cheese—and here let me not forget to
give you the credit of filling up the coun-
try with young men and women, which
is a noticeable feature of the growth and
wealth of the people. You have a big
country here; so much, in fact, that you
hardly know what to do with it. You try
to enrich it all, and you skim it over, but
you may depend that you have facilities
here for a much heavier population than
you have got; and upon the whole it is
a healthy region. There may be some
diseases peculiar to this cold region, and
some feel, and that truly, that a warmer
climate might tend to lengthen out their
days, as well as add to their bodily com-
fort. I believe there is no objection on
the part of anybody that such persons
should try a warmer climate as may feel
inclined to do it. There is no disposi-
tion to chain or fasten anybody to this
country who may feel that they crave,
and their health and comfort require a
warmer climate. If there be such, I
can assure them I have traveled through
many other regions where there are
facilities for making nice, comfortable,
happy homes, and where the climate is
milder; in fact, a person may suit himself
with almost any climate he may choose
between here and the Mexican line—in
Southern Utah, Arizona and New Mex-
ico. But as I remarked in the beginning,
we ought to study contentment, and not
indulge in a restless spirit, for change
for its own sake, without having a good
and sufficient reason, or without hav-
ing some duty assigned to us where we
may labor with better advantage to ac-
complish greater good in the building up
of Zion, or in extending our borders and
establishing and maintaining righteous-
ness in the earth; and wherever our lot
is cast, whether it be in Cache Valley,
or Bear Lake Valley, whether in a warm
or a cold climate, or whether in a hot
climate, we should as much as possible
try to content ourselves and adapt our-
selves to the surrounding circumstances,
always doing the most good we can.

Respecting the relative conveniences
of St. George, for instance, and the
surroundings of that country, as com-
pared with this northern country, I have
this to say, and I speak sincerely as I
view it, and verily believe it, that in
our efforts to subdue the country, and
having to contend with difficulties and
hardships, in order to plant our settle-
ments there, making our roads and get-
ing building material, and controlling
the waters and the quicksands, and in
having to meet and overcome obstacles
which are peculiar to that country, we
have worn out a great many good peo-
ple, a great many good men have suc-
cumbed under the hardships we have
had to endure; and I was counting up
the number of families in the little city
of St. George, whose husband and fa-
ther had passed away under these cir-
cumstances, and I found that there were
no less than between thirty and forty
widows there, besides quite a number
who have left and returned north, hav-
ing buried their husbands down there.
This is not the result of any contagion, or
violent sickness, or any special disease,
for we have had none; we have no pre-
vailing disease, and it is not naturally
an unhealthy country by any means.
There is here and there a locality where
they, having neglected common sanitary
rules, have perhaps suffered from chills
and fever, or ague. Diseases of this
kind, which are incident to hot climates,
have been experienced where they