



Type: Magazine Article

Book of Mormon Studies

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Source: *The Latter-Day Saints' Millennial Star*, Vol. 91, No. 42

(17 October 1929)

Published by: The Church of Jesus Christ of Latter-day Saints

Page(s): 660–661

Abstract: This is a series of articles intended for Relief Society course study. It discusses the importance of the Book of Mormon, its coming forth (i.e., the translation, the witnesses, the publication, Joseph Smith), brief overview of its contents, and explains the text from 1 Nephi 1 through Alma 58. Each article features several questions that are helpful in synthesizing and applying the Book of Mormon to daily life.

the world. Quite to the contrary, it is a message of love; it is a message of anxiety; it is a message of eagerness on the part of a fond parent that His children should receive the rewards of the future and of the present.

To you who are strangers within our gates we merely say this: You are perfectly welcome to our city and to our great state. We like to have you among us. We enjoy seeing you. We trust that you are having a delightful time. We pray God to go with you. We ask you to consider seriously, with us, the necessity of constant, continuous obedience to the laws of God. In the name of Jesus Christ, the Master, Amen.

RELIEF SOCIETY

BOOK OF MORMON STUDIES

For the first lesson in November

THE OPENING CHAPTERS in the Book of Moroni are short, but they are full of valuable information pertaining to the proper methods of administering the ordinances of the Gospel. Read Moroni, chapters 1 to 6, inclusive, for this lesson.

Witness a picture rare to behold!—Moroni, almost the last faithful man of his race, being hunted by a roving band of savages, knowing that detection almost surely meant death, having no place to go, and no mortal with whom to take counsel. The records of his fathers, the first of which had been brought from Jerusalem more than a thousand years before, and which had accumulated greatly, as it may be supposed, were his charge and chief concern. He spent the last days of uncertain life, as his own words tell us, writing, abridging. He recorded most of the ordinances of the Church in his day; then he added a few inspired words of his own as it pleased him. Such faithfulness, diligence and industry under such conditions and in the face of death, hold out to all men an example well worthy to pattern after.

QUESTIONS

1. Tell the pathetic story of Moroni's last days, as he gives it in his own words in the first chapter of Moroni.
2. Which was more acceptable to Moroni, death in faithfulness, or life, having denied the Christ? Which do you feel would be more acceptable to you, if you were brought to the test?
3. How was the Holy Ghost bestowed in the days of Moroni? Compare with the procedure now.
4. How was the Sacrament administered in that day? Compare it with the procedure of the present time.
5. How was baptism performed then? Compare it with the procedure now.
6. How does it strengthen your faith, and what does it indicate to you,

to know that these fundamental ordinances of the Gospel have not varied in these many centuries?

7. What is the greatest lesson to you to be gained from chapters 1 to 6 of Moroni?

R. L. E.

WORD OF WISDOM LESSONS (No. 11)

For the third lesson in November

FOODS THAT TEAR DOWN THE BODY

JUST as there are some foods which deceive the user, making him think that he is being fully nourished when he is not, there are others which do not nourish the body at all, but which on the contrary act as decided poisons. The process is so slow, however, that one is not conscious of the evil effects until a pernicious habit has been established and one's health is undermined.

Anti-foods: These substances used by man as food and drink are actual poisons and act as such, as has been proved by countless laboratory experiments, and by the results of daily life. Tea, coffee, chocolate, cocoa, cocoa-cola, tobacco and all kinds of alcoholic beverages contain drugs, which, if given in concentrated doses would cause serious injury or death. When given in smaller doses, the effect is not so noticeable, but it is none the less operative. Because of their action they may truly be termed "anti-foods."

The Word of Wisdom refers to hot drinks as not being good for the body. In the Prophet's day the term "hot drink" was defined as referring to tea, coffee, or any drink containing a drug which acts upon the heart or nerves, causing increased heart action and a feeling of warmth. This view has been sustained by all the Church leaders since the "Word" was first given to modern Israel. In colder climates, a drink warm in temperature is very desirable, but it must be one that builds the body instead of injuring it. A later lesson will be given on "Some Word of Wisdom Drinks."

"Little Foxes Spoil the Vines": In the matters of health it apparently takes a long time to learn the simple truth that it is the "little foxes that spoil the vines." It is only natural, however, that in the early study of disease we should have given attention to the more glaring problems, and probably that in our zeal we should have, temporarily, lost sight of the real importance of the seemingly insignificant details.

Cases almost without number could be recounted in which the use of tea, coffee or tobacco is regarded as wholly innocuous on the ground that no immediate ill-effects are apparent. The same type of reasoning would compel us to assume that dust thrown into the bearings of a delicate watch would do no harm until the timepiece slowed down and otherwise manifested signs of impairment. As a matter of fact, major disturbances seldom appear until after serious damage has already been done, and even then perhaps not until after the possibility of repair has been passed.