LONGEVITY. SIGNS

PHYSICAL FEATURES AND HABITS THAT MEAN LONG LIFE.

Opinions of the Phrenologist, the Doctor and the Hard Worker in the Domain of Physi cal Science-Tesla's Theory of the Wonderful Resting Power of Sleep.

'The signs of long life are many,' said a celebrated physician lately, 'and easy to read. I will give you some of the plainest of them, avoiding technical expressions. Let us begin with the head, which should be square or round and wide behind and over the ears. All wide-headed animals have more vital torce, more aggressive qualities than those with narrow heads. Take a bulldog or a cat, see how wide their heads are and think what hard knocks they will endure, while a rabbit, for instance, would topple over and die with one-half the hard treatment. People with long, narrow such person who reached the century mark, while very few ever get near it.

'Then take the signs of the face, what the features tell us about the probable length of life. The eyes should be round the longer a man sleeps the longer he will and wide, not oblong and narrow, for such eyes denote degeneracy and weakness. The brow should be ample and slope back slightly from an absolute perpendicular. The Rev. Charles Collier has an almost perfect brow, so has Joseph Choate, but the brow of Edgar Allen Poe is too straight up and down and too massive, showing that the brain system overbalances the other systems of the body, and for long life there must be an equipoise among these systems. The mouth should be full and well set, a small mouth is a bad sign, and the chin should be square and firm. This last is important as showing that the proper balance exists between the intelleccase again, the lower face is weak, showing weakness in the digestive and assimilative systems, in the animal part of him. The face of Robert Louis Stevenson shows the same defect, and so does the face of Hall Caine. In such men the brain overrides the body, burns out the body, and the probability of a long life is small.

'And now we come to the nose, which gives the most important indication as to the person's breathing capacity and thoracic equipment. A man or woman with a nose that is wide and full through its whole length and has open, easily dslating nostrils probably has good lungs and a good heart, and will get far more out of life and live longer than a person whose nose is pinched and whose nostrils are narrow. I should say that proper breathing is one of the chief essentials to proper living, and if people would form the habit, especially while out of doors, of taking deep, full breaths through the nostrils and holding the breath for a few seconds before expelling it, they would add many years to their lives. This is a simple thing to do, and once the habit is formed, it provas a source of perpetual delight. I am sorry to say, however, that not one person in fifty breathes properly. And yet, without a splendid breathing apparatus, I doubt it the highest greatness can be achieved. Think of Gladstone, Bismarck, Daniel Webster, and many other of the world's giants. They all have big lungs and strong noses. And their chances of long life are great in proportion.

'And when it comes to the hand, the signs are equally clear. In no part of the body does a person offer such a revelation of himself as in the hand. Here are betrayed at once the infirmities and weaknesses of either sex, and also the strong points. The long, slender hand is considered beautiful, but it indicates a degeneration from strength, and its owner is not apt to reach an advanced age. Narrow-headed people usually have narrow hands. The hand that gives promise of a long life is the one with a square, broad palm, with large joints and short fingers, one like this,' and Mr. Parks took down the mold of Walt Whitman's massive hand. 'Here you see ruggedness, muscle, and endurance the signs of longevity. The finger nails are strong and spatulate, and the flesh is neither too hard nor too soft, thus showing a blending of mental and physical activity.

'As to the lines of the palm, little can be said that will serve the purpose of a person not instructed in palmistry, for it is not sufficient to observe the life line alone in concluding as to term of a person's years. If the life line is good in color and unbrokan through a good length, that is a favorable sign, but for any valuable conclusion the life line must be read in connection with the other lines of the hand.'

Another characteristic of long-lived persons is the presence of large bones, and it is Mr. Park's opinion that, other things being equal, a man or woman having a heavy, osseous frame, a body like that of Abraham Lincoln, will live longer and accomplish better things than a person with small bones.

