

THE JOURNAL

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character-formation does not learn subordination to parental law or to school and college law, he is not likely to learn subordination and obedience to state law or moral law thereafter. During the war for the union, General George H. Thomas, on one occasion, encamped near a boy's college and the authorities sent word to him that they would like him to withdraw his troops, as their presence made the college boys restless and ungovernable. The old hero replied: "There is but one way to deal with refractory and disobedient boys. They should be properly punished," and turning to his adjutant he said: "Increase the troops till the bad conduct ceases." No check on insubordination means the direct promotion of insubordination and especially in a military academy is close and regular discipline as important as the mental culture given. A soldier must learn that, regulations given, he has but one course to follow, viz., observe them to the very best of his ability, and an officer has only one course to follow; he must enforce the regulations to the letter. This is imperative in war and peace.

In the family or in the public school, unenforced regulations work fatal demoralization among the pupils and the children of the family. Tolerated insubordination at the home means the cultivation of the spirit of insubordination at home to be exploited by the child outside of the home. Insubordination to law brought about the three days' rioting at Albany, recently, with the accompanying reckless destruction of property and the killing of two citizens who imprudently showed themselves upon the scene of the frenzy.

It is well that the West Point authorities have set such a wholesome example of enforcing the regulations and making obedience to them a test of a cadet's qualifications to enter the military service of the United States. A larger degree of such discipline in the families of our country would add very largely to the number of our law-abiding citizens.

Senator Vest says silver will not be an issue in the next campaign for the presidency, and that therefore it is folly for the party leaders to make adherence to it a test of democracy. This from a free silver democrat in 1896 shows that the oracle at Lincoln is not accepted as absolutely reliable by all who have been accustomed to listen to his utterances as infallible.

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service to the farmers of the northwest in fighting insect pests which have threatened the agricultural interests of the region seriously. He was recognized throughout the country as a scientific man of superior attainments. He has performed a valuable service to society, and his death inflicts a serious public loss.

The intimation in a St. Paul paper that the county attorney may be over-solicitous about party interests and inclined to let his view of them influence his action in connection with the work of the grand jury, is probably not justified, but if it should have any justification in fact, some one ought to suggest to the county attorney that there is only one way in which the republican party can escape serious consequences from this municipal administration, and that is an absolute and complete repudiation of it and in satisfying the public that it will not be caught in the trap of shielding or protecting or apologizing for it in any particular. This is no republican administration. Calling itself so does not make it so.

This importation of Huns by the Wisconsin Central does not seem to be in accordance with the understanding that citizens of Minneapolis were to be given employment in preference to outsiders. The attention of the Commercial Club and the city authorities is called to the matter. Is the road compelled to go outside of the residents of the city to get men? It does not seem so. We have no disposition to say what wages the railroad company shall pay; that is for settlement between employer and employee; but the importation of foreign cheap labor instead of the employment of residents does not seem to be in accordance with the understanding.

The mayor doesn't seem to think much of the grand jury. What the grand jury thinks of the mayor we shall probably hear soon.

No Need of Much Slaughter

One of Colonel Olcott's fish stories is making local fishermen sigh for opportunity to show their powers to the shark. Colonel Olcott told how he saw a native of Hawaii catch a school of sharks by an ingenious method. The fisherman wanted to get Colonel Olcott to go to Minnetonka and charm the bass so that he could scoop them in with a landing net, but the colonel got away before the plan matured. This fisherman forgets that the Buddhist all life is sacred, and that the colonel would not be likely to lend his powers for the purpose of slaughtering fish. It is not, however, necessary to kill a great number of fish to obtain a good story as to broken records in the matter of slaughter. The fisherman should first tell the story about as he would like to have it occur in a few days he should tell again, with possibly, a few embellishments. And then again, until, in a few weeks or months—such is the illusive haze of time—the story becomes true to him through the power of suggestion. After a few years, events at that end of the lake are reckoned "from the time when Mr. Leonard made that big killing of bass, you know, back in the latter '90s."

It was a cold day for kings yesterday. Fate held aces. King Edward was nearly killed on the Shamrock and King Victor narrowly escaped being crushed in an elevator. The king business is not all it is cracked up to be, anyway.

They say Carrie Nation is crazy, but when told that she was under arrest for the malicious destruction of property she said: "You mean I am under arrest for the destruction of malicious property." Insane people are often quite bright.

George G. Cannon divided his fortune among forty-three children. I have known a man who divided his fortune among forty-three.

