

How to Avoid Premature Old Age.

The following good advice is given by Dr. Benjamin Ward Richardson: The rules for the prevention of senile diseases are all personal. They should begin in youth. It should be a rule among grown-up people never to subject children to mental shocks and unnecessary grief. When, in the surrounding of the child-life, some grave calamity has occurred, it is best to make the event as light as possible to the child, and certainly to avoid thrilling it with sights and details which stir it to the utmost, and in the end only leaving upon the mind and heart incurable wounds and oppressions. Children should never be taken to funerals, nor sights that causes a sense of fear and dread combined with great grief, nor to sights which call forth pain and agony in man or in the lower animals.

To avoid premature old age in mature life, the following are important points to remember: Grief anticipates age. Dwelling on the inevitable past, forming vain hypotheses as to what might have been if this or that had or had not been, acquiring a craze for recounting what has occurred—these acts do more harm to future health and effort than many things connected with calamity. Occupation and new pursuits are the best preventatives for mental shock and bereavement. Hate anticipates age. Hate keeps the heart always at full tension. It gives rise to oppression of the brain and senses. It confuses the whole man. It robs the stomach of nervous power, and, digestion being impaired, the failure of life begins at once. Those, therefore, who are born with this passion—and a good many, I fear, are—should give it up.

Jealousy anticipates age. The facial expression of jealousy is old age, in however young a face it may be cast. Jealousy prays upon and kills the heart. So, jealous men are not only unhappy, but broken hearted, and live short lives. I have never known a man of jealous nature to live anything like a long life or a useful life. The prevention of jealousy is diversion of mind toward useful and unselfish work.

Unchastity anticipates age. Everything that interferes with chastity favors vital deterioration, while the grosser departures from chastity, leading to specific and hereditary disease, are certainly causes of organic degeneration and premature old age. Thus chastity is preventive of senile decay.

Intemperance anticipates age. The more the social causes of mental and physical organic diseases are investigated, the more closely the origin of degenerative organic changes leading to premature deterioration and decay are questioned, the more closely does it come out that intemperance, often not expected by the person himself who is implicated in it, so subtle is its influence, is at the root of the evil.

When old age has really commenced, its march toward final decay is best delayed by attention to those rules of conversation by which life is sustained with the least friction and the least waste.

The prime rules for this purpose are:

To subsist on light but nutritious diet, with milk as the standard food, but varied according to season.

To take food in moderate quantity, four times in the day, including a light meal before going to bed.

The clothes warmly but lightly, so that the body may, in all seasons, maintain its equal temperature.

To keep the body in fair exercise, and the mind active and cheerful.

To maintain an interest in what is going on

in the world, and to take part in reasonable labors and pleasures, as though old age were not present.

To take plenty of sleep during sleeping hours. To spend nine hours in bed at the least, and take care during cold weather that the temperature of the bedroom is maintained at 60° Fah.

To avoid passion, excitement, luxury.

Self Cure.

The body, to a large extent, is a machine which, when disarranged, repairs itself. Physicians tell us of the *vis medica rix natura*—the power to heal inherent in nature. It is natural to get well. The body's recuperative resources are not equal to every need, but they are very great. It is because of this, even, that the well man tends to keep well, if he conforms to nature's laws, for the system is ever full of poison from its own waste, the disposal of which nature has provided for, better than any city has for the disposal of its deadly sewerage.

Take the case of an ordinary wound. It needs only to have its disrupted parts brought together and nature does the healing; and even in many cases where the parts are not brought together, nature fills up the space with new flesh. So nature will mend a broken bone, on the simple condition that the adjusted parts be allowed the requisite rest.

Dyspepsia, whether induced by improper eating, the neglect of exercise, brain overwork, or care, worry and fret, will in time wholly disappear on removal of the cause and compliance with the laws of nature.

The best physicians now freely admit that typhoid patients, in the great majority of cases, would recover without a drop of medicine; that they need medicine mainly to promote ease and comfort, and that pure air is better for them than all drugs. The same is true of some other diseases. More and more is it being admitted that, in no case, no drugs have any curative powers, but only aid nature, as the surgeon aids in the case of a badly broken limb, by removing irritating bits, spicules, etc., and securing the proper adjustment and fixation of the parts.

