

Temperance Column.

The Evening Standard, in an article on "The Preservation of Life," says:—

"An observant surgeon, Mr. C. de Lacy Evans, has, in the consideration of this matter, got together many statistics, which are very instructive reading. He has sought out records of centenarians, and investigated their modes of life. As will be anticipated, the chief requisite which goes to secure long life is Temperance. In case after case 'temperate living' is found to have been the habit of the centenarian. Perhaps the figures given in the tale of years attained by some of the old people will be doubted; but this goes a very little way towards altering conclusions; they may not have been quite so old as it was said they were, or as they themselves declared, but deducting a few years for exaggeration or unintentional error, the writer has made a remarkable collection. Mr. Dobson, of Hatfield, who was said to have been 139 when he died, in 1776; Francis Confit, of Burythorpe, near Malton, who died in 1767, aged—according to the record—150; and Catherine Noon, who departed this life aged 136, her husband having died when eight years younger, these may all have added a few years to the days of their age, but they and many others were certainly very old people, though they lived before registration was scrupulously carried out as it is now; and concerning them all, and many others of whom Mr. de Lacy Evans writes, one story is told—they were all very temperate. Biscuits and apples, with milk and water, were the chief articles of diet consumed by one of these old people. Francis Confit, who is declared to have lived half-way through his second century, was very temperate, his chief extravagance in the way of diet, when he did break out, being a raw egg. Vegetables and water play the principal parts in the dietary of those remarkable personages; and to go from England to Italy, Cornaro has himself, at considerable length, set forth in a very interesting biography the blessings and benefits he derived from abstemiousness. Mr. Grosvenor, of County Wexford, a man who had always been very sparing in his diet, married at the age of 100, being at the time 'an agreeable, cheerful companion,' and he enjoyed 15 years of wedded bliss. Mr. Grosvenor was comparatively a young bridegroom, if the story of Owen Duffy, of Monaghan County, Ireland, be true. When he died is not stated, but he was alive in 1854, aged 122, and it was asserted that 'having lost his second wife when he was 116, he married a third, by whom he had a son and a daughter. At this time his youngest son was two years old and his eldest 90.' But all these people were temperate lives."

FRET NOT.—Fret not, neither be anxious. What God intends to do He will do; and what we ask, be-

lieving, we shall receive. Never let us get into the common trick of calling unbelief resignation; of asking, and then, because we have not faith to believe, putting in a "Thy will be done" at the end. Let us make God's will our will, and so say "Thy will be done." Peace! Why those fears? Life is too short for mean anxieties. Soul! thou must work, though blindfold.—Kingsley.



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