Dr. A. H. Grandin believes that longevity depends solely upon the action of the heart. 'The heart,' he says, 'is the nearest approach known to man to that dream of scientists, perpetual motion. The person whose pulse beats with full and normal stroke has the best chance of a long life. Heredity qualities come next in importance has a forewarning of his own

For the consolution of those whose fathers or mothers may have died young, it should be said that many authorities maintain that hereditary tendencies come, to a great extent, from the grandparents, and even from previous ancestors, so that, if there has been a good average of long life in past generations, the fact of early death in the case of father or mother need not be ef serious consequence.

'A man receives a certain term of life,' said Nicola Tesla, 'so many hours to pass on this earth-I mean hours when he is alive, awake; I do not count the hours when he is sleeping; I do not believe they are, strictly speaking, included in his term heads seldom live to a ripe old age, and in of life. When a man really lives he is all my observations I have never found one | dying hour by hour, but when he sleeps he is accumulating vital forces which will make him go on living. In other words, in measuring out our dole of hours to each one of us, the great timekeeper stops his count while we are sleeping. Therefore remain on earth. Nearly all long-lived people have been great sleepers. When De Lesseps was on the ocean he would sleep twenty hours on a stretch. Gladstone is a great sleeper, and averages twelve hours a day. I can believe that a man who would learn to sleep eighteen hours a day might live 200 years.'

This idea soems a little fantastic, but it should be said that so great an authority as Prot. F. W. Warner, in a recent lecture on 'Biometry, or the Science of Measuring Lite,' includes abundant sleep among the four essentials to a long lite which are: 1. To be descended, at least by one side, from long lived parents. 2. To be of a calm, contented, and cheerful disposition. 3. To have a symmetrical form, i. e., a tull chest, well-formed joints and limbs, with a neck and head large of the body. 4. To be a sound sleeper.

The Professor went on to show that women are longer lived than men, and that married women live longer than single women. The statistics show that few nuns shag Harbor, Feb. 5 by Elder W. Halliday, attain old age, and that monks also die on Thomas Allen to Annie Murphy. attain old age, and that monks also die on the average earlier than men who marry.

'The primary conditions of longevity are,' said Prot. Warner, 'that the heart, lungs and digestive organs, as well as the brain should be large. If these organs are large the trunk will be long and the limbs comparatively short. The person will appear tall in sitting and short in standing. The hand will have a long and somewhat heavy palm and short fingers. The brain will be deeply seated, as showing by the orifice of the ear being low. The blue or brown haz I eye as showing an intermission of temperament, is a favorable indication. The nostril being large, open and free, indicates large lungs. A pinched and half closed nostril indicates small or weak lungs.'

A PREACHER'S STORY.

Like Other Mortals he fell Victim to Disease-Dr. Agnew's Catarrhal Powder was the Agent which Restored him to Health and he Gladly Allows his Name to be Used in Telling ft that others may be benefited too.

Rev. Chas E. Whitcombe, Rector of St. Matthew's Episcopal Church, and Principal of St. Matthew's Church School, Hamiliton was a great sufferer. Dr. Agnew's Catarrhal Powder cured him, and he now proclaims to the world that as a safe, simple and certain cure it has no equal. It never fails to relieve catarrh in ten minutes, and cures permanently.

Guarding a Coast by Electricity.

A correspondent of Nature suggests that a long coast-line may be rendered safe to ships in foggy weather by means of an electric cable lying ten miles offshore, and parallel with the coast, in about fifty fathoms of water. Whenever an iron ship approached within 200 yards of the cable, he says, an electric detector on board the of the suggestion he asserts that messages sent along an electric cable lying on the sea-bottom bave been read, with suitable apparatus, on a ship floating above the

Money no Object. The amount of money sufferers from catarrh will spend in attemping to cure that foul and disagreeable disease is almost incredible. J. W. Jennings. of Gilford, Ont., says: 'I spent between \$200 and \$300 consulting doctors; I tried all the 'treatments' without benefit. One box of Chase's Catarrh Cure did me more good than all the remedies. A 25c. box cured me.' Don't waste money. Chase's Cure, with improved blower, 25c. It

BORN.

