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Book of Mormon Studies

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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.

to stiffen cuffs and collars; it is used by the paper hanger for making paste. If used as food to excess, it will equally choke the intestines, causing more disease than any other food element."

The Desire to "Treat": It is natural for parents or loved ones to desire upon occasion to give an unexpected pleasure to dear ones. To "treat" those we love is an almost universal trait. That trait need not be curbed, but should be given vent by providing in the gift something that will not injure the dear one—something that will build up and not tear down while it is giving pleasure.

The natural appetite enjoys sweets occasionally. But an abnormal taste for them is easily acquired. Then it becomes an insatiable appetite.

For that reason substitutes for the easily bought box of sweets must be found. A box of choice dates with some shelled nuts makes a delicious confection. Nuts and raisins are a good combination. Fruit in a small basket is always an acceptable gift and makes a wholesome addition to the diet. A good confection made of wholesome food is the following:

Fruit Paste: Take equal quantities of stoned dates, figs and shelled nuts. Run them together through a food grinder three times. Mix into a paste; roll into small balls or into a small loaf, and slice. Roll the ball or slice in brown sugar. This is healthful and delicious.

Caution: The great danger from treats and sweets is that they are eaten between meals. Even healthful confections are a menace unless eaten with the meal and in moderate amounts. Irregularity of eating is to be avoided as one of the dietetic crimes.

Gifts that Endure: Why not give for a treat a pleasure that will endure beyond the fleeting moment, and one that caters to man's higher nature? A few flowers or a vase to hold them in, a lovely plant, a good book, a gramophone record (if one has such an instrument) or some dainty article of apparel, are some that may be suggested. Knowing the individual, one may think of many others. The "thought" is the main thing; but the gift should help and not injure the dear one for whom intended. Money so spent is twice blessed: "It blesses him that gives and him that receives."

BOOK OF MORMON STUDIES*

READ AND STUDY the Book of Alma, chapters one to seven. These chapters recount a part of the ministry of one of the most interesting characters in all Book of Mormon history. Alma, the younger, into whose keeping was given the sacred records of his father, became the first chief judge of his people and acted in

*Lesson 17 of the Relief Society Course of Study—for use on the first lesson night in September.

the capacity of High Priest for many eventful years. Under his guidance the Church grew and prospered until the people again became the victims of their own prosperity.

Alma teaches and preaches reform to the people and calls them to repentance with such persuasive power that he might well be talking to the people of our own day. His words of righteousness and of warning should sink deep into the hearts of the children of men to-day.

QUESTIONS

1. Tell the story of Nehor and Gideon.
2. Who was Amlici and what was his fate?
3. Who succeeded Alma as chief judge and why was the change made?
4. What was the spiritual condition of the people in those days as they became rich and prosperous? In what way does that condition exist to-day?
5. Read in class Alma 4: 8, 9 and 10 and tell how that could be applied to our day.
6. Read also Alma 5: 26, 27, 28, 29 and 30. Tell of your joy in understanding Alma 5: 33, 34, 35, 36, 38, 40, 54, 57, 58 and 62.
7. Study Alma chapter 6 and tell what its message is to you.
8. All sing together "by heart" the hymn "An Angel from on High."

FROM THE MISSION FIELD

Appointments: Elder George W. Romney, formerly of the Scottish District and recently transferred from London, was formally installed as President of the Scottish District, to succeed Elder Carl W. Buchanan. This action was taken at a meeting of the Scottish District missionaries, held in Perth on Friday, August 17th, under the direction of Elder Ralph V. Chisholm, representing the Mission President. Elder Weston W. Taylor from Mission headquarters was also present.

Elder H. Gardell Jacobson of the Liverpool District has been appointed to organize genealogical classes throughout the Mission, continuing the work of Elder Alexander J. Bryan.

Releases and Departures: The following missionaries have been honourably released and sailed for their homes in America aboard the *Leviathan* on August 14th: From Cherbourg—Elder Waldo L. Osmond, who has laboured as Traveling Elder in the Manchester District, as Associate Editor of the *Millennial Star* at the Liverpool office, and as President of the Nottingham District, released July 13th. From Southampton—Elder Alexander J. Bryan, who has laboured as Traveling Elder in the London District, as President of the Norwich District, and as Traveling Elder with a special appointment to organize genealogical classes throughout the Mission, released July 30th; Elder Carl W.