much money as possible to be sent into Utah, though it seems there is an ungodly number of preachers out there. It seems as if Salt Lake would beat Chicago in lawyers and preachers. Would it not be a good idea to tax talent of this kind. The tax would protect home manufacture, and keep out foreign panper law and religion.

HEALTH HINTS, ETC.

Extracts continued from Dr. Holbrook's book "Eating for Strength:

Pepsin, one of the most important aids to digestion in the human stomach, is rendered inert by heat or cold, hence either very hot or very cold drinks during and after a meal are hurtful.

Why we eat.—It is, first, to increase the size of the body; second, to supply the waste or loss by the daily wear and tear; third, to maintain a proper degree of warmth for the body, and fourth, to supply the energy by which we move think and feel.

Simplicity.—Simplicity is a virtue which has almost grown out of fashion, especially in relation to food and cooking. You can scarcely sit down anywhere to a good, plain meal, and find everything simple. The real object of cooking should be to increase the quantity, and improve the quality of food; to render it more economical and physiological. This is best accomplished by simplicity. It saves money, time and health. Variety may still be kept up to almost any extent, without complexity, by taking one kind one day, or at one meal, and another on the next day.

Fat.—The distribution of fat in every tissue and its accumulation around certain organs, serves to fill up the cavities of the body and give roundness to the form, equalizes the external pressure, and diminishes friction; and, by its bad conducting property, retains animal heat. Fat, therefore, must ever be regarded as highly important to the physical development of the body, it should, however, be eaten in limited quantity. The easiest assimilated and best form of fat is found in the vegetable kingdom, and next to that is the pure product of healthy animals, in the shape of milk, cream and fresh butter.

Salt.—We are of the opinion that while a moderate use of salt may be advisable, most people eat too much of it; in this way corrupting the appetite and taste, and taxing to far too great an extent the excretory organs in getting rid of it. Then, too, those who live on foods rich in mineral matter would naturally need less of this mineral. So, too, a constantly improving agriculture improves our food. By using salt largely on certain crops as a fertilizer they may probably be made to contain more of it, and thus it will be introduced into our system as a constituent of our food, and not as a condiment. That its use on almost everything, and the unsavoriness of food without it, is a mere habit, and not an instinct, cannot be doubted.

Selection of foods.—All vegetables and fruits should be grown on the best soils, and the fertilizers used should be well decomposed and not fresh and rank. Partially decayed food of whatever kind, should be avoided. For breads, the best white wheat is none too good. If grown in new soil it is likely to be better and to contain abundance of the mineral matter so needful to health. Fruits for eating without cooking should be ripe, tender and not too tart; while those for cooking may be either sweet or sour, but they must possess the peculiar quality of retaining when cooked the best flavors. All woody fibres must be removed from fruits and vegetables before eating. Potatoes should be fresh and ripe—old

ones are less wholesome, especially when they have been exposed to the light and air, and bruised by much handling, for long exposure to the cold.

Meat.—Animal food should be chosen with great caution. Only healthy animals should be used for eating. They should neither be too old nor too young, too fat nor too lean. In butchering, all the blood should be removed from the body as otherwise the flesh putrids readily. It should be thoroughly cooled before eating. It is also desirable that the animal be not killed for several hours after eating or after fatigue. The long journeys animals are sent on crowded, filthy cars, renders their flesh unwholesome. They ought to be butchered far away from the city and the meat transported in refrigerator cars, for city use. Unless all these precautions are observed, the use of animal food is not conducive to good health.

Stewed meats are more wholesome and nutritious than any other. The process renders flesh tender and succulent and easy of digestion. To fry meat is the worst form of cooking it.

WATER.

Water is the chief natural beverage of man, and most important of any liquid or solid food. Eighty-seven per cent. of our bodies is water. It wastes with every breath and motion, and this waste must be restored with a new supply of several pints every day. It serves many purposes in the animal economy.

1. It softens and helps to dissolve the solid elements of our foods, rendering them capable of being masticated, dissolved, and fluid enough to flow in the veins and arteries.

