

WHEN TO LABOR AND WHEN TO REST.

As a general rule, the best portion of the day for severe labor, either mental or physical, is before noon. The vital forces of the body and brain, after the recuperation afforded by a good night's rest, are then in the best condition for active and effective labor. The mind is clearer, fresher, and more elastic, and the muscles respond to the stimulus of the will with greater readiness and freedom. The experience of many will seem to contradict this. For instance, persons who, from necessity or otherwise, have formed the habit of performing their hardest labor in the afternoon or evening, will assert that they can do it easier, and with less fatigue, in the morning, and true enough they can, so long as they are subject to that habit, but once let them discontinue that course, and form the habit of doing their hardest work in the early part of the day, and they will soon perceive a decided improvement in the ease with which their work is performed, and also that they can do more in the same length of time, and with less fatigue than they previously could later in the day.

As nature indicates the time to labor, so does she indicate more plainly, point out the time for rest. In the still "hours of night" nature sleeps and rests, and so should man. Man requires on the average, when in health, about eight hours' sleep out of the twenty-four, and it should all be taken during the hours of darkness. In sickness, it is often well for the patient not only to sleep all night, but also to sleep some in the day time. In health, day-sleep is unnecessary, if night sleep can be had.

Severe labor of any kind should not be performed either a short time before or soon after eating; but light gentle exercise or recreation at such times is not only not objectionable, but, for persons in health particularly, a decided advantage. No one should labor with the mind or body while suffering from pain or fatigue. Under such circumstances, labor exhausts vitality with great rapidity. The universal remedy for fatigue is rest. *The Herald of Health and Life.*

PEN PORTRAIT OF EMPRESS EUGENIE.

No woman in France has been so much written about as the Empress, yet here is another little sketch, deftly done, that we dare say will not be unacceptable to our lady readers: "Unlike the French women—who are short and dumpy, especially in middle life—the Empress is queenly in form, tall, slim and stately. Unlike the French women, whose complexions are dark, sallow and even dingy, the Empress' face is as white as alabaster. Her eyes are clear, piercing; her smile captivating; her brow graceful. Arrayed in her regal robes she is simply magnificent. Everything about her is in keeping. Her taste is unequalled. Everything is in proportion, and one part is suited to another. She knows what will agree with her complexion, to the exact shade of ribbon. You can suggest no alteration in her dress. On state occasions when she greets the public she wears everything regal and stately that becomes her station. On ordinary occasions her dress is very plain and simple, yet very taking. Her hair seems to be the central point of her dress. It is brown or blue, green or crimson, her gloves, scarf, apparel and ornaments correspond. Her spirits are exuberant, her disposition joyous, and she seems disposed to enjoy her position. On our last visit to England she was the guest of the Queen. A review was held in St. James' Park in her honor, which she beheld from the balcony of Buckingham Palace, in company with Victoria and Napoleon. She was as joyous as a school girl. She clapped her hands and shouted in her French style like a child at the grand display. Her buoyancy and gleefulness of manner, not to say frivolity, shocked the dignified and sober Queen of England; and more than once Victoria laid her hand on the shoulder of her fair visitor, and reminded her that while such outbursts of feeling were perfectly natural they were not regal. [Ed.]

A tourist tells the following story:—We recently met our friend Dr. Lord, formerly of Boston. He has been a resident of this section for about six years. During his first few years he was extensively engaged in buying wool, and on one occasion becoming bewildered with the multiplicity of crooked roads over the broad prairies, he rode up to a small cabin inclosed in a clump of locust trees, and addressed a white-headed boy perched on the top of a hen-coop, with:

"Holloa, boy!"

"I reckon you're a stranger," was the response.

"Look here, sonny."

"I ain't your sonny."

"No, not my sonny; but if you will jump down and come here, I'll give you a dime."

The boy sprang as if alighting from a wasp's nest, and coming up to the stranger, exclaimed:

"Well, old hoss, what is it?"

"I've lost my way, and don't know where I am. Can you tell me?"

"Yes, you're on your way, what is it?"

Mr. Lord laughed at the boy's wit and handed him a dime. The boy took the money, and looking up with mingled feelings of wonder and delight, said:

"I reckon you have a power of money."

"Why so, my boy?"

"Cause you slobber it away so."

"What's your father's name?" inquired Mr. Lord.

"Bill Jenks," was the reply.

"Ab, yes, I know him," exclaimed Mr. Lord; "he grows wool, don't he?"

"No, but his sheep does."

"If you knew me my lad, you would be more respectful in your replies. I'm a friend of your father; my name is Lord."

"Oh, yes," exclaimed the astonished lad; "I've heard pap read about you in the Bible; and starting off for the house on a dead run, he bawled at the top of his lungs:

"Mother! mother! the Lord is out here on horseback, and has lost his way."

THE LANGUAGE OF THE EYES.—It has often been said that a woman with a hazel eye never elopes from her husband, never chafes scandal, never sacri-

Deseret Evening News, never finds fault, never talks too much or too little, and is always an entertaining, agreeable and lovely companion. "We never knew," says a brother quill-driver, "but one brilliant, laughing, and amiable woman with hazel eyes; and she had a nose which looked as the Yankee says, like the little end of nothing whittled down to a point."

The gray eye is the sign of shrewdness and talent. Great thinkers and captains have had it. It indicates a better head than heart. The dark hazel is noble in significance as in its beauty. The blue is admirable but may be feeble. The black eye, take care! Such can be seen almost daily at the Police office, especially with a complaint against the husband for assault and battery.

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