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NATIONAL REPUBLICAN TICKET.

FOR PRESIDENT, BENJAMIN HARRISON, OF INDIANA.

FOR VICE-PRESIDENT, LEVI P. MORTON, OF NEW YORK.

FOR PRESIDENTIAL ELECTORS, ROBERT McLEAN, WM. KAPUS, C. W. FULTON.

ATTAINMENT OF LONG LIFE.

Whether length of days on this globe of ours is an acquisition that is especially desirable, is a matter of considerable difference of opinion. When that extreme length of days is only attained by passing a portion of it in mental and physical imbecility, it is certainly of questionable worth. However the efforts for its attainment in a manner that will bring complete and vigorous enjoyment, will of itself lead to a greater degree of human happiness and is therefore worthy of study and effort to wards attainment. Discussion upon this subject is rife, and the Medical Journals are full of it. Regularity of habits forms the foundation of their arguments, and they agree that the acquisition of regularity in habits is largely due to early training, and in this way a wisely directed school discipline probably does much to form a sound and steadily acting nerve system, such as gives the man a power of resisting adverse influence, and prolonging physical health. From the period of infancy upward a sound and well-knit brain has much to do with the permanence of a healthy constitution. The relation of diet to longevity has often been discussed; we can only say here that the diet should be adapted, in quality and in kind, to the work of the individual; while such articles as alcohol, tobacco, and tea, if used at all, should be employed in moderation by those who wish for a stable constitution and prolonged life. Passing over such important considerations, as being familiar to most members of the profession, we come to the great question of the causes of wear in life—the outcome of the frictions of life which all must meet with, more or less. The various factors at work, especially in a town life, make impressions on the brain which lead to fatigue and premature wear. The strong-brained individual may not be hurt thereby; the weaker man is exhausted by such constant impressions from without, and a second generation under such influences is likely to suffer, through loss of tone and vitality, in cell-structures rather than in actual stature or measurement. City life necessarily produces a rapid and unceasing series of impressions, and calls for constant exertion. The laws of sanitation and cerebral

Hygiene should, then, be carefully studied. It is very desirable to have what quietness is possible during brain-work, and the necessity for proper ventilation as a means of maintaining mental energy is well known. It might lessen brain-wear in many offices if electric lighting were substituted for gas illumination. Good digestion is essential to continued work with good lasting power. Late rising and a hurried breakfast, a still more hurried luncheon and rush back to work, followed, at the conclusion of the day, by a heavy meal when the man is wearied, often tend to exhaustion, as much as the unavoidable pressure of business. A more rational refreshment after heavy brain-work is to partake of light refreshment and then rest for half an hour before dinner; thus the power of digestion and social enjoyment are restored to the man. Probably the chief means of preparing a man to withstand the wear of business life is by a careful training, both physical and mental, before he enters upon the struggle and wear of business. One means of increasing the chances of longevity is by training the child wisely. Many a premature breakdown of health is due to that want of preliminary exercise, which would not be neglected by the athlete without disaster.

EDWARD ATRINSON, an advocate of free trade says that "the milkman who brings the daily portion of milk to him who dwells in city or town represents a commerce of vast proportions, almost equal in its aggregate value to the whole sum of our foreign importations." And yet he and others of like belief are ready, willing and even anxious, to cripple and destroy our great and prosperous home commerce, to throw a sop to the comparative insignificant foreign market that only takes 8 per cent of our productions. Protect home industries always.

BISHOP TAYLOR, a missionary, recently from Africa at the association of Methodist ministers in San Francisco, recently gave it as his opinion that Henry M. Stanley, the African explorer is alive and all right, and would turn up safe and sound as soon as he had perfected his extensive explorations in the dark continent.

In Tuscaloosa, Alabama, a mysterious murderer who is after female victims only, and has already numbered four mutilated corpses, is rivaling the London Whitechapel fiend in the spasm of terror that he is creating.

It is estimated that at least 2000 illegal registrations, have been made in San Francisco. From this it would seem that even a strict registration cannot preserve the purity of the ballot box.

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