A New York man boils empty whisky barrels and gets a gallon of "liquor" which makes a man want to strike his father, just like the ordinary variety.

Wisconsin's effort to levy an export tax on ice is shown to be a direct slap at Section X, Article 2, of that grand old palladium of our liberties, the constitution, thrown together in the eighteenth century.

Gustav Meyer, a Hoboken astrologer, has warned President McKinley against assassination during his visit to New York. He should warn young Meyer never to prophesy until after the event.

The Boston Herald advises Aunt Carrie Nation to let her alone. She has acquired the habit, and it will be a difficult undertaking.

An anti-tobacco Carrie Nation slapped a local Charlie yesterday for the cigarette habit. He was so full of opium that he didn't feel it.

The mayor of Pottsville, Pa., went out with an ax and chopped down the bill boards. His act has caused a thirty-day row with legal trimmings.

The whole nation will stand behind the government in its war on the mosquito, but it will put its screens on just the same.

The Stillwater Gazette wants to know if a gold suit should be worn at the dinner table. It is better than nothing.

Wall street has some amusing slang. An "Irish dividend" is an assessment upon stockholders.

Then, the Norwegian poet, is paralyzed. He attempted to reread one of his plays.

Five West Point cadets caught the business edge of the official ax.

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THE ART OF LIVING A HUNDRED YEARS.

By Dr. N. S. Davis of Chicago.

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The beginning of old age is not marked by the passing of any uniform number of years. It is a matter of degree, and the attributes of old age are not the same for all. Human life naturally consists of three periods—one of growth, called childhood and youth; one of maturity or adult age, when both mental and physical activity and endurance are most efficient, and one of decline or old age. The first is pre-eminently the period of adaptability or adjustment to the environment. The second is a period of comparative stability and efficiency in the prosecution of some chosen line of work; while the third has little capacity for adjustment to new environments or new lines of labor, and tends to cling to previous habits or lines of work, with annually decreasing efficiency until compelled to cease.

The circumstances that favor the attainment of old age are the maintenance of a good type of organization or tenacity of life from healthy, long-lived parents; the eating of only a fair variety of wholesome food; the use of fresh, pure air; moderate outdoor exercise daily; and total abstinence from the use of narcotic, anesthetic or intoxicating drinks of every kind. In addition to the foregoing, the period of youth should be spent in active and rational training as will favor an equal and full development of the various organs and functions of the body and of the faculties of the mind, both moral and intellectual, but without extremes of either physical exertion or intensity of mental application. The adult period should be spent in the pursuit of some useful occupation requiring mental and physical activity, and in the daily exercise of both body and mind, followed by six to eight hours of natural sleep at night.

Characteristics of Old Age. The chief characteristics of old age are less mental activity and less retentiveness of memory; less vigor and less energy; less mental and less physical activity; less walking; slower circulation of the blood; less depth of breathing, and a tendency to become much more quickly fatigued by either physical or mental exertion. The diminished activity of circulation and respiration, due in part to ossification of the cartilages of the ribs, causes the amount of oxygen furnished to the tissues to be less than in youth. The blood is less fluid, and the lungs are less elastic. The muscular structures, especially of the heart and arteries. They thus become progressively weaker, until they are no longer capable of continuing the circulation and the work of the body. The arteries are narrowed, and the capillaries of the brain or lungs or by failure of the heart to contract, constituting death from old age.

Such being the nature and tendencies of old age, it is not surprising that the best advantage is of much interest and importance. In answering, it is necessary to keep in mind the distinction between the two periods of old age, the period of decline and the period of senescence. The period of decline is that in which the body is still in the middle of the adult period, from chronic diseases produced by injurious occupations and habits or modes of living. Such cases are not infrequently met with in the middle of life, and are often designated as examples of premature old age. The fundamental principle involved in the treatment of all such cases is to correct the errors of the past, and to prevent the repetition of their erroneous habits or modes of living.

Medicines may be needed to aid in correcting disordered functions in some cases, but the best remedy is to give the body more rest, and to remove the causes that have led to the early decline of mental vigor.

Vain Search for Elixirs of Life.

These remarks regarding the use of medicines to arrest premature life decline, and to perpetuate indefinitely the vigor of adult

Effects of Changes in Climate.

Marked changes in climate are often of great value in youth and early adult age for preventing the development of tubercular and other chronic diseases, and the correction of constitutional or inherited defects. Even if it should be hoped that the most judiciously selected and continued many months, and

Case That Brings Unhappiness.

