

when young, and in which many of his children and grandchildren have since died of it.

One interesting and remarkable observation resulting from Professor Humphrey's inquiries is the reparative power after injuries and diseases which is shown by persons at very advanced age, even by centenarians. Though sudden and fatal depression may be, and often is, produced in them by slight shocks, nevertheless they often tide over greater trials, and make surprising recoveries from injuries and maladies. Their fractures unite often as quickly as in younger persons, and their wounds and ulcers heal even more quickly. It seems as though the nutritive efforts requisite for the work of healing

take place more quietly and smoothly, with less of nerve irritation and of that haste which is incompatible with good speed or safe progress; and the recoveries of the aged from congestive, apoplectic and even paralytic attacks, from bronchitis, pneumonia, erysipelas, and other affections are often most unexpected and surprising. This is probably to be accounted for by the fact that all the organs in those who have attained to great age are usually sound, work well and harmoniously, and have long been accustomed to supply one another's deficiencies, if there be any, like veteran troops who pull well together and bear reverses under which younger soldiers would give way.

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### HABIT.

**D**R. Wesley Emerson has said: "Habit is like a boat; it has to be built, but when it is built it will carry you." Again it has been said that the majority of people die of bad habits—bad habits of eating or drinking or sleeping; by neglecting to do things which they ought to do, as well as by doing things which they ought not to do.

The following from a lecture by J. H. Kellogg, director of the Sanitarium, Battle Creek, Michigan, is suggestive: The majority of people hardly appreciate how much we are creatures of habit, nor how much habit has to do with our daily lives; yet it is our habits which give us our individual characteristics, and which make us differ one from another. Habit even affects our walk and the carriage of our body, and one can often tell a man's trade or occupation by observing his manner on the street. The old farmer, who has used the muscles of the chest more than those of the back, becomes stoop-shouldered, and he carries his arms half-flexed, because his work has developed the flexor muscles and not the extensors. There is excuse for this, but sometimes a mere foolish physical habit becomes so fixed that it is most difficult to root out.

It is to habit, also, that we owe our characteristic expression of countenance. It is mental habit which makes one face happy and another sad; that gives one a penetrating expression and another a vacant stare; that makes one savage and fierce, and another calm and mild. When one feels cross most of the time, the muscles which are under the control of the "bad-tempered" centers of the brain, put an habitual frown upon the face. The muscles which draw the face into the perpendicular wrinkles of the scowl, become so much stronger than the muscles which are used in smiling, that one can hardly smile if he tries. On the other hand, he who is in a happy frame of mind most of the time, is educating the muscles of his face which draw or the horizontal wrinkles, which are at right angles with the vertical wrinkles of ill temper. A person's face in sleep always assumes the habitual expression to which he has been educating his muscles, and so reveals in this way much of his inward nature. These facts show the intimate relation between the inside and outside, and that the face is merely a mirror of the mind. The study of the lines of the face is of importance, then, as well as of interest, since the per-