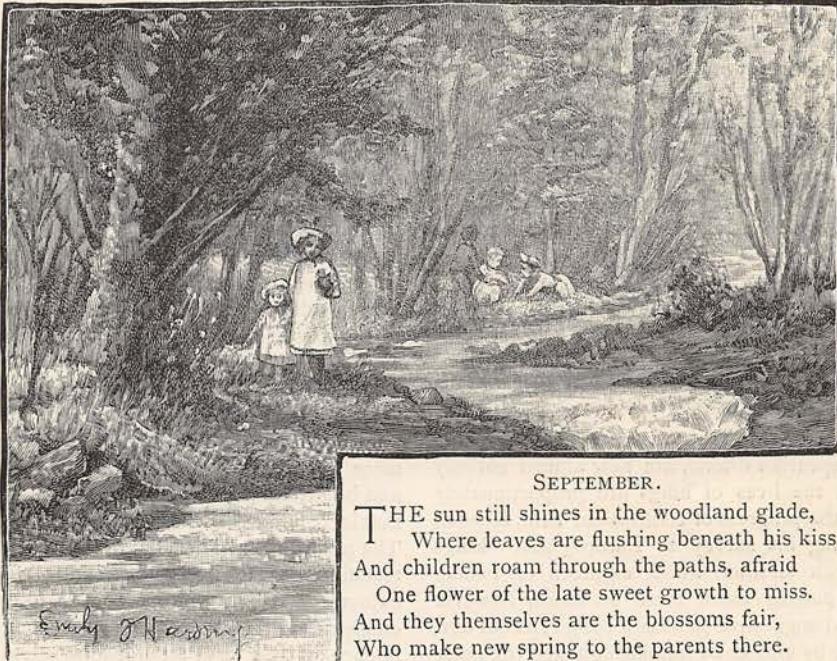


PICTURES OF THE MONTHS.



SEPTEMBER.

THE sun still shines in the woodland glade,
 Where leaves are flushing beneath his kiss ;
 And children roam through the paths, afraid
 One flower of the late sweet growth to miss.
 And they themselves are the blossoms fair,
 Who make new spring to the parents there.

SOME FACTS ABOUT LENGTH OF LIFE.



It was once remarked by an astute observer of the laws that govern human life, that "before an individual was born it was 20,000 to 1 against his dying at a given age of a given malady;" and this is still, and must ever remain, true. The recognition of the fact that

"—all must die,
 Passing through nature to eternity,"

happily constitutes the boundary of our knowledge as to individual catastrophe. But scientific investigation has led to the discovery of a series of facts connected with human life, which not only astonish us with the minuteness of their details, but astound us with their wonderful accuracy. By such means we know that, for instance, a clergyman who has attained thirty years of age, has an *expectation* of thirty-five more; that an agriculturist of the same age has an expectation of forty more; while a sovereign can claim no more than twenty-two or twenty-three years beyond that given age. This last fact would seem to demonstrate the truth that "while royalty confers upon its possessors all the advantages and enjoyments of the world in the highest degree, it certainly does not confer on them that which

is to be esteemed as far more precious than them all—the blessing of long life." The following interesting chronological table, showing the names of the Kings and Queens of England, from William the Conqueror downward, their ages at death, in addition to the probable cause or manner of death, would appear to support this assertion:—

Name of Sovereign.	Age at Death	Cause or Manner of Death.	Name of Sovereign.	Age at Death	Cause or Manner of Death.
William I.	60	Rupture and Fever	Richard III.	42	Killed in Battle
William II.	43	Shot by an Arrow	Henry VII.	52	Consumption
Henry I.	67	Surfeit of Lampreys	Henry VIII.	55	Ulcerated Leg
Stephen	49	The Piles	Edward VI.	15	Consumption
Henry II.	55	Grief	Mary	42	Small-Pox
Richard I.	43	Killed by an Arrow	Elizabeth	69	Course of Nature
John	49	Fever	James I.	58	Ague (ture)
Henry III.	65	Age	Charles I.	48	Beheaded
Edward I.	67	Diarrhoea	Charles II.	54	Apoplexy
Edward II.	43	Murdered	James II.	67	Course of Nature
Edward III.	65	Course of Nature	Mary II.	32	Small-Pox
Richard II.	33	Consumption	William III.	52	Fall from a Horse
Henry IV.	46	Apoplexy	Anne	49	Apoplexy
Henry V.	33	Pleurisy	George I.	67	Paralysis
Henry VI.	49	Murdered	George II.	77	Syncope
Edward IV.	41	Ague	George III.	82	Course of Nature
Edward V.	12	Smothered	George IV.	68	Bursting a Blood-vessel
			William IV.	72	Old Age

