

RULES FOR SLEEP.—There is no fact more clearly established in the physiology of man than this: that the brain expands its energies and itself, during the hours of wakefulness and that these are recuperated during sleep. If the recuperation does not equal the expenditure, the brain withers—this is insanity. Thus it is that in early English history, persons who were condemned to death by being prevented from sleeping, always died raving maniacs; thus it is also that those who are starved to death become insane—the brain is not nourished and they cannot sleep. The practical inferences are three: First, those who think most, who do most brain work, require most sleep; second, that time "saved" from necessary sleep is infallibly destructive to mind, body and estate.

Give yourself, your children, your servants—give all that are under you, the fullest amount of sleep they will take, by compelling them to go to bed at some regular early hour, and to rise in the morning the moment they awake, and within a fortnight, Nature, with almost the regularity of the sun, will unloose the bonds of sleep the moment enough repose has been secured for the want of the system. This is the only safe and sufficient rule; and as to the question how much sleep any one requires, each must be a rule to himself. Nature will never fail to write it out to be observed under the regulations just given.—*Dr. Forbes Winslow.*

ONIONS AND EPIDEMICS.—Messrs. Editors:—In the spring of 1849 I was in charge of one hundred men on shipboard with the cholera among the men. We had onions, which a number of the men ate freely. Those who did so were soon attacked and nearly all died. As soon as I had made this discovery their use was forbidden. After mature reflection I came to the conclusion that onions should never be eaten during the prevalence of epidemics, for the reason that they absorb the virus and communicate the disease, and that the proper use for them is to be sliced and placed in the sick room, and replaced with fresh ones every few hours.

It is a well established fact that onions will extract the poison of snakes; this I personally know. Some kinds of mud will do the same.

After maintaining the foregoing opinion for eighteen years, I have found the following well attested: Onions placed in the room where there is small-pox will blister, and decompose with great rapidity; not only so, but will prevent the spread of the disease. I think as a disinfectant they have no equal, when properly used; but keep them out of the stomach.

If need be, the foregoing (which I have greatly abbreviated) can be attested on oath. Let us have all the facts bearing upon the subject.—*John B. Wolf, in Scientific American.*

THE AMERICAN GIRL.—It is the belief of certain well-meaning men, who were not born in Constantinople, that if the American girl were called on to meet a portion of her expenses by her own labor, she would be publicly a greater blessing, and personally healthier, wiser and happier. It is even believed that her outfit, instead of increasing, would diminish. Practiced in the mystery of keeping accounts, aware by experience of the difficulty of earning money, she would become clever enough to save it. With something to do, she would put less mind, time, and purse into the pursuit of pleasure. Mated at last with a poor man, (so many are incorrigibly vicious that way) she would share in his burden rather than crush him with it. If all women now were thus, we should have no cause to cry, as we are sometimes tempted to do, "Oh! for the slow but cheap girl of thirty years ago!" Whether democracy is capable of some such self-saving miracle as we have indicated remains to be seen.—*Nation.*

ALL FOR SHOW.—The world is crazy for show. There is not one person in a thousand who dare fall back on his real simple self for the power to get through the world, and extract enjoyment as he goes along. There is too much living for the people. There is no end to the aping, the mimicry, the false airs, and the superficial airs. It requires rare courage, we admit, to live up to one's enlightened convictions in these days. Unless you consent to join in the general cheat, there is no room for you among the great army of pretenders. If a man dares to live within his means and is resolute in his purpose not to appear more than he really is, let him be applauded. There is something fresh and invigorating in such an example, and we shall honor and uphold such a man with all the energy in our power.

THE MISTAKEN GENEROSITY OF A CANARY BIRD.—A lady in this city has a bird hanging in its cage by the window, the door of which is occasionally opened and his purpose not to appear more than he really is, let him be applauded. There is something fresh and invigorating in such an example, and we shall honor and uphold such a man with all the energy in our power.

THE DEAD SEA.—If there were words to express an agony that no one has experienced, I would use them here. I cannot conceive worse torture than bathing in the Red Sea. Every inch of my skin smarted and stung as if a thousand nettles had been whipped over it. My face was as if dipped in boiling oil, the skin under my hair and beard, was absolute fire, my eyes were balls of anguish, and my nostrils hot as the nostrils of Lucifer. I howled with pain, but I suspended when I heard Whitley's voice. He had swallowed some of the water, and coughed it up into his nose and the tubes under his eyes. The effect was to overcome all pain elsewhere, whilst that torture was endured. It came near being a serious matter with

him. His eyes and nose were inflamed as if with a severe cold, and the pain continued severe for several days. Recovering our feet with difficulty, we opened our eyes, and, increasing the pain by every attempt we made to rub them with our wet hands or arms.

