

medical men, to injure the health of the community and to make for themselves a growing business! I do not believe in the constant use of tobacco and hot drinks, although they have been for a long time steadily recommended by men in the medical profession as beneficial to health; I believe that learned doctors do know, when they are doing so, they are introducing a system of things to make men sick throughout their lives, weaken the human race, and make business for medical practitioners. If men wish to grow up in these mountains, free from disease, and from the power of the destroyer, and become strong and powerful like tigers—like giants in Israel, let them observe the principles laid down in the words of wisdom, let them observe them when they are children, let them grow up breathing a pure atmosphere, drinking pure water, and partaking of the wholesome vegetation, observing the words of wisdom, and they will grow up mighty men; one of them will be worth five dozen of those who are steeped and boiled by hot drinks, and tanned in tobacco juice.

While I address you, brethren, upon this subject, I speak more from observation of the conduct of others than from my own experience; I have observed considerable upon this matter; I know that indulging in habits of this kind, however simple they may seem, they lead in the end to great evil, and I know from experience that our tastes are in a great measure artificial. Now when a "Mormon" Elder comes up to me, and wants to get a little counsel, and his breath smells as though he had swallowed a stillhouse, it is all I can possibly do to remain near enough to him to hear his story; he necessarily wishes to come up close to me, as such men are sure to have a secret they wish to whisper, and their breath is so offensive, I am forced to retire. When I

am called upon to give counsel to a man who is indulging in these intemperate practices, I feel at a loss to know whether my counsel is going to do him good or harm, or whether he will pay any attention to it after he gets it.

I know that many men have persisted in the use of these stimulating articles until they cannot do without them, or they think they cannot. Perhaps sometimes when they have been reduced by sickness or fatigue, they have then been under the necessity of taking some of these things as a medicine to revive sinking nature, and this was probably when they first began to practice the use of them, and laid the foundation for a short life. They now wish me to prolong their days, like the old toper who had undermined his constitution, and who was about to die in consequence of drinking a quart of brandy a day; he sent for the doctor; he, being anxious to preserve the life of his patient, dared not stop the use of brandy entirely, nor yet suffer the inebriate to persist in his usual course, ordered his patient three glasses of French brandy with loaf sugar per day, upon which the old toper shrugged his shoulders and said, "Doctor, aint it *bad to take?*" In introducing the use of things injurious to our health, when we commence it, it is not so pleasant; perhaps in a fit of sickness, prostrated by the ague, cut down by disease, we will indulge in these kinds of habits, until by and by a taste is formed for them, and we feel that we really must have our tea or our coffee; a glass of liquor does us good occasionally. How often does "occasionally" come? "O, once in a while." How often is that? "Why, every now and then." And it gets so, by and by, if a man has addicted himself to it and don't have it, he feels quite lonely, he feels lost, as though there was something wrong about him, and he be-