

A LIBEL REFUTED.

WHY THE "MORMONS" OF PIMA APPLIED TO GOVERNOR ZULICK FOR ARMS—WEATHER AND PROSPECTS IN THE GILA VALLEY.

PIMA, Arizona, Jan. 27, 1886.

Editor Deseret News:

A late issue of the San Francisco Chronicle contains the alarming intelligence that "the Mormons of Pima, Arizona, have requested Gov. Zulick to supply them with arms to protect themselves from the Apaches." Also, that the "Mormons have always been friendly to the Apaches, having frequently supplied them with food, horses and arms. It is believed the hostiles need arms, and the Mormons will give those furnished them to the Indians, if the Governor complies with their request."

The foregoing nonsense would not be worth notice, were it not that silence on our part might be taken as tacit assent to the charges made.

The only item of truth in the whole article is that we have applied for arms for self-defense, having organized a company of militia according to Territorial law, just as has been done in Clifton, Duncan and other places by non-"Mormons," and this organization has appeared necessary from the fact that the United States troops afford absolutely no protection.

As to Indians favoring "Mormons" in war time, I will say that when Indians are on the war path and come across a white man, they do not stop to inquire into his political or religious status, but kill him if they can. This may be to the editor of the Chronicle a new idea, and hardly credible, but it is true all the same, and "Mormon" settlers in Arizona have proved it by a costly experience time after time. Several worthy citizens in this valley have been killed by them, the two estimable Wright brothers, who met their death only a few weeks ago, being among the late victims, and many of our horses have been stolen by them.

The "Mormons" of Pima and surrounding settlements have never "supplied them with food, horses and arms," except what the Indians have obtained by blood and murder.

"It is believed the hostiles need arms," etc. What nonsense! Every one in Arizona and New Mexico knows that the Apaches are far better armed than the whites, all having first-class breech-loaders and plenty of ammunition, which have been furnished them by officials of the U. S. government. If, by any chance, an Indian does lose his gun or revolver, his bloody band soon seizes another to replace it, without asking if its owner be "Mormon," Jew or Gentile.

It is a time of general good health in the Gila Valley, and farmers are busily engaged in plowing and sowing, and have been, more or less, for the last month.

The weather is delightful since the cold wave which visited us January 1st. The thermometer usually ranges through the day at about 55 to 60 deg., and the lucern fields begin to look green, while the wild pie plant or rhubarb is up and growing nicely.

There is room for many more settlers in this goodly land, as it truly is, and shoemakers, carpenters, etc., also school teachers, are much needed and could find plenty to do.

J. H. MARTINEAU.

CORRESPONDENCE.

A PLEA FOR THE BETTER EDUCATION OF THE DEAF.

SALT LAKE CITY, Feb. 3, 1886.

Editor Deseret News:

With the question of an institution for the deaf now under consideration by the people of Utah, it might not be out of place for me to state the evidences which continue to increase, showing that such an establishment is a real necessity at the present time. Here is

A LETTER

just received from a former resident of Salt Lake City, now living in Kansas, making inquiries in regard to sending his deaf boy to the department for deaf mutes in the Deseret University. The writer, giving his name as Nicholas Mark of Havensville, Pottawatomie Co., Kansas, states that he left Utah several years ago and removed to that State for the sole purpose of securing an education for his afflicted boy at Olathe, Kansas, where the State Institution is located, as there was no means of obtaining the much desired education in the Territory. Now he thinks of returning to Salt Lake City, having been frequently advised to do so by his friends here.

Before coming back, he asks certain questions upon the all-important subject of education for his deaf child. The boy is now 14 years old and the father propounds the following

QUESTIONS:

1. How is your institution conducted?
 2. How many teachers are employed?
 3. How are your classes graded?
 4. Have you an articulation class?
- The Kansas Institution practices the combined system—hence he desires to give his boy the benefit of speech and lip-reading.
5. Have you any trades for boys to learn, such as boot and shoe-making, carpentry, printing and other useful

trades? [The father adds that his boy has the choice of a trade where he is.]

