

and sweetmeats. Now grant that I and my wife sit down and overload our stomachs, until we feel the deleterious effects of it from the crowns of our heads to the soles of our feet, the whole system is disturbed in its operations, and is ready to receive and impart disease. A child begotten under such a condition of the systems of its parents, is liable to be born with a tabernacle subject to a life of pain and distress.

Will all the women hearken to this plain statement? No, you might as well talk to the wild geese that fly over us.

Again, a little hot tea, coffee, or sling, is generally given to a babe as soon as it comes into the world, to quiet the nerves, and make it sleep better; and I have seen my own wives almost whip their little ones to make them drink liquor. When I happen to see them, I say, "Stop that, that is something you may very well dispense with; do not put a drop of liquor into that child's mouth."

Some mothers, when bearing children, long for tea and coffee, or for brandy and other strong drinks, and if they give way to that influence the next time they will want more, and the next still more, and thus lay the foundation for drunkenness in their offspring. An appetite is engendered, bred, and born in the child, and it is a miracle if it does not grow up a confirmed drunkard.

Now will you, my sisters who are before me, hearken to good, sound common sense and reason? Will you commence now, and lay the foundation for a healthy posterity? Will you say, "I am determined not to desire this thing, or that, which will be injurious, but I will pray, and ask my Father in heaven for grace according to my day, that I may not desire that which will lay the foundation of ruin to my offspring, and to my posterity for generations?" Or will you

say, "Cannot I have a little tea, or a little whiskey?"

The satisfying of these desires lays the foundation of sickness, disease, and short life. But if anyone really desires a particular kind of food, or drink, and feels as though she could not do without it, let it be obtained, if possible; though it is far better to have faith to overcome such desires.

It is for us to stop the tide of physical degeneracy—to lay the foundation for a return to the position from which the human family has fallen. We have that privilege, by keeping ourselves pure. If we take the right course, our children will live longer than we shall, and their children will surpass their fathers, and have longer life, and so on, till they obtain to the age of those who lived in the early period of the world. The Prophet, speaking of the Saints in the last days, said, "For as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands." Still, in the present short period of life some say that "this is a miserable world, I do not care how soon I get through." Well go and destroy yourselves, if you choose, you have all the opportunity that you can desire; there is plenty of arsenic, calomel, and other means, within your reach. But I would not give a cent for such persons; I do not delight in such characters, and I do not believe that the Lord delights in people who wish to die before they have accomplished the work that He designed for them to do. For a person to be willing to die is but a small part of the duties pertaining to the Gospel of salvation and the Gift of eternal life. We ought to prepare ourselves to live in the flesh, and overcome every sin, to live to the glory of God, to build up His kingdom, and to bring forth righteousness, salvation, and deliverance to the house of Israel, until the devil and his associates are driven from the