

THE DESERET NEWS.

TRUTH AND LIBERTY.

NO. 30.

GREAT SALT LAKE CITY, THURSDAY, JUNE 28, 1866.

VOL. XV.

The Deseret News:

IS PUBLISHED EVERY

Thursday Morning.

ALBERT CARRINGTON, EDITOR

OFFICE:

CORNER OF SOUTH & EAST TEMPLE STREETS.

TERMS:

One Year.....\$5.00.
Six Months.....3.00.
Three Months.....2.00.

ADVERTISEMENTS, to insure insertion must be handed in by TUESDAY NOON, and paid for in ADVANCE.

Calendar for July: 1866.

Last Quarter, 5th day, 5h. 31m. Morning.
New Moon, 11th day, 10h. 6 m. Afternoon.
First Quarter, 19th day, 8 h. 15 m. Morning.
Full Moon, 27th day, 5h. 44 m. Morning.

D	M	W	Th	F	S	S	Signification of Signs.	Sun Rises.	Sun Sets.
1	S	22	36	Legs & Ankles	4	31	7	35	
2	M	5	43	Feet & Toes	4	32	7	35	
3	T	19	03		4	32	7	35	
4	W	2	36	Head & Face	4	33	7	34	
5	T	16	25		4	33	7	34	
6	F	0	30	Neck & Throat	4	34	7	34	
7	S	14	51		4	34	7	34	
8	S	29	24		4	35	7	33	
9	M	14	05	Arms, Shouldr's	4	36	7	33	
10	T	28	49		4	37	7	33	
11	W	13	28	Breast, Stomach	4	38	7	32	
12	T	27	52		4	39	7	32	
13	F	11	58	Heart & Back	4	39	7	31	
14	S	25	40		4	40	7	31	
15	S	8	57	Bowels & Belly	4	41	7	30	
16	M	21	49		4	42	7	29	
17	T	4	19	Reins & Loins	4	43	7	29	
18	W	16	32		4	43	7	28	
19	T	28	32		4	44	7	27	
20	F	10	25	Secret Members	4	45	7	27	
21	S	22	15		4	46	7	26	
22	S	4	08	Hips & Thighs	4	47	7	25	
23	M	16	09		4	48	7	24	
24	T	28	18		4	49	7	23	
25	W	10	41	Knees & Hams	4	49	7	22	
26	T	23	17		4	50	7	22	
27	F	6	08	Legs & Ankles	4	51	7	21	
28	S	19	10		4	52	7	20	
29	S	2	26	Feet & Toes	4	53	7	19	
30	M	15	53		4	54	7	18	
31	T	29	31		4	55	7	17	

Miscellaneous.

CENTRAL PACIFIC RAILROAD.

A correspondent of the S. F. Bulletin thus speaks of this road:

The work on the great Central Pacific Railroad, to see which was one of the chief objects of the excursion, is progressing much more rapidly than the public generally are aware. The present terminus of the road, as before stated, is four miles this side of Dutch Flat, but the intention is to run cars to Crystal Lake, twenty miles further on, by the 15th of September, and the company expect to reach the summit of the Sierras before winter sets in. Watson, who conducted the first train over the road, is sanguine of being able to run a passenger train into Virginia in eighteen months or two years from this date. The worst part of the entire route from Sacramento to Salt Lake—that portion between Colfax and Dutch Flat—is already built, and there are 11,000 Chinamen at work on the road between Colfax and the summit of the mountains. In no place will the grade be more than 115 feet to the mile, nor that only for a distance of four miles beyond Dutch Flat.

The Baltimore and Ohio road has a grade of 116 feet to a mile, and the Central Pacific Company are allowed by Government to reach the same grade and curvature as that road. The road can be built on the east side of the Sierras much easier than on this side. After

descending to the Truckee river, 1,500 feet, the remainder of the route to Virginia is as easy of construction as from Sacramento to Newcastle, which is only 925 feet above the level of the sea. Between Colfax and Dutch Flat are several deep ravines that had to be crossed by bridges, but after getting beyond the latter place the mountains are larger, and by winding around them there are fewer bridges to be built and gulches to be filled, making the work much less expensive. One of the bridges between Colfax and Secrettown is a quarter of a mile in length and from 50 to 115 feet high. Another of about the same dimensions is just being completed between Secrettown and Dutch Flat. Almost the entire work of digging is done by Chinamen, and the Directors of the road say it would be impossible to build it at present without them. They are found to equal as good as white men, and less inclined to quarrels and strikes. They are paid \$30 per month and boarded, and a cook is allowed for every twelve men. They do not accomplish so much in a given time as Irish laborers, but they are willing to work more hours per day, and are content with their lot so long as they are promptly paid. If the work on this road continues to progress as fast as it has done during this season, there is little doubt that the cars will be running from Sacramento to Salt Lake inside of three years.