6. How is the institution supported? By the Territory gratis or have the parents to pay so much per year?

I regret very much that I am at a loss to answer these questions and the Territory will not be augmented by one family, if not more, at least for the present.

This is not the only instance proving the need of an institute building. None but those connected with the department can realize the waste of time and discouragements resulting from the want of proper accommodations. The Territory will gain vastly by a judicious outlay upon the education of the deaf.

Nothing but

AN INSTITUTION PROPERLY EQUIPPED

will do, under any circumstances. Such being the case, I think it is better and more economical in the end to provide liberally at first for a building that will answer the necessary purpose for several years without entailing any additional outlay for buildings, grounds, etc. The estimates are really below the cost of other institutions in California, Colorado, Kansas, Illinois, etc., some of which cost hundreds of thousands.

The need is urgent and time is passing, so, the sooner such an institution is provided, the better it will be for those interested.

I very much fear that we will lose several pupils after the close of the year's session, as they are "poor but worthy," and they will thus lose the benefits of an extended course of study. This circumstance will destroy the usefulness of the school, and the Territory's funds will be thus practically wasted without any great benefits resulting therefrom.

I would respectfully suggest to the people's representatives to grant those who may have the work in charge proper authority to begin building at the earliest practicable moment, so as to have the institute ready for the pupils in August or September. Two years have already passed by the department under discouraging circumstances, and it would be a matter of deep regret to allow the whole class in the Territory to suffer another year for the want of an institution.

The following is a brief summary of the condition and resources of the principal institutions for the deaf in this country.

STATE.	Buildings and Grounds	Value of Buildings and Grounds	Support	Value of Support	Total
Ohio	1,000,000	\$77,088	\$8,000		
Washington, D.C.	675,000	61,332	3,000		
Pennsylvania	565,000	90,075	16,608		
New York	560,500	99,919	7,705		
Indiana	459,000	52,836	2,900		
Michigan	475,000	45,000			
Illinois	356,000	90,000	0,000		
Iowa	350,000	38,000	24,000		
California	350,000	45,649	5,000		
Connecticut	250,000	47,500			
Maryland	250,000	26,000			
Minnesota	200,000	32,000	10,000		
Virginia	175,000	34,640			
Missouri	175,000	46,320			
Kentucky	142,000	31,288	6,000		
Kansas	125,000	32,000	25,000		
Tennessee	125,000	24,000	12,000		
North Carolina	100,000	36,000			
Texas	100,000	31,589	10,508		
Massachusetts	90,000	27,334	845		
N.Y. Oral Instit'n	320,000	30,336	4,101		

HENRY C. WHITE.

RICH COUNTY ITEMS.

Condition and Prospects of Lake Town—Mail Irregularities, etc.

LAKE TOWN, Rich County, Utah, February 1st, 1886.

Editor Deseret News:

The people of this little burg are surrounded with propitious circumstances just now. The weather is altogether "too lovely for anything." The health of the people is excellent generally, as you may agree when you ascertain that we have lost but two of our population by death during the past twenty-eight months. We have enjoyed the use of our good, substantial new meeting house for the past nine months and our Sabbath meetings are well attended.

Elder James Brown called this week while en route for our northern settlements and favored our citizens with a lecture on some of his missionary experience. Returning on Friday last he gave an account before the Saints of his travels and experience among the natives of the Society Islands, which was very interesting and instructive.

Our stockmen rejoice in the mildness of our winter, and the haystacks "hold out" with a tenacity that must be exceedingly annoying to the anti-"hold-ists" of Utah.

Our farmers predict an early spring, and are immensely elated at the prospect thereof.

Our district school has 47 pupils, and is very successfully conducted by Bro. John S. Bramwell, late of Plain City.

