

and the coffee will amount to pretty near the same sum. As for the sugar, I should say, continue to purchase that, and let the children have it, not to live on it alone, but in connection with other nutriment, for you should understand that our food is composed of three staple articles—sugar, starch, and glue, consequently sugar is good. But to train your children to drink tea and coffee at two, three, or four years old is very pernicious and injurious. You mothers and daughters in Israel who are taking this course, how do you expect to live to accomplish the work the Lord has assigned you? Why you will not live half your days; you will come short of it, as much as the wicked. Is this true? It is verily true. You get up in the morning and have your cup of tea, your fried ham, your cold beef and mince pies, and everything you can possibly cram into the stomach, until you surfeit the system and lay the foundation for disease and early death. Says the mother—"Do eat, my little daughter, you are sick; take a piece of pie, toast, or meat, or drink a little tea or coffee; you must take something or other." Mothers in Israel, such a course engenders disease, and you are laying a foundation that will cut off one-half or two-thirds of the lives of your children; and yet a more healthy country than ours cannot be found upon the face of the earth, if the people would learn to live prudently.

In foreign lands you may find districts where many of the people do not have, probably, more than two-thirds of what they need to eat—and they live thus from year to year—yet you will find them much more healthy than they who gorge themselves continually. Take the Americans, say in the old Granite State where I have traveled, and to look at their surroundings out of doors you

would not think they had more than one bean to a pint of water, but go into their houses and you will find beef, pork, apple pie, custard pie, pumpkin pie, mince pie, and every luxury, and they live so as to shorten their days and the days of their children. You may think that these things are not of much importance; no more they are, unless they are observed, but let the people observe them and they lay the foundation for longevity, and they will begin to live out their days, not only a hundred years, but, by and by, hundreds of years on the earth. Do you think they will stuff themselves then with tea and coffee, and perhaps with a little brandy sling before breakfast and a little before going to bed, and then beef, pork, mutton, sweetmeats, and pastry, morning, noon, and night? No; you will find they will live as our first parents did, on fruits and on a little simple food, and they will never overload the stomach.

Let the people be temperate in their food, then go to work and clothe themselves. Ladies, why can you not make your own bonnets as well as buy them? Will you go to work and do it? I know not. You can do as you please. Will you dispense with your frills, ruffles, bows, and nonsense? To correspond with the ladies the gentlemen ought to have one half of their hats covered with feathers and the other half with a cockade, and frills up and down the sleeves of their coats and the legs of their pantaloon. Still, we see some who wear homemade. I noticed one young man, who is going on a mission, and who spoke here today, with a suit of homemade cloth on. We can make our own cloth and then wear it. We can learn how to raise and improve our stock, how to raise our grain, fruit, and vegetables, we