But the most unhappy of all those who have suddenly retired from some strictly money-making business are persons with only limited education, and who have attracted attention to public affairs, with few familiar associates and no thought of foreign travel. In this group are found some who have been successful in their own and other countries, some merchants and some successful industrial farmers. Having by active industry and rigid economy accumulated an abundance for their support through old age, or are refused work altogether, and are interested members of their families, and dispose of their business, with the confident expectation of rest for both body and mind for the remainder of their lives, they suddenly stop the operation of their daily routine of thought and activity, without any substitute capable of attracting their attention and energy. A large part of their time, their expected rest becomes a torture, or a burden. For the mind accustomed to a daily routine of thought and action for twenty-five or thirty years, abruptly deprived of that routine and left vacant, first becomes restless, then gloomy or despondent, and finally depressed, with the fixed idea that the individual is on the verge of poverty or of becoming a grievous burden to family or friends. Weighed with such forebodings, the individual contemplates suicide, and often ends their days in hospital for the insane.

Useful and Cheerful Old Age.

From the foregoing statements it is obvious that all persons who spend the strength and energy of their adult years for the sole purpose of accumulating wealth, or for the sake of display, and if very difficult to make their old age either long or enjoyable. On the contrary, those who have diligently prosecuted their various lines of work, not so much for the selfish purpose of accumulating wealth, but for the important objective, religious and charitable interests ever present in civilized communities, and who have become interested in both the public and private relief of individuals in need, seldom if ever find old age a period of mental vacuity or barren of peaceful enjoyment. If during their years of official activity, or in the discharge of their duties, they have succeeded in not only receiving enough for their own support and to give a fair degree of help to the needy around them, but a surplus for their declining years, they, unconsciously perhaps, welcome the opportunity they had desired for more judiciously dispensing aid to the individuals and institutions needing it. It should be hoped that the most judiciously selected and continued many months, and

How He Got on the Floor.

An extremely youthful reporter on one of

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activity, apply with even greater propriety to the treatment of cases of genuine old age. Through all the ages of the past philosophers and statesmen have sought for the time and thought in searching for an elixir of life, by the use of which youthful activity and adult vigor could be rendered perpetual. But all such efforts have failed, and it is now thought in searching for an elixir of life, by the use of which youthful activity and adult vigor could be rendered perpetual. But all such efforts have failed, and it is now thought in searching for an elixir of life, by the use of which youthful activity and adult vigor could be rendered perpetual.

It is in some cases a number of years, or their supposed benefits prove only temporary or delusive. But for the aged a quick and strong market climate changes and still more a succession of such are more likely to do harm than good. There is another important class of business men who are suffering from the years of activity appears to be simply the accumulation of sufficient wealth to enable them, on the approach of old age, to retire altogether from their accustomed business and to spend their declining years in absolute leisure, that they may, like the foolish rich man in the parable, "eat, drink and be merry." Those who succeed in getting their "barns and storehouses" sufficiently filled and suddenly commence their period of expected ease are generally the most unhappy and short-lived of all the aged persons we meet. Their minds are not so active, their physical and mental exercise they suddenly find themselves without either. Consequently some of them endeavor to fill the vacant hours in their social clubs, where newspapers and magazines are read, and where drinks help to make them oblivious to the passing time, while at the same time they hasten the failures of circulation, respiration and the other functions of the body, and take the individual when least expected. Others readily accept the invitations of their families or friends to join them in excursions to South America, Europe, Asia or other parts of the world, and soon succumb to the fatigue of sightseeing, irregular hours of eating and sleeping and vain efforts to keep pace with younger travelers, as has been already described.

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It has been said that he served no surplus for his declining years, still the memory of his past good deeds and the cordial greeting of lifelong friends would add comfort and contentment to his latest days, though they might be extended to 100 years. Much Depends on Earlier Periods. It is thus seen that both the duration and the usefulness of old age depend very much upon the manner in which the preceding periods of life have been spent. If the moral and intellectual faculties have been developed, disciplined and stored with knowledge during youth and if the years of adult activity and vigor have been spent in the diligent prosecution of some legitimate and useful line of work, but also in lending a helping hand to all such public and private interests as need the help of all good citizens, old age will be a period of rest, and not of idleness. If the first and second periods of life have been dominated by unrestrained selfishness, whether in gratifying personal appetites and passions or simply in accumulating wealth, the period of old age will be short and filled with anxiety and vain regrets. It is evident, therefore, that the first step toward using old age to the best advantage consists