Taking the average of the foregoing figures, it thus appears that our kings and queens do not survive beyond fifty-two and a half years or thereabouts, and as their average expectation of life has been computed to be, at the time of their accession to the throne, thirty-three years, "the penalty of their royalty has thus been a curtailment of their existence by a period of ten and a half years," for they should have died at the average age of sixty-three.

With that marvellous insight and historical accuracy which was a distinguishing trait of Shakespeare's genius, the great dramatist seems to have noted this fact when he made King Richard II. moralise on those

"—sad stories of the death of kings,—
How some have been deposed, some slain in war,
Some haunted by the ghosts they have deposed ;
Some poisoned by their wives ; some sleeping kill'd ;
All murdered. For within the hollow crown
That rounds the mortal temples of a king,
Keeps Death his court, and there the antic sits
Scoffing his state and grinning at his pomp."

Of course it will be said that the great risks, indicated in the Shakespearian drama, are now almost entirely removed, and the lives of kings are proportionately prolonged by the progress of civilisation. Still, Newton found (confining his survey to Europe) that "kings reign, one with another, about eighteen or twenty years." But putting aside mere statistics, however interesting and suggestive on such a subject as old age, attained either by king or by humble cottager, the question of the *expectancy* of life, whether considered from the point of view of the scientist or sentimentalist, is one which is ever present with most people.

"The prolongation of the life of the people," said the Census Commissioners some years ago, "must ever be an essential part of family, municipal, and national policy. Although it is right and gracious to incur risk, and to sacrifice life for public objects, it has always been felt that length of days is the *measure*, and that the completion by the people of the full term of natural existence is the *groundwork* of their felicity." How to attain that measure is, of course, the grand problem which almost every member of the human family tries to read aright for himself or herself, according to light and opportunity.

It is interesting to know what some "wise old men" thought of length of life. For example, Cornaro, at the great age of eighty-five, wrote: "The spirit increases in perfection as the body grows older." Fontenelle declared that the happiest years of his life were between the fifty-fifth and the seventy-fifth. Buffon, at the age of seventy, as if addressing himself to youth, said, "Every day that I rise in good health, have I not the enjoyment of this day as immediately and as fully as you have? If I conform my movements, my appetites, my desires to the impulses of a wise nature alone, am I not wise and more happy than you? And the view of the past, which awakens the regrets of old fools, offers to me, on the contrary, the enjoyments of memory, agreeable pictures, precious images, which are worth more than your objects of pleasure; for they are pleasant, these images, they are pure, they call up

only amiable recollections. The inquietudes, the chagrins, all the troop of sadnesses which accompany your youthful pleasures, disappear in the picture which represents them to me. Regrets ought to disappear in like manner; they are only the last flashes of that foolish vanity which never grows old." Hufeland, a famous German physician of the last century, also wrote wisely on the subject of longevity, and in his work, "The Art of Prolonging Life," he said: "Long life has at all times been the chief wish, the principal object of mankind; but how contradictory are all the plans ever proposed for obtaining it! The stern theologist derides such attempts, and asks if the period of existence is not determined to every being, and who is able to add a hair-breadth to his stature, or a minute to the duration of his existence? The practical physician again exclaims, 'Why do you search for the particular means of prolonging life? Employ my art, take care of your health, guard against diseases, and cure those which have appeared. This is,' says he, 'the only way to promote longevity.' The adept shows his 'vital elixir,' and boldly asserts that those who will persevere to take that incorporated spirit of life may hope to become old. The philosopher endeavours to resolve the problem by teaching men to despise death, and to double life by enjoyment. The innumerable legion of quacks and empirics, on the other hand, who have gained the confidence of the multitude, inspire them with a belief that there are no surer means of growing old than by using their nostrums." And so we find that all over the world a variety of extraneous influences is ever at work in the moulding of individual opinion as to how—if desirable at all—a green old age may be obtained by every man and woman born, and how this "love of life" may become a palpable reality in the enjoyment of length of days. The fact remains the same, however, in spite of preacher, physician, philosopher, or empiric, that the blessing of longevity is withheld from the many; but how far and in what respect it has been acquired by the few, as the immediate result of any one or other of the foregoing influences, it is impossible, humanly speaking, to determine accurately.

