

## HOW TO PREVENT SICKNESS.

"And all Saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel, and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint; and I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen."—*Word of Wisdom.*

The distressing prevalence of diphtheria, and frequent deaths resulting therefrom, combined with other classes of sickness that are more common and not so much dreaded, but yet quite often fatal, cause intense sorrow, suffering and anxiety. The

## TERRIBLE ARRAY OF CHILDREN'S GRAVES

in our cemetery, and dismal multitude of others occupied by bodies that had not attained to ripe old age ere the owners were cut down by the grim destroyer, are indeed heartrending to contemplate. What are the causes of all these premature deaths? Why is it that nearly one-half of the human beings born die before they reach the age of five years? And why do such a very small proportion live to a good, old age? It would be regarded as blasphemous to assert that God kills them all. That manner of expression is rather forcible, savoring too much of charging our Heavenly Father with murdering His children, but it means just the same as though we piously said that in His divine providence He had called them hence. Let us banish such subterfuge and look the facts squarely in the face. It is recorded in the sixth chapter of Genesis that the Lord said, "Man's days shall be an hundred and twenty years;" we know He permitted many in the early times to live several hundreds of years, and some few persons nearly a thousand years. There are numerous instances through the intervening centuries, and even in these degenerate days, of people who have lived over one hundred years, and such should not be exceptional. Nowhere in sacred writ or revelation do we find any intimation that God purposed that the majority of the human family should die in early life; on the contrary the evidences are innumerable that He designed them to "fill up the measure of their creation." What, then, are the

## CAUSES OF DISEASE AND PREMATURE DEATH?

Philosophers, scientists, theologians and physicians have wrangled over the minutiae of this problem for ages, but the verdict of reason is, stated in general terms, that sickness is caused by some violation of nature's laws and early death is the result. But, what are nature's laws of health? They are, in other words, the laws of God as applied to our bodies; therefore we have but to seek in His written word for instruction, follow that and the dictates of reason and thus learn how to preserve health or restore it.

Some of the most important laws of health are plainly stated in Divine communications imparted to the children of Israel, through the great law-giver, Moses. They state that man should earn his bread by the sweat of his brow, and designate what food is best for him; inculcate the observance of perfect cleanliness in person and surroundings; establish essential regulations for marriage and sexual relationship, and give stringent rules about avoiding contact with infectious things or persons, ordering the destruction of the former and the withdrawal of the latter from society until healed. Besides these, many other laws and regulations are therein recorded as requisite to avert sickness or restore health.

Then, again, in this age we have been given "The Word of Wisdom, showing forth the order and will of God in the temporal salvation of all Saints in the last days; given for a principle with promise, adapted to the capacity of the weak and the weakest of all Saints, who are or can be called Saints." This plainly informs us that strong drinks, tobacco, and hot drinks (meaning especially tea and coffee,) are injurious; that wholesome herbs, fruits and grains are the best articles of food for man, to be used with prudence (moderation), and thanksgiving; and that the flesh of beasts and fowls is not designed to be used as a common article of daily food, but only when better food is not obtainable, "in times of famine;" and in the winter time, when fresh vegetables and fruits are scarce, it is permissible to eat flesh meat "sparingly," probably meaning a few times during the prevalence of extremely cold weather.

All these laws, we must acknowledge, are plain and simple, "so that the way-faring man, though a fool, need not err therein;" but, alas for the human family, they are unheeded or wilfully broken continuously, with the inevitable result of entailing

## DISEASE AND UNTIMELY DEATH.

It is strange that mankind generally, with all the revealed instruction, and knowledge acquired by common sense and reason, should persist in practices that produce and perpetuate disease. It is still more remarkable that any of the Latter-day Saints, possessing as they do uncommon reasons for observing Jehovah's will, should ignore the teachings of the Word of Wisdom, which so plainly promises health and intelligence to all who obey its pre-

cepts, as quoted in the opening paragraph of this letter.

