

EDITORIALS.

CONCERNING GETTING UP IN THE MORNING.

CONSIDERABLE enthusiasm and play of fancy has been manifested at various times in favor of early rising, and possibly for it have been assumed some advantages to which it is not fairly entitled. There are advantages in late rising, yet they are probably very few when compared with those pertaining to early rising.

The first thing as to rising from rest is not to do it until you have rested sufficiently for all purposes of health and re-invigoration. If ordinary people sit up late at night, they cannot rise early and retain their health and vigor. All constitutions need recuperation by means of repose and sleep, some more than others, much more. But every constitution must have as much periodical rest and sleep as it needs, or it will fail. Napoleon the First is said to have required only about four hours' sleep out of the twenty-four, but he was a phenomenon and a genius, and there is no accounting for the eccentricities of phenomena and geniuses. John Wesley was a very remarkable man. He would preach fifteen times a week, besides doing much other labor, and travelling a great deal. He experimented for himself as to the matter of the regular sleep his system needed and he came to the conclusion that he required seven hours sleep out of the twenty-four. Consequently he deliberately contracted the habit of going to bed at ten at night and rising at five in the morning, which was his regular rule for the greater part of his exceedingly active and laborious life. Perhaps he came very near the mark for most people. If we were to say that the amount of sleep required by adults is from six to nine hours, and oftenest from seven to eight hours, in the twenty-four, we might come very near the true figures.

Some people may not think so, but it is claimed that people who lead sedentary lives and follow mental labor, need more sleep than those who lead physically active and open-air lives. It is in all probability true. Sedentary and mental labor is not invigorating, while much physical labor is, especially when done in the open air. Sedentary and mental labor tends to lassitude, and persons accustomed to that kind of labor do not sleep so soundly as do those who labor physically and out of doors. This, with other reasons, may account for the alleged fact that sedentary persons need more rest than persons engaged in active physical labor.

Children and old people require more rest than ordinary grown-up people, the young and the old having less natural vigor to draw upon than persons between those stages of life. Children can sleep a great deal, and they should have all that their nature requires. Old people need a great deal of rest, if they cannot sleep so long nor so soundly as when they were young.

Among the advantages of early rising is this, that you thereby are enabled to be forehanded with your work, while those who get up late in the morning do not seem to catch up all day. It is very unpleasant to be behind all day. To rise early, you must go to rest early, according to the old proverb—"Early to bed and early to rise." But to get up early on a cold, raw morning and expose oneself to its rigors is not necessarily advantageous to every person. The delicate and weakly, those who are anything but robust and healthy, would be likely to suffer from such a course. On the other hand, a person in bounding health and lusty vigor seldom feels the cold or the rawness injuriously in the morning, it rather acting upon him as a grateful stimulant and tonic.

The first thing then to be done is for you to discover how much rest and sleep you really need to maintain your health and vigor at the highest attainable point. Then have that amount regularly, if you can, whatever time you retire to rest. But take no more, as more rest than is necessary is waste. Excess of rest is rust, and rust is ruin to the fabric.

Apart from enabling you to be

forward with your work, and that is a most important matter in this world of work, there are some decided advantages pertaining to early rising. It is good discipline. It is a question whether the habitual early riser is lazy. It is far more likely that he is an industrious than an idle man. Dissipation seems much more natural to night hours than to early morning hours. A woman who gets up early has her house cleaned up in time. Her children are likely to be up in time and washed and dressed. The breakfast will be had early and the breakfast things washed up and put away and the work of the day will be well going on, in all which things the natty housewife will feel a laudable pride. Whereas the woman who rises late will be likely to go trolloping about with her children half dressed and unwashed, perhaps her own hair unkempt, her own person in half dishabille, the breakfast things lying unwashed on the table till toward the middle of the day, the house generally in a very untidy slovenly state, and everything at sixes and sevens, for with most people late rising does tend notably to general slovenliness.