The Scriptural limit of human life is certainly passed by a comparatively large number of the human race in every quarter of the globe, and that sometimes to a length approaching the generations of patriarchal times. A few references, therefore, to the great ages of certain classes of our fellow-men and women are at all times interesting and suggestive. And let us confine ourselves at present to Europe.

Great Britain has long been famed for the numbers of instances of longevity it has produced. Denmark, Norway, and Sweden have also furnished from time to time some remarkable cases. Ireland, in spite of famine and sore internal troubles of long duration, has supplied the statist with many cases of men and women who have attained very great ages, and a reference to these may be specially made in this article, in view of the great interest always attaching to the history of that unfortunate country.

The following is a list, taken from authentic sources,

of the names and ages of natives of Ireland, whose lives, if traditions may be relied on, greatly exceeded the orthodox limit of human existence :—

Jonas Warren died at Ballydoyle in 1787	aged 167
Countess of Desmond died at Cork in 1612	148
Colonel Winslow died at Tipperary in 1766	146
Countess of Eccleston died at Dublin : (uncertain) ..	143
William Leland died at Lisunka in 1731	140
William Gulstone died at ——— in ———	140
William Shapley died at Knockall, Roscommon, in 1757 ..	138
Catherine Mooney died at Tuam in 1768	136
James Sheil died at Ballybadben, Kilkenny, in 1759 ..	136
A Mrs. Thomson died near Dublin in 1796	135
Martha Rorke died at Dromore in 1789	133
Elizabeth Marchant died at Hamilton, Bawn, in 1761 ..	133
William Beale died at Dungarvan in 1803	130

And so on down a long list of noted centenarians of many nationalities—three or four hundred in number—not one of whom was younger than 120 years!

In the annals of longevity there are numerous similar instances also in Scotland and Wales. Probably the greatest age ever attained by a dweller north of the Tweed was that of a certain Golour M'Grain, who died in the Isle of Jura 180 years old; while in the south, at a place called Cochen, near Cardiff, a man named William Edward died in 1668, aged 168. These men, however, were children comparatively to a native of England, one Thomas Carn, who actually reached the miraculous age of 207, having been born in the year 1381, and thereafter existed in the flesh till the year 1588! This case is said to be confirmed by the register of the parish of St. Leonard's, Shoreditch, where the date of death is recorded as having occurred on January 28th, 1588. The records of no other European country are able to surpass this case, although there was an instance quoted in the Russian *Petersburg Gazette* some time in the year 1812 of a native of the district of Ekaterinoslav, who died having attained to between 200 and 205 years of age.

Among the other nations of Europe, France, Spain, Italy and Greece figure prominently in respect to the old age of many natives; but, on the whole, Russia—is singular to say—has hitherto supplied the statist with the largest number of extraordinary instances of prolonged human life, notably the instance already referred to of the bi-centenarian. In addition to that case, we find the following :—

A woman living in Moscow in 1848	aged 168
Peter Sonnosky died in Moscow in 1853	122
Jevan Sapoveschesky, a Russian soldier, in 1845 ..	121

and many others between 100 and 120 years of age.

Apart from the question of nationality and old age, a remarkable circumstance to be observed is that "more women attain great ages than men *on an average*, although more of the latter attain the *utmost extent* of longevity." Hufeland thus endeavoured to account for this important fact :— The equilibrium and pliability of the female body seem for a certain time to give it more durability, and to render it less susceptible of injury from distinctive influences. But male strength is without doubt necessary to arrive at a very great age. More women, therefore, become old, but fewer very old. In the first half of

a man's age, an active, even a fatiguing life is conducive to longevity; but in the last half, a life that is peaceful and uniform. No instance can be found of an idler having attained to a remarkably great age. Rich and nourishing food, and an immoderate use of flesh, do not prolong life. Instances of the greatest age are to be found among men who, from their youth, lived principally on vegetables, and, in some cases, had never tasted flesh."