EARLY RISING.

Health and long life are almost universally associated with early rising; and we are pointed to countless old people, as evidence of its good effect on the general system. Can any of our readers on the spur of the moment give a good conclusive reason why health should be attributed to this habit? We know that old people get up early, but it is simply because they can't sleep. Moderate old age does not require much sleep, hence in the aged, early rising is a necessity, or convenience, and is not a cause of health in itself.—There is a larger class of early risers, who may be truly said not to have a day's health in a year—the thirsty folks, for example, who drink liquor until midnight, and rise early to get more! One of our earliest recollections is, that of "old soakers" making their "devious way" to the grog shop or the tavern bar-room before sunrise, for their morning grog. Early rising, to be beneficial, must have two concomitants, to retire early, and on rising, to be properly employed. One of the eminent divines in this country rose by daylight for many years, and at the end of that time became an invalid, has traveled the world over for health, and has never regained it, nor ever will. It is rather an early retiring that does the good, by keeping people out of those mischievous practices which darkness favors, and which need not here be more particularly referred to.

Another important advantage of retiring early is, that the intense stillness of midnight and the early morning hours favor that unbroken repose which is the all powerful renovator of the tired system. Without, then, the accompaniment of retiring early, "early rising" is worse than useless, and is positively mischievous. Every person should be allowed to "have his sleep out;" otherwise the duties of the day cannot be properly performed, and will be necessarily slighted, even by the most conscientious.

To all persons, to students, to the sedentary, and invalids, the fullest sleep that the system will take, without artificial means, is the balm of life—without it there can be no restoration to health and activity again. Never wake up the sick or infirm, or young children of a morning—it is barbarity; let them wake of themselves, let the care rather be to establish an hour for retiring, so early, that their fullest sleep may be out before sunrise.

Another item of very great importance is, do not hurry up the young and the weakly. It is no advantage to pull them out of bed as soon as their eyes are open, nor is it best for the studious, or even for the well who have passed an unusually fatiguing day, to jump out of bed the moment they wake up; let them remain, without going to sleep again, until the sense of weariness passes from

the limbs. Nature abhors two things; violence and vacuum. The sun does not break out at once into the glare of the meridian. The diurnal flowers unfold themselves by slow degrees; nor fleetest beast, nor sprightliest bird leaps at once from its resting place. By all of which we mean to say, that as no physiological truth is more demonstrable, than that as the brain, and with the whole nervous system, is recuperated by sleep, it is of the first importance, as to the well-being of the human system, that it have the fullest measure of it; and to that end, the habit of retiring to bed early should be made imperative on all children, and no ordinary event should be allowed to interfere with it. Its moral healthfulness is not less important than its physical. Many a young man, many a young woman has taken the first steps towards degradation, and crime, and disease, after ten o'clock at night; at which hour the year round, the old, the middle aged, and the young, should be in bed; and then early rising will take care of itself, with the incalculable accompaniment of a fully rested body and a renovated brain. We repeat it, there is neither wisdom nor safety, nor health, in early rising of itself; but there is all of them in the persistent practice of retiring to bed at an early hour, winter and summer.—[*Zell's Journal of Health.*]

DIVORCES.

It appears by official statistics that there were in Ohio, last year 837 divorces. This is at the rate of one divorce to every three thousand persons of the population, and one to every twenty-six of the number of annual marriages. The causes for which these divorces were granted, are thus stated:

Adultery.....	270
Absence.....	256
Cruelty and neglect.....	220
Drunkennes.....	65
Fraud.....	20

That there should be one divorce to every twenty-six marriages—or in other words that of every twenty-six marriages, one should end in a divorce, is a sorrowful and eloquent fact, and demonstrates the irreverent and flippant laxity of morals that pervades the community, more conclusively than pages of writing could. Nor is Ohio an extreme case. We recall a paragraph that went the rounds a few weeks ago, to the effect that there were eight hundred decrees of divorce granted by the Courts of Chicago alone—one single city in the State of Illinois; and we recall another statement that there were granted in the State of Massachusetts, last year, fifteen hundred divorces. Indeed we can scarcely take up a Boston paper that does not contain reports of several trials for divorce, or statements of divorces granted, narrated in a matter of course way that bespeaks their frequency.