I cannot but admire the skill and patience manifested by medical men in searching out remedies for disease; at the same time I think their energies would be better spent if directed towards ascertaining and teaching how to prevent sickness. There are hundreds of honorable, intelligent men in the medical profession who themselves proclaim that if people would duly observe the simple laws of health there would be no need for drugs, and little employment for doctors; surgeons might be occasionally required to dress wounds or set broken limbs, but the injured would soon recover if their systems were not vitiated by wrong habits of life. I will here take the liberty of quoting a few

## OBSERVATIONS OF LEADING GENTLEMEN

in various branches of the medical profession, and other eminent authorities:

Says the Rev. M. J. Savage: "In nine cases out of ten, men and women might fairly be called to account for being sick."

Dr. T. L. Nichols uses nearly the same language: "In nine cases out of ten, if people, when they found themselves becoming sick, would simply stop eating, they would have no need of drugs or doctors."

C. E. Page, M. D., says: "If any of us are sick—except from accidents or congenital causes—it is our own fault. If we have dyspepsia, and the endless afflictions resulting from this parent of diseases, it is our own fault—either of ignorance or carelessness."

Prof. Alex. H. Stevens, M. D., said: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust the powers of nature."

Says Prof. Alonzo Clark, M. D., "In their zeal to do good, physicians have done much harm. They have hurried many to the grave who would have recovered if left to nature. All of our curative agents are poisons; and, as a consequence, every dose diminishes the patient's vitality."

Prof. H. G. Cox, M. D., says: "The fewer remedies you employ in any disease, the better for your patient."

Says Prof. Martin Paine, M. D.: "Drug medicines do but cure one disease by producing another."

Says Prof. Parker: "As we place more confidence in nature, and less in preparations of the apothecary, mortality diminishes. Hygiene is of far more value in the treatment of disease than drugs."

Says Prof. Carson: "Water is the best diaphoretic we have."

Says Prof. Clark: "Pure cold air is the best tonic the patient can take."

Says Prof. Barker: "The more simple the treatment in infantile diseases, the better the result."

Says Prof. Gilman: "Hygienic treatment is of far more value than all drugs combined. The continued application of cold water has more power to prevent inflammation than any other remedy."

John C. Gunn, M. D., says: "I have no doubt that thousands are killed by dosing and drugging every year, instead of assisting nature by exercise, proper diet, etc."

R. T. Trall, M. D., says: "All history attests the fact that wherever the drug medical system prevails, desolation makes its track, human health declines, vital stamina diminishes, diseases become more numerous, more complicated, and more fatal, and the human race deteriorates. On the contrary, wherever the hygienic medical system is adopted—and there is no exception—renovation denotes its progress, and humanity improves in all the relations of its existence."

Many other quotations of similar import might be given, but these are probably sufficient to substantiate the point, that there is

## NO NEED FOR DRUGS

and but little for doctors, if people would but live aright. However, we should not find fault with the gentlemen whose business it is to prescribe for the sick; people make themselves sick by over-indulgence in kinds or quantity of food and drink, and the physicians who advocate abstinence or moderation are unpopular. Mankind has acquired appetites for things that are unwholesome, and all that sick persons require of doctors is speedy relief from present suffering, that they may, as soon as possible, return to renewed indulgences in eating and drinking, like the pig returns to its wallowing in the mire. Sensible advice regarding such matters as eating plain food in moderation, drinking pure water only, taking a sponge bath, and other like admonitions are spurned because of their simplicity, and nothing seems to satisfy the patient but nauseous medicines that create a commotion in the system, by the effort of nature to expel the poisonous elements contained in drugs. This is the reason why quacks flourish everywhere: patent medicines are imported into Utah by the car load and eagerly swallowed by the easily-humbled multitude, who are always ailing and looking for relief in that form, rather than submitting to nature's methods of cure.

Among the causes of sickness there are none greater than

## ERRORS IN DIET;

it is not over-estimating to say that about seven-eighths of all human ailments are produced by an excessive quantity or improper qual-

ity of food. There is no danger of eating too little, as the system soon makes its wants known; but it is a very easy and common occurrence to eat too often and more than is needed; the more "tasty" the food the greater the liability to over-eating.

