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## Book of Mormon Gems of Truth: Lesson 45

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**Abstract:** Monthly Book of Mormon lessons for adult women (Relief Society). Each month a verse of Book of Mormon scripture is presented with accompanying quotes from General Authorities and writers of the Church.

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# Visiting Teacher Messages—

## Book of Mormon Gems of Truth

Lesson 45—"And It Came to Pass That There Was No Contention in the Land Because of the Love of God Which Did Dwell in the Hearts of the People" (4 Nephi 15).

Leone O. Jacobs

For Tuesday, February 5, 1957

Objective: To give encouragement for eliminating contention through having the love of God in our hearts.

**I**N the world as it exists today we can only try to imagine what it would be like if it were devoid of all contention. Surely it would seem near unto heaven. Yet such a condition is possible to achieve and was achieved by the Nephites on this hemisphere over 1900 years ago. A state of peace and harmony existed among them for almost 200 years. The Book of Mormon states regarding this unique period, ". . . and surely there could not be a happier people among all the people who had been created by the hand of God" (4 Nephi 16).

Was it any magic formula or unknown code of conduct which brought about this happy state? No, the formula has been known throughout the centuries, and is known to us today. It was given very clearly and briefly when Nephi recorded ". . . there was no contention in the land, because of the love of God which did dwell in the hearts of the people."

Throughout the scriptures we read much concerning the love of God, indicating that it should rule our lives. When one of the Pharisees, a lawyer, inquired of Jesus, "Master, which is the great com-

mandment in the law?" Jesus answered:

. . . Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

This is the first and great commandment (Mt. 22:37-38).

We can cultivate and prove our love of God only by doing his will. Christ said, "If ye love me, keep my commandments" (John 14:15). The extent to which we love God is made manifest in our behavior toward our fellow men. We cannot truly love God and mistreat our fellow men.

Relief Society sisters have an excellent opportunity to develop love of God, both through their compassionate services within the organization and also in their homes. To a great extent it is within the power of mothers to make of their homes sanctuaries of peace and harmony. By a mother's good example and patient but firm guidance, the love of God can be cultivated. Such helpful influences as family prayer, participation in family activities, cooperation in work assignments, and generous amounts of praise and encouragement help to bring about

family unity and love. The proverb, "A soft answer turneth away wrath," can be practiced to good advantage.

The love of God is a stronger

force than that which breeds contention. Thus it is comforting to know that strife and discord can be conquered by this great power.

## *Work Meeting*—Food Preparation and Service

(A Course Recommended for Use by Wards and Branches at Work Meeting)

### Lesson 5—Cheese

*Rhea H. Gardner*

For Tuesday, February 12, 1957

CHEESE is one of the oldest foods known to humanity, so incredibly old that its origins are shrouded in legend, so universal that it appears wherever man has grazed animals and used their milk.

The Greeks ate and appreciated cheese. The diet of athletes training for the Olympics was largely cheese. The Romans ate large quantities of cheese and brought it to England, where some of the world's best varieties of cheese, Cheddar and Stilton, are still made.

Monks made Roquefort cheese as early as A.D. 1070. Its discovery is another accident. A shepherd had left his lunch of bread and cheese in the famous Roquefort caves. When he came back, weeks later, he found that the bread had molded and that the cheese looked different. However, the cheese had a delicious taste, and the shepherd told the monks about it. The popular blue or Roquefort cheese we now have is the result. Camembert became famous when Napoleon discovered it in an obscure country in Normandy. He is said to have been so pleased that he kissed the hand of Madame Horel, the maker. Camembert became the most famous of France's reputed 450 cheeses.

Italian cheeses, too, are very ancient. Parmesan cheese was a main part of the diet of many in the fourteenth century. The Swiss have made cheese since the sixteenth century. There were sections of the country where, at the birth of a child, a wheel of Swiss cheese was made and put away marked with the child's name. For the ceremonial occasions of his life, such as christening and marriage, slices of his own cheese were cut and served, and, at his death, the mourners consumed the last pieces in his memory. When the pilgrims sailed on the Mayflower, cheese was one of the foods they took along.

Until 1850, all the cheese in America was made on the farms. Most of it was cottage cheese, though some farmers also made Cheddar in the way they had made it in their native England. The first cheese factory was started in Oneida County, New York, in 1851. Until the early nineteen hundreds, the manufacturers of cheese traveled westward, especially to Wisconsin, where surroundings for cheese-making were nearly perfect. Today, cheese is made in almost every state of the Union. The world's largest