It might be as well to inquire whether there is not something wrong in the organization of a community, or in its ideas of morality and religion, when such alarming indications as these are exhibited. The family is the foundation and type of the State, and a corruption which disorganizes and degrades the one, will sooner or later impair the vigor and influence of the other. Many persons are prone to borrow their ideas of right and wrong from the laws, and to imagine that their whole moral duty consists in doing what the law enjoins, and avoiding what the law forbids. When the law therefore makes marriage a mere civil contract, voidable for drunkenness, voluntary for separation, "incompatibility of temper," or other trifling causes, it is no wonder that persons who find their marriage bonds irksome, should set about getting rid of them, with the same coolness as they would seek to get out of any other bad bargain. What the ultimate effect upon children, families, the morals and religion of the community, and the peace and welfare of the State, of these things must be, it is not pleasant to contemplate.—[*N. Y. Dispatch.*]

SPIRITUALISM RAMPANT.—The San Jose (Cal.) Patriot says spiritualism is rampant in that place—several weak minded people having gone stark mad over the abominable humbug.

LONGEVITY OF MAN.—A writer in the *Atlantic Monthly* proves by statistics that man's longevity is in exact proportion to his educational attainments, providing his health has not been injured by over mental exertion. It seems that increasing intelligence and decreasing war have prolonged the average length of life in Europe from 25 years in the 17th century to 35 in the eighteenth, and to 45 in the nineteenth. The best educated communities are the longest lived, and the best educated soldiers live amazingly longer than the more ignorant, and seem to wear a charmed life, not so much against bullet and bayonet as the effects of disease, privation and even severe wounds, on their constitution and lives.

GEOLOGICAL PHENOMENON.—A geological phenomenon is noticed in the Isle of Wight, consisting of a layer of pebbles, each about the size and color of a horse-bean, which has been gradually moving eastward along the southwestern shore of the island. The layer has now reached Ventnor. A few years since no such pebbles were found on that coast. They probably originated on the coast of Dorset. They are, like all gravel, broken and water-worn flints. The layer has probably been formed under the sea, and driven by some unusual disturbance from the Dorset shores, past the Hampshire coast, on the Isle of Wight beach.

THE RESERVOIR OF THE NILE.—In concluding his remarks *On the Sources of the Nile*, at the Royal Institution, Mr. Baker gave some particulars which will be interesting to those who interest themselves in the natural phenomena of Egypt. A rainfall of ten months draining into the Albert Lake enables that great reservoir to send down to Egypt throughout the year a stream of sufficient volume to overcome the evaporation and absorption of the Nubian deserts. Without the White Nile, not one drop of water from the Blue Nile would ever reach Egypt in the dry season; it would all be absorbed and evaporated; but in the month of June the Abyssinian rainy season floods the Blue Nile and the Atbara, and these streams, added to the outpour from the Albert Lake, occasion the inundations in Lower Egypt.

"Thus is unraveled the whole secret of the Nile," remarks Mr. Baker; "the mystery that has baffled both ancient and modern times has yielded to the influence of England, and the honor belongs to her of having printed the first footsteps where all was untrodden, and of having brought to light all that since the world was created has remained in darkness." Mr. Baker appears to assume that the ancient world was as ignorant of the upper valley of the Nile, as the modern world was at the beginning of the present century.

—At a rehearsal of the banquet scene in "Macbeth," the *First Murderer*, spite of Macready's adjurations, persisted in walking down to the centre of the stage, and thereby entirely hiding *Macbeth* from the audience. The tragedian impatiently called for a carpenter, a brass headed nail, and a hammer. The carpenter came. "Do you see that plank there? Drive the nail into that spot." It was done. "Now you sir," said Macready to the *Murderer*, "look at that nail. Come down to that spot—not an inch further—and wait there till I come." Mr. Utility did as he was desired, and Macready's mind was easy. Night came, and with it the banquet scene. The *First Murderer* enters walks down to the stage, stops suddenly, then turns round and round, apparently looking for something he had dropped. The audience began to titter; Macready stalks to the man's side: "In Heaven's name what are you about?" "Sure," exclaimed the *Murderer*, "ain't I looking for that blessed nail of yours?" The effect of this speech upon the audience may be imagined. The *First Murderer* had to give his royal employer a wide berth for the rest of the evening.

ANOTHER WARNING TO PARENTS.—A little boy, Frank Derrick, son of M. L. Derrick, of San Francisco, died from the effects of eating phosphorus off of matches.