

THE SECRET OF LONG LIFE.

M. Barthelemy Saint Hilaire, the famous French scholar and politician, who recently entered on his 90th year full of physical and intellectual vigor, has been telling the inevitable interviewer how it is his days have been so long in the land. It is, we are told, the effect of strict adherence to the old precept "early to bed and early to rise" with steady work during waking hours. Every grand old man seems to have a secret of his own. Mr. Gladstone, we believe, attributes his longevity to his habit of taking a daily walk in all weathers, and to his giving thirty-two bites to every morsel of food. Oliver Wendell Holmes pinned his faith on equability of temperature. The late Major Knox Holmes swore by the tricycle which, in the end, was the cause of his death. Dr. P. H. Vander Weyde, an American octogenarian, not long ago offered himself "as an example of the benign influence of the study and practice of music." Some aged persons give the credit of their long lives to abstinence from tobacco, alcohol, meat, or what not; others to their indulgence in all these things. One old lady of whom we read not long ago as having reached the age of 120 or thereabouts maintained that single blessedness is the real *elixir vite*, and she ascribed the death of a brother at the tender age of 90 to the fact that he had committed matrimony in early life. M. Ferdinand de Lesseps believed in horse riding. Mr. James Payn complains that in his boyhood he "got a little bored with too much horse." The Grand Francais seemed to think that one can hardly have "too much horse." In a letter recently published, M. de Lesseps delivered himself on the subject as follows: "I shall always feel deeply grateful to Larine, my riding master, who from my earliest years made me share his keen passion for horses, and I am still

convinced that daily horse exercise has in a large measure been the means of enabling me to reach my 84th year in perfect health." Carlyle was also a great rider almost to the end of his long life, and he not only rode, but, we believe, groomed his horse himself. On the whole, it must be concluded that the real secret of longevity is a sound constitution prudently husbanded. The only general rules that can be laid down are those set forth by Adam in *As You Like It*:

Though I look old, yet I am strong and lusty;
For in my youth I never did apply
Hot and rebellious liquors in my blood,
Nor did not with unbashful forehead woo
The means of weakness and debility;
Therefore my age is as a lusty winter,
Frosty but kindly.

That is the whole secret of long life. Shakespeare knew it as well as anyone, yet he died at 52.—*Br. Med. J.*

EMULSION OF CASTOR OIL.—

Castor oil, 1 ounce.
Powdered gum arabic, 4 drachms.
Saccharine elixir, 20 minims.
Oil of bitter almonds, 2 minims.
Oil of caraway, 2 minims.
Distilled water, to make 2 ounces.

Dissolve the gum in the water, add the oil gradually, and lastly the flavoring.—*Practitioner* (London).

FOR BED-SORES.—

Balsam Peru, 2 drachms.
Elemi ointment, 12 drachms.
Resin ointment, 16 drachms.
Apply daily.

—*Practitioner* (London).

FOR RINGWORM—Saturate collodion with salicylic acid, and apply over the part affected. One application is usually sufficient.—*Edinburgh Medical Journal*.

BEWARE!—The bloom of the peach and the purple of the grape are but "a growth of microbes."—*Exchange*.