## OLD PARR'S MAXIMS OF HEALTH.

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Captain

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EEP your feet warm by exercise; your head cool through temperance, never eat till you are hungry, nor drink but when naure requires it.

In October avoid being out late at nights, or in Foggy weather, for a cold now got may continue the whole winter.

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## A BILL of FARE

for a MAYOR's dinner in QUEEN ELIZABETH's Time, at which he feafted the Duke of Norfolk, &c. The Lords, Knights and Gontry of the County of Norfolk, viz.

## EXTRAORDINARY CHARACTER.

AFFEUS who wrote the history of the Indies which has always been Model of veracity as well as elegant composition, mentions a Native of Bengal, named Nunis de Cugna, who died in 1566, at the Age of 370. He was a man of great simplicity, and quite illiterate, but of so extensive a memory, that he was a kind of living chronicle, relating distinctly, and exactly, what happened within his knowledge in the compass of his life, together with all the circumstances attending it. He had sour new setts of teeth, and the colour of his hair and beard had been very frequently changed from black to grey and from grey to black; He afferted that in the course of his life he had seven hundred wives, some of whom died, and the others he put away. The first century of his life he passed in idolatry, from which he was converted to Mahometanism which he continued to profess till his death