

riding disease, should by your mismanagement, be converted in to a confirmed consumption.

6. All remedies which do no good, in either colds or consumptions, invariably do a very great deal of harm.

7. A strictly sober life, regular, active exercise, and a cheerful and contented mind, are the most certain means by which those predisposed to consumption, may escape its attack, and preserve their lives to an advanced period,

8. The most certain means by which the predisposed, even when guilty of no intemperance, may invite the attack of their lurking enemy, is a plentiful use of pectoral balsams, balms of life, lung-restorers, cough-lozenges, or indeed any of the list of certain cures in the newspapers.

Longevity.—From the facts furnished us by history, as well as daily observation, there are strong reasons for believing, that longevity is, in a great measure, hereditary; and that healthy long-lived parents would very generally transmit the same to their offspring, were it not for the common neglect of the rules of health, which so evidently tends to the abbreviation of human life. Whence it is, from this cause, that of all the children born in large cities, particularly those of Europe, nearly one half die in early infancy? To what else can we attribute this extraordinary mortality? So astonishing a proportion of premature deaths is a circumstance unheard of among savage nations, or among the young of other animals!

In the earliest ages, we are informed, that human was life protracted to a very extraordinary length; but how few in these latter times arrive at the period which nature appears evidently to have marked, as the limits of man's earthly existence.

Man seems designed to rise with the sun, and to spend a large portion of his time in the open air; to insure his body to robust exercise, and the inclemency of the seasons; and to support himself upon plain simple food, taken at such intervals as the calls of appetite indicate. But how completely has art defeated the kind intentions of the Great Creator; and by enslaving man to all the blandishments of sense, left him an easy victim to his own folly and caprice.

To compare the results presented by our artificial modes of life with those indicated by nature, selecting the examples even from the longest livers upon the list, would afford a very striking contrast, and present one of the strongest reasons why instances of longevity are so very rare, amid the refinements and luxury of a large city,