"If we load our system with wrong kinds of food or with too large a quantity of proper food, then disease is set up; the vital organs become burdened with it; the liver and kidneys become blocked up; the heart's action is increased; the lungs get overworked; the whole system has to exert itself too much to get rid of the waste material as it accumulates in the system, producing fat, which is but an indication of disease, also dyspepsia, biliousness, kidney complaints, rheumatism, heart disease, fevers, and the thousand ills that flesh is heir to. Man is best fitted structurally for a vegetable diet; the more flesh we consume the more disease must we have. By means of a proper diet we can avoid most diseases and live out our full time; it is the only universal remedy that can be guaranteed to cure the ailments which afflict us when we sin against nature's laws."—*T. R. Allinson, L. R. C. P.*

A fearful, but too often unheeded, evidence against

## OVER-FEEDING

is manifested in the death of more than one-third of the human family before reaching the age of five years. From the hour the baby is born, until the over-taxed system succumbs to sickness or death, the general practice is to stuff it constantly with mother's milk, or worse food, and the little one is consequently subject to a continuous routine of sickness, which people have come to regard as naturally incident to childhood. The mother's love for her child, in many instances, actually kills it. She suckles or feeds it almost incessantly, under the mistaken impression that she is thereby imparting to it necessary nourishment and strength, and delights in its fatness under the equally delusive idea that obesity is a sign of health. If the mother lives on proper food her milk is all the infant needs, and during the first month of its life it should not be given the breast more than once in three hours; longer intervals would, most likely, be better; under no circumstances, and at no age, should nourishment be given during the night. If this practice is maintained with regularity and the baby cries, you may be sure it is uncomfortable from some other cause than hunger; the clothing may be too tight or burdensome, or it may still be too frequently fed. A sip of pure water, not too cold, given occasionally, especially in warm weather, is very beneficial. The intervals between nursing should be increased until, at six months old, it receives meals only three times daily. This involves self-denial on the part of the mother, who delights in nursing and fondling her child, but it almost positively insures the offspring's immunity from sickness, if it is otherwise properly cared for. The transition from mother's milk to other food should be made gradually, after the child has teeth with which to properly masticate, and the system of only three meals a day rigidly adhered to. Meat is totally unfit for children to eat and sugar should be allowed sparingly. If a little sweetening is wanted occasionally, there is nothing better than honey, or pure, home-made molasses. Bread made from the whole wheat, fresh ground, with a little good milk, warmed, constitutes the very best food for children under two years of age; apples, potatoes and other fruits and vegetables may be more freely allowed thereafter.

The individual whose system is clogged by over-feeding is in a filthy condition, no matter how clean the surface of his body may be. The proverb,

"CLEANLINESS IS NEXT TO GODLINESS,"

is a saying that most people consider applies especially to the outward person, but it is as essential that foul matter should not be allowed to accumulate in the system as it is also to banish filth of every kind from the dwelling house and its surroundings. The natural exit for a large proportion of waste matter of the body is through the skin, therefore the whole surface of the body should be frequently cleansed; a daily sponging, brisk rubbing with a coarse towel and weekly plunge bath are essential and efficacious methods for promoting healthy action of the skin. Cleanliness should by no means be confined to the person and dwelling, but should extend to all things adjacent. The closet, as it is generally construed, is one of the most

## PESTILENTIAL CONTRIVANCES

that can be imagined, and yet it need not be so. Most of them are positively offensive, indecent and uncomfortable, people go to them reluctantly and the results that very often the blood is poisoned by absorbing waste matter that the body should quickly get rid of. There is no excuse for constructing miserable, make-shift arrangements, with disease breeding vaults. Decent and comfortable closets can be cheaply built, that should provide for the contents being conveniently disinfected with dry earth or ashes and easily removed. Men ought to be ashamed of themselves for making this necessary appendage a disgusting, unsightly, source of pollution, while it is so easy to render it otherwise. It is fitly matched by the equally filthy pig pen.

The amount of disease germinated by those two sources is appalling, and yet both can readily be gotten rid of, by properly constructing and disinfecting the closets and banishing the swine.

