

this warfare is not diligently prosecuted, then the law of sin prevails, and in consequence of this some apostatize from the truth when crossing the plains, learn to swear instead of to pray, become high-minded and high-tempered instead of learning to be patient and humble, and when they arrive in these valleys they feel so self-sufficient that they consider themselves the only ones that are really right; they are filled with darkness, the authority of the Spirit is not listened to, and the law of sin and death is the ruling power in their tabernacles. They could once testify, by the revelations of Jesus Christ to them that Mormonism, or the Gospel is true; then the Spirit triumphed over the flesh, they walked in the light of God, and great was their joy, and brilliant their hope of immortality and eternal life. The rule of the flesh brings darkness and death, while, on the other hand, the rule of the Spirit brings light and life. When through the Gospel, the Spirit in man has so subdued the flesh that he can live without willful transgression, the Spirit of God unites with his spirit, they become congenial companions, and the mind and will of the Creator is thus transmitted to the creature. Did their spirits have their choice, there is not a son or daughter of Adam and Eve on the earth but what would be obedient to the Gospel of salvation, and redeem their bodies to exaltation and glory. But there is a constant warfare between them, still they must remain together, be saved and exalted together, or neither of them will be saved and exalted with the salvation and the exaltation which the Gospel offers.

Our bodies are all important to us, though they may be old and withered, emaciated with toil, pain, and sickness, and our limbs bent with rheumatism, all uniting to hasten dissolu-

tion, for death is sown in our mortal bodies. The food and drink we partake of are contaminated with the seeds of death, yet we partake of them to extend our lives until our allotted work is finished, when our tabernacle, in a state of ripeness, are sown in the earth to produce immortal fruit. Yet, if we live our holy religion and let the Spirit reign, it will not become dull and stupid, but as the body approaches dissolution the spirit takes a firmer hold on that enduring substance behind the veil, drawing from the depths of that eternal Fountain of Light sparkling gems of intelligence which surround the frail and sinking tabernacle with a halo of immortal wisdom.

I shall soon be sixty-one years of age, and my spirit is more vigorous and powerful today than it has been in any day I ever saw; it is more quick to comprehend, more ready to discern, the understanding is more matured, more correct in judgment, the memory more vivid and enduring and discretion more circumspect, and when I have attained eighty years I shall be better than I am today, God being my helper. I am better now than I was twenty years ago. Write it down and read it twenty years hence, and see whether my spirit is not better and brighter than it is today. Need we in spirit bow down to this poor, miserable, decaying body? We will not. Brother Kimball's side has been broken by a fall from a wagon, but he will be mended up, and his life will not be shortened on that account; and we are going to live until we are satisfied.

The Elders of Israel, though the great majority of them are moral men, and as clear of spot and blemish as men well can be, live beneath their privilege; they live continually without enjoying the power of God. I want to see men and women breathe the Holy Ghost in every breath of