Sussex, Feb. 7, to the wife of A. Teakles, a son. Truro, Jan. 29, to the wife of Fied Brown, a Truro Jan. 28, to the wife of Solomon Crowe, a son. Truro, Jan. 29. to the wite of Dr. Chaimers, a son. Sussex, Feb. 4, to the wife of Wilmot Asbel, a son. Moneton, Feb. 12. to the wife of W. R. Riddell, a

Sussex. Feb. 7, to the wife of William McDonald, a

Sussex, Feb. 6, to the wife of Wm. McArthur, a Annapolis, Feb. 6, to the wife of Henry Ritchie, a Lynn, Jan. 24, to the wife of Edward C. Holden, a

Kentville, Jan. 30, to the wife of Judge Chipman, a Halifax, Feb. 10, to the wife of James R. Crazg, a

Digby, Jan. 25, to the wife of Walter Handspiker, Lowell, Mass., Jan. 25, to the wife of A. L. Peiton Halitax, Feb. 5, to the wife of W. L. Harling, a

Halifax, Feb. 7, to the wife of William Almond, a Yarmouth, Feb. 5, to the wife of W. L. Harding a

Truro, Jan. 19, to the wife of Stewart Fraser, a daughter. She burne Road, Feb. I, to the wife of George Bal-

Bloomington, Jan. 25, to the wife of George Conant, Bridgewater, Feb. 3, to the wife of Howard Spiddle, a daughter.

Nictanx Falls, Feb. 1, to the wife of Joseph H. Lawrencetown, Jan. 25, to the wife of Charles Barrington Passage, Feb. 3, to the wife of F. L.

Bridgetown, Jan. 26, to the wife of Alden G. Walker, a son Worcester, Mass. Jan. 28, to the wife of Arthur H. Crosby a daughter. Upper Stewiacke, feb. 6, to the wife of John D.

Wilson, a son

Steele, a daughter. Worchester Mass., Jan. 28, to the wife of Arthur H. Crosby, a dauguter. Kingston Village, Feb. 3, to the wife of Arthur Mc-Gregor, a daughter. Upper Stewiscke, Jan. 31, to the wife of George

Graham, a daughter. Middle Stewlacke, Feb. 9, to the wife of Adam Davidson, a daughter. Hammond Plains, Feb. 9, to the wife of A. E. H .verstock, a daughter.

MARRIED.

Lynn Mass, Feb. 2, William H. Winchester to Irene Bohaker. Bear River, Feb. 3. by Rev. J. Craig, Stanley Rice to Jennie Morine. Port Mouton, Feb. 9, by Rev. J. E. Donkin, Henry Willis to Georgina Roy.

Lawrencetown, Jan. 27, by Rev. J. H. King, Frank O. Foster to Marjorie Kelly. Sydney, Feb. 11, by Rev. J. F. Forbes, Daniel W. Morrison to Flora McQueen,

Halifax, Feb. 2. by Rev. Wm. Ainley, Robert S. Fisher to Annie B. Patterson. tual and the animal functions. Take Poe's rather than small in proportion to the size Bear Point, Feb 5, by Elder Halliday, Amiel Stod Aylesford, Feb. 4, by Rev. J L. R:ad, James A. Veinotte to Mrs. Letitia Z nck-

Shelburne, Feb. 2. by Rev. J. E Wallace, Colin power to Mrs. Catherine Locke. Aylesford N. S. Jan. 27, by Rev. J. L. Read, Loring A. Read to Jennie W. Whitman.

Granville Centre, Jan. 27, by Rev. J. E. Warner, Frank P. Milis to Annie Withers Mahone Bay, Feb. 1, by Rev. J. W. Crawford, Enos Berringer to Sarah Whitman.

