Report of an address delivered by the President, Brigham Young beforo the Council of the Seventies. Saturday. 28th December 1861, reported by

William Willes:   Clerk.

President Brigham Young addressed the Council upon the subject of self Improvement, and remarked, that the spirit of Improvement, and the thirst for Knowledge was more active among the Latter Day Saints than among any other people on the face of the Earth.

Felt desirous to lay a foundation that would be lasting and beneficial; and suited to the present wants of the people whenever he lectured to them; and said that, if he were to deliver a lecture, it would be on the subject of "bean-porridge".  Spoke of Mr. Graham of Boston, referring to his knowledge, of Dietetics, and also, of the folly of using excess, and improper kinds of food both for man and beast; that each ought to be fed according to their own order and constitution; related an instance of a Captain who had lost several head of stock at Sea, through not being furnished with sufficient hay for a long voyage (owing to

stress of weather)  mixing  two thirds sawdust with their Meal, which had the effect of preserving the lives of the Remainder until they reached the land.

He recommended the brethren to relinquish the use of spirituous liquors and tobacco, and set to work to bring about a Reformation.

Referred to the German Nation, as being distinguished for learning, and impaired health, That the English Nation had paid more attention to the subject of health and the prevention of disease than most other people, That the Americans were the most reckless, gluttounous, drunken set of people on the face of the Globe.

He spoke of the preciousness of human life, and of the tendency on the part of wives and friends to over feed us; and administer strong tea which was as deadly poisonous as "rat's banc," arising out of a misplaced application of  these things <out> and of a mistaken feeling of kindness; also concerning gluttony & drunkenness;  of taking cold by exposure to the elements,  and of the evils attending the imperfect circulation of the fluids, and the discharge of the excrements, Of the young lady craving for mince pies and pickles; and of their night mare tendencies.

The reason why the ox, & the horse could not live upon fine food is, that their systems are made of coarse materials; and that the fine food remains in the cavities of their stomachs and intestines undigested, and congealed.

Recommended the use of beef, mutton & the flesh of the wild animals of the Mountains and condemned the practice of eating pork, referring to the Lord's commands to the Jews, interdicting, the use of swines flesh; not because He wished to vex them, but for their benefit.

He made many useful remarks on the subject of bean; and milk porridge; Considered a scanty and coarse diet, preferable to a fine and profuse one; and, that this was his own Experience.\*   He concluded by observing, that the generality of lectures, talked about any thing and everything but that which was calculated to be useful, for the present time; recommending the brethren to follow out in the Evening lectures the subject of the best methods for preserving the health and prolonging the life of the Saints. and implored a blessing on the saints.

\*If the people would follow the English method of cooking, it would greatly tend to health and longevity; and that it would greatly tend to improve the state of affairs if we were to return to it.

                                               Wm Willes.

       That the Seventies were a powerful body, &c.