HOW TO LIVE LONG·

OR,

HEALTH MAXIMS, PHYSICAL, MENTAL, AND MORAL.

BY

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NEW YORK:
PUBLISHED BY HURD AND HOUGHTON.
Cambridge: The Riverside Press.
1875.

ILLUSTRATED &

PUBLISHED BY

E-KİTAP PROJESİ & CHEAPEST BOOKS

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www.cheapestboooks.com

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By

e-Kitap Projesi

Istanbul

ISBN:

978-625-6014-18-3

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PREFACE.

To live long, is to live well, by eating and drinking abundantly of "all the good things of this life" in their season, in their freshness, in their perfection; not only of the fruits of the orchard, the vegetables of the garden, and the grains of the field, but of the birds of the air, the fish of the sea, and "the cattle upon a thousand hills;" by gathering about us the comforts, conveniences, and luxuries of life; by cultivating the higher tastes of our nature; by cherishing the affections and by the promotion of all that innocently enlivens, exhilarates, delights, and enraptures.

How to do these things in such a way as to preserve and promote the highest health and thus double their value, is the object of this book. The aim is to make the lessons short, concise, specific, and to the point, in the fewest possible words, to compel the reading of them and so impress them on the mind by fact and warning and incident and example and anecdote, that they cannot be forgotten in a life-time.

It is intended also in the same way to communicate some generally accepted principles in their application to the preservation of health, and the cure of disease without medicine, in short phrase, few words, and disconnected sentences; to be taken up and laid down at a moment's notice, on steamship, tramway, packet, or rail-car, at such odds and ends of time as fall to the lot of travellers and others, which else might not be appropriated so usefully, because in this age of restlessness and hurry the care of the health, like the search for religion, is considered one of the things which can be dispensed with, until a more convenient season in the future. It is hoped that some who would not spend the time to hear a lecture or read a book may be enticed to peruse a paragraph now and then in reference to the care of the body, which, in being put into practice, may have an important bearing in the prolongation of life; thus teaching the reader

"How To Live Long."

HOW TO LIVE LONG.

HEALTH IS A DUTY.

1. One of the happiest and most independent of all human occupations is that of an intelligent farmer, whose land is paid for, and who keeps out of debt.

2. The fascination of salaried positions is but too often the fascination of a serpent which beguiles but to destroy.

3. Be your own master and master of your calling, and you will soon become the master of others.

4. Next to religion, there is no element so essential to success in life, as vigorous, robust health.

5. A sound mind in a sound body is a fitting foundation for all that is high and noble in human achievement.

6. The safest and best remedies in the world are warmth, rest, and abstinence, — the brutes empoly these.

7. Physical, mental, and moral health are interdependents, hence what improves or promotes one, improves and promotes the others.

8. Almost all feel gratified at every pound's increase in weight, as if people like pigs were measured by fat.

9. To live well is a glory, to die well is a bliss.

10. A wise care of the health in youth is the best assurance of a long life, as an early attention to religion is the foundation of an immortal existence.

11. That man lives the longest who does the most good.

12. He brings the most happiness to himself who does most to promote the happiness of others.

13. In one's last sickness, there is no solid enjoyment except in the consolations of the Christian religion.

14. The most healthful form of exercise is that which involves exhilarating out-door activities.

15. The youth becomes a man, the very day he begins to feel uneasy at the idea of being dependent on another.

16. That old man! what disappointments he has encountered in his long journey, what bright hopes blasted, what sorrows felt, what agonies endured, how many loved ones he has covered up in the grave. And that old woman too! husband dead, children all buried or far away, life's flowers faded, the friends of her youth no more, and she waiting to go soon. Ought we ever miss an opportunity of showing attention to the aged, of proffering a kindness, or lighting up a smile, by a courteous act or a friendly deed?

17. Delicious sleep comes oftenest to the young and the day laborer.

18. A cheerful disposition is the sunshine of the soul.

19. The mental states have a more controlling influence over the bodily condition than most persons imagine.

20. There is no better way, no safer way, no easier way, no surer way of saving children from the debasing influences of the street, from corrupting associations, and from the acquisition of vicious and hurtful practices, than to make home attractive.

