

which he has secured the psalmist's three score and ten years. He has been regular about going to bed and getting up, making it a rule to go to bed when there wasn't anybody left to sit up with, and to get up when he had to. He had been consistently regular in his early years in taking food that frequently disagreed with him. In regard to smoking, the only restriction he has imposed is to smoke one cigar at a time. He is not quite sure when this habit was contracted, but some time prior to his eleventh year it was resorted to secretly, and since that time he has been an open and avowed smoker. In reference to drinking he prefers to remain dry excepting when others are about and there is drinking going on; then he likes to help. He does not recommend this practice to others, as he points out that dryness does not hurt him, but might easily injure other constitutions. He says: "I have never taken any exercise except sleeping and resting, and I never intend to take any. Exercise is loathsome, and it cannot be of any benefit when you are tired; I was always tired. I have lived a severely moral life, but it would be a mistake for other people to try it or for me to recommend it; very few would succeed. Morals are an acquirement like music, like a foreign language, piety, poker, or paralysis. No man is born with them; I wasn't myself, I started poor."

We are not quite sure that the remarks of Twain are very illuminating or that they conduce very much to longevity, but they are up to the average level of those who have attained to advanced years, and who undertake to enlighten others on how they did it.—*Medicine*.

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The following points and suggestions regarding the prevention of consumption, which deserve the attention of everybody, are gathered from a recent article by Dr. Knopf, of New York, which is to be found in the *Medical Record*, of November 18th, 1905.

"There are more cases of advanced tuberculosis to be treated than any other disease.

"There is no disease where so much can be done to render the patient comfortable and hopeful as pulmonary tuberculosis in the advanced stage.

"There is no disease where one case in a family can more readily become the cause of infection of other members, particularly in the stage where the consumptive begins to be confined to the close association of the family members only.

"It is extremely important to remember that advanced