

OLD FOLKS' HABITS.

STEADY WORK, AN EVEN PULSE AND REGULAR LIVES

Are the Potent Factors that Make Old Age Possible in New England—People Who Have Survived in Spite of Doctors' Rules.

Poor Richard's "Early to bed and early to rise," etc., never had a better illustration than The Globe's old people have given it.

So marked were the instances of early rising and retiring that The Globe made a list of persons who may be said to represent the extremists of at least the first class of the maxim, and found that out of about 2,000 persons whose habits of life were intelligently set forth in the blanks 330 men have been through life in the habit of lying about not later than 5:30 o'clock in the morning, while 338 women always have risen before 6 a. m., most of whom still continue to do so.

One correspondent, writing from Newmarket, N. H., gives a good idea of the circumstances of some of the old people he has seen, and advances one or two ideas not supported by medical opinion.

But our returns fail to show that any considerable number of the old people ever made habitual use of liquor through life; and it must be borne in mind that the Mefford rule of our grandfathers and other liquors in use half a century ago were without doubt pure and better than nineteen-twentieths of the liquor sold today.

It is curious to note, by the way, that many of the men who used liquor only in early life ceased using it entirely, while of the men who used liquor and tobacco nearly all who discarded liquor clung to the tobacco habit.

The statistics of women who made habitual use of liquor or tobacco are more incomplete than of the men.

With exceptions so few as to be not worth recording numerically, the old people upon the list have had three meals a day, at regular hours, of substantial food through their lives; and what is more interesting, nine-tenths of them still continue to eat heartily, and of whatever they like.

Several instances of the "milk cure" are recorded. Human milk contains very little fatty matter, and skimmed milk closely resembles it; and the remedy consists in living for a time exclusively on skimmed milk; no strength is lost by the natural process of digestion, and the surplus nutriment gained by thus furnishing the stomach with what it can digest with little effort goes into the blood and builds up the system; and, as one writer says, "the effect of this returning to the simple nourishment of childhood strikingly and beautifully illustrates the chemistry of the living body."

There are sixty-eight tribes of Indians in our country without Christian missionaries.

A Canadian medical authority has given the following as being safe periods of quarantine, which teachers should exact of pupils, who have suffered attacks of the disease mentioned, before their return to school: Scarlet fever, eleven days; measles, sixteen; epidemic roseola, sixteen; chicken-pox, eighteen; small pox, sixteen; mumps, twenty-one; whooping-cough, twenty-one; diphtheria, ten.

Advertisements. C. BREWER & COMPANY, (Limited), GENERAL MERCANTILE, COMMISSION AGENTS.

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Dinner and Tea Sets, To which the attention of intending purchasers is directed, as no goods of equal quality have ever been imported into this market.

Silk Handkerchiefs, Of Chinese and Japanese make. Also, TO ARRIVE by bark "VELOCITY," now due, an assortment of GRANITE

Paving and Curb Stones, and a few CLINKER BUILT BOATS.

LEWIS & CO., FORT STREET, Importers, Wholesale and Retail Dealers in

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HONOLULU MARKET, (Successor to Wm. McCandless), No. 6 Queen Street, Fish Market, Honolulu, H. I.

Choicest Beef, Mutton, Pork, Fish, VEGETABLES, ETC., Always Kept on Hand.

Family and Shipping orders Carefully Attended to. Live Stock Furnished to Vessels at short notice.

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Bread and Crackers, FRESH, Soda Crackers, AND Saloon Bread Always on Hand.

MILK BREAD, A SPECIALTY, Island Orders Promptly Attended to.

IMPERISHABLE PERFUME, Murray & Lanman's FLORIDA WATER, Best for TOILET, BATH, and SICK ROOM.

TO PLANTERS! HAVING RECENTLY IMPROVED

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General Advertisements. GEO. W. LINCOLN, THE WELL-KNOWN BUILDER, IS STILL IN THE FIELD AS A CONTRACTOR, and is now better prepared to do any and all kinds of work appertaining to contracting or any other class of work belonging to his trade.

WYETH'S LIQUID MALT EXTRACT, Contains all the nutritive virtues of the best Malt Liquors while it is FREE from all stimulating effects.

NOT A BEVERAGE. The following analysis the proportion of alcohol in the Malt Extract as compared with Malt Liquors:

Table with 3 columns: Alcohol, Extractive Matter, Water. Rows include English small beer, Lager beer (Brooklyn), Malt extract (Wyeth's).

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In Outstanding Assurance, in New Business, in Surplus, in Total Income, in Premium Income, in the annual Increase in Surplus and Assets, in the Percentage of Assets to Liabilities, and in all other Important Respects.

Assets, Dec. 31, 1887, \$84,478,904 85. Outstanding Assurance, New Business of 1887, Surplus (4 per cent. Standard), Increase in Surplus during the Year, Increase in Assets during the Year, Total Income, Premium Income, Percentage of Assets to Liabilities.

A Careful Study of the above Proves Conclusively that the Equitable Society is the most Profitable and Secure Life Assurance Company for intending Assurers. ALEX. J. CARTWRIGHT, GENERAL AGENT HAWAIIAN ISLANDS.

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Plain and Fancy Printing, INCLUDING Law Books and Blanks, Pamphlets of any kind, Lawyers' Briefs, Freight and Plantation Books, Statistical Work, Colored Postcard Work, Lithograph Colored Cards, Business and Visiting Cards, Ball and Wedding Cards, Programmes, Billheads, Letterheads printed, Copying Itk, Etc., Etc., Etc.

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Advertisement for a printing machine, showing a detailed illustration of the machinery.

Advertisement for Florida Water, THE UNIVERSAL PERFUME for the Toilet, the Bath and the Handkerchief.

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Advertisements. Ex Bark H. Hackfeld, FROM LIVERPOOL, IRON FILTERPRESSES! Selwig & Lange's Patent

Sugar Coolers, (round corners) Iron Tanks, 3 sizes; Baxter Engines, Deane's Steam Pumps,

Steel Rails & Fixtures, Portable Track, Sleepers & Switches, Corrugated Iron, all lengths; Fire Bricks, Slates, Fire Clay, Asbestos,

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H. HACKFELD & CO., 136-1m

Notice of Copartnership, Hawaiian Transfer Co.

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Telephone office at No. 75 King St., next door to Robt. More's. Bell 160—Telephones—Mutual 565.

All kinds of carting faithfully and promptly attended to: furniture removed and carefully handled; always on hand on arrival of steamer.

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To Arrive! Rock Salt for Cattle. A few tons still undispensed of.

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MURRAY & LANMAN'S Florida Water, THE UNIVERSAL PERFUME for the Toilet, the Bath and the Handkerchief.

REPORT Prof. Alexander Wassiliewitch Poehl, Analyzing Chemist for the Russian Government, St. Petersburg.

"Murray & Lanman's FLORIDA WATER" does not contain any ingredients which could be pernicious to health.

Is a necessity to Every English-speaking Inhabitant of the Kingdom who desires to keep pace with the times.

THE ADVERTISER, Is copions and prompt in the publication of Local News, and its readers are kept constantly posted as to the course of events in other parts of the world, particularly in the United States.

JUST ARRIVED PER BARK Hackfeld, from London

Fence Wire, Galvanized Buckets, Best Coir Matting, For Sale at Lowest Prices by G. W. Macfarlane & Co., 129 47

Advertisements. THE PACIFIC Commercial Advertiser

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BY THE

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Subscription, : : \$6.00 per Annum Or 50 Cents per Month: Delivered by Carrier.

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H. M. WHITNEY, Manager, Honolulu, H. I.