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TAKE CARE OF YOUR HEALTH.

Winter is sure to relax its hold upon the northern temperate zone some time this year, and when it does we shall probably be ushered into summer weather without the intervention of a spring season at all. When that time—which cannot now be much longer delayed—comes around, there is sure to be some little sickness everywhere, not so much, perhaps, because of the sudden change of temperature as through the failure or inability of many to change their diet and other habits as suddenly to correspond. The more regard we pay to proper nutrition, the less we will have to do with medicine.

An advocate of sanitary reform, says the *Weekly Review*, holds that fruit and berries, intelligently selected and properly used, might take the place of less harmless and much more expensive drugs. Under the category of laxatives he includes oranges, plums, figs, tamarinds and mulberries. Pomegranates, cranberries, blackberries and quinces are set down as astringents (blackberry jelly having proved a specific for the cure of dysentery in cases where even laudanum failed); grapes, black currants, and cactus figs ("prickly pears") are diuretics; lemons, limes and white currants are refrigerants. Apples counteract seasickness and relieve the nausea caused by tobacco smoke. A kind of blue grapes, resembling our Concord, are used in Switzerland for the cure of dyspepsia. The patient is kept on a low diet of bread and skim milk, sometimes bread and water, but twice a day is permitted to turn himself loose upon a large vineyard, and eat away to the limit of his physical capacity. The combined diuretic and laxative effect of the grape juice purifies the blood, and marvelously restores the vigor of a disordered stomach.

Utah is abundantly blessed in the matter of fruits of all kinds excepting those which grow only in a tropical or nearly tropical climate, and can even produce some of these. Enough goes to waste in orchards every year to supply another community quite as large, and much more than would be the case if as much of it were eaten in season as ought to be. It is an outrage upon the system to eat meat three times a day in warm weather; indeed, except to a few who by reason of their occupation or through some special weakness are compelled to do so, it is not right to eat it oftener than once a day and even that once might better be dispensed with than not; while the system can scarcely contain too much of some kinds of fruits, such as mellow apples and fresh grapes. They are at once a necessity and a luxury, an article of pleasure and a medica-

ment. Eat more fruit and less meat and see if the season will not be less oppressive to you.

THE MOSCOW ASSASSINATION.

A short time ago the News contained a dispatch announcing the assassination of the mayor of Moscow, Russia. It did not attract very much attention hereabouts, for the reason that that official is not or was not well known to the American reading public, and tales of plots and counterplots resulting in or attended with murder and other crimes are so numerous from the land of the czar that they do not attract as much attention here as they otherwise would. But the story of Moscow's mayor is quite an extraordinary one. It appears that he was the son of Alexander II, who was blown to pieces with a bomb by nihilists in 1880, and a half brother of the present czar, Alexander III.

A correspondent of the New York *Herald* makes the whole matter of the assassination a "romance," which he alleges began some forty-three years ago, when the destinies of the Russian empire were controlled by the proud Czar Nicholas. At that period the heir to the throne was the Czarowitz Alexander, afterward Alexander II. Though reared under a parental regime of more than ordinary austerity, young Alexander managed to enjoy life and find opportunities to indulge his taste for gayety and pleasure. There had never been a gayer "younger set" at the Russian court than that led by him, but his exalted station carried with it penalties as well as privileges, and following many similar precedents he was practically forced into a marriage with a German princess. The fair princess from the Teuton land, however, good and amiable though she was, did not appeal to the ardent temperament of the subsequent lover of Princess Dolgorouki. Though he submitted with a good grace to be "sacrificed on the matrimonial altar" in the interests of dynastic policy, he had neither the inclination nor the intention of forsaking his sinful habits, and his attention to his wife was of the most perfunctory character.

It was understood in court circles that the czarowitz was in love with Baroness Clara Von Gertsfeldt, a lady in waiting on the zarina, and after his marriage she was closely watched. It was once decided to send her away, but the czarowitz prevented this, the court gossip meantime becoming more and more active. Finally Nicholas heard of it, and being unlike most of the race from which he sprang—a strictly moral man—took action in the matter and finally sent the baroness away. She had not been in her retreat very long before the coming ruler joined her, but they were subsequently separated by an emissary of the czar and she was sent still further away with a strict injunction not to return. As a result of her unlawful alliance with the czarowitz a child was born, and in making the journey required, she died. Alexander was devotedly attached to his offspring, and as soon as it had arrived at proper years appointed him

mayor of Moscow—the one that was recently assassinated.

The mysteries, miseries and crimes of the court of Russia would make a dark chapter in the world's history if they could be gathered together and published. Royalty and morality are not always addicted to traveling in company with each other; in fact, we believe such companionship to exist only in a few cases. But certainly St. Petersburg has a record that might cause any other royal headquarters to blush with shame.

AN INTERESTING DECISION.

All the cases wherein there is loss of baggage do not go against the railroads by any means, as in the case of Humphreys et al. vs. Perry et al., recently decided by the Supreme court of the United States. It appears that one of the appellees, a member of a firm of manufacturing jewelers of Chicago, traveled over the Wabash, St. Louis & Pacific railroad as an agent of the firm, carrying a trunk containing his samples, valued at about \$10,000 and checked as "personal baggage," neither the appellee nor the railroad agent asking any questions nor making statements regarding the contents, which was what was commonly known as a jeweler's trunk. On the way the train jumped the track and the baggage car with its contents were burned. The firm brought suit and recovered a judgment, which was reversed by the Supreme court. Judge Blatchford, who rendered the judgment, said it was reached on the grounds that there was no evidence to show that the baggage agent had any actual knowledge of the contents of the trunk; that Perry in purchasing a ticket for a passenger train, and then tendering his trunk to the agent to be checked, tendered it as containing his personal luggage, and that the receivers were not liable for the contents of the trunk other than "personal baggage."

CHRISTIANITY VS. WAR.

The unsettled condition of Europe is causing a good deal of comment, and papers setting forth the horrors and terrors of warfare are becoming numerous. One of these appeared in the March number of the *Social Economist*, New York. Taking Ruskin's saying, "Everything we omit obscures some truth we should have known," as a text, the article shows that the world seems really beginning to understand those words practically. Rising from words to action, we should now proceed to abolish war because we have been saying that it is murder. These efforts are ridiculed and derided by military men, who regard it as "a fanatical delusion, the imagery of mistaken philanthropy." The military skeptic admits that it is sad because of such loss of life, but claims that war is necessary. This idea is looked upon as a mouldy fragment of barbarism rather than a fundamental part of the fabric of our civilization, it being a fact that since 1815 arbitration has been the means of adjusting over seventy disputes between nations; formerly, of