In the early morning, at least during the greater part of the year, the air is very sensibly more refreshing, more invigorating, more bracing than later in the day, which is a consideration to those who value health and real pleasure, and health is a thing which can hardly be overvalued. Further, in sitting up by artificial light at night, and sleeping by natural light in the morning, there is not only greater expense accrued, but there is the bad influence of the artificial light upon the eyes, and upon the head also, probably causing many headaches and much weakness and disease of the eyes.

Again, it is generally acknowledged that sleep obtained in the early hours of the night is far more refreshing than that obtained late in the morning, and this seems natural, for throughout animated nature, as a rule, those creatures which sleep at night, seek repose early. Besides, if you get up in the morning to take advantage of daylight, you must retire early at night, or your health will fail, and you cannot continue your early rising.

In these latter days the sitting up at night business has grown greatly. Formerly early hours, very early hours, were the rule with high and low, rich and poor. In this regard the habits of people generally in these later years are not an improvement upon the general habits of many years ago. The artificial has encroached upon the natural, in many things to a hurtful degree. The regular school hours of a certain large, old school in the midland part of England in summer were a few years ago, and we believe are now, from seven to eight, a quarter before nine to half-past ten, eleven a. m. to half-past twelve, and two to four p. m. In the winter the early morning hour was discontinued. This shows that the old habits of the people were in favor of early rising, and it was a good thing for the scholars, training them while young in the habit of rising betimes, and inducing the necessary allied habit of early retiring in the evening.

CALMING DOWN HERE—WHY NOT THERE?

A SHORT time ago both hemispheres were in a grand turmoil over things mundane and political, the horizon was overspread with dark, threatening clouds, and the forebodings of coming evil were numerous and sad. In this hemisphere, the clouds have broken and passed away, the turmoil has ceased, a comparatively great calm has ensued, and the anticipations and prognostications now are mainly of a bright outlook, good times, and prosperity not far off. It is to be hoped they will be realized. Prosperity and good times are always pleasanter subjects than adversity and hard times, in any country and with any people.

Seeing that things political are pretty well settled, to all appearance, in this country, at least for a time, the suggestion may be excused that the people of the Old World would do well to follow the American example and close up their period of turmoil and inaugurate a period of actual peace, for under the present condition of things in

Europe, there is a constant apprehension of evil near at hand, a sort of fearful looking for, a vague but irresistible impression that a dreadful time is imminent. Now as the European powers did not think proper to take the lead in the consummation of a pacific settlement of the political turmoil, but let America go ahead in that business, it certainly would be a good thing for those powers to follow the example of America and settle their difficulties speedily and peacefully. Like Joseph Smith and ex-President Grant, we are always for peace, when it can be had honorably, and for the seeking of it by the easiest and most judicious means. Conciliation is an excellent thing, and if the European powers, one and all, would strive for that end, surely it would be impossible for their well-meant endeavors to fail. Let them try, and try earnestly and unitedly, in the direction indicated, for if America is characteristically inclined to go ahead, it does not wish to go ahead alone. The Americans are gregarious. If they like to be first, they also like company.

NEW LAND LAWS.

ONE of the laws affecting land, passed at the late session of Congress, and published in the NEWS of March 15, is to provide for the sale of desert lands in the Rocky Mountain region. The bill provides that any citizen of the United States, or a person who may be entitled to become such and who has filed his declaration of intention, may enter as much as a section (a mile square) of 640 acres of desert land, surveyed or unsurveyed, but in compact form, by paying twenty-five cents per acre and making oath that he intends to reclaim it by conducting water upon it for irrigation within three years. On proving that he has so reclaimed the land, he can have a patent to it by paying one dollar an acre more for it, at any time within the three years.

By desert lands is meant all lands that will not produce some agricultural crop without irrigation. If this law had been made when this Territory was first settled, it would have applied to nearly all the land in the Territory, for there was none but a limited quantity of hay land that could not have been called desert land of the character meant in this law.

