

From A. D. 1500 to 1600, the average was 21 years and 2 months; from 1600 to 1700, 25 years 9 months; from 1700 to 1800, 30 years.

Among the ancient Romans, according to Ulpian, the average was 30 years. In 1860 the average for Great Britain was 45 years. In France it was fixed at 42, and in the United States at 43 years.

DURATION OF LIFE AMONG ARTISTS.

In Gould's Dictionary of Arts, published in 1839, the names, with the ages, of 1,122 persons are given, which furnish the following remarkable facts as to the longevity of this class of men: Died under sixty years old, 474; sixty years and under seventy, 250; seventy years and under eighty, 243; eighty years and under ninety, 134; ninety years and under a hundred, 19; above a hundred, 1.—the mean age at death of the whole number being 55 years, from which it would appear that the pursuit of the fine arts has a tranquilizing effect upon the spirits, and a tendency to moral refinement in the habits and manners of its professors, extremely favourable to the prolongation of life.

HOW TO TAKE CARE OF THE EYES.

Do not read or write before sun-up or sun-down is advised by *Hall's Journal of Health*. Let the light fall upon the page from behind. Never read while lying down. Those whose eyes are weak should never read or sew by candle or gaslight, nor by twilight. Suffer nothing to be applied to them unless by the special advice of an experienced physician. If the lids stick together in the morning on waking up, moisten them with the saliva, it softens and dissolves the matter sooner than any liquid known. The best and safest treatment for most affections of the eyes is rest, especially if weak or inflamed, rest from reading, writing or sewing, from every use of them which requires close observation, spending a large portion of the time out of doors, as then large objects are mostly viewed. Persevere in this for weeks and months if necessary, and if not then relieved, consult a physician. Avoid reading on horseback or in rail cars or in any wheeled vehicle while in motion. Many persons will find that in reading before breakfast an effort is required to keep the sight clear, but after breakfast no such difficulty is experienced; the reason is, the eye under such circumstances is

more or less inflamed, that is, has too much blood about it, but nature calls that excess of blood away to the stomach after eating, to enable it to perform its work more thoroughly. Therefore, persons with weak eyes should not read or write or do fine sewing on empty stomachs. We have but one sight to lose, its preservation merits all our care, and it is unwise to tamper with, or experiment upon an organ so indispensable to our comfort, happiness and usefulness.

DANGER OF CHECKING PERSPIRATION.

Perspiration reduces the heat (by evaporation) to a healthy standard. Checked perspiration (says *Hall's Journal of Health*) is the fruitful cause of sickness, disease and death to multitudes every year. If a teakettle of water is boiling on the fire, the steam is seen issuing from the spout, carrying the extra heat away with it, but if the lid be fastened down and the spout be plugged, a destructive explosion follows in a very short time. Heat is constantly generated within the human body, by the chemical disorganization, the combustion, of the food we eat. There are 7,000,000 of tubes or pores on the surface of the body, which in health are constantly open, conveying from the system, by what is called insensible perspiration, this internal heat, which having answered its purpose, it passed off like the jets of steam which are thrown from the escape-pipe, in puffs, of any ordinary steam-engine; but this insensible perspiration carries with it, in a dissolved form, very much of the waste matter of the system, to the extent of a pound or two or more every twenty-four hours. It must be apparent, then, that if the pores of the skin are closed, if the multitude of valves, which are placed over the whole surface of the human body, are shut down, great harm results. When over-heated cool off slowly; never in a strong draught of air. Gentle fanning, especially if the face is wet with cold water, will soon produce a delightful coolness, which leaves no disagreeable results. If perspiring from walking, rowing or other exercise, on reaching the place of bathing do not (as some advise) sit down on the bank to cool off before entering the water. Doff your clothes and dash in as soon as possible, only being careful to keep up the exercise without intermission after you are in the water. In this way you continue the glow which you experienced from the previous exercise.