

may have received the manifestations of the Holy Spirit that have borne record to you, and brought to your understanding things that were promised you. But this is just at the beginning of truth, it is yet all before you, you only comprehend but a little of it; you simply comprehend the fact, that there is a system of salvation.

Are you living today in the enjoyment of that freedom from darkness, doubt, and dubiety that is only the result of a perfect comprehension of truth, that satisfies the soul, and relieves it of all its anxieties and cares? Are you enjoying that today? Do you fully understand the principles of "Mormonism?" When you speak honestly, you will tell me you do not.

Seek to learn them. This is the duty which lies before you; your future labor consists in this. You have been baptized for the remission of sins, as a sign of the covenant you have made, that you would put off the old man and his deeds; that you would die according to the rudiments of the world which influenced your former life, and follow the rudiments of Christ.

Are you growing in grace, and in the knowledge of the truth? Are you becoming more and more intelligent? Do you live the truth more today than last year, last week, or five or ten years ago, when you first heard it? Do you comprehend more of it? If you do not, you are not growing in grace, and in the knowledge of God, and of the truth.

Obey the Word of Wisdom. "Do you mean I shall not drink tea, or coffee?" I do not care whether you do or not. I do not consider that you obey the Word of Wisdom, simply, because you do not drink tea and coffee. Maybe you cannot get it. I have seen the time that I drank it when it was hard to get, and when I did not use it, when I could have got it.

Do not work yourselves to death, but try to live a long time, and learn to run and not weary, walk and not faint. Do you think of leaving off tea and coffee, alone, will enable you to scale the mountains, and outstrip the mountain goat in fleetness. It is just as true that weariness is the consequence of excessive toil as that God lives and reigns. It is manifest in you and me, and in every other part of His work. Keep the Word of Wisdom; and if you want to run and not weary, walk and not faint, call upon me and I will tell you how—just stop before you get tired.

The Word of Wisdom was given for a principle, with promise; as a rule of conduct, that should enable the people so to economize their time, and manage and control themselves, as not to eat and drink to excess, or use that which is hurtful to them; that they should be temperate in all things, in the exercise of labor, as well as in eating and drinking. Clothe yourselves properly if you can. Exercise properly if you can, and do right in everything.

Do not stay the work of improvement and reform to pay attention to small things that are beneath your notice, but let it extend through the entire circle of your being, let it reach every relationship in life, and every avocation and duty embraced within your existence.

Let it affect your thinking, and the feelings which you cultivate, and let there be nothing pertaining to your being but what shall be influenced by it. The Word of Wisdom would itself save you, if you would only keep it, in the true sense and spirit of it, comprehending the purpose for which it was given.

It reaches everything that affects your happiness. Go on then and observe the Word of Wisdom. What does wisdom tell you? Let tea and coffee alone, and abstain from that