

SIGNS OF LONGEVITY.

PHYSICAL FEATURES AND HABITS THAT MEAN LONG LIFE.

Opinions of the Physiologist, the Doctor and the Hard Worker in the Domain of Physical Science—Tells the Theory of the Wonderful Resting Power of Sleep.

'The signs of long life are many,' said a celebrated physician lately, 'and easy to read. I will give you some of the plainest of them, avoiding technical expressions. Let us begin with the head, which should be square or round and wide behind and over the ears. All wide-headed animals have more vital force, more aggressive qualities than those with narrow heads. Take a bulldog or a cat, see how wide their heads are and think what hard knocks they will endure, while a rabbit, for instance, would topple over and die with one-half the hard treatment. People with long, narrow heads seldom live to a ripe old age, and in all my observations I have never found one such person who reached the century mark, while very few ever get near it.'

'Then take the signs of the face, what the features tell us about the probable length of life. The eyes should be round and wide, not oblong and narrow, for such eyes denote degeneracy and weakness. The brow should be ample and slope back slightly from an absolute perpendicular. The Rev. Charles Collier has an almost perfect brow, so has Joseph Choate, but the brow of Edgar Allen Poe is too straight up and down and too massive, showing that the brain system overbalances the other systems of the body, and for long life there must be an equipoise among these systems. The mouth should be full and well set, a small mouth is a bad sign, and the chin should be square and firm. This last is important as showing that the proper balance exists between the intellectual and the animal functions. Take Poe's case again, the lower face is weak, showing weakness in the digestive and assimilative systems, in the animal part of him. The face of Robert Louis Stevenson shows the same defect, and so does the face of Hall Gaine. In such men the brain over-rides the body, burns out the body, and the probability of a long life is small.'

'And now we come to the nose, which gives the most important indication as to the person's breathing capacity and thoracic equipment. A man or woman with a nose that is wide and full through its whole length and has open, easily dilating nostrils probably has good lungs and a good heart, and will get far more out of life and live longer than a person whose nose is pinched and whose nostrils are narrow. I should say that proper breathing is one of the chief essentials to proper living, and if people would form the habit, especially while out of doors, of taking deep, full breaths through the nostrils and holding the breath for a few seconds before expelling it, they would add many years to their lives. This is a simple thing to do, and once the habit is formed, it proves a source of perpetual delight. I am sorry to say, however, that not one person in fifty breathes properly. And yet, without a splendid breathing apparatus, I doubt if the highest greatness can be achieved. Think of Gladstone, Bismarck, Daniel Webster, and many other of the world's giants. They all have big lungs and strong noses. And their chances of long life are great in proportion.'

'And when it comes to the hand, the signs are equally clear. In no part of the body does a person offer such a revelation of himself as in the hand. Here are betrayed at once the infirmities and weaknesses of either sex, and also the strong points. The long, slender hand is considered beautiful, but it indicates a degeneration from strength, and its owner is not apt to reach an advanced age. Narrow-headed people usually have narrow hands. The hand that gives promise of a long life is the one with a square, broad palm, with large joints and short fingers, one like this,' and Mr. Parks took down the mold of Walt Whitman's massive hand. 'Here you see ruggedness, muscle, and endurance the signs of longevity. The finger nails are strong and spatulate, and the flesh is neither too hard nor too soft, thus showing a blending of mental and physical activity.'

'As to the lines of the palm, little can be said that will serve the purpose of a person not instructed in palmistry, for it is not sufficient to observe the life line alone in concluding as to term of a person's years. If the life line is good in color and unbroken through a good length, that is a favorable sign, but for any valuable conclusion the life line must be read in connection with the other lines of the hand.'

Another characteristic of long-lived persons is the presence of large bones, and it is Mr. Park's opinion that, other things being equal, a man or woman having a heavy, osseous frame, a body like that of Abraham Lincoln, will live longer and accomplish better things than a person with small bones.

Dr. A. H. Grandin believes that longevity depends solely upon the action of the heart. 'The heart,' he says, 'is the nearest approach known to man to that dream of scientists, perpetual motion. The person whose pulse beats with full and normal stroke has the best chance of a long life. Hereditary qualities come next in importance has a forewarning of his own fate.'

For the consolation of those whose fathers or mothers may have died young, it should be said that many authorities maintain that hereditary tendencies come to a great extent, from the grandparents, and even from previous ancestors, so that, if there has been a good average of long life in past generations, the fact of early death in the case of father or mother need not be of serious consequence.

