

merry heart" of Solomon—"the inward spiritual grace" of which the laugh is "but the outward visible sign," that is so beneficial to health of body and mind. Irritability, fretfulness or ill humor is a symptom of disease. Mirth and laughter are the opposites of disease—the indications of health.

Good-humoured people, when they fall sick, get well quicker than other folks. There is nothing a physician detests so much as to have a sallow faced, lantern-jawed dyspeptic come into his office, with the corners of his mouth drawn down, and looking as though he had not laughed for an age, and did not intend to do it again as long as he lived. These melancholy people are hard to cure. Disease finds in their bodies congenial soil, and takes root, and is harder to get rid of than an acre of Canada thistles. And yet some people think it a sign of intellectual dignity and moral greatness to wear a face as long as a tombstone. Something like Cato, of, whom Plutarch tells us that "scarce anything could make him laugh, and he was seldom seen to wreath his face in a smile." No wonder he committed suicide. There is a morbid principle—the germ of disease, mental or physical—in those extremely sober and melancholy people, which not only makes life a burden and saps its enjoyment, but shortens its duration as well. Long livers are seldom gloomy and sad. Even though they may not laugh very loud, they possess a spirit of content and of cheerfulness which is not ashamed nor afraid of a smile. The evil passions of men's nature have to be struggled against by the health-seeker. The virtues have to be cultivated, and they dwell with that opposite of evil which we call "good nature."

Indications of Longevity.

HUFELAND, who wrote a book on the art of prolonging life, describing the man who has good prospects of living long says that he has a proper and well proportioned stature, without, however, being too tall. He is rather of the middle size, and somewhat thick set. His complexion is not too florid; at any rate, too much ruddiness in youth is seldom a sign of longevity. His hair approaches rather to the fair than to the black. His skin is strong, but not rough. His head is not too big; he has large veins in the extremities; his shoulders are round rather than flat. His neck is not too long; his abdomen does not project; his hands are large, but not