The old-time doctors greatly overdosed people; in multitudes of cases literally dosed people to death. Within less than twenty years a personal friend, called to watch with a neighbor far gone in consumption, was shown eleven different medicines, each of which she was to administer during the night, according to the varying symptoms.

It cannot be too strongly emphasized, that those who observe the laws of their physical nature are likely to keep well—and even infectious diseases have little power over such persons, and would wholly disappear if all observed these laws.

MENDING OLD WINDOWS.—One of the worst jobs the "all-around" repair hand has to contend with is the mending of old windows. Putty comes off hard sometimes, and often the sash will be split and badly damaged in the attempt to chisel off the old putty. Once in awhile very old sashes are found, the putty on which has a large proportion of white lead mixed with the whiting. Such putty can hardly be removed with a chisel without taking wood with it from the sash. When time can be taken—say over night—it will help to cover the sash thickly with a paste made from three parts of lime, one part of potash, and a sufficient quantity of water. If this is done, and the sash laid one side for 10 or 12 hours, the putty can be removed without breaking the glass—a job not easily done by any other means. A sluff of this same mixture can be plastered on some of the grease-drowned jobs which every repair-man must tackle. A liberal coating left on over night and an application of water from a hose under 60 pounds pressure will have a most magical effect.

Minnie May's Dep't.**Flo's Letter.**

BY EREN E. REXFORD.

A sweet little baby brother,
Had come to live with Flo,
And she wanted it brought to the table,
That it might eat and grow.
"It must wait awhile," said Grandma,
In answer to her plea,
"For a little thing that hasn't teeth
Can't eat like you and me."

"Why hasn't it got teeth, Grandma?"
Asked Flo, in great surprise.
"O my, but isn't it funny?"
No teeth, but nose and eyes.
I guess," after thinking gravely,
"They must have been forgot.
Can't we buy him some, like grandpa?
I'd like to know why not."

That afternoon to the corner,
With paper, pen and ink,
Went Flo, saying, "Don't talk to me;
If you do, I'll start my think.
I'm writing a letter, grandma,
To send away to-night.
An' 'cause it's very 'portant,
I want to get it right."

At last the letter was finished,
A wonderful thing to see,
And directed to "God in Heaven."
"Please read it over to me."
Said little Flo to her grandma,
To see if it's right, you know."
And here is the letter written
To God by little Flo:

"Dear God: The baby you brought us
Is awful nice and sweet.
But 'cause you forgot his toothes
The poor little thing can't eat.
That's why I'm writing this letter,
A purpose to let you know.
Please come and finish the baby.
That's all. From "LITTLE FLO."

MY DEAR NIECES:—No doubt you enjoyed your Christmas holidays, as all healthy, happy girls should, and are entering upon a New Year with a determination to make it as happy as you can. Clouds will gather in everyone's life. We cannot control the clouds, but we can make the sunshine. Recreation is so natural to the young, and it is so human to laugh and enjoy life; else what were the powers of laughter and enjoyment given us for? When I speak of the healthfulness of recreation, you must understand its being indulged in moderation and at proper times. Laughter is lovely and pleasing in the right place; but who could respect or love the young person who made it a point to giggle in church? Dancing is the poetry of motion, and keeping time to music is delightful to the senses, and as an exercise has no equal; but dancing, kept up till early morning, in an impure atmosphere, and until every muscle feels a sense of fatigue, is no longer healthful, but positively harmful. We are all the better for relaxation. We look better for it, we feel better for it, think better for it, and work better for it. So, my dear girls, whatever you do, whether you work or play, never carry it to excess. Our own homes, these long winter evenings, are the safest and healthiest places for amusements. If you are the fortunate possessor of a piano, then you are comparatively independent; for songs, glees and choruses will furnish practice for many an evening. Why do not more girls play the violin? It seems to be set apart, until recently, exclusively as a boy's instrument. Now a number of girls are learning it. It costs but a fraction of what a piano does. And it is so easily self-taught; besides, being a graceful instrument for girls, calculated to show off a pretty figure to advantage. Cards, as a source of amusement for home evenings, should not be condemned. There is no fear of boys going to a tavern to gamble if they are familiarized with cards as an innocent recreation