

instead of selling it to strangers, and thus avoid a great calamity that otherwise might overtake us. If the people refuse to hearken to this timely counsel they will commit a great error. Good actions always result in blessings. The history of the people of God in all ages testifies that whenever they have listened to the counsel of heaven they have always been blessed. All this people are satisfied that they will be more blessed to hearken to good counsel than not to do so.

Instead of doing two days' work in one day, wisdom would dictate to our sisters, and to every other person, that if they desire long life and good health, they must, after sufficient exertion, allow the body to rest before it is entirely exhausted. When exhausted, some argue that they need stimulants in the shape of tea, coffee, spirituous liquors, tobacco, or some of those narcotic substances which are often taken to goad on the lagging powers to greater exertions, but instead of these kind of stimulants they should recruit by rest. Our artificial wants, and not our real wants, and the following of senseless customs subject our sisters to an excess of labor. To supply these wants—to get a ribbon, an artificial flower, this, that, and the other gewgaw, rather than substantial necessities—our farmers sell their wheat. Work less, wear less, eat less, and we shall be a great deal wiser, healthier, and wealthier people than by taking the course we now do. This whole Yankee nation eat so much, and so many good things, that they are always poor in their bodily habit; now and then only you will see a fleshy person among them; it is also the case with the people of the southern portion of the nation. It is difficult to find anything more healthy to drink than good cold

water, such as flows down to us from springs and snows of our mountains. This is the beverage we should drink. It should be our drink at all times. If we constantly drink even malt liquor made from our barley and wheat, our health would be injured more or less thereby. It may be remarked that some men who use spirituous liquors and tobacco are healthy, but I argue that they would be much more healthy if they did not use it, and then they are entitled to the blessings promised to those who observe the advice given in the "Word of Wisdom." Some few persons who have been addicted to the use of hot drinks, &c., have reached the age of eighty, eighty-three, and eighty-four years, but had they not been addicted to such habits of living they might have reached the age of a hundred or a hundred and five years.

We profess to be Saints of the Most High. We are the children of that Being who lives in the heavens, who is filled with all intelligence, and possesses all power. We cannot be prepared to dwell with Him unless we instruct our minds and sanctify ourselves in all things. I am happy to see our children engaged in the study and practice of music. Let them be educated in every useful branch of learning, for we, as a people, have in the future to excel the nations of the earth in religion, science, and philosophy. Great advancement has been made in knowledge by the learned of this world, still there is yet much to learn. The hidden powers of nature which give life, growth, and existence to all things, have not yet been approached by the wisdom of this world. There exists around us, in the works of God, an everlasting variety—no two leaves, no two blades of grass are alike. Natural philosophy, so far as