

vivifying light of the sun ; by avoiding the changes of the atmosphere, low and damp tenements, unhealthy professions, excess in drinking and eating, the harrowing emotions arising from gambling and politics, late hours and physical, mental and moral fatigue ; by being calm and cheerful, with a quiet and contented mind ; by going to bed early, and sleeping enough and eating regularly ; in short, by being moderate in everything. Such are the indispensable conditions for living to a happy old age. Let us, choose, then, the best mode of life, and habit will, render it easy and agreeable.

