

of this kind. Yet in that country there are about twenty-four millions who never eat any flesh meat at all.

The Americans, as a nation, are killing themselves with their vices and high living. As much as a man ought to eat in half an hour they swallow in three minutes, gulping down their food like the canine quadruped under the table, which, when a chunk of meat is thrown down to it, swallows it before you can say "twice." If you want a reform, carry out the advice I have just given you. Dispense with your multitudinous dishes, and, depend upon it, you will do much towards preserving your families from sickness, disease and death.

If this method were adopted in this community, I will venture to say that it would add ten years to the lives of our children. That is worth a great deal.

If you want a little of something more—if you want another revolution, let us go to and say we will wear nothing but what we make; and that which we do not make we will not have.

If the people are inclined to complain about cooperation, let them do so. I have a constitutional right to eat sweetmeats if I choose, so long as I raise them and they belong to no one else; or a piece of johnnycake or wheat bread. This is my legal right and yours also. I have a right to wear a hat that my wife or daughters or my sister has made, and I need not be called in question for doing so. I have a legal and constitutional right, and so have my sisters, to set their table out in a morning with a little plain food on it if they choose so to do. Let the people eat as I used to eat when I was a child. If meat were cooked at all, it was on one plate; and if I had any it was off that plate. I can go to thousands

of houses that are making the knives and forks and clothing for you and me that will not have a knife on their table at meal time. Have you ever seen any such thing? Yes, plenty of you have!

I have frequently related a circumstance that transpired while I was in England. After I recovered from the sickness which distressed me during the voyage across the ocean, my appetite became unusually good. I was invited to what is known in that country as a tea party. Fourteen of us sat down at the table, which was about two and a half feet across; but not a knife, fork, plate or spoon could be seen, with the exception of the plate in the middle of the table, with some beautiful ham upon it, swimming in the gravy. I said to myself, "I would like a piece of that ham if I had any way to eat it; but I have no plate nor knife and fork." By and by a native elder set down his cup on one knee, his bread and butter on the other; and putting his hand in his pocket, pulled out his knife, opened it, and reaching over his bread and butter, took a piece of ham and slipped it onto his bread. I said to myself, "I can do that as well as you;" but I took out my knife before I put down my cup, reached over to the plate and took a fine piece of ham; although I was afraid I would get a little gravy on my clothes in doing so. If I had had a plate it would certainly have been much better; but I got along very well without even greasing my clothes. "Now," said I, "that is worth money to me; I have learned something." In about five minutes after the tea table was deserted by the guests, everything was cleared away and the sister was ready to visit with us. It did not take her two hours to fuss around to wash plates and see that the servants did