

his people, and will have mercy upon his afflicted.

"But Zion said, The Lord hath forsaken me, and my Lord hath forgotten me.

"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee.

"Behold, I have graven thee upon the palms of my hands; thy walls are continually before me."

Those things that have been predicted from the beginning concerning the winding up scene and the second coming of the Son of Man will come to pass. Therefore, let us prepare for them.

I bear my testimony of these things; for I do not know how long I shall have this privilege on the earth. In my boyhood I attended the Sabbath school under old Dr. Porter, one of the pillars of the Presbyterian church in New England. I read the New Testament there; I read of Christ and of the Apostles; I read of the miracles and the gifts. I asked Dr. Porter why they did not have those things in their midst. "Why do you not have that faith once delivered to the Saints? Why do you not have Prophets and Apostles now?" The doctor smiled and said, "My boy, those things are done away." I knew they were done away; but why were they done away? He said, "They were given in the dark ages of the world, to convince the inhabitants of the earth that Jesus was the Christ. We live today in the blaze of the glorious Gospel light of Christ, and do not need these things." Then, said I to him and to others, "Give me the dark ages of the world instead of this glorious Gospel blaze, if in those dark ages there was power to unlock the heavens and give you converse with God and angels, and give you gifts and graces and power." Yes, in my boyhood I would have gone a thousand miles to have seen a Prophet. I had a desire to see one. I hoped to live to see one. I have lived to mingle with Prophets and Apostles for a long period. From 1833 to this day I have never seen anything but truth in connection with this work.

Let us try to do our duty and magnify our calling before high heaven; for it will pay us. When I die I want the privilege of being raised from the dead, and of mingling with God, with Christ, and with Apostles and Prophets, and the privilege of having my family, my father and mother, my brothers and sisters, with me in the celestial kingdom of God, organized in a family capacity, that we may dwell together there. Salvation is worth something, no matter whether it is popular or unpopular, despised or not despised; and if we ever get it, we will get it by keeping the commandments of God and carrying out these principles that God has revealed to us. I have traveled with the Prophets and Apostles, and seen the persecutions, and been through some of the trials and tribulations. We have been led here, and we will try to build up Zion here. This Tabernacle and these temples the old Prophet Isaiah and other Prophets saw. We are here in fulfillment of prophecy, and we are doing all the good we can. Why should man quarrel with his neighbor about religion? Every man has a right to his religion, whether it will save him or not. I never quarreled with any man about religion; never considered it proper to do so. I never felt like debating with any man upon the subject of religion for the sake of gaining power over him in debate. I do not believe in it. I teach what good I can, and when I get through with this world I hope I will be satisfied with it. We have gathered here from all nations. I bap-

tized many in England that have gathered here, though most of them have passed away, where I shall go myself before long.

I pray God to bless you and to guide and direct us all, as Apostles, as Prophets, as Elders, as Saints, as fathers and mothers, and as children. Only reflect a moment on the blessing that God has given you in having the privilege of going into these temples and working for our dead friends. We have four temples, one standing on this block. Brigham Young directed in the building of them, and he has gone home to glory, immortality and eternal life. I pray God that we may have power to do our duty, magnify our calling, walk uprightly before the Lord, and acknowledge the hand of God in all the blessings bestowed upon us. This is my prayer and desire in the name of Jesus Christ. Amen.

SUNDAY SERVICES.

Elder Joseph E. Taylor of the Stake presidency presided over the services at the Tabernacle Sunday afternoon, Feb. 13, 1898.

The choir sang the hymn:

All hail the glorious day
By prophets long foretold.

Prayer was offered by Bishop Wm. B. Preston.

The choir further sang:

Though deep'n'g trials throng your way,

Press on, press on, ye Saints of God.