Lower Granville. Jan. 24, by Rev. J. B. Giles, Capt. J. L. K cans to Addie Conley. Halifax, Feb. 5, by Rev. A. W. M. Harley, Alexander Morrison to Mrs. Ita Belasco. Moose Harbor, Feb. 4, by Rev. A. W. M. Harley, George Wardlaw to Sarah A. Myra. Lawrence Mass, Feb. 13. by Rev. M. Wikins, Ernest E. Bryer to Alma C. Graham.

Kempt Head, C. B. Feb. 5, by Rev. D. Drummond, Thomas McQueen to Johanna Morrison. Johnston, N. B. Feb. 2, by Rev. C. A. Warneford, Rainsford Rankine to Maud McDougall. St. John, Dec. 24, by Rev. E. E. D.ley, W. H. Waliace to M. S. Laura Lee of Nova Scotia.

DIED.

Pictou, Feb. 4, James Fraser, 82. Halifax Feb. 12, John Migett, 43. Baddeck, Feb. 3, Eliza C. Watson. Halifax, Feb. 12, R. D. Clarke, 64. Halifax, Feb. 12, William Swaine, 85. Barrington, Jan. 26, Susan Swaine 80. Hulifax, Feb. 11, Charles F. Biddle, 74. Clifton, Feb. 11, Purdy S. Wetmore, 28. Port Maitland, Feb. 7, Thomas Dane, 85. Annapolis, Feb. 10, Andrew Hindon, 60. Black River, Feb. 5, Eunice J. Blair, 61. Canaan, N. S., Feb. 6, Elisha DeWolfe, 78. Bridgetown, Feb. 8, J. Whalen Brown, 48. Arcadia. Feb, 9, Mrs. Samuel Dunham, 73. New Minas, Jan. 28, William H. Bishop, 49. Yarmouth, Feb. 10, Mrs. Sheldon Lewis, 73. Granville Ferry, Jan. 30, John Auberman, 80. Gross-Coques, N. S. Feb. 2, Frank Bournenf, 77. St. John Feb. 15 Elizabeth, wife if F. J. Rafferty. Hampion, Feb. 14, Sarah widow of David Smith, 81. San Francisco, Dec. 16, Guy son of C. Greenfield, 3: Halifax, Feb. 10, Sarah wife of William Malone, 36. Tupperville, N. S., Feb. 5, W. Fletcher Willet, 67. St. John, Feb. 14, Elizabeth, wife of Juhn McKay, vessel would give the alarm. In support Pictou, Jan. 30. Jessie M. widow of Peter Cameron, Truro, Feb. 2, Elizabeth widow of S. C. McLellan, Providence, R. I., Feb. 5, Charles L. Waterman, Fairviln, Feb. 11, Lydia wife of Clarence Purcell, St. John, Feb. 7, Agnes, widow of Duncan B. Mc-Hillsburg. Jan. 22, Roselia, wife of James H. Halli-St. John, reb. 13, Ellen, widow of the late Robert St. John, Feb. 12, Anne widow of W. H. Fitz-St. John. Feb. 15, Mary M. wife of W. Tremaine New Glasgow, Feb. 3, Elizabeth J. wife of Newton

Windsor, Jan. 31, Sarah L. widow of Capt. H. Villagedale, Feb. 3, Maggie M. child of Lewis and

Susan Penny, 2 Truro, Feb. 10, Myrtle E. daughter of Mr. and Mrs. Victoria, P. E. I. Jan. 26, Harry A. son of Wm. C.

East Pubnico. Feb. 5, Veta M. daughter of Walter and Amanda Larkin. Halifax, Feb. 13, Claude D. son of Robert K. and Eliza Evans, 8 months. Annapolis, Feb. 6, Lew's Burns twin son of Oscar and Emma Lewis, 19 months.

Boston, Feb. 8, Margarrt, widow of Alexander Preeper, of Shubenacadie, 69. Annapolis, Feb. 7, Elizabeth widow of Capt. Jas. Flizgerald formerly of St. John.

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D, POTTINGER, General Manager, Railway Office, Moncton, N.B., 3rd September, 1896.



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