21. The education of the young should properly commence with the grandmother, for it takes about two generations to eliminate the plebeian from the character and constitution.

22. Cold is the greatest enemy of old age.

23. Ventilation is perfect in proportion as the air of an apartment is kept equal in purity to that of the external atmosphere. This is best done in private dwellings by having an open fire-place.

24. Nature is very much like a shiftless child, who, the more he is helped the more he looks for it. The more medicine a man takes the more he will have to take, whether it be anodyne, tonic, or alterative.

25. The thinnest veil or silk handkerchief thrown over the face while riding or walking against a cold wind is a remarkably comfortable protection.

26. When alcohol was first introduced into the world in its concentrated form, about the year one thousand, it was called "Aqua Vitæ," the water of life, the great catholicon for human maladies, but it soon became the "Aqua Mortis," the water of death, the source of mortal woes incalculable, hence the curious lines: —

"Is 'Aqua' alcohol?
Yes, aquafortis;
'Aqua vitæ' once,
Now 'Aqua Mortis.'"

27. Many men with a Bible, a Concordance, a Hymn Book, and vigorous health, become more efficient ministers of the gospel than others who, with the advantage of splendid libraries, and the disadvantage of being sickly, have been but cumberers of the ground.

28. To sleep well, a man must work hard.

29. If thrown into the water and the strength is failing, turn on the back with only the nose and toes out of the water, hands downward and clasped. This should be practiced while learning to swim, as a means of resting from great fatigue in swimming.

30. We shrink with horror at the thought that we, our wives or our children, may possibly die in a mad-house, and yet it can be made impossible by a reasonable attention to the laws of life and health and by an active, stirring life.

31. Exercise to the extent of great fatigue, does more harm than good.

32. Never sit or stand with the wind blowing on you for a single moment, for it speedily produces a chill, to be followed with a fever and then a bad cold.

33. A hearty meal, taken while excessively fatigued, has often destroyed life.

34. Health and good nature are generally associated.

35. On a freezing winter morning, to enter a warm breakfast room, with a blazing fire and a snow-white table covering, with cheery faces all around giving hearty welcome, is one of the many domestic felicities of a happy marriage.

36. The "sands of life" are yielded by the food we eat and the water we drink; they constitute the foundation of the nails and hair and the scales of the skin, for we are all a scaly people, differing from the fish only that ours are smaller, and of variable quantities — morally.

37. Water is by much the largest constituent of our frames, used to render the other more solid portions plastic; but all decay and die, having been but the casket of the soul, destined for immortality and eternal life.

38. Cleanliness, in all the surroundings of a family mansion, pays richly in many ways, in good health, moral elevation, personal comfort, and dollars and cents besides.

39. The comforts and conveniences of life save trouble, save labor, economize time, and add to our happiness generally.

40. A sour look, an impatient gesture, a cross word at the breakfast table is enough to make the best food indigestible and spoil a day.

41. Chilliness of body dampens the spirits, sours the temper, and renders the whole man unlovely.

42. The ashes of the cremated Lady Dilke weighed just six pounds; so that, after all, our bodies are made up of a few pailfuls of water and a little dust.

43. Life is warmth, growth, repair, and power to labor, and all these are derived from the food we eat and the fluids we drink, and these should be good.

44. At every period of life, at all seasons of the year,.and from the tropics to the poles, in every clime and country, the temperature of the human body in health is the same to a degree, that is, ninety-eight of Fahrenheit; hence we should eat in winter mainly of warming food, such as meats, fats, oils, sugar, and all the grains, farinas, and starches; in summer, the fruits and berries, and melons and vegetables of the field, the garden and the orchard, which cool and open, and ventilate the system.

45. The metals are dissolved by the rains and feed the plants, they in turn feed the animals, and they in turn sustain man, in order to fit him for the duties of time and the rewards of an immortal existence.