Occasionally a baby appears on the

boards, and none, I believe, out of the marriage relation. We have no saloons or liquor dealing in our county, and I believe that there is scarcely any used in our town. We dance, sing, meet in our improvement associations, etc., and, as a rule, attend to our own affairs. Have a couple of outside families with us whose rights have never been infringed upon, and who have as much liberty as they could get anywhere that grass grows or the sun shines. But of course this is a "Mormon" settlement, and is under the "domination of the Priesthood," and so mote it ever continue.

Our co-operative store has a trade including nearly all of the three settlements to the county north of the "divide," and is generally conceded to be a blessing to the community.

Your paper increases in favor with our citizens, as you are aware by the constant addition to the list of subscribers from this region. Personally I admire your consistency and your unimpeachable and continuous integrity to the true welfare of the citizens of our misrepresented but none the less peaceable and thriving Territory.

I was about to say that the News arrives here in good time and regularly, but it does not. For some time past our papers and quite an amount of our other mail matter have come via Montpelier. In this way our letters, papers, etc., come O. K. on Thursday nights, as usual, but our papers, etc., that came, when sent via Evanston, invariably on Saturday nights, do not reach us till Monday nights. As your agent, I have several times complained at your office, and your mailing clerk has printed the wrapper around the Lake Town parcel, via Evanston, your local columns noticed the grievance, and I understand your business manager laid the matter before your city postmaster (resulting, I believe, in our papers coming on Saturday nights once) but all has receded to the old way of keeping our business and social correspondence away from us, unnecessarily, for forty-eight hours in each week.

The remedy is to be found in sending our mail via Evanston, as of old, and I take this opportunity, through your columns, in behalf of the citizens of this precinct, to respectfully invite the attention of the proper officers to this matter and feel assured that as soon as the situation is ascertained by them they will readily make the desired change.

Wishing you continual success and an ever increasing list of subs. I am dear sir, yours respectfully,

JOSEPH IRWIN.

San Juan News.—The Ogden Herald contains a communication from President F. A. Hammond, from which we call the following:

"Our cattle are doing well on the range. There is no snow as yet to cover the feed up. We have, belonging to the people of this vicinity, about 1,500 head of cattle to hold this superb range—we should have at least as many thousands."

I do wish our stockmen of the North would awake to the importance of stocking this country before it is too late; as outsiders are already looking upon it with jealous eyes, and will, if not precluded by our own people, soon come in and take the ranges.

We have just bought a section of land at the Macas, some 90 miles east of this place, where our mill property is situated. There is a good market there for all kinds of produce. Grain is worth two cents per pound; flour \$3.50 per 100 pounds; grinding is worth 10 cts. per hundred pounds; lumber \$15 per 1,000. Our miller is making tip top flour for us and we find a ready market for all we can produce.

Our ranch is so situated as to hold the key to a fine winter and summer range, that will accommodate 300 head of stock. We propose starting a dairy there in the near future.

There are nine other ranches there for sale or rent. The place is only 30 miles from Durango. The owners of these ranches are miners or stock men who want to go out of the business.

Some other ranches are mortgaged and could be purchased for one-half what it cost to improve them. We want a good blacksmith for that place, and he can get Colorado prices for his work. Sixteen dollars per day is no uncommon wages for the one who holds forth there now. We also want a blacksmith for this place; we have none here.

FOOD REFORM.

AS TAUGHT BY THE LATTER-DAY SAINTS.

[Written for The Food Reform Magazine of London.]

The Latter-day Saints, or "Mormons," as they are generally nicknamed, are a peculiar people, in that they endeavor to practically adapt every-day life to the principles taught by Holy Writ and other revelations of the divine will. They claim that their religion embraces all truth, and that every doctrine of their faith and practice is clearly sustained by the Bible, scientific facts and true philosophy. Among the other great truths advocated by them is that of

NATURAL DIET,

and the basis of their belief in the subject is founded on a revelation from God to the Prophet Joseph Smith, imparted February 27th, 1833; and con-

nected with that are the teachings given to the ancient Israelites, relating to the like matter. It will be observed that the date of this revelation was many years before any general, public interest was manifested concerning food reform and that it was announced six years preceding the publication of the remarkable scientific treatise on "The Science of Human Life," by Sylvester Graham, the modern apostle of hygiene, in America. Perhaps the ideas entertained by Latter-day Saints, regarding the subject to which this magazine is mainly devoted, may interest its readers, I will, therefore endeavor to briefly explain their views by quoting the principal portions of the revelation and making a few comments on the same.

