

the summertime, and ought to be eaten sparingly in the winter. The question arises in the minds of a great many people, "What then are we to eat if we drop swine's flesh and eat very little beef or mutton, and cannot drink tea or coffee, why, dear me, we shall starve to death." In conversation with one of the brethren the other day, he remarked, "The diet of the poor is principally bread and meat, and if they dispense with meat, they will be reduced to very hard fare." I reasoned with him on the subject, and before we had got through, I believe I convinced him that other articles of food could be raised more cheaply and in greater variety than the flesh of animals. But just at the present time we are destitute, to some extent, of this needed variety; and, hence, the very apparent necessity that we as a people should turn our attention to the multiplication of varieties of food in our midst. We should not confine ourselves to a few articles of diet and be content therewith; but the people who have the opportunity of so doing should cultivate a variety of food for the benefit of themselves and families.

It is a fact, which the experience of ages has confirmed, that man of all creatures, requires the greatest variety of food. His stomach is fitted to digest a greater variety of food than the stomach of any other animal. God has created him lord of creation, and all that is created around us is created for man's use and benefit. It would therefore be very unwise for intelligent man, inasmuch as God has given to him the vegetable creation, and has made him lord of the animal creation and placed him as monarch of the finny tribes, to be content to sit down and eat as our degraded Indians do.

It is to remedy this that we hear the teachings that are given at the

present time by the servants of God. Man requires food to build up his body. He requires food that is adapted to the development of bone, muscle, and sinew; but this is not all. He requires food that is suitable to feed his brain and to supply the waste sustained in consequence of the use of his mental faculties. There is a necessity, therefore, for us to take these things into consideration. My opinion is that it will be most difficult for fathers of families to induce their wives and children to refrain from the use of tea and coffee, if they do not supply their tables with other articles in their place, and unless food, suitable to the requirements of the human system, is provided, our wives and children will be exposed to constant temptation to transgress the counsels that are given in regard to our diet. It is an exceedingly difficult thing for most people to break off and discontinue cherished and long standing habits. A man who has never drunk tea, coffee, or spirit, or one who has never chewed or smoked tobacco, is not at all affected by the counsel to discontinue their use; but they who have been accustomed to them miss them when they are deprived of them, and they want something to supply their place. I speak, now, not from my own experience, but from what I have heard others say on these things. There is a craving felt by parties when they discontinue the use of these stimulants, and they need variety. This variety must be supplied, and we must take steps to supply it.

The culture of fish has been alluded to. Physiologists say that fish contains more of the elements necessary to strengthen and build up the brain than almost any other known substance. It would supply a great want if we had it in abundance. But our supply of this article of food is