46. A generous nature never hurts the feelings intentionally.

47. Little do the young and vigorous know how the old appreciate those delicate attentions which they so often need in the journey of life, and which it costs so little to bestow, how it cheers their hearts and lifts them up with a delighting thankfulness!

48. A good laugh is anti-dyspeptic.

49. As argument in the presence of third persons quickly degenerates into the ignoble ambition of victory, rather than conviction or instruction, and is unprofitable, so is reproof, except when the two are alone; else the admonition is received with impatience, indignation, or revenge.

50. To remind of a favor is not kind; to speak of it offensively, more than cancels the obligation.

51. To leave the best for others is generous, to select the best for one's self is the meanest of all traits.

52. The "gentleman" is magnanimous, the "lady" is serene.

53. The portion of the body which most requires protection against cold and wind, is that between the shoulder-blades behind, as it is at this point the lungs are attached to the body, and the blood is easily chilled.

54. To spend two or three moments, on rising and retiring, in rapid friction of the whole surface of the body with the hand, is a more rational treatment of the skin, and a more health promoting operation, for most persons, than a daily cold water bath.

55. The wisest men are those who aim to live in such a way as to grow old without aches or pains.

56. No rational mind can fail to see that it is a wisdom and a duty to guard against the causes, and watch vigilantly against the indications of such diseases as dyspepsia, which often so influenees the mind as to subvert the whole character, making a wreck of happiness, heart, and life together.

57. The worst cold may be promptly cured if, within twenty-four hours after it has been taken, the patient will keep warm in bed, and eat little or nothing for a day or two.

58. More than one fourth of all the inmates of insane asylums are from the families of farmers and merchants; from the former, because the wives are overworked, and the husbands lack mental culture and variety of occupation, having little to stimulate to mental activities, and a scant knowledge of the laws of health. From the latter in consequence of the reverses of mercantile life. Merchants' families, all over the United States, are among the higher classes, and when they become bankrupt, the mind fails in the attempt to grapple with the difficulties and mortifications of their changed condition, and being without the means to start again in business, and without a trade to compel a support, they soon fall into despondency and discouragement, and the mind topples over.

59. A good cleansing of the entire body with soap and warm water once a week, is all the bathing the human system requires for purposes of health, in ordinary circumstances.

60. Never sit with the back to a window or door, even if closed, for the air coming in at crack and crevice will certainly give a cold.

61. It is not healthy in any country, at any season of the year, or at any time of life, to get up early, habitually: the old are better rested by lying late, even if not asleep, while the young require all the sleep they can get. In all latitudes, in warm weather, the morning air, although feeling cool and fresh, is laden with the pestiferous miasma. In winter the atmosphere, before breakfast, is so cold and chilly and searching, that it fairly shrivels up man and beast, chilling to the very marrow-bone sometimes; hence the average duration of human life would be increased, and the amount of sickness largely diminished, by late, rather than early rising, as all the older nations full well know and practice.

62. In going out into a colder air, keep the mouth resolutely closed, and walk briskly for a few moments, thus preventing chilliness, which is always the percursor of a cold.

63. As between husband and wife, that is the nobler spirit which, in difference of opinion, most readily and immediately yields the privilege of the last word to the other party.

64. All "bitters" offered for sale contain alcohol. Many take them in the place of brandy, whiskey, rum, and other forms of spirits, persuading themselves that they are reforming as to their beverages. Some bitters have more alcohol in them than whiskey or brandy. The State Assayer of New York recently published a statement of the analysis of various bitters; that Vinegar Bitters contains as much alcohol as many kinds of wine and about double the amount contained in various brands of ale. Taking bitters of the mildest kind is the first step towards habitual drunkenness.

65. More women than men recover at insane asylums, first, because they have rest; second, indoor life is not so wearing to them, being more accustomed to it.