The Divine communication referred to is appropriately entitled

THE WORD OF WISDOM,

and the first paragraph states it is given to show forth the will of God in the temporal salvation of all His Saints in these last days. The next paragraph informs us that "inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet in the sight of your Father." "And again, strong drinks are not for the belly, but for the washing of your bodies."

The first part of this quotation needs no comment, as the disease, misery and crime, that abound in Europe and America, as results of drinking alcoholic liquors, are sufficient evidence that indulgence in such beverages ruins the body and soul of man.

Referring to the statement that strong drinks are "for the washing of your bodies," scientific reasons might be adduced substantiating the fact that persons may be benefited by occasionally washing with spirits. It may be sufficient, for the present purpose, to simply state that, after bathing in water, if the body is sponged all over with pure alcohol, diluted, a pleasant exhilaration is experienced which leaves no subsequent depression or other harmful effect such as always follows drinking any stimulant. This is a really healthful stimulation, and its good effects are especially noticeable in cases of fevers or "colds."

"And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill." There is nothing created by our Heavenly Father but which is for some wise purpose, and herein is indicated the proper use of that herb. Man, by the filthy, unnatural habits of smoking, chewing or snuffing, has converted tobacco into a source of physical and mental injury, a baneful ally of strong drinks. This misuse of tobacco produces various disorders and bodily ailments, beclouds the intellect, creates an appetite for other stimulants, and is particularly hurtful to boys and young men, whom it invariably stunts in growth of body and mind. The human body is patient and long-suffering, and it eventually becomes accustomed to the poisonous weed, as also it frequently is forced to adapt itself to alcohol, opium and many other poisons, seeming in course of time, to crave the noxious articles. Men, therefore, deceive themselves into the belief that they are benefited by consuming this powerful narcotic, and when disease afflicts them, wrongfully blame some other agency.

■ In regard to

THE PROPER USE OF TOBACCO,

as an outward application, for bruises and for sick cattle, there is a small book recently published by Gen. T. L. Chugman, of North Carolina, in which he enumerates hundreds of cases wherein persons have been speedily relieved of excessive suffering from severe injuries, bruises, sprains, erysipelas, dropsy, rheumatism, neuralgia, sore eyes, inflammation of the throat and many other complaints, by poulticing the affected parts with a thin layer of unadulterated tobacco leaf, wet and kept moist. He also mentions many instances of sick horses, cows and other animals being cured by giving them an infusion of tobacco, notably in cases of hog cholera; and states that, when given in buttermilk, it seems to be a panacea for that disease. There is no doubt that tobacco, for the purposes prescribed, is a useful herb, when "used with judgment and skill."

"And again, hot drinks are not for the body or belly." The Prophet Joseph Smith in explaining the term "hot drinks," stated that it applies more particularly to infusions of tea and coffee, although all hot drinks are thereby interdicted. He further said that the harmful effects of tea and coffee would not be materially reduced if they were drank cold. This agrees perfectly with the teachings of modern physiologists, who have clearly demonstrated the

EVIL EFFECTS OF HOT DRINKS

upon the teeth, mouth and stomach, and whose investigations conclusively show serious injury to the nerves, and various organs of the human system, resulting from habitual use of tea or coffee. Tea and coffee are narcotic medicines, and among their effects upon the users may be mentioned the production of a temporary feeling of stimulation that is always followed by nervous depression, often by sick headache; sometimes even paralysis comes from their excessive use. People who indulge in strong drinks or tobacco are, generally, tea or coffee drinkers also; frequently the same individual uses these four kinds of stimulants, and each of the four is

used for the same reason, namely the exhilaration derived therefrom. Such persons ignore the fact that the use of tea, coffee, etc., is manifestly a tax on their vitality as shown by the feeling of faintness that ensues within a few hours. This feeling of "gone-ness" induces them to again seek a revival of the fictitious strength obtained by renewed indulgence in some one, or all, of their favorite narcotics, and they become slaves to pernicious appetite.