## THE AIR WE BREATHE

should be pure, else our lungs will be infected and the blood become diseased. The proper ventilation of dwellings, especially bedrooms, is very important. Stoves are deadly enemies to health, open grates are very much superior to them for heating rooms, besides, the fireplace provides an excellent means of ventilation. A good and simple plan for ventilating rooms, is to place a strip of wood, three inches wide and two inches thick, along the window sill, under the sash, thus raising the sash three inches, and making a space between the upper and lower parts that permits the ingress of fresh air without creating a draft.

Let I weary the reader, I will close by summarizing a few

## RULES FOR THE PRESERVATION OF HEALTH:

Eat pure food only, and that in moderation; flesh meat, more especially pork, is impure food.

Drink pure water only; beverages that contain alcohol, when drunk, prevent the system from throwing off waste matter, and thus they vitiate the body and blood.

Breathe plentifully of pure air; and do not be afraid of the sunlight.

Take sufficient out-door exercise to maintain muscular vigor.

Do not curtail the hours of sleep, eight hours are none too many for adults, and children need considerably more; at least one-third of each night's sleep should be obtained before midnight. Cultivate a cheerful spirit.

Clothing should be suitable to the season, and never oppressive. Boots or shoes should support the ankle and heel, and be easy on the toes; the heels should be low.

Depraved appetite has killed millions of men, and Fashion has destroyed as many women and unfitted still more for the duties of wife and motherhood. The terrible, suicidal practice of compressing the waist impedes the vital functions, cramps and displaces the lungs, heart, stomach, liver, bowels and other important organs, besides insulting the Great Creator by deforming the body that was his most perfect work.

The Latter-day Saints are, probably, as a community,

## THE MOST HEALTHY PEOPLE IN THE UNITED STATES,

but there is a great deal too much sickness and early death among them. There is not the slightest doubt, for our Heavenly Father has said it, that they would enjoy almost entire immunity from sickness, and deaths among their children would be rare if they would but observe the simple laws enjoined upon them by the Word of Wisdom. God's promise is that "the destroying angel shall pass by them;" surely health, wisdom and long life are worth practicing a little self-denial to obtain. The hygienic doctrines which the Word of Wisdom teaches are simply a portion of the great truths of the Gospel, which embraces all truth, and should, therefore, be as eagerly accepted, and strictly observed, as any other of the doctrines revealed in these the latter-days.

Yours truly,  
D. M. McALLISTER.

## IS THE LAW OF THE LAND SUPREME?

IDEAS OF THE JOSEPHITES ON THE INFALLIBILITY OF THE SUPREME COURT—ORDINANCES THAT THEY OVERLOOK—THEIR CHIEF ZEAL OPPOSING THE SAINTS IN UTAH.

BOYNE, Charlevoix County, Michigan, Oct. 12, 1885.

Editor Deseret News:

As usual, the *Saints' Herald* comes to us burdened with its anti-"Mormon" opposition to the people of Utah. One should think that for the sake of novelty, if nothing else, we might get at least one copy of that paper in twenty years without a virulent and malicious attack upon the Utah "Mormons" and their faith.

If these Reorganized leaders were leading in the right direction themselves, we should have a much higher regard for their teachings than we now have. Let any man open the Doctrine and Covenants and read Joseph Smith's two letters on

## BAPTISM FOR THE DEAD,

and the revelations of God, shewing its necessity, and consider the importance attached by both the Almighty and his Prophet to this great ordinance, and then consider that for the full twenty-five years of the Reorganization's existence, not a single soul in that body has received that ordinance for any of his dead, and that they neither trouble themselves, nor do nor say anything about it, and if he has any regard for these things his eyes will be opened I think, as to the real character of these so-called "Reorganized Mormons."

Baptism for the dead is of as much importance as the baptism of the living; yet there is no attention paid to it in the Reorganization. They have also very emphatically repudiated and

REJECTED THE ORDINANCE OF SEALING.

