

classes, and the medical authorities and humanitarians are raising their voices against what they justly consider a barbarous and dangerous custom.

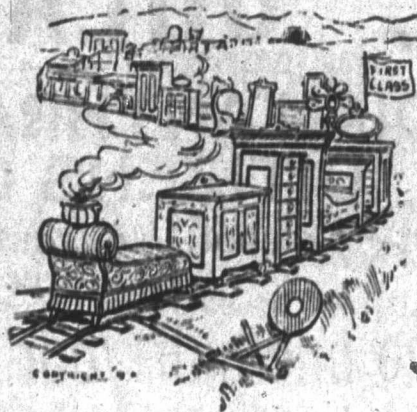
The medical men warn the eaters of horseflesh that the horse is particularly liable to the disease known as trichinosis, also found in hogs, and while cooking generally destroys the germs of this disease, it cannot always be depended upon to do so. The disease is frightfully fatal in its effects and baffles medical skill.

The humanitarians take the ground of sentiment, urging the almost human affection of the horse and the close companionship he has shared with man since the dawn of the human race. A base return, they deem it, to slaughter and eat this noble creature. In spite of these warnings and protests hippophagy is on the increase in Europe. It has not yet reached England, nor is it likely to as long as the roast beef and mutton of Australia and New Zealand last. Still, if the sentimental Britishers are too squeamish to eat their horses, they are not too squeamish to sell them to the Continent to be eaten. Quite a number of superannuated equines are exported for that purpose.

The number of deceased persons who had attained an exceptional old age was probably greater in the year 1893 than in any recent period. During the last three or four months of the year the general public became familiar, through a perusal of the daily papers, with the remarkable obituaries of those who had departed having lived to a great old age. A month or so since we read of a life that had reached the extraordinary limit of 135 years. We have since read of the death of a woman at Hartford, Conn., who was old enough to give warning of the approach of the British fleet in 1812, and so saved the New England coast from threatened devastation. And still later we have been apprised of the death at Terre Haute, Ind., of a man 104 years old who attended the funeral of Washington, cast his first vote for Madison, and was a soldier in the war of 1812. From other data, it is apparent that great longevity has been on the increase for many years, particularly in America. But it may be remarked that the constitutions that carried these persons up to the centennial mark or beyond were formed very many years before people began living at the present rate, and that the best part of most of these old lives was passed before the modern suicidal rush of the society and business worlds.

To have a good chance for longevity it is almost unnecessary to say that an originally good constitution is of the first importance, though to this primary excellence carefulness in the art of living must be added. The secret of long life is one of which nature alone holds possession. A remarkable fact is that intellectual activity and success have been no barriers to long life. Even deep philosophical studies have proved a help rather than a hindrance to men of literary pursuits. Voltaire, who at birth was put into a quart pot, could never have obtained his eighty-fourth year had he not followed the strict, sober, active life which he chose. Gladstone exercises the highest powers of successful statemanship at an age of eighty-four years, after undergoing the constant turmoil of political contest for considerably more than half a century. Bismarck is practically an octogenarian. Von Moltke was nearly ninety when he died. It seems that the review of these and numerous other instances would sufficiently establish the theory that continuous intellectual activity is conducive to the perpetuation of good health and the prolongation of life.

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