66. In a closed sleeping apartment the atmosphere becomes more contaminated every minute, because carbonic acid gas, a deadly poison, is gencrated in the lungs and is expired at each breath, and combining with the moisture it is heavier than the common air and settles near the floor; hence, the last thing a man should sell is his bedstead; but in reality it is considered by the ignorant and unfortunate poor as the most dispensable thing in the house, hence sickness is soon added to their poverty, a most unhappy combination.

67. Nine-tenths of the inmates of insane asylums who recover, are those who were sent within a year after the first manifestation of their infirmity.

68. Divorce, neglect of marriage, and the prevention of offspring, are crimes against society, against humanity and against the great Creator of us all, and the only efficient method of preventing these increasing and mischievous practices, is in becoming more imbued with the principles inculcated in the Scriptures of the Old and New Testaments, to be begun even before the child has learned his A B C, by reading to them the historical portions of the Bible in short lessons and in short explanations, all the while aiming to impress upon the mind and the heart the habit of receiving with implicit confidence, faith, and affection, every statement of the Holy Book, as an assertion of the Creator himself, without the most remote thought of calling in question the truth of one single fact or word. Then will none want to go any further than to read His command, "multiply and replenish;" that there is no other sufficient cause for divorce than adultery; and that whoever seeks to baffle the Omnipotent, to circumvent Him in the operation of such physiological laws as He has created, will be found, in the end, to be ruining both body and soul for time and for eternity.

69. The best anodyne in all nature, is moderate, steady, and continuous exercise in the open air.

70. There are not a few maladies of mind and body which would rapidly disappear on embarking in a successful pecuniary enterprise, or on being promoted to a position of ease, distinction, and power.

71. Loyola, whose fame became world-wide, and who wielded an influence and a power scarcely inferior to any prince or potentate of his time, required that all his emissaries should be men who were in the prime of life, of good presence, agreeable manners, and last but not least, vigorous health, as essential to the highest success and to grand achievements.

72. Lean people outlive the fat.

73. It is a mistake in public speakers to begin in a loud tone, because it cannot be sustained, a spiteful cough will interpose ; by beginning in a low tone and gradually warming up, the physical fatigue is largely diminished, while the voice grows clearer, louder, and stronger.

74. Beast and bird and insect and man have their antipathies : equal parts of tincture of hartshorn and nux vomica applied to harness with a brush repels flies, or to cracks and crevices in the house, it drives away many of the bugs, insects, and vermin which infest our dwellings ; facts like these seem to show an intention on the part of the Beneficent One to invite and to compel men for their own pleasure and in self-defense to investigate, to invent, and devise, and thus bring about those industries of mind and body which are sure to promote the health of both ; doubtless there are multitudes of undiscovered remedies for human ills, pests, and annoyances which will be unfolded in the future, to add to the convenience, comfort, and well-being of the race.

75. There is not an insect, animal, or worm without its use, hence nothing that has life should be unnecessarily destroyed, for to be humane is to be allied to the divine.

76. He is not the happiest or the most successful man who has accumulated the most money, but he who has done the most good with it for others.

77. Men are often met with, plain in person, plain in feature, plain in dress, without anything whatever about them calculated to impress the mind, and you are surprised with the information that they are rich, and made every dollar of their money. On inquiry it will be found that all their efforts were concentrated on one pursuit, about which they knew everything, and outside of which they knew nothing ; and you feel almost angry that a man of such little information should have been so successful in making so much money, while you, with your superior cultivation and greater intelligence have made, and saved up none ; but you forget that the man has paid more for his money than it is worth, it has cost him all the pleasure of human intelligence ; as proof, would you take his sordid mind and his gold and give him therefor all you have ever learned ?

78. Ideas are contagious as well as diseases, and spread with amazing rapidity sometimes : ten years ago not more than fifty thousand people insured their lives, now there are hundreds of thousands.

79. The amount of strength expended by a man in lifting a pound one foot high, is called a foot-pound, and is the unit of work in the United States and Great Britain. A foot-ton is raising 2,000 pounds a foot high. A man weighing 150 pounds, in walking twenty miles in one day, uses about 350 foot-tons of power or strength, and this is considered a good day's work for a laborer; the average of work done, is $33\frac{1}{3}$ foot-tons a day. A very strong man in a copper rolling mill, one day lifted a weight of 90 pounds, eighteen inches high, 12,000 times, which was equal to about 700 foot-tons; but few men could do this, even for several days in succession. In the future, foot-pounds and foot-tons will be the expression of power used in any work, and will be convenient of remembrance.