2. It maintains a proper bulk to both blood and tissues, rendering mobile and round instead of dry and stiff.

3. It holds in solution the solid parts of our food, while being moved to the places where they are wanted.

4. It dissolves the waste matter of the system and transports it out of the body.

5. It takes up the superfluous heat of the system, and carries it away through the pores of the skin.

6. It slakes our thirst, and cools the blood in warm weather.

7. It may be the means—taken hot—of carrying heat into the system after exposure to cold.

Indeed, there is no apparent end to the uses of water, and it is a great wonder that it has not always been used as the only drink, and a greater wonder that such substitutes as alcoholic beverages ever should have become popular with even a small minority of people.

FRUIT BEVERAGES.

The juices of various fruits may be used with water and sugar for making most delicious and wholesome beverages.

Put a gallon of water on to boil, cut up a pound of tart apples, each one into quarters, put them in the water, and boil them until they can be pulped; pass the liquor through a cullender, boil it up again, scum, and bottle for use, keep in a cool place; the apples may be eaten with sugar as a sauce.

A piece of bread well toasted, and added to the above, makes a very nice and refreshing drink for invalids.

A quarter of a pound of pearl barley, instead of toast, boiled for one hour and added to the above, is also a very nice drink. Or, half a pound of rice, boiled to a pulp, passed through a cullender, and added to the above.

All kinds of fruits may be done the same way.

Raisins, figs, or French plums are also excellent.

A little ginger, where desired, may be used.

MILK.

The milk of healthy cows is a very important liquid food. It is of great service to invalids and the convalescent. It is true there are some constitutions with which it does not seem to agree. Where this is the case, the objection may generally be obviated by skimming off the cream before using it. Even skim milk is very nutritious; it contains nearly all the valuable nourishment of new milk except the butter.

Boiled milk is digested in two hours; raw milk takes longer. It should be used at meals, not drunk as a beverage at other times.

Dr. George W. Balfour has found an exclusive milk diet to be very beneficial in asthma after it had resisted other means of cure for years.

In diabetes an exclusive milk diet has been found to work wonders. It must be persevered in methodically and exclusively until convalescence is established.

For the aged, milk, or bread and milk, offers advantages worthy of their serious attention. The great Professor Black adopted it for many years before his death, because he thought it ought to be the natural food of an aged man in his second childhood. He died with a bowl of milk in his hand, so quietly that not a drop was spilled.

Good milk nourishes the young perfectly. If in after years, when we eat and drink what we please, we were to choose food so wisely adapted to our wants as the Creator does for the child, it would save much suffering.

Cow's milk differs greatly in quality, some being rich and others thin and watery. In choosing a family cow it is well to bear this in mind, and to select only those that are healthy and give the very best milk. They should also be fed on the best of food, and allowed plenty of pure soft water to drink. The practice of feeding cows on garbage, swill slops, distillery feed, and of keeping them confined in close, filthy, unventilated stables, or foul corrals, is one which seriously deteriorates the milk, and should ever be avoided.

TEA.

Tea is not nutritious. The milk and sugar put into the cup to give it flavor has a real value as food.

Tea actually increases the waste of the system. From this it may be inferred that tea is not a good drink for those who are dyspeptic and nervous, or those in which the waste of tissue is already more rapid than the supply. Dr. Edward Smith says: "Tea increases waste, since it promotes the transformation of food without supplying any nutriment and increases the loss of heat without supplying fuel."

Dr. Gregg published an article on tea, as a cause of sick headache, worthy the attention of those who suffer with this common malady. The doctor there states that this beverage is the cause of more cases of this disease than any other, and gives a great number of instances where, after leaving off its use, persons who had previously been afflicted were exempt from further attacks.

Where there is any tendency to dyspepsia, tea aggravates it, and many cases are cured by disusing it. Dr. Corfe mentions a cure of supposed cancer of the stomach, cured by the disuse of tea.

Coffee.—Coffee produces effects very similar to tea. It, like tea, powerfully affects the respiration, increasing the quantity of carbonic acid expired and air inspired. Coffee differs from tea by increasing the rate of respiration and not its depth, in increasing the rate of pulsation, and in diminishing the action of the skin. Those who suffer with dry skin, or palpitation of the heart, or heart disease, are particularly liable to harm from the continued use of coffee.

