

## THE SECRET OF LONGEVITY.

What is the secret of longevity? Sir James Sawyer has been confiding it 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 those 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 100. An interesting point in vital statistics, was incidentally brought out by Sir James Sawyer, the death rate during the last 200 years has been enormously decreased, but the decrease has all been between the ages of birth and 35.

Those who passed that age had not so good a chance of living as the people who lived 200 years ago. The meaning was that now the weaklings among the young were less easily killed off than they were 200 years ago. With regard to those of 35, those who lived in the olden days had the advantage that there were no telephones, telegrams, trains, daily share lists, or daily newspapers.

## FISHERY BOUNTIES.

The Maritime Provinces are interested in Fishery regulations. The regulations of Aug. 24th, 1894, governing the payment of fishing bounties are cancelled and new regulations issued. To entitle a man to bounty he must be engaged in deep sea fishing for at least three months, and catch not less than 2,500 pounds of sea fish, but no bounty will be paid to men fishing in boats measuring less than 13 feet keel. Registered Canadian vessels of ten tons and upwards are entitled to bounty calculated in registered tonnage, this bounty to go to owner. The owners or masters intending to fish and claim bounty must first procure license from the nearest collector of customs or fishery overseer, such license to be attached to the claim and sent on the records of catches and localities where the fish taken must be kept. The ages of claimants must be given. The amount of bounty to fishermen and owners is to be named by governor in council. The vessel fishing under bounty license is to carry a distinguishing flag.

## AVERAGE LAKE FREIGHTS.

An exhaustive summary of lake freights, prepared by the *Marine Review*, shows the effect of 6,000-ton ships on carrying charges. Rates on ore, grain and coal, the principal items of freight, are the lowest ever recorded. Improved rates during the closing months of 1897 helped to advance the averages for the season, but as compared with 1896, which was not a very profitable year with most vessels, there is still a marked difference in all lines of freight. Vessels that had contracts at 70 cents a ton for moving ore from the head of the lakes to Ohio ports were certainly very fortunate, as the average of daily rates from the head of the lakes was only 57.2 cents. The few season contracts that were made on ore from Marquette were at

5 cents. The average of daily rates from that port was 54.6 cents. Before the season opened, a number of vessels that had interests in common with ore concerns secured Escanaba contracts at 50 and 55 cents, but 45 cents was the rate governing the only Escanaba contract in which ore interests were not concerned. The average of daily rates from Escanaba was 45 3/4 cents. The ore dealers were the principal gainers by the low rates that prevailed during spring and summer months. They moved the great bulk of their ore before heavy shipments of coal were crowded into the two last months of the season.—*Cleveland Marine Review*.

## CANADIAN LOGS TO MICHIGAN.

A Saginaw, Mich., despatch says: "One year ago it was estimated that the quantity of Canadian logs to be rafted to Michigan mills during the season of 1896 would not exceed one hundred and seventy-five million feet owing to the depression of the lumbering industry. The action of Congress in reference to the lumber schedule, however, stimulated the log-rafting industry, and the figures largely exceeded the original estimates of the quantity to be rafted. Official reports obtained from the customs houses at points to which logs were imported from Canada during the past season show the quantity received to have aggregated over two hundred and fifty-two million feet. A comparison of the quantity of logs rafted from Canada to the Michigan mills shows as follows:—

1893 .....	184,500,000
1894 .....	301,000,000
1895 .....	279,229,743
1896 .....	274,388,654
1897 .....	252,344,532

It is estimated that fully three hundred and fifty million feet of logs will be imported from Canada next season to Michigan mills, and the figures may exceed that quantity when made up a year hence. American firms will put in all the logs they can get into the waters of the streams tributary to Georgian Bay, and numerous Canadian firms are putting in logs to be rafted to this side and sold or manufactured. These will make business good next season for the mills and a large force of workmen on this side.

