

How to Live Long.

The secret of long life has once again been discovered, this time in Flanders; and, if we read aright the meaning of the announcement now made there is nothing to prevent any one from becoming a centenarian, provided he will do as he is told by the erudite Dr. Bargaeva, who professes physic in the University of Ghent. Not only does the Flemish professor proclaim long life to be a thing attainable in certain circumstances, but he offers it at a rate so cheap that to any one ambitious of outliving his welcome in the world it would be the veriest folly not to accept the gift. The medicine is not protected by a patent, though the fortunate proprietor might, by selling what most men wish to buy, have grown rich beyond the dreams of avarice. It is no elixir of life, no Cagliostro's drops, no fountain of perpetual youth, such as that which Ponce de Leon sought in Florida and Sir John Mandeville drank of on the shores of Malabar, albeit he died of arthritic gout, the miraculous draught notwithstanding. Dr. Bargaeva's medicine is nothing more recondite than common salt. Eat salt in sufficient quantity, and, so far as years are concerned, there is nothing to prevent any one from becoming a Sir Moses Montefiore or an Old Parr, or even from reaching the age of Thomas Damme, who is said to have died at 154 or of Peter Torton, who de lazed, though he did not produce a parish register, that he was close on 184 the year before he made up his mind to go over to the majority. Salt, the Ghentish doctor affirms, is the great panacea for every ill that flesh is heir to. Good health, it is his opinion, is not a matter of chance or constitution; the laws which regulate human life are very simple; all that we have to do is to take care that they shall devote themselves without obstruction. Salt will enable them to do this. If the blood is too rich, salt will purify it. If the blood is too poor, salt will thicken it. Culprits who have been punished by being compelled to eat unsalted bread have almost invariably died. The want of salt caused the outbreak of a terrible epidemic in Saxony, and Russian peasants, when threatened by the plague, have saved themselves by putting salt in their milk. Cholera will flee before salt. Consumption can be mastered by it. Old age is comparatively powerless in the face of two-thirds of an ounce of sodium chloride a day. Therefore, he invites all to swallow this frugal physic, and, if not tired of the world at three-score and ten, to go on living until centenarians are as common as fools, and insurance companies are threatened with insolvency by annuitants who continue on the funds to an age for which the actuaries of the past have made no provision.—London Standard.

Self-control.

An expert and experienced official in an insane asylum said to us, a little time since, that these institutions are filled with people who have given up to their feelings, and that no one is quite safe from an insane asylum who allows himself to give up to his feelings. The importance of this fact is altogether too little appreciated, especially by teachers. We are always talking about the negative virtues of discipline, but we rarely speak of the positive virtues. We discipline the schools to keep the children from mischief, to maintain good order, to have things quiet, to enable the children to study. We say, and say rightly, that there cannot be a good school without good discipline. We do not, however, emphasize as we should the fact that the discipline of the school, when rightly done, is as vital to the future good of the child as the lessons he learns. Discipline of the right kind is as good mental training as arithmetic. It is not of the right kind unless it requires intellectual effort, mental conquest. The experienced expert, referred to above, was led to make the remark to us by seeing a girl give away to "sulks." "That makes insane women," she remarked, and told the story of a woman in an asylum who used to sulk until she became desperate, and the expert said, "You must stop it. You must control yourself." To which the insane woman replied, "The time to tell me that was when I was a girl. I never controlled myself when I was well, and now I cannot." The teacher has a wider responsibility, a weightier disciplinary duty, than she suspects. The pupils are not only to be controlled, but they must be taught to control themselves, absolutely, honestly, completely.—Jour. of Education.

If we ever became vindictive toward man, and desired to punish him, we would deprive him of his hobby; without that, he would be lonesome in a crowd, and crowded in a wilderness, and would seek what he had lost and find it not. The business man with a hobby that he rides is a happy man; but if the hobby rides him the business will suffer sooner or later. The man without a hobby will be found in the clubroom, the billiard room, or card room. The hobbyist, with his loft of pigeons, his bird skins or eggs, bugs or beetles, takes more substantial happiness than all the members of the highest toned club in a city combined. Besides that, home and Dame Nature is all the world to him and all the heaven he ever aspires to.—Walt's Nyct.

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