25 Tracts on Health topics, for 10cts. A book about what and how to cook and eat, for health, 10cts. Mailed by D. M. McAllister, 66 Centre St., Salt Lake City.

EMERY COUNTY ITEMS.

A Budget of News from a Lively and Growing Section.

PRICE, Emery County, Utah, March 31st, 1887.

Editor Deseret News:

Rapidity and solidity characterize the growth of the settlements and business enterprises of Castle Valley, which embraces the bulk of the population of Emery County. Especially is this true of the town of Price, which has certainly been a lively place for some months past.

Ever since the murder of Stone in January last, the citizens of this place have been bringing a pressure to bear upon the county authorities, with a view to having them provide better means for maintaining the law than have heretofore existed here. As a result bids have been called for on the construction of

A JAIL AT PRICE,

which will soon be in process of erection. In addition to a jail the town will also need a patrolling officer, until the disorderly element that so abounds here shall be taught that the places governed in a civilized manner.

Frequently of late ominous reports of threatened Indian troubles at one or both of the Indian agencies in Wasatch County, have reached here. It is said that the Indians threaten to begin hostilities as soon as "the grass is a finger length high." But your correspondent is satisfied, from conversing with individuals well acquainted with the temper of the Indians, that the war spirit is confined to a few evil disposed uncompagres at the Ouray agency, and is not felt at all at the Utah agency.

The most important business event of recent occurrence in this country was the opening here to-day of the new store of the Emery County Mercantile Company, and it is not too much to predict that the occurrence will

MARK AN EPOCH

in the commercial history of this section. In personnel, experience and facilities for buying low this company is a strong one, and a unique and highly advantageous feature of it is that it embraces representatives of eastern jobbing houses dealing respectively in dry goods, groceries, etc. In one sense, therefore, this company may be said to buy its goods from its own members.

The new store is certainly worthy of a brief description. The outer walls and roof are of iron, which, being nicely painted, looks first rate, and, being fire-proof, greatly reduces the cost of insurance. The interior of the building is admirably and handsomely fitted up with counters, shelving, etc., and is as convenient and fine

looking a retail salesroom as one need wish to see. The size of the building is 35x50 feet. A brick-paved cellar, the full size of the building, is chock full of goods.

THE MANAGER

of the new store is L. M. Olsen, Esq., late superintendent of the Ephraim Co-op., whose success in that position was remarkable. The manner in which he has arranged his new domain proves him a thorough merchant. The intention is to do a jobbing trade as well as a retail business, and the company opens with a stock of merchandise both large enough and varied enough to meet all probable demands. In every line of general merchandise their store embraces a department, the stock of which is remarkably complete. The new store is in fact an emporium from whence our entire county may be supplied, hence the importance to this region of this enterprise.

Two or three months ago, at Green river station, east of here, there was a GREAT EXCITEMENT

over the discovery of some petroleum springs. Several gentlemen prominently connected with the D. & R. G. became members of a company whose object was to develop the discovery. But we hear no more of the enterprise. There have been rumors of mineral discoveries between here and Fort Duchesne, but no important locations have been made. Farming and stock raising, the latter especially, will continue to be the leading industries of this region.

A SMALL BAND OF GYPSIES

reached our town on the 23rd inst., and during the afternoon a row occurred between some of them and a number of freighters. The trouble seems to have been occasioned by the refusal of one of the Gypsy women to pay one of the freights two dollars for telling his fortune. A good deal of liquor had been drunk that day by the freights concerned, and for a time there was danger of a general move among them to drive the dusky itinerants out of town. The trouble did not go that far, however.

Incredible as it may seem, the Gypsy woman received many a dollar fee from persons here, for telling the latter's fortunes. If the fool-killer and an undertaker would follow a band of Gypsies, both would find business lively.

Respectfully,
CASTLE VALLEY.

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Cleanses the Head. Allays Inflammation. Heals the Sores. Restores the Senses of Taste, Smell, Hearing, &c. Quick Relief. A Positive Cure.

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