

**Rules for Living Long.**

Sir James Sawyer has been long confiding the secret of longevity to a Birmingham audience. Like so many other secrets, it consists in "paying attention to a number of small details." Here is a schedule of them, collected from the reports of Sir James Sawyer's lecture :

1. Eight hours' sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. No cold tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat and see that it is well cooked.
9. (For adults,) Drink no milk.
10. Eat plenty of fat, to feed the cells which destroy disease germs.
11. Avoid intoxicants, which destroy these cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three D's—drinking water, damp and drains,
16. Have change of occupation.
17. Take frequent and short holidays.
18. Limit your ambition; and
19. Keep your temper.

Keep all these commandments and Sir James Sawyer sees no reason why you should not live to be one hundred.

**Curious Russian Sects.**

The chief procureur of the Russian Holy Synod, in his present report to the Tsar on the state of religion within the Empire, mentions the rise of a curious sect on the Volga, which holds that Judas Iscariot was the only true disciple of Christ. He was sorry for his sin and hanged himself. According to the leaders of the new sect, it is the duty of Christ's disciples at the present time to follow the example of Judas. Only in this way is it possible to flee from the wrath to come. The principal leader of the sect has been arrested. The appearance of such sects in Russia is nothing new. Along the Volga at the present time remnants of sects which flourished in the fifties and sixties still exist, whose principal tenet is self-destruction, in order "that the power of Antichrist may not prevail against them." Some of these fanatics are known as "Coffin people," others as "Red Pilgrims," others, again, as "Nothingists." The "Coffin people" have been known to place themselves in coffins and starve themselves to death; the "Red Pilgrims" on the day of their death clothe themselves in a red shirt, and are suffocated by their co-religionists; and the "Nothingists" have been guilty of blood-curdling deeds. These sects are closely watched by the police, with the object of preventing any recrudescence of murderous fanaticism.

**Increased Circulation of the Bible.**

The circulation of the Bible is a pretty fair index of the progress of Christianity and civilization. As far as can now be ascertained, in the year 1800, the Bible

had only been translated in sixty languages and dialects. But it is estimated that at the beginning of the year 1900 the Bible had been translated into 415 languages and dialects. It is true that there are yet 1,500 languages into which the Scriptures have not yet been translated, but these are only spoken by 200,000,000 of people, while the 451 languages into which the Scriptures have been translated are spoken by 1,200,000,000 people. The British and Foreign Bible Society, organized in 1804, was the first organization in time and has been the greatest in achievement. The American Bible Society, organized in 1817, was the second, and is only second to the British and Foreign Bible Society in the work that it has done. Though all Christians have not been able to unite in preaching the gospel to the heathen and estab-

lishing churches and schools among them they work together in printing and circulating the Bible among them.

## EPILEPTIC

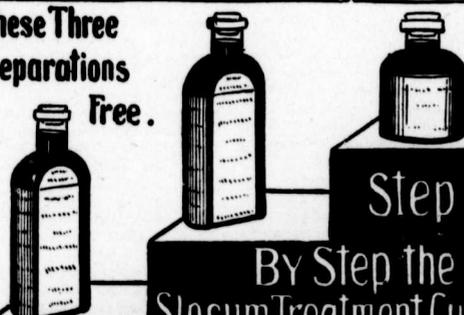
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