'A man receives a certain term of life,' said Nicola Tesla, 'so many hours to pass on this earth—I mean hours when he is alive, awake; I do not count the hours when he is sleeping; I do not believe they are, strictly speaking, included in his term of life. When a man really lives he is dying hour by hour, but when he sleeps he is accumulating vital forces which will make him go on living. In other words, in measuring out our dose of hours to each one of us, the great timekeeper stops his count while we are sleeping. Therefore the longer a man sleeps the longer he will remain on earth. Nearly all long-lived people have been great sleepers. When De Lesseps was on the ocean he would sleep twenty hours on a stretch. Gladstone is a great sleeper, and averages twelve hours a day. I can believe that a man who would learn to sleep eighteen hours a day might live 200 years.'

This idea seems a little fantastic, but it should be said that so great an authority as Prof. F. W. Warner, in a recent lecture on 'Biometry, or the Science of Measuring Life,' includes abundant sleep among the four essentials to a long life which are: 1. To be descended, at least by one side, from long lived parents. 2. To be of a calm, contented, and cheerful disposition. 3. To have a symmetrical form, i. e., a full chest, well-formed joints and limbs, with a neck and head large rather than small in proportion to the size of the body. 4. To be a sound sleeper.

The Professor went on to show that women are longer lived than men, and that married women live longer than single women. The statistics show that few nuns attain old age, and that monks also die on the average earlier than men who marry. 'The primary conditions of longevity are,' said Prof. Warner, 'that the heart, lungs and digestive organs, as well as the brain should be large. If these organs are large the trunk will be long and the limbs comparatively short. The person will appear tall in sitting and short in standing. The hand will have a long and somewhat heavy palm and short fingers. The brain will be deeply seated, as showing by the orifice of the ear being low. The blue or brown has 1 eye as showing an intimation of temperament, is a favorable indication. The nostril being large, open and free, indicates large lungs. A pinched and half closed nostril indicates small or weak lungs.'

A PREACHER'S STORY.

Like other mortals he fell Victim to Disease—Dr. Agnew's Catarrhal Powder was the Agent which Restored him to Health and he Gladly Allows his Name to be Used in Telling it that others may be benefited too.

Rev. Chas. E. Whitcombe, Rector of St. Matthew's Episcopal Church, and Principal of St. Matthew's Church School, Hamilton was a great sufferer. Dr. Agnew's Catarrhal Powder cured him, and he now proclaims to the world that as a safe, simple and certain cure it has no equal. It never fails to relieve catarrh in ten minutes, and cures permanently.

Guarding a Coast by Electricity. A correspondent of Nature suggests that a long coast-line may be rendered safe to ships in foggy weather by means of an electric cable lying ten miles offshore, and parallel with the coast, in about fifty fathoms of water. Whenever an iron ship approached within 200 yards of the cable, he says, an electric detector on board the vessel would give the alarm. In support of the suggestion he asserts that messages sent along an electric cable lying on the sea-bottom have been read, with suitable apparatus, on a ship floating above the cable.

Money no Object. The amount of money sufferers from catarrh will spend in attempting to cure that foul and disagreeable disease is almost incredible. J. W. Jennings, of Gilford, Ont., says: 'I spent between \$200 and \$300 consulting doctors; I tried all the "treatments" without benefit. One box of Chase's Catarrh Cure did me more good than all the remedies. A 25c. box cured me.' Don't waste money. Chase's Cure, with improved blower, 25c. It cures.

BORN.

- Sussex, Feb. 7, to the wife of A. Teakles, a son.
Truro, Jan. 29, to the wife of Fred Breen, a son.
Truro, Jan. 29, to the wife of Solomon Crowe, a son.
Sussex, Feb. 4, to the wife of Wilmot Ashel, a son.
Moncton, Feb. 12, to the wife of W. R. Riddell, a son.
Sussex, Feb. 7, to the wife of William McDonald, a son.

