

and yet not wear out the lives of our mothers, wives, daughters, and sisters in its preparation.

These are topics, my brethren and sisters, that should claim the attention of the Latter-day Saints, because they pertain to our everyday existence here on the earth; and if we follow the course marked out, and seek to follow the counsels given, the result will be that, here in these valleys, we shall raise a race of men who will be the joy of the earth, whose complexions will be like the complexions of angels—full of health, purity, innocence, and vitality; men who will live until the wheels of life will stand still in consequence of the gradual decay of the body; not afflicted and brought to the grave prematurely by disease engendered by improper feeding and other unhealthy habits. We can do what no other people ever could do, at least no other people living in the present generation. We are here a new people, forming our habits and laying the foundation of a great work, and of course are in a state of transition. We can therefore, if we so please, accommodate ourselves to new habits—habits recommended and taught to us by the servants of God. One of the great advantages that would result from our having a more simple diet would be that we should be less apt to overload our stomachs through the tempting character of the food we eat. How often is it the case, after we have eaten enough, somebody will say, "Here is something I would like you to eat a little of; do taste it." Well, you taste, and before you are aware of it, you have eaten more than you should; your stomach rebels, and you feel that you have done a wrong, and if your stomachs are weak, you have to pay the penalty of your imprudence.

We are expecting a heavy emigra-

tion this season. We hope to see them come by thousands. How are these brethren and sisters to be employed? Already we are under tribute. The great majority of the articles of clothing that we wear is imported, and there is nothing more apparent, to those who reflect on this subject, than that we as a people must turn our attention to the creation of new industries. Our President has led out in this direction. He has set an example to the capitalists of this Territory, worthy of all imitation by introducing machinery and urging upon the people the cultivation of certain articles—such, for instance, as cotton and wool. It is a matter of necessity for us to turn our attention to these branches. We must use the facilities God has given us in the best possible manner for increasing the means of employing those who come into our midst. It should be our aim as individuals, as families and as a community to dispense with everything that we cannot manufacture. I am told that thousands of dollars a year are expended in supplying our tables with mustard imported from the East. I have no means of knowing the truth of this, but it seems incredible, that we, with the facilities we have for its production, should depend upon importation for the supply of a common article like mustard.

But this is only one article. When we sit down to our tables, and take a survey, we find many articles that are thus imported. It may be, and frequently is said by a certain class of persons that articles can be imported much cheaper than they can be manufactured here. This is urged by them as a reason for importing; but it is a delusion and a snare, and the man who utters such a sentiment is an ignoramus. He knows nothing about the true principles of building