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Eminent physicians claim this achievement a new era in the science of medicine, as it furnishes the blood with its natural saline that is lost or eliminated every day.

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### How to Avoid Premature Old Age.

The following good advice is given by Dr. Benjamin Ward Richardson: The rules for the prevention of senile disease are all personal. They should begin in youth. It should be a rule among grown-up persons never to subject children to mental shocks and unnecessary griefs. When, in the surroundings 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 leave upon the mind and heart incurable wounds and oppressions. Children should never be taken to funerals, nor to sights that cause 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 real calamity. Occupation and new pursuits are the best preventives 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 preys 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 live anything like a long life, or a useful life. The prevention of jealousy is diversion of mind toward useful and unselfish work.

**Uchastity anticipates age.** Everything that interferes with chastity favors vital deterioration, while the grosser departures from chastity leading to specific and hereditary disease are certain 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 suspected 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 conservation 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.

To clothe 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 least, and to take care during cold weather that the temperature of the bedroom is maintained at 60 deg. Fah.

To avoid passion, excitement, luxury.

### The Horseback Cure.

There is a saying among the Russians that a man who is fond of his horse will not grow old early. The Arab and the Cossack are examples of the truth of the proverb. They generally live long, enjoy robust health, and have no use for liver pads and blue pills. That vigorous octogenarian, Arthur Dudley Field, tells us that he attributes his remarkable vitality to the habit of horseback riding, and, if less aware that he would doubtless be those who have been fond of the saddle. The taste for equestrian sports and exercise which has lately made such progress in Brooklyn is, therefore, a hopeful and healthful sign. It is not a mere freak of fashion, but a development in the direction of rational enjoyment and an assurance that the rising generation will be less of an indoor and more of an outdoor people. It means less headache hereafter, better appetites, stronger lungs, rosier cheeks, brighter eyes, sounder sleep, happier spirits, and a total oblivion of that organ which, according to Sidney Smith, keeps men a good deal lower than the angels—the liver.

Senator Blair says carelessly that the amount called for by the General Pension will not exceed \$25,000,000 a year. To a statesman as anxious as he is to fling away the people's money, twenty-five million is a mere bagatelle. To be sure, pension arithmetic is always weak, and if Blair admits that a pension bill calls for \$25,000,000 a year we may take it for granted that \$75,000,000 is what he means. If Blair has his way, the Treasury will soon be as empty of dollars as his head seems to be of common sense.—N. Y. Sun.

### WARM SPRINGS.

#### The Property Purchased by a Wealthy Syndicate and Vast Improvements Made—New Buildings, Pools, Etc.

Prof. Henry E. Colton, has just returned from Warm Springs, N. C., and left for Nashville. In a brief interview with him the reporter of the Times learned that the new hotel at Warm Springs will be ready for guests early in June. As stated by Prof. Colton the facts about this property are as follows:

In December last a syndicate, composed chiefly of stockholders of the Richmond & Danville Railroad Company, and called the Southern Improvement Company, purchased the springs property at \$100,000 cash and early in January commenced the work of improvement. The buildings as now erected consist of a main building in Queen Anne style of architecture, 200 feet long by 40 feet wide. At the west end of this is another building, running north, 160 feet long by 32 feet wide. This connects with the old brick building which was the main building of the old hotel. This building, brick below and wood above, is 220 feet long by 40 feet wide. In this will be the ball room, which will be 100 feet long by 40 feet wide, with a complete theatre stage at one end.

In addition to these buildings, is a kitchen wing 80 feet long by 32 wide. In these buildings will be 180 sleeping rooms for guests, and two dining rooms, one 100x30, the other 80x40 feet. The main building is three stories high, with cellar, basement and mansard roof, and has an elevator for baggage and persons. All the buildings will be lighted with gas, and water will be supplied from a reservoir over 100 feet above the hotel.

The bath house is being entirely renovated, and instead of the old three large pools, will have sixteen smaller pools, made of Georgia marble, each 6 by 9 feet in size and each one private to itself. It is intended at some future date to construct a large swimming pool at the new spring, near the old bridge site, 100x50 feet in size.

The grounds are being put in order and many of the disfigurements of the old-time place blotted out. Good roads are being constructed in every direction over the surrounding country and a first class bridge will be built across the French Broad river.

The entire work is under the management of Mr. T. C. Oakman, formerly of Philadelphia, and later of Fayetteville, N. C., where he erected the new cotton factory on Pockpock creek. Mr. Wm. Murdock, of Salisbury, N. C., the well known railroad contractor and bridge builder, has charge of all the brick and stone work, especially the fixing of the baths, and L. B. Houghton, of Worcester, Mass., is the contractor for the construction of the hotel.

When finished the hotel is to be placed in charge of Mr. B. P. Chatfield, now keeping the most popular hotel at Aiken, S. C.

This enterprise is only a small part of what the Southern Improvement Company are doing in the South, and it is to be heartily wished that their investments will prove remunerative to them, as they will undoubtedly be of great benefit to the people of the South and tend to enhance the value of all property in the neighborhood of their operations.—Chattanooga Times.

