The Attainment of Longevity.

Sir James Sawyer, a physician of Birmingham, England, has drawn up the following rules as embodying the secret of longevity. Sir James says no reason why any one who will faithfully follow them should not live to the age of 100:

1. Eight hours to sleep.
2. Sleep on your right side.
3. Keep your bedroom window open all night.
4. Have a mat to your bedroom door.
5. Do not have your bedstead against the wall.
6. Straight tub in the morning, but a bath at the temperature of the body.
7. Exercise before breakfast.
8. Eat little meat, and see that it is well-cooked.
9. For a drink Drink no milk.
10. Eat plenty of fat to feed the cells which destroy disease germs.
11. Avoid intoxicants which destroy those cells.
12. Daily exercise in the open air.
13. Allow no pet animals in your living-rooms. They are apt to carry about disease germs.
14. Live in the country if you can.
15. Watch the three Ds—drinking-water, damp, and drains.
16. Have a change of occupation.
17. Take frequent and short holidays.
18. Limit your ambition.
19. Keep your temper.

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The Misses Bell will this month give to all who call at their parlors, a free trial bottle of their Complexion Tonic. Those who live at a distance may have a free bottle by sending 25 cents in silver or stamps to cover the cost of packing and delivery. The price of this wonderful tonic is One Dollar a bottle.

The Misses Bell's new book, "Secrets of Beauty," is sent free. It tells how a woman can gain and keep a good complexion. Special chapters on the care of the hair, how to preserve its color and luster, even to an advanced age. Also how to get rid of superfluous hair on the neck and arms without injury to the skin. The valuable book will be mailed to any address on request. Correspondence cordially solicited. Address,

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