

until I came into our new house." Brethren and sisters that have come into the city from living in the canyons, and those who have arrived from the States this season, have not been troubled with colds until they came into warm houses; that gives them colds, by depriving their lungs of the benefit they are organized to receive from the atmosphere.

It is a strange thought, but could you weigh the particles of life that you constantly receive from the water you drink and from the air you breathe, you would learn that you receive a greater proportion of nourishment from those sources than from the food you consume. Many are not aware of this, for they are not apt to reflect how much longer they can live when deprived of food than they can when deprived of air. When people are obliged to breathe confined air, they do not have that free, full flow of the purification and nourishment that is in the fresh air, and they begin to decay, and go into what we call consumption.

People need not be afraid of living out of doors, nor of sleeping out of doors; this country is much healthier than the lowlands in the States, or than many places in the old world. I recollect that in 1834, myself, brother Kimball, and others, traveled two thousand miles inside of three months, and that too in the heat of summer. We cooked our own food, carried our guns, got our provisions by the way, and performed the journey within ninety days. We laid on the ground every night, and there was scarcely a night that we could sleep, for the air rose from the ground hot enough to suffocate us, and they supplied musketos in that country, as they did eggs, by the bushel; they never thought of supplying less than a bushel or so at once to an individual. That journey was many times more taxing upon the health and life of a

person, than this season's handcart journey over the Plains.

You may take the rich and the poor, every person, and they can gather from the Missouri River, or from parts of the States where there are no railroads or steamboats, easier than they can with teams. And I am ashamed of our Elders that go out on missions, it is a disgrace to the Elders of Israel, that they do not start from here with handcarts, or with knapsacks on their backs, and go to the States, and from thence preach their way to their respective fields of labor. Brother Kimball moves that we do not send any Elders from this place again, unless they take handcarts and cross the Plains on foot. When the time comes, I expect that this motion will be put to vote.

It is a shame for the Elders to take with them from this place everything they can rake and scrape. I can go on foot across the Plains. As old as I am, I can take a handcart and draw it across those Plains quicker than you can go with animals and loaded wagons, and be healthier when I get to the Missouri River. Our Elders must have a good span of horses, or mules, and must ride, ride, ride; kill many of their animals, and get little or nothing for those left when they arrive at the Missouri River, besides taking four or five hundred dollars worth of property from their families. And some ride so much that they do not know how to preach, whereas, if they would walk, they would be in far better condition to labor in the Gospel.

As to the expediency of the handcart mode of traveling, brothers Ellsworth, McArthur, and Bunker, who piloted the three first handcart companies over the Plains, can testify that they easily beat the wagon companies. Brother Ellsworth performed the journey in sixty-three days, and brother McArthur in sixty-one and a half,