

men—to be moving off into remote places, and thereby weakening the hands of their fathers, brethren and friends at home.

I pray God to bless us when we shall separate from this conference, and to fill us with His Holy Spirit, that we might be enlightened by it continually. I ask this in the name of Jesus, Amen.

The choir sang an anthem.

"O, be joyful."

PRESIDENT WILFORD WOODRUFF

said: I feel thankful that I have lived and had the privilege of attending this fifty-ninth annual conference of the Church of Jesus Christ of Latter-day Saints. It is nearly fifty years since I was ordained into the Quorum of the Twelve Apostles, and the Lord has told us while occupying these positions and holding the keys of the Kingdom of God, that whosoever you bless shall be blessed, and whomsoever you shall curse shall be cursed. I have never seen a moment in my life since I have been a member of this Church and Kingdom when I felt like cursing anybody, and I would not wish to do so unless I was commanded of the Lord. I have had a desire to bless my friends, and at this time, when I have the right and privilege, I feel to bless my brethren, my counselors, my brethren of the Twelve Apostles; and I feel to bless in the name of the Lord also the Patriarchs, Presidents of Stakes, the High Councilors, and those who bear the Holy Priesthood, even the High Priesthood throughout the land of Zion. Likewise the Seventies, Elders of Israel who are called as messengers to the nations of the earth, the Bishopric, the lesser Priesthood, and all the Saints of God who dwell in our midst. I feel to bless the Primary Associations—our little children; I feel to bless the Sabbath schools, the teachers and pupils; the Mutual Improvement Associations, the Relief Societies, and all those organizations which have been established by the hand of God and by His power, His helps in the building up and establishing of the Church and Kingdom of God on the earth. All these I feel to bless in the name of Jesus Christ and by virtue of the holy Priesthood, even so, Amen.

Brother Woodruff then pronounced the benediction.

Conference adjourned till ten o'clock on the 6th day of next October.

WRITE PLAINLY.

No man should be permitted to occupy a public position in which his duty requires him to communicate anything in writing, unless he can perform that duty legibly and in such a manner that his writing can be easily read. It too often occurs that the calligraphy of public men resembles undecipherable hieroglyphics. No person is

properly educated who cannot write a plain hand that ordinary people can comprehend without the aid of an interpreter. Legibility ought to be considered one of the essentials to acceptable penmanship.

A recent order of Lord Wolseley, Adjutant General to the British forces, is a step towards reform in this direction in England. It says:

"The attention of the Commander-in-Chief has been drawn to frequent cases of bad handwriting on the part of officers studying at the Staff College. H. R. H. considers it absolutely essential that a staff officer should habitually write a hand that is easily legible and he desires that superior officers will bear this in mind in their reports on candidates."

It is further announced that the royal regulations will contain the following:

"A student at the Staff College will also be liable to removal at any time if he cannot write legibly, or if he be deficient in the power of expressing himself clearly and intelligibly on paper. It will be the duty of the professors to bring these defects to the notice of the Commandant, who will report all such cases for the information of the Commander-in-Chief."

Similar rules should be established and enforced in all branches of the public service on both sides of the globe. In this fast age, when time is so precious, life is all too short to be wasted in poring over the fearfully and wonderfully made handwriting which some people affect, and which they seem to think is a mark of genius. In attempting to convey to others any matter of importance, every man with any pretense to culture ought to be able to express himself intelligently and in easily discernable handwriting.

A CUP OF COFFEE.

We clip the following from an article in the *North American Review*. Confirmed slaves to the aromatic berry will not perhaps be practically influenced by the teachings of the experience here related, but young people may be deterred thereby from contracting a habit which is the more dangerous because its deleterious effects are not immediately apparent:

"I am satisfied that defective vision and blindness will pretty soon be a prominent characteristic among the American people, the same as rotten teeth have been during the last 200 years. I make this assertion without having seen any statistics whatever on the subject of blindness. I found out long ago that a cup of coffee leaves a night shadow on the

brain which continues longer than an eclipse of the sun. I had long noticed that the eyes of old coffee drinkers had a dry and shriveled appearance.

"Having discovered some years ago that my own eyesight was surely weakening, I then ceased to drink coffee as freely as I had used it, and became a moderate and more observant patron of the fragrant narcotic. But I have learned that moderate coffee-drinking is a hard thing to manage, being pretty sure to develop into the regular habit again with insidious ease, especially at those times when the physical system feels to be in need of some elixir. Besides, it is quite distressing for a person to be fighting off a powerful habit at each meal. I now feel free from the coffee-drinking vice, and will have no more trouble with it unless I shall again fall a victim to some church supper or to the magnetic blandishments of some buoyant hostess.

"Having long worked at a trade which requires almost as exact a use of the eye as the occupation of a jeweler, I made the discovery that a single cup of coffee would have a perceptible effect on my eyes. This fact was the more apparent because my eyesight was originally very good—in fact, about the best. After having used coffee with indifferent frequency and copiousness for many years, my sight became abnormally weak, and I began to feel a horror of darkness, wishing that the sun would never set, and desiring instinctively to go to some place where the nights would be short the entire year. But now I have quite little of this feeling left. My eyes have gained to a curious extent their former range and spontaneity. I again enjoy the long panoramic views of nature which are afforded from the baby mountains that skirt Council Bluffs on the east like an escarpment. I can take these long telescopic sweeps of vision again without blinking or feeling the weakened relaxation which alarmed me a week ago.

"I have no doubt but what this weakness of the eyes which results from coffee drinking is due to the sympathy which the optic nerve has for the nasal cavity (the latter being continuous with the membrane of the mouth). The nasal cavity, with its first pair of brain nerves, is naturally a principal place to be affected by any drinking habit. For instance, to partake of a dish of soup will sometimes cause a person's breathing to become thick and decidedly labored. All of the sensory nerves are much affected by coffee-drinking—those gentle and highly refined threads of sympathetic force which enter largely into the sense of smell, taste, sight and hearing. The entire sympathetic system is likewise involved immediately in the coffee-drinking habit. The brain, again, is intensely affected thereby, because the principal nerves of the brain branch off from the nasal cavity."

"Pride goes before a fall," and the "winter of discontent" comes after.