80. Persons are not very sick who want to be read to.

81. In a visit to the sick do not stare at them, do not whisper, do not impose upon them the necessity of keeping up the conversation, but the instant it ceases take your leave. The very effort on their part to think of something to say is an expenditure of strength they cannot afford. Do not read to the sick when you can tell it to them, and whether reading or talking let every word and syllable be slow, measured, and distinct, so that the patient may listen, and comprehend, with the least expenditure possible; for his strength is his life.

82. Holding the hand of the very sick and the dying is a comfort unspeakable to them, and if you are holding it and the spirit is passing away, do not release the grasp until the poor heart is at rest, for it gives the feeling of company, of sympathy, of help.

83. All know that tobacco and ardent spirits act on the brain and nervous system, and that delirium tremens, sleeplessness, tremulous hands, and nervous headaches, are the result of their habitual use, and notably apoplexy, because these stimulants not only send more blood to the brain, but with greater force, so that the delicate veins must hold more blood and must bear an additional strain, but while this is the case they are becoming weaker every day, because the middle coat of these vessels is changed into a fatty substance from having been made of strong elastic fibres, from the effect of the increased action and fullness just named; they lose their elasticity and strength as certainly as the bow which is kept on a strain all the time; they lose their power of spring and resistance and then give way, that is apoplexy; that is the reason why so many who habitually use stimulants drop down dead without a moment's warning, charitably called disease of the heart.

84. The first step toward an unsuccessful life is to accept a salaried office, for you sell your independence to the appointing power, and cease to be a man.

85. The measure of a man's success in life is in securing the greatest good to the greatest number.

86. A single grapevine will yield a thousand pounds of luscious fruit in a season; if a single vine were planted in the rear of every family dwelling, the amount of comfort and health to every household from this source would richly repay the trouble of cultivation in a very few years.

87. There is probably no greater difference between any other two substances, in several of their qualities than between the oil of peppermint and the thorn-apple, Jamestown or stink weed, and yet, in one respect, they unite in the good quality of giving instantaneous relief to superficial burns and scalds; the former by applying it over the surface, the latter as an ointment, made by moistening the freshly dried leaves with water and stewing them with lard over a slow fire, and so useful in all cuts and sores and burns and ulcers, that every family should have some of it continually on hand.

88. The rich remain rich because they continue to practice the economy which laid the foundation of their fortune.

89. The poor die in their poverty because they are improvident, wasteful, and careless.

90. If you can't get good wages, work for your board, rather than do nothing and go in debt; or live on the earnings or charity of another.

91. He who does his work promptly, courteously, and well, will in the long run have as much as he can do.

92. He who has nothing to do is the very one who never has time to do anything.

93. A very large proportion of all the crying and pain and suffering of infants would be infallibly prevented if fed at not less than two hours' interval for the first two weeks, three hours up to three months, for four hours up to one year, and five hours thereafter, with nothing whatever between meals but drink, from daylight to bed-time; feed thrice during the night the first month, twice the second, once thereafter until weaning, and then discontinue night-feeding altogether, that is, from bed-time till sunrise. Any intelligent mother who practices this method judiciously for one month will be grateful for the remainder of her life for the information of this single paragraph.

94. Do what you can to lift up the fallen, and they will revere your memory till their dying day.

95. A single grape-vine now forty years old, near Santa Barbara, California, yields ten thousand pounds of grapes every year, the bunches weighing over two pounds each. For dyspeptics and the constipated, as well as a large class of other invalids, about a pound of grapes eaten nearly an hour before each meal has an admirably healthful effect, especially in conjunction with exposure to the out-door sunshine for the hour including their eating.

