

them. We will tell them we are capable of making our own fashions, and our own clothing, without following after anyone.

Brethren and sisters, I can say with all my heart, God bless you. I desired to come here to see you, to talk with you, to see how you felt. By coming into this house I can tell something of your spirit. You are improving. The people are improving as well as their leaders; and if they will look at their own experience,

they will say concerning the subjects I have been treating on, "That is what I have been looking for and what I want." We desire to get closer to the mark, to have closer communion with God, to be prepared for the day that is approaching, when we will have to go and build up the Center Stake of Zion, where the order of Enoch, as is recorded in the Book of Doctrine and Covenants, will be established.

May the Lord bless you. Amen.



WORD OF WISDOM—FISH CULTURE—DIETETICS

DISCOURSE BY ELDER GEORGE Q. CANNON, DELIVERED IN THE
NEW TABERNACLE, SALT LAKE CITY, APRIL 7, 1868

Reported by David W. Evans

The subjects which have been touched upon by brother George A. Smith ought to be of paramount importance to us as a people under our present circumstances. The gospel of life and salvation, which we have received, would be of comparatively little avail to us unless we can prolong our lives and the lives of our children and posterity on the earth. The greatest boon that God has given us, and that upon which every other hinges, is life. With life we need health, the power to carry out designs of our being upon the earth. Without these blessings everyone must perceive that other blessings which we value very highly would be of little or no account. God has moved upon His servant Brigham in a very powerful manner of late to stir up the peoples minds to the consideration of a great variety of subjects connected with our temporal

well-being; and the more these subjects are reflected upon the more important do they appear, and the more we hear about them, the more we are impressed with the necessity of paying attention to them.

We have heard considerable of late, especially since twelve months today, on the subject of the Word of Wisdom. Almost every elder who has spoken from this stand has felt the necessity and importance of calling the attention of the people to this subject. We are told, and very plainly too, that hot drinks—tea, coffee, chocolate, cocoa, and all drinks of this kind are not good for man. We are also told that alcoholic drinks are not good, and that tobacco when either smoked or chewed is an evil. We are told that swine's flesh is not good, and that we should dispense with it; and we are told that flesh of any kind is not suitable to man in