

killed at the Battle of the Boyne, hale and vigorous, though 83, who used to say that "when he was young he conversed with old men to gain experience, and when old delighted in the company of the young to keep up his spirits."

Hippocrates, the leading physician of his day, long ago—died at 109, tradition says—advised pure air, cleanliness, moderation in all things, exercise, and a daily friction of the *day*. It does not appear that modern doctors are able to improve on his prescription, and they generally content themselves with following the divine old man of Cos. Cases are found, however, which show long life to be quite compatible with the absence of these conditions. There was the Rev. W. Davis, an English clergyman, who lived to the age of 105; for the last 35 years of his life he took no out-door exercise; daily had his hot buttered rolls for breakfast, and roast beef for supper, with abundance of wine to wash it down. In the year 1806, there died in London a noted character of her day, Mrs. Lawson, aged 106; she never washed herself, very seldom as much as swept her rooms; her labours at the toilet were confined to smearing her face and neck with hog's lard, with an occasional touch of rouge. We can quite believe the report that her chief companions were cats and dogs.

While these cases and many others show that old age is possible in defiance of all commonly-received rules of hygiene, so also the evidences are clear that neither climate, occupation nor condition of life can be specially depended upon; more particularly in regard to extreme longevity. According to Finlaison's Tables, "Rural districts have the advantage of about one in two hundred deaths above city districts, and one in five hundred above the town districts." Country, therefore, is not so much better than city; and hot climates differ but little from cold.

The female sex seems to have somewhat the advantage of the male in the

average duration of life; though there are more instances of extreme longevity among the latter than the former. It is said, but we really are not sure about it, that matrimony is conducive to long life. Hufeland gives a solemn warning to bachelors. He says: "There is not one instance of a bachelor having attained a great age." Now, while it may be that, by a wise dispensation of Providence, these comparatively useless members of the social world die off sooner than their brethren who have conjugated, yet the assertion of the Prussian authority is altogether too sweeping. Kant lived to 80, Swedenborg to 84, Alexander von Humboldt to 90, Hobbes to 91; besides many other single gentlemen who reached a most venerable age. But Hufeland was evidently prejudiced in favour of matrimony; for he says further: "All people who have been very old were married more than once;" and he instances the case of one De Longueville, who attained the age of 110, and had ten wives, the last in his 99th year! Poor man! to be thus untimely cut off in the midst of a career of usefulness! But perhaps if he had not been so matrimonially inclined he might have lived much longer.

Even though we take into consideration the occupation and surrounding circumstances of the individual, we do not arrive at any satisfactory conclusion as to what is most conducive to longevity. Among clergymen, we find cases like those of Cardinal de Solis, who live to be 110; Dr. Totty, an English rector, of Hastings, 101; Bishop Morton of Litchfield, 95. Lawyers have generally been long-lived, as witness Lords Lyndhurst, Brougham, Mansfield, Stowell and Eldon, all of whom died in the neighbourhood of 90. Physicians shew few examples of longevity; more are to be found among literary men, like Samuel Rogers, living to 93, and Fontenelle who completed his century. In the arts, we read of Michael Angelo, who wore the four crowns of archi-