"And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man. Every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving. Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving; nevertheless they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine. All grain is ordained for the use of man and of beasts, to be the staff of life, not only for man but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth; and these hath God made for the use of man only in times of famine and excess of hunger. All grain is good for the food of man, as also the fruit of the vine, that which yieldeth fruit, whether in the ground or above the ground. Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals."

It will be observed, from this quotation, that the Latter-day Saints are not entirely prohibited

THE USE OF FLESH MEAT,

but it is also clearly evident that the daily eating of flesh, at all seasons, is condemned. Note the words relating to beasts and fowls: "Nevertheless they are to be used sparingly; and it is pleasing unto me that they should not be used only in times of winter, or of cold, or famine." Also in relation to wild animals, "These hath God made for the use of man only in times of famine and excess of hunger." Connect these words with the restrictions God placed upon the children of Israel, as recorded in the 11th chapter of Leviticus, and other portions of the Holy Scriptures, wherein He prohibits the eating of animal fats; pronounces swine flesh totally unfit for human use; prescribes certain rules for killing animals, whereby they are required to be in perfect condition and health, especially requiring the blood to be thoroughly drained out of the carcass; limiting the eating of certain parts, to certain occasions and seasons, and it is plainly evident from these divine injunctions that the prevailing habits of frequently, and indiscriminately eating flesh, fowl and fish, are wrong in His sight and hurtful to man.

In the sentences just quoted,

"WHOLE SOME HERBS,"

grain and fruits are especially designated as the proper food for man, and that fact is emphasized by repetition. This corresponds with the result of exhaustive researches by scientists and learned vegetarians, frequently published in this magazine and therefore, unnecessary for me to dwell upon. I will merely call attention to the words "Nevertheless, wheat for man," as positive proof that the oft repeated, assertion of vegetarians is correct, in claiming that wheat is the most valuable of all earth's products, for the sustenance of the human body. It is deplorable that foolish men deprive this precious grain of its most nourishing elements, by converting it into flour which contains only the interior, starchy portion. The great Creator evidently intended that bread, "the staff of life," should be made from the whole of the wheat, as analysis shows, and experience proves, that every part of the kernel is nutritive and therefore essential. Mark the words also: "All these to be used with prudence and thanksgiving." It is the sacred duty of all God's creatures to give thanks for His bounteous kindness in causing the earth to abundantly supply all that is needed for healthful sustenance and bodily enjoyment. All prudent persons will use those gifts as designed, to properly nourish the body, and not eat or drink to excess to gratify depraved appetite. Nature's penalties for over-indulgence in things otherwise healthful are quite as severe as those inflicted by the use of prohibited articles of food or drink, or excesses of any other kind.

A PROMISE

The revelation closes with promising health and wisdom to the Saints who live in accordance with the instructions contained therein, and states they "shall run and not be weary, and shall walk and not faint." It is the frequently-uttered, candid opinion of leading men in the medical profession, that there would be but little need for their professional services if all people would be governed by the simplest laws of health. There is nothing mysterious in these laws. What could be more plain than the dietary principles enunciated in "The Word of Wisdom?" Who cannot easily comprehend that disease and early death are largely attributable to indulgence in strong drink, tobacco, tea, coffee, flesh meat, bread made from impoverished flour, over feeding, uncleanness, breathing impure air, etc? It is doubtful which one of those habits produces the greatest number of invalids or prematurely fill the greatest number of graves. According to the number of those indulgences so may be estimated the shortening of life and trans-