chambers until you can get that calm, serene and happy influence that flows from the presence of the Spirit of God, and that is the fruit of that Spirit. So during the day you are apt to get disturbed, angry and irritated about some-You should stop, and not allow that influence to prevail or have place in your heart. "Why," says one, "not be angry?" No, not be angry, unless righteously so at some great wrong that ought to be reproved. That is not the anger of which I speak. Some people will get angry with their wives, husband, children or friends, and will justify themselves and think they are perfectly right because they have some spirit which prompts them to say harsh things. I have known people give themselves great credit for their frankness and candor for speaking angrily and improperly. "Why," said they, "it is better to 'spit' it out than to keep it in." I think it is far better to keep it in than to let it out. If you do not speak it, nobody knows how you feel, and certainly the adversary does not get the advantage over you. You do not make a wound.

We of all people should be happy and joyful. When the clouds seem the darkest and most threatening, and as though the storm is ready to burst upon us with all its fury, we should be calm, serene and undisturbed, for if we have the faith we profess to have we know that God is in the storm; in the cloud or in the threatened danger, and that he will not let it come upon us only as far as is necessary for our good and for our salvation, and we should, even then, be calm and rejoice before God and praise him. Yes, if led like the three Hebrew children, to the fiery furnace to be cast therein, or as Dan-

iel was, into the lions' den, even then we should preserve our equanimity and our trustfulness in God. I know that some will say, "This is folly and enthusiasm," but notwithstanding this idea I know that there is a power in the religion of Jesus Christ to sustain men even under these circumstances and they can rejoice in them. Yes, if we had to take our flight into these canyons and mountains to hide from our enemies who were hunting us in the deserts and wilds of this great interior country, we should be as happy then if we loved our religion as we are today. I know that when the Saints crossed these plains in destitution, driven by their enemies from their pleasant places, burying their dead by the wayside, I know that God bestowed peace upon them, and that they rejoiced to as great an extent as they have at any time since.

Brethren and sisters, seek for the faith once delivered to the Saints. I know that faith will grow in you, and it should grow in you and you should instill it into your children, that it may be a fixed principle with them, that we whom God has called from the nations of the earth may be the nucleus of a faith that shall be disseminated until there shall be found amongst us the faith once given to the Saints, and until a race shall spring from us who, like the mighty of ancient days, shall, through faith stop the mouths of lions, put to flight the armies of the aliens, quench the violence of fire and raise their dead to life; until the darkness that enshrouded us and our fathers shall be known no more, and we be prepared for an eternal residence in his presence. This is my prayer in the name of Jesus.