Why bless my soul! Joseph the martyr says, that this ordinance is of such great importance that unless the dead are redeemed by it, the whole earth will be smitten with a curse. See Sec. 18 of 2nd letter. Whatever else may be said of the Utah people, they have shown a much higher regard for the things of God, than the Reorganization.

There is again

## THE GATHERING

of the Saints to the places appointed for their dwelling. What importance do they attach to this? Very nearly next to none. Their chief ambition seems to be to build up meeting houses here and there all over the land, and leave their converts there under the blighting influences around them. The next thing heard of them is quarrelling about hair-splitting niceties of authority, etc., etc., and in many instances they become quite dead in their faith, and have no meetings at all.

It is written, that when Christ comes, many who strongly imagine here that they are Christ's followers will be most surely rejected as "workers of iniquity" by him.

"I was hungry and ye gave me no meat; thirsty and ye gave me no drink, naked and ye clothed me not, sick and in prison and ye visited me not." Forasmuch as ye did it not unto one of the least of these my brethren, ye did it not unto me," are the reasons for which these very good people will be rejected. "In prison" implies as a matter of course that the Saints of God will be cast into prison, for things that appear very good reasons to those who imprison them, and who abide in their imprisonment. "On" course they were guilty of violating "The laws of the Land," and the common rules of right and decency, or otherwise we would not have imprisoned them; of course not." This was unquestionably the excuse in all ages for

## IMPRISONING THE SAINTS OF GOD.

When the Prophet Isaiah, in looking down to the latter days, said: "This is a people robbed and spoiled; they are all of them snared in holes, and they are hid in prison houses; they are for a prey and none delivereth; for a spoil and none saith restore," who had in reference to? The reorganization? No. They congratulate themselves on the fact that they are living by the laws of their country, are good citizens, and have not the most distant thought of going to prison, or of being either spoiled or robbed. But how about the Utah "Mormons?" Does anybody now look upon them as being about fat enough in wealth to be spoiled? And does anybody say, and if so whom? Restore unto them not only what they have been robbed of during these late years, but also that of which they have been shamefully robbed and spoiled in the years gone by? Who is he? Somebody answer.

No, my friends; the Reorganization cannot, in days to come, either claim the blessing of being imprisoned for Christ's sake, or ministering to those who have. If they went to such a prison to visit such prisoners, it would only be to add insult to injury, to tantalize, or to be personally gratified at their misfortune. Having eliminated everything from their faith calculated to give offense or by which they might lose caste in an adulterous generation, it is not to be wondered at that they should be found hurling scorn from "the large and spacious building" against innocent and honest men, and prating about violating "the laws of the land," etc.

In 1833 the Almighty through the Prophet Joseph enjoined upon the Saints the necessity of regarding the

## CONSTITUTIONAL LAW OF THE LAND,

and said that it should be maintained for the rights and protection of all flesh; that all men might be free and be their own agents in regard to the principles of their religion, and that the bill of rights named in that instrument belonged to all mankind of whatever nation or people they might be; and that whatsoever was more or less in law than guaranteed these glorious privileges, came of evil.

Now the Josephites hold that no matter what law is enacted by this nation, and approved by its Supreme Court, it is binding on the Saints and upon all its citizens, and that God is to be so understood as commanding all the Saints to abide and keep all such laws. Is this true? We shall see.

First—When the Almighty twice in 1833 told the Saints in Missouri that the rights guaranteed in the Constitution of this land "belonged to all mankind," and should be maintained for the rights and protection of all flesh, and was justifiable before Him," did He not know that these very revelations were utterly denied, not only in Missouri, but in all the other slave States of the Union by "the law of the land?" And did He not know that in giving these two revelations that He was actually jeopardizing the lives of the Saints in Missouri and other States in saying that the rights of the Constitution belonged to all flesh, and should be maintained for that very purpose? Look on the statute books of all the slave States at that time and see if you find in those statute books—"the laws of the land," according to the views of the reorganization—any acknowledgment there of the truth of these revelations; see if you will not find them in the most barbarous conflict with the Almighty on these things.

Why, it was in those days about AS MUCH AS A MAN'S LIFE WAS WORTH to even lip the idea that the rights of