

very limited, and hence we are taught at the present time to take measures for its increase. I see no reason why we should not raise our own fish as we do our eggs or chickens. This Territory is better adapted to the raising of fish, in consequence of our system of irrigation, than any on the Continent we know anything of, and I believe that the time is not far distant when our farmers will raise fish for their own tables as they now raise beef, mutton, pork, fruit or any other article of diet now in use. It can be done easily by bestowing a little attention, thought and care on the subject.

We must also cultivate fruit more extensively than we now do; and we must multiply every variety of diet, and if it is possible discover new varieties. It is only a few hundred years since the potato was discovered, and what a blessings it has proven to man. There are other vegetables, probably, as good and as healthful as it is if we could only bring them into use. But vegetables are not grown among us as they should be; there is not that attention paid to them that, it seems to me, they should receive. My theory is, that if we wish to raise a healthy, noble looking, intellectual and perfect race of men and women we must feed our children properly. We must prevent the use by them of every article that is hurtful or noxious in its nature. We must not permit them to drink liquor or hot drinks, or hot soups or to use tobacco or other articles that are injurious. I do not believe that you could ever make as great and noble race of men, if you feed them on one article of food alone, as if you gave them a variety of diet. We have illustrations of this in India, where the chief diet is rice—of itself a very good article of food. We have other illustrations in the

case of other races. A people who, for instance, are fed on potatoes alone do not have the stamina that they would have if they had a greater variety of food. Such a people could, I believe, be kept subjected more easily to thralldom than a nation which is better fed. The millions of India are kept in subjection by as many thousands of Europeans. There are doubtless many causes for this, among the chief of which is their diet.

God has given to us a land that is bounteous; every variety of food can be produced here in the greatest profusion. It only requires the exercise of the powers with which we are endowed, with proper industry, to bring forth food in the greatest abundance and supply every want of man and beast. But whilst I speak in this strain about a variety of food, I am opposed in my own feelings, to a great variety of food at one meal. I believe that we enslave our women; we crush out their lives by following the pernicious habits of our forefathers in this respect. We sit down to table and, especially if we have friends, our tables are covered with every delicacy and variety that we can think of. I believe in variety at different meals, but not at one meal. I do not believe in mixing up our food. This is hurtful. It destroys the stomach by overtaxing the digestive powers; and in addition to that it almost wears out the lives of our females by keeping them so closely confined over cooking stoves. A variety of food is not incompatible with simplicity of cooking; they can go hand in hand. We can have a variety in diet, and yet have simplicity. We can have a diet that will be easily prepared, and yet have it healthful. We can have a diet that will be tasteful, nutritious, and delightful to us, and easy to digest;