Another law passed last session is one providing for the entry and purchase of government land situated within the corporate boundaries of cities, yet outside of the limits fixed by Congress for the actual sites for such cities. A law of this kind was much needed. Heretofore, land included as above could not be pre-empted or homesteaded and a title obtained to it, a United States law forbidding it, though there was no United States law to prevent people from settling upon it and improving it.

Under the present law such land can be pre-empted or homesteaded, and patents obtained accordingly. The town or city authorities may choose what portion of the lands covered by the corporation limits shall be included in the extent of townsite allowed by law, and all outside of that and within the corporation limits is to be open for pre-emption or homestead entry, for which patent of title may be obtained as for other government lands.

THE OFFICE-SEEKERS DISAPPOINTED AND DEMORALIZED.

IN the matter of dealing with office-holders and office-seekers, the new administration starts out promisingly. The office-seekers are told that there are no vacancies, and that their applications will be filed for consideration when there is a vacancy. This, though of the nature of hope deferred, is fair to the ear. But in addition to their being no vacancies, it is also further said that removals will only be made for good cause, not for party reasons, or personal favor towards a candidate who wants the office. When there are vacancies, the President will also take his time in making appointments. He does

not mean to be urged and driven to hasty action by the clamors and pressure of office-seekers and their friends.

Ability and integrity are held to be the main points of recommendation in appointments under the new regime. If the administration remains firm upon this point, it will be a bad thing for the inveterate office-seekers, for the average American office-hunter is not overburdened with that class of qualifications, and therefore his chance is slight where they are all-important. If they are to be considered a *sine qua non*, he will have to be counted out, first, last, and all the time, as a rule.

It is a good sign and a sound principle of action to place in office those, and those only, who are competent and are men of integrity. If it is desired that the government and the republic shall endure and prosper, that is the principle, and the only principle, upon which such a desirable future can be brought about.

EDITORIAL NOTES.

—The street gamins of New York peddle blue glass.

—The Montana *New North-West* states that Mrs. C. W. Coudock, wife of Mr. C. W. Coudock, the actor, died of apoplexy, Feb. 1, leaving him with one child only, a son, alive.

—The wife of a prominent citizen of Van Meter, Iowa, eloped with a preacher the other day. Neither of them is wanted back there.

—Another item of presidential reform—Mrs. Hayes does not wear low-necked dresses.

—The Cincinnati *Gazette* thinks that Disraeli can say of Hayes what he said of Gladstone—He has not one redeeming vice.

—The Chicago *Times* says, "The reform of the civil service would comprehend the lively weeding out of most of the federal office-holders." Certainly some of them who have been sent to Utah have been no better than they should have been.

—Judah P. Benjamin, ex-Confederate war minister, now Queen's Counsel in London, has much more business than he can attend to, so that he has to return briefs and fees.

—The *Medical and Surgical Journal* considers blue glass treatment a "silly magia."

—A friend of Matilda Heron said of her, "She was the most Irish Irishwoman that ever lived." Sothern used to play "Armand" to her "Camille," and "Jason" to her "Medea," twenty years ago in New York.

—The New York *Herald* terms Tom Fitch the Tom Marshall of San Francisco.

—The English Bishop of Manchester says that those people who pretend to have a religious horror of theatricals and circuses do not make good church members.

—Our readers will recollect Miss Emma Thursby, who sang here in the Theatre and in the Tabernacle with Gilmore's band. Miss Thursby is the leading member of the Broadway Tabernacle Church choir in New York. The New York *Post* says Mr. Maurice Strakosch has engaged her for three years from April 2 for \$100,000, with hotel, travelling and incidental expenses of herself and sister. Miss Thursby will travel under his direction in Europe and America, and have the months of July and August for rest. She will be allowed to fulfil her present engagements until May 20 next and sing at the Boston Handel and Haydn festival. She will also have the privilege of singing at private concerts in Europe, which it is expected will bring her \$5,000 a year extra.

