

# Northern Messenger

VOLUME I. No. 34

MONTREAL, AUGUST 24, 1906.

40 Cts. Per An. Post-Paid

## How to be Young at 80!

(The Rev. Theodore L. Cuyler, D.D., in 'Good Words.')

Some people regard old age as a disgrace, and practice cunning devices to conceal it. Their wigs and other pretences wear out and expose their folly; for Solomon declares that a hoary head is a crown of glory, if it be found in the way of righteousness.

That old age is an incurable malady is only partially true, for some vigorous persons pass fourscore years without ever having caught it; or they have it so lightly that nobody suspects them. 'Old' is a relative term, after all. I have known people who were rather pitifully old at fifty, and when I met that swift-footed Christian, William E. Dodge, senior, at the age of seventy-five, with the brisk gait of a boy, and with scarcely a grey hair on his head, I said to him:

'You are one of the youngest men in New York.'

How to keep young—that is the problem; and it is a vitally important problem, for life, and to bring in the largest revenue of it really means how to make the most of service for the Master.

Supposing that a man has a fairly good and unmortgaged constitution to start with, there are several practices and methods to ward off the infirmities of a premature old age.

The first and most important is to keep the Commandments. Our Creator has written certain laws on our moral bodies—laws as irrevocable as those written on the stone tables of Sinai; laws for the breach of which Jesus Christ has made no atonement. To squander vital resources by violating these laws, or even by neglecting them, is an unpardonable sin.

There are suicides in Christian churches—yes, in some Christian pulpits! Rigidity of care as to a digestible diet does not mean fussiness. It means a clear head, clear blood, and a chance of longevity. Stimulants are dangerous just in proportion as they become indispensable. Hard brain-work, hearty eating, and no physical exercise are the short road to a minister's grave. That famous patriarch of the New England pulpit, Dr. Nathaniel Emmons, who was vigorous at ninety-five used to say: 'I always get up from the table a little hungry.' The all-comprehensive rule of diet is very simple—whatever harms more than it helps, let alone. Wilful dyspepsia is an abomination to the Lord.

A second essential to a healthy longevity is the repair of our resources by sound and sufficient sleep. Insomnia is worse than any of the plagues of Egypt; it kills a man or woman by inches. How much sleep is absolutely necessary to bodily vigor must be left to Nature; she will tell you if you don't fool with her. 'Burning the midnight oil' commonly means burning up life before your time. Morning is the time for work.

When a man who has as much strain on



## 'Suffer Little Children to Come Unto Me.'

One day the disciples began to talk together about which of them should be greatest in the Kingdom of Heaven. And Jesus called a little child to Him, and when He had taken him in His arms, He said to them, 'Whoever will receive one of such children in My name receiveth Me, and whosoever shall receive Me receiveth not Me but Him that sent Me.' And He told the apostles that they must be as gentle and humble as little children if they would be the first, and the proud the last.

Our Lord loved little children very much.

his brain and on his nervous sensibilities as most ministers have goes to his bedroom, he should school himself to the habit of dismissing all thought about outside matters. If he has difficulty in doing this, he should pray for Divine help to do it.

Soon after this, some mothers brought their children and infants to Jesus that He might touch and bless them; but the apostles told them to go away and not to trouble the Lord. When Jesus knew it He was very angry, and said, 'Suffer little children to come unto Me, and do not forbid them, for of such is the Kingdom of God.' And He took the little ones in His arms, put His hand upon them, and blessed them. How good and kind Jesus was! Little children ought to love Him with all their heart, and be very good to please Him.—Footsteps of the Master.'

This suggestion is as applicable to hard-worked business men and to care-laden wives and housekeepers as it is to ministers or brainworkers in any profession.

That wonderful physical and mental phenomenon of his century, Mr. Gladstone,