96. The medical profession owe it to their own independence and the safety of their patients in writing their prescriptions, to write every word and every syllable in full, to express every figure by spelling it in full, and to give some idea as to what effect the remedy is expected to have, for if the patient does not know the effect, he might die while waiting for it; this has been the author's method for thirty years.

97. Very many persons die after being cured of the disease from which they were suffering, for the mere want of strength to rise; hence in all cases of sickness the least possible draught should be made on the patient's strength; in an asthmatic spasm, for example, the patient feels as if he would die in the effort to utter a single monosyllable; it is tiresome even to keep the eyes open, hence many will lay with theirs closed for hours; the attention to a question is a weariness.

98. He who does his work the best has the elements of greatness even if he be but a shoeblack.

99. The wisest charity is to help a man to help himself. To put a man in the way of supporting himself gives him a new lease of life, makes him feel young again, for it is very many times all the sick man needs to restore him to perfect health.

100. A friendly recognition by word or smile is a heart-comfort to the sad and weary laborer for daily bread; then let those smiles and words be lavishly bestowed and you will not go unrewarded.

101. All honest labor is manly, and merits the respect of the good.

102. The man who has a single idea and pursues it with a passion will nearly always meet with triumphant success.

103. In the earlier centuries of the Christian era the average duration of life among the upper classes of Romans was thirty years, it is now fifty in the same classes in civilized lands.

104. As many persons reach threescore and ten now as lived forty-three years, three centuries ago. There is reason to believe that the average age of man before the flood was the same as to-day. The wars of the first Napoleon made it necessary to reduce the height of soldiers to five feet three inches. To-day it would not be difficult to raise an army of five feet and a half, showing that the tendency to stature is always the same, and why not to age also.

105. The height of a man is equal to the measure of his extended arms, from tip to tip of finger.

106. In all civilized countries, there is a constant tendency to crowd into the town from the country, because any two hands can earn more money in summer time; but wages fall off in winter, the surplus of money is soon expended, and want and idleness combined, lead to doubtful ways at first, and then every step thereafter is downwards, and the end utter ruin. Far better is it that the country should keep away from the town.

107. The best way to insure politeness abroad, is to practice it habitually at home, then it becomes instinctive and requires no effort.

108. "I shall sleep long and well here," said a noted bandit of California, as he felt the lining of his coffin, the moment before his execution; "but," continued he, "standing at the portals of the unknown world, and looking back on the life of this, as I have seen it, I urge upon you to make it your greatest care to so train, influence, and instruct the young, to whom you have given life, that they may keep aloof from the degrading companionship of the immoral and the vicious." Wise advice this, from one of the most murderous outlaws who ever disgraced his kind, and had made himself a terror for many years, wherever his name was known.

109. A little miss in Western Pennsylvania, just entering her "teens," ate twelve saucers full of ice cream and died in two hours; this shows that a person may have too much of a good thing, and that it would be rather better not to eat twelve saucers full of ice cream at a single sitting.

110. Early in the last century, ten thousand governmental annuitants died under the age of twenty-eight years. A hundred years later only six thousand died under that age; life lengthens.

111. One of the most fearful of diseases is caused by eating frozen food habitually, while a single meal has sometimes proved fatal in a few hours.

112. There should be something warm taken at each regular meal by invalids and by the most vigorous in cold weather.

113. Anatomists tell us that in examining the chests of persons dying after forty-five, there are ocular proofs, in a great majority of cases, that the lungs had at one time begun to decay, but had spontaneously healed. Multitudes have had many very bad colds in the course of a life-time, and yet have not died of consumption.

114. A man took refuge during a shower under a solitary tree in an open field; the lightning came down through his body and his boot, killing him and spoiling the boot entirely; hence people who do not want their boots bursted during summer showers, thus compelling them to get their feet wet in going home, would do well to avoid standing under a solitary tree in an old field in a thunder-storm.

