

which would overtax the strength of your system, and favor the innovations of disease, and shorten your lives, and thereby limit the extent of your usefulness.

Study to save yourselves. That which saves your life, and lengthens out your days is salvation. And that which fills out your days with the perpetration of good is salvation—it helps to make up the sum of your salvation.

I want you to look at it in this point of view, and be influenced by

the spirit of truth, foster it within the fountains of your feelings, and it will give a good character to your conduct.

This will be living your religion every day, in everything you do; you will have nothing to do outside of your religion.

Now that you may have wisdom to adopt this course of life, and live to enjoy the blessings that will accrue from its adoption, is my prayer in the name of Jesus Christ. Amen.

THE FIRST PRINCIPLES OF THE GOSPEL.

A DISCOURSE BY ELDER PARLEY P. PRATT, DELIVERED IN THE BOWERY, GREAT SALT LAKE CITY, AUGUST 26, 1855.

REPORTED BY G. D. WATT.

I rise before you this morning, my friends and brethren, to preach to you the everlasting Gospel, for as my calling has been for the last quarter of a century to proclaim this Gospel, I have always endeavored to do my duty both before you and others, here and in many other places.

Before I came here this morning, I was thinking, what shall I say to the brethren and sisters, if called upon to speak, and after a moment's reflection, I said, I will preach the Gospel, and when brother Kimball called upon me to address you, he said, "Brother Parley, we want you to preach the Gospel to us."

The Gospel of our Lord and Savior Jesus Christ is the only system whereby man can be saved, and his being the only name whereby we can approach our Father in heaven with acceptance, the only name in which remissions of sins can be obtained, and the only name whereby man can

have power over unclean spirits, over devils, over diseases, over the elements, and over everything this side of the celestial kingdom, and its influences, it is of the highest importance, therefore, that this message of life should be declared to all the world.

This Jesus Christ, the Son of God, was once born in Bethlehem, crucified on Calvary, risen again from the dead, and having ascended to his Father and to our Father to lead captivity captive, and give gifts unto men, his name has become the only name under heaven through which man may be saved—receive everlasting life and exaltation. It is the only name by which man can get remission of sins, the gift of the Holy Spirit, and all its attendant blessings. It is the only name by which we may approach our Father in heaven and invoke His blessings—the only name by which we may control disease, and the very elements, by the power of His Spirit