Hardly anything is more contemptible than the conceit which rests merely upon social position—the conceit of those who imagine that they are thus divorced from the clay of common men; of those who shrink with horror from the idea of work, as something which degrades by its very contact; and yet who, very likely, owe their present position to some not very remote ancestor, who, regarding his call to work, lived more honestly in the world than they do, and was not ashamed of soiled thumbs. It is one of the meanest things for people to be ashamed of the work from which they draw their income, and which glorified their ancestors more, with their soiled aprons and black gowns, than themselves, with their fine ribbons and flashing jewelry. It might be a fine thing to be like the lilies, more gloriously clothed than Solomon, and doing nothing, as if we were only lilies. A advantageous position is only a more emphatic call for work; and while those who hold the advantage may not be compelled to manual drudgery, they should recognize the fact that manual drudgery may be performed in the same spirit as that which characterizes their own work, and, therefore, that it is equally honorable.—*Dr. Chapin on the Nobility of Labor.*

WOODMANSEE & BRO.,

Keep Constantly for SALE

WHOLESALE & RETAIL,

All the Varieties of

Staple Merchandise

Suited to this Market, at

GREATLY REDUCED PRICES

FOR

CASH,

PRODUCE, and

STOCK.

Country Dealers

Will find it to their advantage to give us a call.

A. J. KERSHAW,

Brass Founder & Pump Builder,

No. 82, North Third St., between Olive and Locust, ST. LOUIS, MO.

KEEPS CONSTANTLY ON HAND A GENERAL ASSORTMENT OF

Pumps and Pipes, Lead, Iron, Stone or Wood Pipes; also, Brass Faucets, Globe Valves, Steam Cocks, Water Cocks, all kinds of Brass Castings and finished Work for Mills, Factories, Machinery, etc., etc.

Pumps for Cisterns and Wells, from \$5 and upwards; Piping for Pumps, from \$5 to \$100 per foot. Good, large Anti-Freezing No. 5, Engine Well-Pumps, for house use and forcing water in case of fire, etc., price \$25, piping 60cts per foot.

For Sample & Reference

APPLY TO

Mr. Geo. Q. Cannon and Mr. Joseph Bull, Salt Lake City.

LIBERAL DISCOUNT MADE TO THE TRADE.

W. SHOWELL & BRO.,

Groesbeck's Corner,

WISH to inform the inhabitants of Salt Lake City in general, that we have

Good Pasturage for Stock within the City,

MULES,

HORSES,

Yokes,

Harness,

Rows,

and Chains,

As well as a Complete Assortment of

GENERAL MERCHANDISE

Including Staple and Fancy

DRY GOODS,

GROCERIES,

Provisions, Tinware, Hardware,

AGRICULTURAL IMPLEMENTS,

And, in fact, almost everything, which we will sell cheap for

PRODUCE AND CASH!

GEORGE Q. CANNON.

GUYOT'S

Geographical Text-Books.

Upwards of 250,000 Copies already Sold!

THE unparalleled success which has attended the introduction of GUYOT'S GEOGRAPHICAL TEXT-BOOKS, and the unsolicited testimonials of approval which have been sent to the Publishers by THOUSANDS of Teachers now using the books, entitle them to be ranked as

The Standard Geographical

Text-Books of American

TEACHERS

Desiring to examine these Text-Books, can procure them of the Publishers, through the undersigned, at the following Reduced Prices:—

Guyot's Introduction to the Study of Geography.....\$1.20

Guyot's Elementary Geography for Primary Classes.....0.85

Guyot's Intermediate Geography.....1.25

Guyot's Common-School Geography.....2.25

—:—

FELTER'S SERIES OF

ARITHMETICAL TEXT-BOOKS.

—:—

FOR TEACHERS:

FELTER'S MANUAL OF ARITHMETIC.

—:—

COMPOSITION, RHETORIC AND LOGIC.

VALUABLE TEXT-BOOKS,

By Prof. HENRY N. DAY, of New Haven, Conn.