115. Violent and fitful exercise does not promote health.

116. That man lives the longest who wisely divides the occupations of life between brain and muscle.

117. More money has been given in the last fifty years by private individuals for the amelioration of the condition of human kind and for elevating the race by the founding of hospitals, asylums, reformatories, homes, and literary institutions, than in any half dozen preceding centuries in the world's history.

118. One individual, Peter Cooper, seems to have inaugurated a new era in human benevolences, in expending, during his life-time, a million of dollars in founding an institution in New York City for human development by free libraries, free reading-rooms, free schools, free lectures and teaching in the arts and sciences; heretofore, men thought that they were performing their whole duty if they gave away their money for the public good when they could no longer keep it; now there have followed his noble example a long list of noted names, as Peabody, Lenox, Vanderbilt, Drew, Lick, Cornell, and a multitude of others less widely known, their free and unsolicited contributions amounting in all to many millions of dollars; who then shall say that the age is not advancing steadily towards a higher and a higher plane.

119. We should go to sleep on the right side, then the food descends through the outlet of the stomach by gravity; otherwise, stomach power is wasted in drawing it up as from the bottom of a well; after the first sleep, let the body take care of its own position.

120. Moist and warm air is better for the lungs than that which is hot and dry, or raw and damp. No injury results from going out into the colder night air from a warm room if we move about with sufficient activity to keep off a feeling of chilliness, the more easily done if a third more clothing is put on.

121. In mature life we eat to repair waste and to keep warm; the waste is in proportion to the exercise taken, and the warmth required is according to the temperature of the weather; they are wise who regulate their eating accordingly.

122. The necessities of the time demand that Christian families should make wise and persistent efforts to render home more attractive to their children, both sons and daughters; and that churches in cities should inaugurate means to bring the members, old and young, sick and poor, closer together, to get them better acquainted with each other, in the way of entertainments, lectures, scientific exhibitions, diverting amusements and parties for the encouragement and promotion of a taste for art, for painting, for sculpture, and more than all, for vocal and instrumental music, which more than anything else belongs to the divine, because its inevitable effeet on all natures is to elevate, to purify, to ennoble.

123. Human life and human character have not deteriorated, but have notably improved in all their more valuable forms and conditions, especially in the last hundred years.

124. Many persons come to their death in Rome, Florence, and other places, by visiting picture galleries in which fires have never been kindled, and the sepulchral dampness soon strikes a chill to the heart unless extra covering is thrown over the shoulders on entering.

125. At all times, seasons, and places, it is better to cultivate the habit of keeping the mouth shut and breathing through the nose exclusively; this tempers the air in its passage through the head to the lungs, develops the chest, and keeps bugs, flies, and worms, from crawling down the throat into the stomach during sleep.

126. Very often half the pleasure of reading a letter from a friend is lost in the difficulty of deciphering it.

127. Out-door air is purer than in-door in all climes, countries, and seasons, unless in low, level, damp localities.

128. Many persons are injured by going out into the night air, not because it is especially unhealthy, but because, being cooler, we become chilled in consequence of not having on additional clothing, or from not moving about actively enough to keep comfortably warm.

129. A great deal has been said about the effeminacy of the rich; about their daughters being brought up in idleness, and their total unfitness for domestic life on account of their frail constitutions; and yet, as showing the advantages in the direction of prolonging life, of having all the comforts and conveniences of the wealthier classes, the strong fact presents itself, that while the wealthier classes in Berlin, for example, average fifty years, the poor pass away at the age of thirty-two, because of the daily struggle for bread, and their discomforts for want of suitable clothing, and fuel, and food.

130. Cultivate an even temper ; many a man has dropped dead in a fit of passion.

131. We talk about the health-giving influences of the wash tub, and the sanitary value of wives and daughters having to cook and brew, and bake and sew, and scrub every day, as the sure means of having healthy, vigorous children ; but carefully ascertained results show that of one thousand infants of the rich and as many of the indigent, fifty-seven of the former died before five years ; of the latter three hundred and forty-five.

132. A gentleman after active exercise laid down on an ice-chest, fell asleep, waked up in a chill, and after two years of suffering died of consumption, showing that it is not healthful to sleep on ice-chests.