- Sussex, Feb. 6, to the wife of Wm. McArthur, a son.
Annapolis, Feb. 6, to the wife of Henry Ritchie, a son.
Lynn, Jan. 24, to the wife of Edward C. Holden, a son.
Kentville, Jan. 20, to the wife of James Chalmers, a son.
Halifax, Feb. 10, to the wife of James E. Craig, a son.
Digby, Jan. 23, to the wife of Walter Handspiker, a son.
Lewell, Mass., Jan. 23, to the wife of A. L. Peiton, a son.
Halifax, Feb. 5, to the wife of W. L. HarMag, a daughter.
Halifax, Feb. 7, to the wife of William Adams, a daughter.
Yarmouth, Feb. 5, to the wife of W. L. Harding, a son.
Truro, Jan. 19, to the wife of Stewart Fraser, a daughter.
Sheburne Road, Feb. 1, to the wife of George Bales, a son.
Bloomington, Jan. 25, to the wife of George Conant, a daughter.
Bridgewater, Feb. 2, to the wife of Howard Spiddle, a daughter.
New Brunswick, Feb. 1, to the wife of Joseph H. Anis, a son.
Lawrencetown, Jan. 25, to the wife of Charles Daniels, a son.
Barrington Passage, Feb. 2, to the wife of F. L. Wilson, a son.
Bridgewater, Jan. 26, to the wife of Aldin G. Walker, a son.
Worcester, Mass., Jan. 25, to the wife of Arthur H. Crosby, a daughter.
Upper Stewiack, Feb. 4, to the wife of John D. Goss, a daughter.
Worcester Mass., Jan. 25, to the wife of Arthur H. Crosby, a daughter.
Kingston Village, Feb. 3, to the wife of Arthur McKeown, a daughter.
Upper Stewiack, Jan. 31, to the wife of George Graham, a daughter.
Middle Stewiack, Feb. 9, to the wife of Adam Dryden, a daughter.
Hansford Plains, Feb. 9, to the wife of A. E. Haverstock, a daughter.

MARRIED.

- Lynn Mass., Feb. 2, William H. Winchester to Irene Bobaker.
Bear River, Feb. 3, by Rev. J. Craig, Stanley Rice to Jennie Astone.
Port Moncton, Feb. 9, by Rev. J. E. Doakie, Frank White to Georgina Roy.
Lawrencetown, Jan. 27, by Rev. J. H. King, Henry O. Foster to Marjorie Kelly.
Sydney, Feb. 11, by Rev. J. F. Forbes, Daniel W. Morrison to Flora McQueen.
Halifax, Feb. 2, by Rev. Wm. Anley, Robert S. Thomas to Annie S. Patterson.
Bear Point, Feb. 4, by Elder Halliday, Amiel Stodart to Mrs. Sarah Nicolson.
Aylesford, Feb. 4, by Rev. J. L. Read, James A. Veitch to Mrs. Louise F. Cook.
Shelburne, Feb. 2, by Rev. J. E. Wallace, Colin Cowter to Mrs. Catherine Locke.
Shag Harbor, Feb. 5, by Elder W. Halliday, Thomas Allen to Annie Murphy.
Aylesford, N. S., Jan. 27, by Rev. J. L. Read, Loring Reed to Jennie W. Whittman.
Granville Centre, Jan. 27, by Rev. J. E. Warner, Frank F. Mills to Annie Withers.
Mahone Bay, Feb. 1, by Rev. J. W. Crawford, Ernest Hartigan to Sarah Whittman.
Lower Granville, Jan. 24, by Rev. J. B. Giles, Capt. J. L. K. Cass to Addie Conley.
Halifax, Feb. 5, by Rev. A. W. M. Harley, Alexander Morrison to Mrs. Lila Bellan.
Moore Harbor, Feb. 4, by Rev. A. W. M. Harley, George Wardlaw to Sarah A. Myra.
Lawrence Mass., Feb. 13, by Rev. M. W. Wilkie, Ernest E. Bryer to Alma C. Graham.
Kempt Head, C. B., Feb. 5, by Rev. D. Drummond, Thomas McQueen to Jonanna Morrison.
Moncton, N. B., Feb. 2, by Rev. C. A. Waresford, Rainsford Rankine to Maud McDougall.
St. John, Dec. 24, by Rev. E. E. Dwyer, W. H. Wallace to M. A. Laura Lee of Nova Scotia.

DIED.

