

was paying a poor man some grain. He said the devil stepped up to him and whispered "scoop but a little," He stood and listened, and something said to him again, "scoop out a little," tempting him. Said he, "Mr. Devil, leave my barn; if you don't, I'll heap every half bushel for this poor man."

They can heap up the half bushel, and send in the butter and eggs for the Public Works, and to feed the poor a great many of whom are supported from tithing; they can perform required labor, if they do not love the Lord with all their hearts; and they can cease to take the name of the Lord in vain. If you say you get tempted to use language you should not use, I will tell you what to do. If you are in the canyon and your cattle are likely to fill you with wrath, fill your mouth with India-rubber and keep it close that the words cannot get out. Do not say a word to grieve the Spirit of God.

Cease contending with each other. Keep the Word of Wisdom. There are but few of the Elders now who use tobacco, and our sisters can do without their tea and coffee. They can keep the Word of Wisdom, for many of them do keep it. I only saw one cup of coffee last summer during my trip south, and it was for an old lady eighty years of age. She asked me if she might not take her cups of coffee; and I told her to take it, and blessed her and her coffee. We can stop the use of liquor. We can be wise in our work and not labor beyond our strength. We can cease running in debt and purchasing things that we could do without.

If the Latter-day Saints could look at things as they are, they would see that there is a grievous sin upon this people for neglecting their stock and letting them perish; turning their sheep on to the range for a few hours, and

bringing them up and penning them twenty hours out of the twenty-four, until they become diseased and sickly. If the people could see as an angel sees, they would behold a great sin in neglecting the stock which the Lord has given them, for it is the Lord who gives us the increase of cattle and sheep, yet many of the people treat them as a thing of naught. I heard a man say, in 1853, that it was a curse to the people to have so much wheat. He said he could not get anything but wheat for his work. I told him if he did not see cause in this life, to repent his saying, he would yet repent it. These are all the gifts of God; and when we treat lightly His gifts, it is a sign we desire that which we should not possess.

These are things concerning which the people need to be instructed. We should take a course to preserve our lives and the lives of the animals committed to our care. We should refrain from using swine's flesh. We should breathe the pure mountain air in our bedrooms. We should have lofty rooms, high above the ground, for though this earth is pure, compared with miasmatic places, the air that is above the ground is preferable to that close to it. We should have plenty of pure, fresh air. If children are kept in close bedrooms, they become puny and weakly. Let them sleep where they can have abundance of pure air, in well ventilated rooms, or out of doors, in the summertime, in a safe place; it will be most beneficial for their health.

In building up the Zion of God on this land we must become very different from what we are now, in many respects and particularly in financial matters. I look at myself and ask myself what have I done to become wealthy? Nothing; only to preach the gospel. Yet I have