



FRONT VIEW OF NEW CLUB HOUSE, MONTREAL AMATEUR ATHLETIC ASSOCIATION.

How to Live Long.

From time to time we see many rules from different authorities regarding long life. The following given by Professor Boyd Laynard, of London, a leading author of works on hygiene, seem to us to be as reasonable and easily applied as any we have yet seen :

1. Avoid every kind of excess, especially in eating and drinking.

2. Do not live to eat. Select those aliments most suitable for nourishing the body and not those likely to impair it.

3. Look upon fresh air as your best friend. Inhale its life-giving oxygen as much as possible during the day, while at night sleep with the bedroom window open at the top for a space of at least four or five inches. Follow this out even in the depth of winter. It is one of the great secrets of long life.

4. Be clean both in mind and body. "Cleanliness is next to godliness." It is a fortification against disease.

5. Worry not nor grieve. This advice may seem cold philosophy and to be easier to give than to follow ; nevertheless, I have known persons of a worrying disposition almost break themselves of it by a simple effort of the will.

6. Learn to love work and hate idleness. The lazy man never becomes a centenarian.

7. Have a hobby. A man with a hobby will never die of senile decay. He has always something to occupy either mind or body ; therefore they remain fresh and vigorous.

8. Take regular exercise in the open air, but avoid over exertion.

9. Keep regular hours, and insure sufficient sleep.

10. Beware of passion. Remember that every outbreak shortens life to a certain degree, while often it is fatal.

11. Have an object in life. A man who has no purpose to live for rarely lives long.