- Pictou, Feb. 4, James Fraser, 62.
Halifax, Feb. 12, John Midgett, 43.
Bedford, Feb. 3, Ellis C. Watson.
Halifax, Feb. 12, R. D. Clarke, 64.
Halifax, Feb. 12, William Swaine, 65.
Barrington, Jan. 26, Susan Swaine, 80.
Halifax, Feb. 11, Charles F. Bidde, 74.
Clifton, Feb. 11, Purdy S. Wetmore, 28.
Port Maitland, Feb. 7, Thomas Dune, 83.
Annapolis, Feb. 10, Andrew Hindon, 60.
Black River, Feb. 6, Eunice J. Blair, 61.
Canaan, N. S., Feb. 5, Eliza D. Folie, 78.
Bridgetown, Feb. 5, J. William Brown, 48.
Arcadia, Feb. 9, Mrs. Samuel Dunham, 73.
New Minas, Jan. 28, William H. Bishop, 49.
Yarmouth, Feb. 10, Mrs. Sheldon Lewis, 73.
Granville Ferry, Jan. 30, John Abernethy, 80.
Gross Coques, N. S., Feb. 2, Frank Bourneff, 77.
St. John, Feb. 15, Elizabeth, wife of F. J. Rafferty.
Hampton, Feb. 14, Sarah widow of David Smith, 81.
San Francisco, Dec. 16, Guy son of C. Greenfield, 3.
Halifax, Feb. 10, Sarah wife of William Malone, 86.
Tupperville, N. S., Feb. 5, W. Fletcher Willet, 67.
St. John, Feb. 14, Elizabeth, wife of John McKay, 49.
Pictou, Jan. 20, Jessie M. widow of Peter Cameron, 64.
Truro, Feb. 2, Elizabeth widow of S. C. McLellan, 71.
Providence, R. I., Feb. 5, Charles L. Waterman, 30.
Fairville, Feb. 11, Lydia wife of Clarence Purcell, 21.
St. John, Feb. 7, Agnes, widow of Duncan B. McHillsbur, Jan. 22, Rosella, wife of James H. Halliday, 20.
St. John, Feb. 13, Ellen, widow of the late Robert Harris.
St. John, Feb. 12, Anne widow of W. H. Fitzmaurice.
St. John, Feb. 15, Mary M. wife of W. Tremaine Gard, 41.
New Glasgow, Feb. 3, Elizabeth J. wife of Newton Drake, 29.
Windsor, Jan. 31, Sarah L. widow of Capt. H. Johnson, 63.
Villageville, Feb. 3, Maggie M. child of Lewis and Susan, 16.
Truro, Feb. 10, Myrtle E. daughter of Mr. and Mrs. W. J. Kent, 16.
Victoria, P. E. I., Jan. 26, Harry A. son of Wm. C. and Annie Lee, 27.
East Brunswick, Feb. 5, Vera M. daughter of Walter and Amanda Larkin.
Halifax, Feb. 18, Claude D. son of Robert K. and Eliza Evans, 8 months.
Annapolis, Feb. 6, Lewis Burns twin son of Oscar and Emma Lewis, 19 months.
Boston, Feb. 8, Margaret, widow of Alexander Freepier, of Stubbenscombe, 69.
Annapolis, Feb. 7, Elizabeth widow of Capt. Jas. Fitzgerald formerly of St. John.

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DO NOT BE DECEIVED. With Pastes, Enamels, and Paints which stain the hands, injure the iron, and burn red. The Rising Sun Stove Polish is Brilliant, Odorless, and Durable. Each package contains six ounces; when moistened will make several boxes of Paste Polish.

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Beef, LAMB, MUTTON, VEAL,

Ham, Bacon and Lard, Turkeys, Chickens and Fowls Vegetables.

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Money orders sold to points in Canada, United States and Europe

REDUCTION IN EXPRESS RATES

Table with columns for weight (Oz., 1 lb., 2 lbs., 3 lbs., 4 lbs., 5 lbs., 6 lbs., 7 lbs., 8 lbs., 9 lbs., 10 lbs.) and rates for various destinations (To Walford, Hampton and intermediate points, To Sussex, Annapolis, Digby, Hoyt, Pictou, etc.)

Baby's Own Tablets advertisement. Includes image of a baby and text: 'FOR BABY'S SAKE. A Mild and Effective Purgative—Regulates the Stomach and Bowels—Reduce Fever—Break Colds—Expel Worms—Check Diarrhoea—Good While Teething—Cure Colic—Produce Sleep—As Pleasant as Candy and as Easy to Take—Harmless as Sugar—Absolutely Pure—Mother's Help and Baby's Friend—Sample and Paper Doll If you send us Baby's Name. USE BABY'S OWN POWDER in the Nursery. THE DR. HOWARD MEDICINE COMPANY, BROOKVILLE, ONT.'

RAILROADS. Intercolonial Railway.

On and after MONDAY, the 7th September, 1896, the rates of this Railway will run daily, Sundays excepted, as follows.