Moreover, let those who *will not marry* take heed! The same authority just quoted declared that "there was not one instance of a bachelor having attained a great age, and that the fact was as applicable to the female as to the male sex." Many examples illustrative of this sensible theory will occur to the reader. Scarcely a week goes by but the fact may be met with of some aged individual dying and testifying, in the number of children and of children's children to the third and fourth generation, to the force and truth of the physiologist's statement. The most notable instance of this was supplied in the matrimonial experiences of a centenarian Frenchman, a certain Dr. de Longueville, who lived to the age of 110. He had been married to no fewer than ten wives, the last of whom he wedded when in his ninety-ninth year, and who bore him a son when he was in his 101st!

A wide field of interesting and suggestive information is presented to view in considering the subject of old age, and its attainment by persons of various ranks and degrees of eminence. We have already given a list of the names and ages of the Sovereigns of England, from William the Conqueror down, a list which showed the average age of British Monarchs to be not of the best. Of 300 of the Popes, no more than six attained to or exceeded eighty years of age, though it is curious to note, by way of contrast with the holders of the Pontifical chair, that a very large number of instances occurs of monks and hermits attaining to unusually long ages. Thus, we are told that the Apostle John lived till he was ninety-three; Paul, the hermit, by means of an almost incredibly severe regimen in a cave, or grotto, lived till he was 113; and St. Anthony till he was 105.

Poets and philosophers have at all times been distinguished, according to Hufeland, by their remarkable longevity, "especially when their philosophy was occupied in the study of nature, and afforded them the divine pleasure of discovering new and important truths: the purest enjoyment, a beneficial exaltation of ourselves, and a kind of restoration which may be ranked among the principal means of prolonging the life of a human being."

The following interesting list illustrates the comment of this philosopher, who himself attained a good old age :—

Age at Death.		Age at Death.	
Tasso	- - 51	Racine	- - 59
Virgil	- - 52	Demosthenes	- - 59
Shakespeare	- - 52	Lavater	- - 60
Mol'ère	- - 53	Galvani	- - 61
Dante	- - 56	Boccaccio	- - 62
Pope	- - 56	Fénelon	- - 63
Ovid	- - 57	Aristotle	- - 63
Horace	- - 57	Cuvier	- - 64

	Age at Death.
Milton	66
Rousseau	66
Erasmus	69
Cervantes	69
Dryden	70
Petrarch	70
Linnæus	71
Locke	73
La Fontaine	74
Handel	75
Réaumur	75
Galileo	78
Swift	78
Roger Bacon	78
Corneille	78
Thucydides	80
Juvenal	80
Young	80

	Age at Death.
Kant	80
Plato	81
Buffon	81
Goethe	82
West	82
Franklin	84
Herschel	84
Anacreon	85
Newton	85
Voltaire	85
Halley	86
Sophocles	90
Michael Angelo	96
Titian	96
Herodias	100
Fontenelle	100
Georgias	107

or even the heart-melting scenes of woe into which their professional duties call them." Still there are some who have attained to a great age. Amongst them may be mentioned the following :—

Age at Death.	Age at Death.
Boerhaave	70
Haller	70
Tissot	70
Gall	71
Darwin	72
Van Swieten	72
Fallopian	72
Jenner	75
Heister	75
Cullen	78
Galen	79
Spallanzani	79
Harvey	81
Mead	81
Duhamel	82
Astruc	83
Hoffmann	83
Pinel	84
Swedenborg	85
Morgagni	89
Heberden	92
Reysch	93
Hippocrates	109

It is strange, though by no means unaccountable, that physicians who practise are shorter-lived than almost any other of the professional classes. The solution of this has been offered by one of themselves, as follows :—"Physicians have the best opportunity of observing those prudential rules and precautions for preserving health which they lay down for others ; and there are fewer employments in which the powers both of the body and mind are exposed to so much consumption as this. