

TO KEEP YOUNG.

LETTERS FROM FAMOUS SEPTUA AND OCTOGENARIANS ON HOW

TO RETAIN ONE'S YOUTH.

SUSAN B. ANTHONY GIVES GOOD ADVICE TO YOUNG WOMEN.

PROPER AGE FOR MARRIAGE.

Bishop Clark's Rules of Health—Daily Life of Herbert Spencer.

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WASHINGTON, July 4.—How to keep young—For the past ten years I have been getting advice from the famous old people of the world upon this subject. I interviewed George Bancroft upon it when he was in his nineties, and he then told me I could ride thirty miles a day without tiring. I chatted with W. W. Corcoran as to this when he was eighty-nine, and President Harrison's father-in-law, Dr. Scott, gave me his receipt for a working old age when he was ninety-two. I interviewed a Cas- sine M. Clay when he was over eighty, and since that time he has married a young wife and has begun another existence. Li Hung Chang told me last summer how he divided his work and sleep in order to maintain the wonderful vitality which he showed at seventy-four, and I have today a number of letters and interviews with noted septua and octogenarians upon this subject. These letters have been accumulating for some time. They are written by men and women who have long since passed their three score and ten, and still their handwriting shows that they have not lost their vigor, and their words sparkle with the vitality of youth.

SUSAN B. ANTHONY.

The first one I give is from Susan B. Anthony. She is now seventy-five, but her blue eyes are full of life, and her voice is as strong as it was when she made her first public speech, away back in 1847, nearly half a century ago. I sent her a list of questions on the subject of perpetuating youth about a year ago, and here are her answers, dated April 28, 1894:

"The course of life for a young woman to lead, in order that she may reach a working old age and make the most of her life, is to follow the course of life that a young man should pursue for the same purpose, and this has been so well indicated by Phillips Brooks that I can do no better than to quote his words, as follows:

"To be at work, to do things for the world, to turn the currents of the things about us at our will, to make our existence a positive element, even though it be no bigger than a grain of sand in the vast system where we live—this alone is to live. Long-lived people who keep up their work to the last are the people who have found out this secret, namely, that congenial work is the joy of life."

HOW SHE KEEPS YOUNG.

One of my questions was as to how Miss Anthony kept her youthful health and working power. Her reply to this is as follows:

"A human being is born to think, to will, to enjoy a liberty bounded only by respect for the equal liberty of others. To be the one's self into the realm of perfect freedom of thought; to possess and enjoy such liberty of social action as is bounded only by the same liberty in others, and to will with all one's power that each unit's political liberty shall be conceded and officially recognized by each is to tread the natural path of human development. Hence, I can but attribute my own extraordinary health and working powers to the fact that I have chosen such a course. As machinery in action lasts longer than machinery lying idle, so a body and soul in active exercise escapes the corroding rust of physical and mental laziness, which prematurely ends the lives of women's lives. If I am able to do the work of daily traveling and lecturing at over three score years and ten I believe it to be simply because I have always worked and loved work. As to my habits of life, it will be plain from what I have just said that it has been impossible for me to have fixed rules for eating, resting, sleeping, etc. The only advice I could give a young person on this point would be: 'Live as simply as you can. Eat what you find agrees with your constitution—when you can get it. Sleep when ever you are sleepy, and think as little of these details as possible.'"

A WORD ABOUT MARRIAGE.

"You ask whether marriage is conducive to longevity and health in women. Now, the answers to this question are plain: That depends upon the specific case of the woman and upon what you mean by young. In the Orient a woman is considered old when she marries at twenty. In the Occident the average marriage ranges from twenty to twenty-eight. I should consider twenty-five a good age for a woman to marry, as by that time she has arrived at her physical stage, and is therefore in condition to meet an intelligent choice among men. A marriage at this age, largely because it is likely to be made with some intelligence, is more conducive to longevity than a child marriage. Then, if it is a marriage with a husband who highly respects his wife's individuality, who treats her in all particulars as his equal, and keeping up his work to the last, a young man should take

Schurman & Evans

White Goods and Linens.

5,000 Yards Lonsdale Muslin—The genuine article, the best goods made for all kinds of Muslin Underwear, in lengths from 5 to 10 yards. Monday only. 6c

White Duck—25 pieces fancy basket-woven Novelty White Duck, for ladies' outing suits; never offered by any one else for less than \$2.50 per yard. Our price Monday. 15c

Dotted Swisses—Everything in the house in White Dotted Swisses, worth up to 35c. All go at only. 18c

Table Linens—200 All- linen Fringed Table Cloths, 2 1/2 yards long; this cloth is fine, free from dressing, and a good wearing fabric; regular value, \$9.00. Monday. 98c

Turkish Bath Towels—100 dozen 21x43 heavy double-thread Bath Towels, such as you usually pay 20 cents for. All go at, each. 10c

Ladies' and Misses' White Suits at Half-Price!

Lot 1—Ladies' White Lawn Suits, embroidered-trimmed; formerly \$1.50. 75c

Lot 2—Ladies' White Lawns pro and laces; former prices, \$6.00, \$7.50, \$8.00, \$9.00. \$3.95

Lot 3—Ladies' fine Lawn Suits, trimmed in delicate Swiss embroidery and laces; former prices from \$10 to \$16. \$5.85

Lot 4—Misses' White Lawn Suits, tucked fronts, sizes 6 to 14. 95c

Lot 5—Misses' Swiss and Lawn Suits, embroidered-trimmed; regular prices, \$3.00, \$3.50 and \$4.00. \$1.75

Lot 6—Misses' White Lawn and Dotted Swisses, trimmed in Swiss Embroidery; former price, \$4.00, \$4.50 and \$5.00. \$2.75

Lot 7—Misses' fine Dotted Swiss Lawn, elaborately trimmed in embroidery and ribbons; formerly \$6.00, \$8.00, \$11.00 and \$12.50. \$3.50

ALL OUR LADIES' CAPES divided into three lots, at ridiculous low prices.

Lot 1—Were \$3.50, \$4, \$4.50 and \$5.50, for. \$2.98

Lot 2—Were \$6, \$7.50, \$8.75 and \$9.50, for. \$3.95

Lot 3—Were \$10, \$11.50, \$12.50 and \$15, for. \$4.85

THE WEAK-MINDED WORRY.

In closing, Miss Anthony writes the following as to the preservation of mental activity:

"Intellectual health is best preserved by exercise of the intellect. Intellectual decay is due to an inactivity of the mind. The worrying people of the world are rarely found among the workers, for one of the lessons a workman learns is to do the best possible at every moment, and to trust time to finish what cannot then be consummated. Work belongs to those who have no other duty, who assume too great responsibility. It belongs to the people who feel that all the work of the world can only be well done by themselves, and that they have no spare time or strength to do it all. The true thinker understands that nature creates thousands of workers for every man, and her faith in this standing host preserves her from the worry that is born of narrowness and egotism."

SUSAN B. ANTHONY.

MRS. MALAPROP (AGED SEVENTY-FIVE).

Of the same age as Susan B. Anthony and of equal vitality, Mrs. Malaprop is now, at seventy-five, has all the vigor of youth. For the past sixty-seven years she has been doing the work of her country and her host preservers her from the worry that is born of narrowness and egotism."

SMOKED FIFTY YEARS.

"As to my own personal habits, I smoked tobacco faithfully for fifty years, and then, seven or eight years ago, I abandoned it altogether. But the ground that I did not care to be a slave of such a habit any longer. I have not smoked since, and I feel that I have been comparatively free from the ill which ordinary flesh is heir to. I give it verbatim:

"My Dear Sir: You have put several questions to me which are difficult for me to answer. How can I tell that what agrees with my constitution is good for me? I can only answer for myself, and shall, I fear, appear egotistical. I have always lived generously and have enjoyed my life. Many have not overthrown my late years, but have not crushed my spirits. I married very early in life, at the age of sixteen, but have never been afflicted with a marriage generally. Still I did not have any family until I was thirty years old, and I was consequently not of physical and mental laziness, which prematurely ends the lives of women's lives. If I am able to do the work of daily traveling and lecturing at over three score years and ten I believe it to be simply because I have always worked and loved work. As to my habits of life, it will be plain from what I have just said that it has been impossible for me to have fixed rules for eating, resting, sleeping, etc. The only advice I could give a young person on this point would be: 'Live as simply as you can. Eat what you find agrees with your constitution—when you can get it. Sleep when ever you are sleepy, and think as little of these details as possible.'"

BISHOP CLARK.

One of the great men of the Episcopal church is Bishop Thomas M. Clark, who has been preaching the gospel for the last sixty years. He graduated at Yale college when Andrew Jackson was still in his first presidential term, and he was licensed to preach as a Presbyterian clergyman before Van Buren got the presidency. Soon after this he dropped Presbyterianism and became an Episcopalian, and he was made the bishop of Rhode Island more than forty years ago. He has published a number of books, and now at the age of eighty-three, he can outwork most of the young men about him. Here is what he writes:

"PROVIDENCE, R. I., April 1, 1894.

"Dear Sir: In reply to yours of the 24 instant allow me to say that I was born in Newburyport, Mass., on the 4th of July, 1812, and so far as I know, with the exception of a stiff knee in my joints, which prevents me from walking long distances, I am as strong and well as I ever have been. I am able to keep all my appointments, at home and abroad, and to work with entire freedom—in fact, I have done more visiting within the last six months than in any other half year of my life.

"Now, in reply to your questions let me say that in order to reach a working old age and making the most of himself, and keeping up his work to the last, a young man should take

Schurman & Evans

THIS IS A HAPPY TIME TO WANT,

For everything is so favorable to the getting. Warm weather comforts for the home, warmer weather comforts for the person, outing helps and stay-at-home conveniences, all at lower prices than we ever quoted before. Summer merchandise, gathered wisely and well, is to be turned into money during the months that are counted dull. This year's goods are not the thing for next season's stocks. They will not last long under the impetus of our mid-summer prices.

Upholstery Repair Work.

Now is the time to get out that "worse for wear" furniture and have it made over. During July and August we make unusually low prices on work of this kind, and every week we shall make very low prices on Upholstery goods of all kinds.

50-inch Jutes, worth 50c, for. 39c

50-inch Cotton Tapestry, worth \$1 and \$1.25, for. 75c

50-inch French Tapestry, worth \$2 and \$2.50, for. 98c

50-inch Silk Tapestry. \$1.50

1 1/2-in. \$1.50, \$1.75 and \$2.25

2 1/2-in. \$2.00, \$2.25 and \$2.98

2 1/2-in. Wool Plushes, worth \$1, for. 75c

2 1/2-in. Silks, worth \$1.00, for. 75c

Schurman & Evans

Wash Goods Sale.

Closing Cut Prices to Clear. One month ahead of time. Just when you want the goods. They go now at August prices.

Ducks and Piques—White and colored grounds, figured and striped; regular selling price 15c. Price to clear. 5c

Ginghams—Zephyr, Plaids, dress styles, neat patterns; regular selling price 12 1/2c. Price to clear. 7 1/2c

Dimities and Jacquets—Full complete line; regular selling price 12 1/2c. Price to clear. 7 1/2c

All our Scotch Dimities and novelties in fine imported wash fabric; regular price 35c. Price to clear. 17c

Scotch Ginghams—31 inches wide, finest quality, David and John Anderson's 35c goods; neat designs for shirt waists; all colors. Price to clear. 18c

Black Dress Goods.

Regular Prices for these Goods considered Low, but with our July Clearing Sale Reductions they are Unmatchable.

All our Fancy Figured Black French Batiste—This season's best designs; regular selling price, 35c. Cut for this week to. 35c

Our 5-10 All-Wool Black French Serge—Full fifty inches wide. Cut for this week to. 50c

One lot of All-Wool 46-inch Black Silk-finish Henrietta—50c

Our regular 75-cent quality. Cut for this week to. 50c

Silks for Waists and Skirts.

We take from our shelves 50 pieces of choice carefully selected Fancy Silks. Nothing nicer shown anywhere at double Monday's price. This bargain should be seen to be appreciated.

Striped Swiss Taffetas—All colors; new designs. Regular price, 50c. 50c

Checked, Plaid and Checked and exclusive designs. Regular price, \$1.00. 50c

Fancy Brocaded Taffetas—Exquisite styles. Regular price, \$1.00. 50c

Black Satin Rhodanes—24 inches wide. Regular price, 50c. 50c

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abundant physical exercise, nutritious, wholesome food, and rational amusements. He should cultivate all his mental powers to the best possible advantage, while at the same time he should be careful not to overtax his mind with the study of books or anything likely to impair his health. Of course he must avoid every habit and endeavor which tends to weaken his nervous force, and lead a natural, wholesome, pure and temperate life. The working power of the mind ought to be developed by the approach of age, and it is possible for us to do our best work toward the close of our mortal existence.

As to my own health, which has never been seriously impaired, and my longevity, very much to the inheritance which has been transmitted to me by my ancestors, I am deeply indebted to my mother, sister, and Rev. John Wheelwright, one of the earliest of the Boston ministers, who was banished from the Massachusetts colony for heresy about the year 1640. He lived to an extreme old age, as most of his posterity have done, my own grandfather being ninety-three years old the first time he ever sent for a physician.

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Work alone seldom if ever kills a man, but intellectual work, followed by the exhausting exertions of society, makes a double strain which is one of the most frequent causes of premature feebleness and of old age. I believe in regular and sufficient sleep, and as a rule, for myself, I have never smoked, and though not a total abstinent, I take very little of any alcoholic stimulants. I sometimes drink a glass of claret, or a little port wine.

"You ask as to marriage. I reply, that the oldest solution being equal, a young man will do wisely to marry readily and early. I think, however, that it would be far better to defer marriage if his increased expenses and social obligations tend to cripple the means of the young man and his preparation for his life work. If a man has a strong inclination to both, I believe a young man in such cases should be encouraged to marry, and to do so before the species he represents can enjoy its old-time popularity and notoriety. When Berry Wall was in the heyday of his glory the doings of dudedom occupied column in the daily papers. Now the daddies are on the shelf, and little is said about them as a class. The cornerstone of the genius dude is vanity, and unless he attracts attention life is a failure. So he does not enjoy being on the shelf a bit, and heroic measures are now being adopted to place him in immediate regard of the public gaze.

Here is his latest move to rivet attention upon himself. While not a grand achievement, viewed in comparison with the doings of great men, it is eminently satisfactory to the young swells who have nothing to do but think up means whereby they can spend their large incomes.

A month ago Royal Phelps Carroll, the young man who achieved fame two summers ago by taking his yacht Navahoe abroad and racing her against the Prince of Wales' boat, returned from a trip to the other side. There was nothing remarkable about this, as many young

observed the style of cigarette he smoked.

The cigarette was of the fat Egyptian kind, and its peculiarity was an ornamentation in gilt on the paper wrapper. First came the monogram of the owner, with the letters "R. P. C." nicely entwined. Then came the full name neatly printed in small Roman capitals, and below this was the crest of the Carroll family, which is more authentic than the crests of some of the other reigning families, as it was brought over by the first Carroll to settle in Maryland.

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