### Carlyle's Horse May Come to America.

"I went to Cheyne the other night," writes a "Pious Pilgrim," "to revisit the old house at the steps of which I took leave of Mr. Carlyle some six or seven years ago. I found the meditation portrait stuck, not on No. 24, which has become one of the Meccas of the Old World and the New, but upon the house at the entry of the road fronting the gin-shop which forms so undesirable a feature of the street in which the sage of Chelsea spent so much of his life. On inquiring as to why the portrait was not on the right house, I was told that its owner had fixed practically prohibitive terms for the liberty of affixing the memorial to his property. This was bad, but worse remained behind. On reaching the house itself I found it desolate, grimy, and untenanted. Dirty notices of 'To Let' stared from the shuttered windows, the steps were foul, the area windows cracked, and the whole aspect of the front most depressing. In reply to inquiries on the spot, I was told that the owner of the house is so proud of the associations of genius which cluster round his bricks and mortar that he has fixed what is practically a prohibitive rent. Since Mr. Carlyle died there, no man less worthy, excepting the great Mr. Moneybags himself, shall profane the sacred residence. There is even a legend in the locality that the owner expects some American Meccas to cross the Atlantic to buy up No. 24, Cheyne-row, and transport it, bricks, mortar, window-sashes and all, to some American Babylon, there to re-erect it in honor of a prophet unhonored in his own land. Who knows what may happen in these later days? When the church is disestablished, quite a thriving business may be done in the export of historic churches from old England to the young England beyond the sea. Imagine what some future Vanderbilt may offer for the Abbey! But pending the sale and delivery of Mr. Carlyle's house, might it not be as well if the vestry were to take a little pains to make the street more worthy of Chelsea, and if the owner were to install a respectable caretaker in the house to keep it clean, and allow it to be visited by those of us who periodically make pilgrimage to Cheyne-row as to a sacred shrine?"—Pall Mall Gazette.

If you want to keep up with the times take the WATCHMAN—you can't be left.

### A Prosperous Farmer.

Since the death of Col. Edward Richardson, of Mississippi, Mr. C. M. Neil, of Pine Bluff, Ark., is perhaps the largest cotton planter in the South. He was born in Alabama, and is only 38 years of age. In 1860 he went to Arkansas penniless, and went to work on a farm. He is now president of the First National Bank of Pine Bluff, and has 12,000 acres of cotton in cultivation. He owns three large stores and a railroad 26 miles in length, all of which runs through his plantation. He is now building another railroad 42 miles in length through his plantations. Mr. Neil's wealth is estimated at \$3,000,000. Recently he advanced to one person \$96,000. The moment he heard of the Hot Springs fire he forwarded 300 barrels of flour, 200 barrels of corn meal, 20,000 pounds of beef, etc., for the sufferers.

### Gone to Be a Gypsy.

Stoneham, Mass., May 15.—Carrie Dodge, a sweet young girl, 14, left home on the 4th inst. and has not been seen since. She is a girl of light complexion, with light brown, silky hair, bright blue eyes and of a rollicking disposition. She was greatly interested in a band of dirty gypsies encamped near the town, and was a frequent visitor there. Among the gypsies was a swarthy young man with fascinating black eyes, whom the others regarded as a leader. Carrie was greatly attracted by him, and was also an admirer of the queen of the band, a gray-headed, round-shouldered old hag, who told fortunes from a greasy pack of cards. It is supposed that the young gypsy fell in love with Carrie, and that through the instigation of the old queen, Carrie was induced to leave home and cast her lot with them.

### Two Indian Skirmishes.

TUCSON, ARIZ., May 17.—It is telegraphed from Huachuca that while in pursuit of Geronimo on Saturday, Captain Hatfield came upon the band, and fought with them for an hour. Two of Hatfield's command were killed and three wounded. It is not known how many Indians were killed.

Gov. Torres has just received a dispatch from the prefect of Guaymas, stating that Gen. Martinez routed the Yaquis from their stronghold in Sierra Batada on the 13th, killing 100 and capturing 200. The Mexicans lost 20 killed and 50 wounded. Cajeme escaped. This ends the Yaqui war.

### Stop Immigration.

An interesting phase of the industrial question now agitating the country is the growth of sentiment in favor of preventing further immigration. Several newspapers have advocated the adoption of this policy. The outbreak of the anarchists and the revelation made concerning the importation of laboring men to Pennsylvania seem to have inspired a good many people, foreign born as well as native, that perhaps the country is choked and needs a little time to absorb its present foreign population. It will be instructive to watch the spread of this feeling.—N. Y. Star.

### Field Notes for a Painting.

Gen. W. T. Clark, of Fargo, Dakota, is here taking field notes for a great painting of Chickamauga battle by Matt Morgan. Gen. Clark was in the battle and with his maps to refresh his memory finds himself wonderfully familiar with the field in all its details. This is one of the series of the great battles of the war, the whole constitute a gigantic pictorial history.—Chattanooga Times.

### Long Ago Verse.

An 8-hour day was agitated for in England during the first quarter of the current century, and at that time (1815-20) it was common to see on banners carried by workmen the inscription:

Eight hours of work,  
Eight hours of play,  
Eight hours of sleep,  
Eight shillings a day.

Paper doors cost about the same as wood, and are said to be much better, because there is no shrinkage, swelling, cracking or warping. The paper door is composed of two thin paper boards stamped and molded into panels, and glazed together with glue and potash, and then rolled through heavy rollers. It is first coated with a waterproof coating, and is painted, and varnished, and hung in the ordinary way.

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ALICE L. PEARSON,  
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April 13th 1898 26-11

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