## SELLING GOODS.

A commercial traveler when first he went upon the road to attempt selling goods got the following advice from the head of the firm: "John, my son, you are going out to sell goods; let me give you a point or two. Don't overeat in order to keep even with the hotels. Post your letters yourself, don't leave them with the hotel clerk. You will find a surprising number of the country dealers you want to see are away on a jury, or are at home sick, or gone to the city to buy goods, are gone a-fishing or to a funeral or a pic-nic. But peg away, and don't get discouraged. When you catch your men they will tell you that times are hard and the season backward—that you have come too early, or too late—that they have just bought—that your styles are old and unpopular—that Brown-Jones offered the same goods last week for less money, etc., etc. But don't you get rattled, don't write home as if you had made a discovery; it is an old story. You go out to sell goods. Peg away. Do the best you can, and you won't fail. Good-bye and good luck to you.

—We see it advertised in the *Rodney Mercury* of last week, that "good old London light-weight"—as Cool Burgess used to call it—is sold there over the counter at five cents per loaf. This bread is made by a London baker or bakers, and is sent by common carrier to the village of Rodney. The question occurs, if Rodney can get the regulation loaf for five cents, why are London people asked six cents?—*London Advertiser*.

—The marine post-office on Detroit River closed last Friday night, with a record of 224,000 pieces of mail delivered, as against 175,000 last year.

## THE WEEK IN THE STATES.

The weekly reports show a remarkably large holiday trade, at many points the largest for five years. Moreover, at the season when wholesale business usually shrinks, the pressure of demands for immediate deliveries, which results from unprecedented distribution to consumers, keeps many establishments at work that usually begin their yearly resting spell somewhat earlier. Instead of decreasing, the demand for products shows an unexpected increase in several important branches. Foreign trade continues satisfactory, even in comparison with the remarkable record of a year ago when exports exceeded \$117,000,000 in December. At New York the movement in three weeks has been not \$2,000,000 or 7 per cent. smaller, while from cotton and Pacific ports it has been larger this year. Imports at New York, over \$1,900,000 less than last year, indicate an excess of exports approaching \$40,000,000 for the month. Foreign exchange has broken, and gold imports begin again with \$1,000,000.

The outgoing flood of grain is not checked by Chicago speculation, though more corn than wheat has been moving. Wheat exports, flour included, have been in four weeks 15,706,895 bushels, against 9,039,587 last year, while corn exports, for the week, 4,540,828 bushels, against 1,751,740 last year, have been in four weeks 14,420,151, against 8,176,073 last year. Last year's corn movement was by far the greatest ever known, and this year's wheat movement for the half year nearly ended has been close to the maximum reached in 1891. Wheat has varied little, closing three cents higher for the week, after deliveries of surprising magnitude at Chicago, and corn closes nearly a cent higher. Cotton has also been moving largely, and has risen a sixteenth.

Cotton goods have further declined in prices of bleached, which meet active Southern competition, and the Fall River spinners insist upon a reduction of one-ninth in wages, other New England mills joining. Out of 101 New England works 45 have passed dividends, 14 at Fall River, with 15 others paying 1 per cent. for the last quarter. The fall in the price of cotton, when mills were holding heavy stocks of goods, placed this industry in a most embarrassing position. Woolen mills have begun buying domestic wool heavily, especially Montana and Territory, as if assured of large business for the season about to open. Contracts of unknown magnitude have been made, it is said, many at previous prices, but others at a moderate advance. Wool is more firm, traders having disposed of 3,300,000 lbs. territory and 1,500,000 other domestic at Boston, and sales at three cities reached 7,809,100 lbs.

Shipments of boots and shoes from the East in December have been 23 per cent. larger than last year, then the greatest for that month, and 37 per cent. larger than in 1892. This unprecedented movement for two months has been almost wholly to meet urgent demands caused by sales greater than dealers anticipated, so that nearly all orders for January and later months have been met by supplementary shipments. New business for the next season is very small, and few works ahead, more than three weeks' business ahead, but with such a consumption in progress are not apprehensive. Buying of leather is closely confined to necessities, and prices have changed but slightly, though speculation appears in Union with some large sales, and one of 3,000 sides satin at 11 cents is reported. Hides at Chicago are weaker, and on calfskins one cent lower, with the decision against the duty of two cents.—*Dun's Review*, 25th December, 1897.

—The treasurers of the Lowell cotton mills, at a meeting held recently, voted to reduce the wages of their employees on and after January 17. The causes of the reduction are the same as those which led the manufacturers in Fall River, Manchester, Suncook, N.H., and other places, to lower the wage scale. About 15,000 operatives in that city will be affected.