The Art of English Composition. One vol. 12mo. Price.....\$1.50

The Art of Discourse. One vol. 12mo. Price.....1.50

Elements of Logic. One vol. 12mo. Price 1.50

—:—

TENNEY'S

TEXT-BOOKS ON NATURAL HISTORY.

The most Superbly Illustrated Books on the subject ever Published.

Tenney's Manual of Zoology. One vol. crown 8vo. Price.....\$3.00

Tenney's Manual of Zoology. (Library Edition.) Price.....4.50

Tenney's Natural History of Animals, for Beginners.....2.00

Tenney's Natural History Tablets, for Schools. Plain, \$6.00; Colored, 10.00

Over 500 Accurate Engravings

Are contained in each of these volumes. They are just the books for the Schoolroom, and for general reading; for the Farmer who wishes to learn about useful and noxious insects; for every boy who wants to learn about the birds and quadrupeds of North America, and for family reading.

—:—

Prof. E. A. SHELDON'S

Standard Works on Object-Teaching.

Manual of Elementary Instruction: containing a Graded Course of Object Lessons for Training the Senses and Developing the Faculties of Children. One vol. 12mo. Price.....\$2.00

Phonic Reading-Charts. Eighteen in a Set. Mounted on Roller.....7.50

Lessons on Objects. Graded Series, designed for the Instruction of Children between the ages of six and fourteen years. One vol. 12mo. Price.....0.35

First Reading-Book. In Easy and Familiar words. Designed to accompany the Phonic Reading-Charts. One vol. 16mo. Price.....2.00

—:—

Prof. GUYOT'S

Wall-Maps for Schools.

MOUNTED ON ROLLERS.

Large Series. Map of the United States, Price \$12.00; of North America, \$8.75; of South America, \$8.75; The World (Mer. Proj.) \$18.00; of Europe, \$12.00; of Asia, \$15.00; of Africa, \$7.50; of Central Europe, \$12.25; of Oceania, \$8.25. Price, per set, \$150.00.

Intermediate Series. Map of the United States, price \$6.00; of North America, \$6.75; of South America, \$5.25; of Europe, \$6.75; of Asia, \$7.50; of Africa, \$6.75; of Oceania, \$7.25; of the Hemisphere, \$11.25. Price, per set, \$50.00.

Primary Series. Embracing Ten Maps, mounted on Mullin, and in neat Portfolio. Price, \$18.00.

Classical Series. Map of the Roman Empire, price, \$15.00; of Ancient Greece, \$15.00; of Italy, \$15.00. Price of set, \$45.00.

—:—

PERCE'S

MAGNETIC GLOBES.

Five Inches in Diameter, Plain Stand.....\$6.00

Seven Inches " " Semi-Meridian.....8.00

Twelve Inches " " Plain Stand.....12.00

Twenty Inches " " Full Meridian.....20.00

One Dozen Magnetic Globes, representing Men of different Races, Ships, Steamers, Light-Houses, and various Animals, according to the Globe, WITHOUT ADDITIONAL COST.

Lessons on the Globe. Illustrated by Perce's Magnetic Globe and Magnetic Objects. By Mrs. Mary Howe Smith.

Extra Magnetic Objects for Perce's Globes.

I.—Animals of all Climates, price \$1.00

II.—National Flags.....1.00

—:—

CHARLES SCRIBNER & CO.,

654 Broadway, New York.

Descriptive Catalogues and Testimonials sent free of postage to any address.

The above being the New York Retail Price the Cost of Freight to this City will be added.

Sole Agent for Utah Territory,

GEORGE Q. CANNON.

GODBE & MITCHELL'S

GODBE & MITCHELL'S

GODBE & MITCHELL'S

GODBE & MITCHELL'S

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

GRAND

ELEPHANT STORE!

Having Purchased our last

STOCK OF GOODS,

(Which has just Arrived.)

AT LOWER RATES,

ENABLES US

TO SELL CHEAPER

THAN EVER.

—:—

We are Conducting

A Lively Business in Produce.

MINERS & TRAVELING PUBLIC

LOOK OUT FOR

THE ELEPHANT!

Stayner & Cunningham.

—:—

GONE EAST!

CRONYN & PERRIS,

ANNOUNCE THE DEPARTURE OF

Mr. Perris

FOR THE EAST,

Where he will remain for some length of time to attend to

COMMISSION PURCHASING

AND FORWARDING!

—