—The London *Times* has the following—"Copenhagen, Feb. 13.—The King of Sweden, who has been staying at Christiania, paid a visit on Friday last to the Christiania Skating Rink. His Majesty joined the skaters, being an experienced skater, but unfortunately the King's skate stuck in a crack in the ice, and his Majesty was thrown with great violence on his back, the fall being so severe as to cause copious bleeding. He was speedily raised and carried home to the palace."

—At Lincoln, Neb., the doctors are "all by the ears." Her Von Mausfelde, a German physician, has

the biggest practice, and it makes him arrogant. Being President of the Board of Health, he had two of his colleagues placed in durance vile because they failed to report. All the physicians in the city, but one, are opposed to Von Mausfelde, and he is opposed to them. They denounce him as a fraud of the first water.

—They have grain three feet high in Sonoma, Cal.

—The Helena *Herald* has the following—"Bozeman, M. T., Feb. 27.—A courier from Crow Agency, bearing dispatches dated the 25th inst., to Major Carpenter and Gen. Brislin, arrived to-day. Bear Wolf with a portion of his band had arrived at the agency and brought the news that they had encountered the Sioux, numbering two thousand lodges, near Old Fort Smith, which is about 110 miles from the agency. The Sioux are now moving rapidly in the direction of that agency, and the camp is fully twenty miles long when on the move. Great excitement among the Crows."

—The liquor law in Maine has become more stringent than ever. On and after the 10th of next month, whosoever is convicted of the second offense will suffer punishment. The hotel keepers in Portland have determined to discontinue the sale, and say they will "make it warm" for such apothecaries and small groceries as attempt to evade the law.

—The New York *Sun* recommends Grant for the Supreme Court, and says he does not know much law, but thinks he would be up to the latest average standard. On the other hand, Governor Hendricks says that Gen. Grant will grow in public estimation as one of the really great men of the age, and that for ability and force of character his equal is rarely found in any age or time.

—The Montana Legislature, not liking the name of Little Big Horn River, unanimously passed the following resolution—"Resolved, That, in commemoration of the dauntless courage, the disciplined valor and the heroic death of Col. George A. Custer, and his men of the Seventh Regiment of United States Cavalry, who fell with him in the battle with the Sioux Indians on the Little Big Horn River, in the Territory of Montana, on the 25th day of June, A.D. 1876, the name of said Little Big Horn River shall be changed to Custer River, and the same shall forever hereafter be known by that name."

—How to save \$1,000—"Mrs. J. M. Nevins, of Nashua, the other week, succeeded in taking out of the ear of a child a grain of pop corn, which had been in the ear eight years, and which she had offered any doctor \$1,000 to remove. She took it out with a common pin, and saved the \$1,000."

—An exchange says—"A man in Cardiff, Wales, having stabbed his wife, the other day, she hastened to a doctor, who dressed her wounds, but finding she had no money undressed them again."

—When Moody is preaching he does not want any "Hallelujah, Amen," chorusing all over the congregation. He thinks one shouting at a time is enough.

—A St. Paul physician explains and prescribes on the blue glass theory in this way—"Blue glass, one part; faith, ten parts; mix thoroughly and stir well until all the common sense evaporates, as the presence of a minute quantity will spoil the mixture; if the preparation is not strong enough add more faith."

—The Ishpeming *Iron Home* says, "John B. Last, of Green Bay, has invented a new kind of stove-pipe hat. It is intended for the benefit of bald-headed married men of that city. The invention consists of the inserting of 'blue glass' in the crown of the hat in order to stimulate the growth of the hair."

—The London *Builder* says, "Telegraph poles and wire have been so completely condemned that it seems but a question of time when their abolition will be accomplished. They have been condemned as an element of danger to human life, and now the gales and rains have condemned them as not only unsafe but extravagantly costly; so that on the score of economy we may expect that all aerial wires will soon be replaced by an underground service to the advantage of the public in every sense."