Dr. J. H. Kellogg, superintendent of the Battle Creek, Mich., Sanitarium, was introduced by Elder Joseph E. Taylor as the speaker of the afternoon, his subject being stated as the Gospel of Health. Commencing, the speaker expressed his appreciation at being privileged to address such a large audience of God-loving people—the like of which it had never been his privilege to enjoy. The speaker referred to the mission of Jesus Christ, whom, he said, had come upon earth to save the body as well as the soul. It had been said, and that truly, that the dirtiest bodies often contained the cleanest souls, but this, however, was no excuse for a lack of cleanliness, such as existed in earlier days. The Gospel of health was a part of the Gospel of salvation, for in its exercise the Father had promised to bless those who would so obey. The laws of health were just as important, said the speaker, as the decalogue, the ten commandments; it was a part of the great law of heaven, scriptural evidence bearing out that point.

Dr. Kellogg referred to the degeneration of the human family, and showed its alarming increase as time rolled on. He spoke of the rapid spread of consumption throughout the Eastern States, one-seventh of the deaths there being attributed to that disease. Every year, said Dr. Kellogg, over 200,000 people went down into their graves because of consumption, and all on account of a lack of attention to the laws of health. Utah and the Rocky Mountain region was becoming a mecca for such people, and in later years, said the speaker, trains entering this region would carry hundreds of the afflicted, fleeing hitherward to benefit their health. The pure mountain air was highly beneficial for people afflicted with such diseases, and though not generally recognized at present, the day was not far distant when people so burdened would get into the West as a last resort to be free from their ailments.

The speaker read from the Book of Doctrine and Covenants concerning the use of tobacco and strong drinks, and related his experience with persons suffering from such habits. Narcotics and stimulants were not conducive to

health, but to the very contrary, and thousands of people were daily undermining their health and shattering their nervous system in the practice of such habits. In one cigarette there was sufficient poison to kill two frogs, notwithstanding the endurance of that little reptile. Strong drinks were but delusions to the human family; they made a man feel strong when he was weak; rich when he was poor; warm when he was cold, and fed when he was hungry. Tea and coffee were also slowly-acting stimulants, which gradually beclouded the mind and unstrung the nerves, making of those using them physical wrecks, and slaves to a habit fraught with similar injury to that following the use of tobacco and alcoholic stimulants.

Dr. Kellogg took occasion to severely criticize the use of pies, cakes, fried potatoes, fat pork and other eatables so often found constituting the daily meal. He related several little stories illustrating the idea of the greater portion of the human family with respect to the make-up of a good meal, showing that the general belief was that things thoroughly indigestible were those things going to make up a splendid meal. He scored the use of "things that are hot when they're cold," such as mustards, cayenne, spiced pickles and all such so-called necessities, that were a great detriment to health, and served as a splendid persuader to bad tempers, cross dispositions, etc., afflictions of so many of the human family. Their use was not congenial to the nerves of the body, and this fact was demonstrated just as soon as the food entered the mouth on its way to the stomach. The doctor paid his respects to limburger cheese as an article of food and said it was not fit to soil the fingers with, let alone put into the mouth.

The flesh of animals should be used sparingly, according to the instructions of God our heavenly Father, said the speaker. The original bill of fare should be more strictly adhered to—the use of grains, vegetables, fruits and herbs. There was no necessity to give the corn to the hog, and afterwards get it through killing and eating the animal—it should be taken from the field as it grows and applied to the use of man in its wholesome state. Concluding the speaker advised his hearers to take care of their temples by partaking of proper food—food that was nourishing and strengthening and would build up their bodies rather than tear them down.

Doctor Kellogg was followed by President Wilford Woodruff, whose remarks appear in full in another part of this issue.

The choir sang the anthem:

Let the mountains shout for joy,
after which the congregation arose and benediction was pronounced by Elder Joseph E. Taylor.

VIRTUE OF AGITATION.

Whoever is fixed in wrong-doing is opposed to agitation. The word "reform" has a red-rag-to-a-bull effect upon persons who are persisting in conduct that makes reform necessary. These facts are as old as history, which is full of illustrations of the truth of them. Greece was satisfied with her gods and poisoned Socrates because he taught his disciples grander ideas than the old. Old Rome burned Jews and Christians, fed them to hungry lions, massacred them because they dared to worship an invisible god. The old pagans had settled the question of gods hundreds of years before, and suggestion of a newer and higher truth was deserving of death because it was a disturbing element in the crystallized conservatism of the leaders of the masses.

The church of Rome anathematized