133. There is only one safe way of retiring from an active money-making business ; that is, by embarking just as vigorously in some form of doing good, so as to keep the mind quite as busy as before, for if one "puts down the brakes" upon the brain, he buries the body prematurely.

134. A class-mate worked hard and well in professional life for a quarter of a century in one place. He then thought he was entitled to rest and gave up his position. Two years later he wrote, "both body and mind are worn out and life is a burden." He was counseled to go to work again, and five years later a letter comes saying, "My avoirdupois is greater than ever before, and I feel competent for any work that may be put upon me."

135. "The least thing in the world gives me a cold," is the complaint of multitudes; it is always a sign of feeble health and a feeble circulation; the most speedy and efficient remedy is to spend more time in the open air, and by active exercise or steady labor bring about a more vigorous circulation of the blood.

136. Brown bread should not be eaten habitually, if a person is healthy, because no one can be better than well; but if its use is deferred until there is a confined condition of the system, it will be found an admirable remedy; but if the system had become accustomed to its use in health there would be nothing to fall back upon in disease, and then medicine would have to be resorted to, instead of food, an unnatural, instead of a natural remedy.

137. Never go down into a well without first ascertaining whether a candle or taper will burn in it; if it will not, throw in cold water, this absorbs the poisonous gases; so if a person faints in a well, pour down the cold water; never mind wetting his clothes.

138. Acidity always arises either from having eaten too much food, or of a quality which the stomach could not dissolve; the remedy is, eat less and less at each meal until there is no acidity, then you know for yourself how much your stomach can manage; to eat the same amount and as regularly take something to correct the acidity, is certain to cause dyspepsia or some other more serious form of disease.

139. Wiry little men who habitually walk with a quick step usually live to a good old age, and do not look as old as they really are by a dozen years or more.

140. Not any wiser than the fabled bird which hides its head in the sand in case of danger, as if to shut out the sight of it was to be safe, are the many who walk the streets with an impression that a soiled coat collar, a frayed wristband, or an unblacked boot-heel, or ragged-edged pantaloons, are not noticed, altogether forgetting that those walking behind have the opportunity of a deliberate survey, without being observed, and form an opinion of your character accordingly. We may cry out against dress until we are hoarse with our croaking, but it is the measure of the man for all that.

141. Not the Cæsars of the ages, any more than their Attilas, not the Bonapartes, nor the Swedish Charles, nor the German Frederics, are the world's worthies, — their paths to glory and renown were laid through seas of blood and rapine, fire and sword, — but rather they who seek to alleviate the woes of man and beast; the Peabodys, the Girards, the Coopers, the Berghs, the Cornells, the Drews, of a modern civilization; men whose lives were begun in making and saving money, to end in disposing of it in helping the poor by affording them the facilities for learning how to help themselves and how to rise to a higher plane of life, above destitution, and thriftlessness, and waste, and disease, and crime.

142. Cool off in a place greatly warmer than the one in which you have been exercising; this simple rule, if intelligently observed, would prevent an incalculable amount of sickness, and save many a life every year.

143. Never allow yourself to be "chilled through and through," as it uniformly causes inflammation of the lungs, called pneumonia, usually proving fatal within a week.

144. As to the recognition of friends in the land of the blessed, we know that memory never dies, and that it goes back to the world we have left, as did that of the rich man and Abraham, for it is not reasonable to suppose that we shall know less hereafter than here.

145. Edmund Burke relates that he had to go to a certain place every day for a long time, and that it was disagreeable to do so; yet, when he had to give it up he felt the loss of it, and did not feel quieted until he was in his usual track; on the same principle, when a person does anything habitually for the health, for a long time, an omission causes an uncomfortable feeling; but that does not prove that the habit or practice was beneficial, whether it be a cold-water bath or a drink of grog every morning; on the same principle, if one cultivate habits of regularity, temperance, cleanliness, and exercise he will soon come to the point that they can be kept up without an effort; it will be actually easier to continue than to neglect them.