Table showing train schedules: TRAINS WILL LEAVE ST. JOHN. Express for Campbellton, Peggwash, Pictou and Halifax, 1:00. Express for Halifax, 1:30. Express for Sussex, 1:50. Express for Quebec and Montreal, 1:30. Express for Bathurst, 1:00.

TRAINS WILL ARRIVE AT ST. JOHN:

Table showing train arrivals: Express from Sussex, 8:30. Express from Montreal and Quebec (Monday excepted), 10:30. Express from Moncton (daily), 10:30. Express from Halifax, 11:00. Express from Halifax, Pictou and Campbellton, 11:30. Suburban Express from Bathurst, 11:30. Accommodation from Moncton, 11:30.

The trains of the Intercolonial Railway are heated by steam from the locomotive, and those between Halifax and Montreal, via Lewis, are lighted by electricity. All trains are run by Eastern Standard Time. D. FORTINGER, General Manager.

CANADIAN PACIFIC RY. SPECIAL

Around the World Trip Per R. M. S. "AORANGI,"

To leave London on March 17th, 1897, calling at Teneriff, Capetown, Melbourne, Sydney, Honolulu, and Victoria, thence to Vancouver and back to starting point, via the C. P. Transcontinental Line.

Rates—For first class passage throughout, \$400. First class on Railway and Second Cabin on Steamer, \$400.

Further particulars of D. P. A., St. John, N. B. D. H. NOTMAN, Dist. Pass. Agent, Montreal. St. John, N. B.

Dominion Atlantic R'y.

On and after 4th Jan. 1897, the Steamer and Trains of this Railway will run as follows:

Royal Mail S.S. Prince Rupert, MONDAY, WEDNESDAY, AND SATURDAY.

Lvs. St. John at 8:00 a.m., arr Digby 11:00 a.m. Lvs. Digby at 1:00 p.m., arr St. John, 4:00 p.m.

EXPRESS TRAINS Daily (Sunday excepted).

Lvs. Halifax 6:30 a.m., arr in Digby 12:45 p.m. Lvs. Digby 1:00 p.m., arr Yarmouth 3:45 p.m. Lvs. Yarmouth 4:00 a.m., arr Digby 10:47 a.m. Lvs. Digby 11:00 a.m., arr Halifax 8:45 p.m. Lvs. Annapolis 1:00 a.m., arr Digby 4:30 a.m. Lvs. Digby 5:30 p.m., arr Annapolis 4:40 p.m. \*Monday, Wednesday and Saturday.

Staterooms can be obtained on application to City Agent. Close connections with trains at Digby, Pictou, and from the latter on steamer, from whom time-tables and all information can be obtained. W. E. CAMPBELL, Gen. Man'gr. K. SUTHERLAND, Superintendent.

INTERNATIONAL S. S. CO. WINTER ARRANGEMENT. ONE TRIP A WEEK FOR BOSTON.

COMMENCING December 15th the steamship ST. CROIX will leave St. John every THURSDAY morning, at 8 o'clock, standard, for Eastport, Lubec, Portland and Boston. Returning, will leave Boston Monday at 8 a.m. Freight received daily up to 8 p.m.

C. E. LAECHLER, Agent.

CANADIAN EXPRESS CO. General Express Forwarders, Shipping Agents and Custom House Brokers.

Forward Merchandise, Money and Packages of every description; collect Notes, Drafts, Accounts and Bills, with goods (C. O. D.) throughout the Dominion of Canada, the United States and Europe. Special arrangements daily, Sunday excepted, over the Grand Trunk, Quebec and Lake St. John, Quebec Central, Canadian Atlantic, Montreal and Sorel, Saguenay, Amqui and Quebec, Central Ontario and Consolidated Midland Railways, Intercolonial Railway, Northern and Western Railway, Cumberland and Railway, Chatham Branch, Bell Bay, Steamship Lines to Digby and Annapolis and Charlottetown and Summerside, P. E. I., with nearly 600 agencies. Connections made with responsible Express Companies covering the Eastern, Middle, Southern and Western States, Manitoba, the Northwest Territories and British Columbia. Express weekly to and from Europe via Canadian Line of Mail Steamers. Agency in Liverpool in connection with the forwarding system of Great Britain and the continent. Shipping Agents in Liverpool, Montreal, Quebec and Portland, Maine. Goods in bond promptly attended to and forwarded with dispatch. Invoices required for goods from Canada, United States, and vice versa. J. B. STONE, C. BRIGHTON, Asst. Supt.