

donate that, if no more; but we might as well donate something in anticipation of the amount we will save during the coming year by strictly following the counsel that has been given to us. By so doing we will confer a blessing upon those going on missions, and we will have the satisfaction of knowing that our means has been used for the accomplishment of God's purposes.

I have been very much pleased, as an individual, to hear the instructions which have been given on these points. I called in at a Bishops' meeting the other evening and heard some remarks which were being made on this subject. I would have liked very much, if circumstances had permitted, to have added something to what was said. I do not like to hear anybody express himself as though this movement in relation to keeping the Word of Wisdom is one got up and sustained only by enthusiasm. I do not call that enthusiasm which prompts people to walk up to the line of their duty and renounce evil practices, and when I hear men say—"I have seen the people get enthusiastic about the Word of Wisdom before, but they have soon relapsed into their old habits," I consider it wrong. We ought not to require to be talked to and counseled on points so well recognized and established as this. God has given to us a most positive promise on this subject, and we should be diligent in carrying it into effect without waiting to be counseled, getting up an excitement, or acting on the spur of the moment, and after awhile returning to old habits. I do not think any person will be benefited by acting in this manner. There should be a well settled conviction in the mind of every person belonging to this Church that it would be a real benefit for him or for her to observe the

Word of Wisdom, and to carry into effect the counsel God has given on any point. If I do not see the evils that result from smoking and chewing tobacco, drinking liquor, tea, and coffee, or eating meats to excess, and the benefits that would result from abstaining, what anybody else may see would only have a temporary effect upon me. I must feel in my own heart that it is injurious to me to indulge in these things, there must be a well settled conviction within me that this is the case, then when I am thrown in contact with persons who use them, and inducements are offered me to do the same, it is easy for me to decline, because I am satisfied in my own mind that they are injurious, and there is no need of excitement or enthusiasm to enable me to refrain.

Our teachings during Conference will, at any rate, induce parents and guardians to keep their children from learning pernicious habits, which in early life are so easily acquired, and which when acquired retain their hold upon us with such tenacity, and if, in addition to this, five hundred people throughout the Territory are induced to keep the Word of Wisdom I do not think that our preaching will have been in vain. But I anticipate far greater results than this. It is true, probably, that there are many points concerning our welfare that may not have been touched upon by our Heavenly Father in the Word of Wisdom, but in my experience I have noticed that they who practice what the Lord has already given are keenly alive to other words of wisdom and counsel that may be given. I would consider that for a person who was in a profuse perspiration to go into the wind without being properly clothed would be more foolish and injurious than to eat meat or to drink tea or coffee to excess. There are a