

VITAL STATISTICS OF SCOTLAND FOR THE QUARTER ENDING DECEMBER, 1879.—The Registrar-General for Scotland has recently issued his quarterly return for the period ending December 31 last, from which it will be gathered that 30,064 births and 17,408 deaths were registered during the last three months of 1879. These figures represent an annual birth-rate equal to 33·2 per 1000 and a death-rate equal to 21·9 per 1000. On an average 326·78 births were registered daily throughout the quarter. The mortality from all cases was 1808 in October, 1894 in November, and 2897 in December, and may be regarded as unusually moderate. The deaths from zymotic diseases constituted about 16·1 per cent. of the total mortality, indicating no particularly unfavorable condition of the health of the principal towns. Diseases of the respiratory system caused 309 deaths in October, 435 in November, and 956 in December. Of all the deaths from specified causes fully 26·3 per cent. were referred to diseases of the respiratory system; and nearly 18 per cent. were attributed to bronchitis alone.

WHEN NOT TO EAT.—Never eat when very much fatigued. Wait until rested.

Never eat just before you expect to engage in any severe mental or physical exercise.

Never eat while in a passion, or while under any great mental excitement, whether of a depressing or elevating character.

Never eat when in a hurry, if you can prevent it. If obliged to eat hurriedly, eat lightly.

Never eat just before taking a bath of any kind.

Never eat just before retiring for the night.

Never eat between regular meals.

LONGEVITY.—The London *Times* has lately contained in its obituary some remarkable illustration of prolonged existence—notably so on the 6th inst., when the deaths of five ladies and three gentlemen were recorded, whose united age 674 years, giving an average of eighty-four years and three months to each. The eldest, as usual, was a lady who had reached the great age of ninety three; the youngest of the same sex was eighty-one; of the gentlemen the oldest was eighty-seven; and the youngest eighty years of age. There were also fifteen septuagenarians, averaging seventy-five years each.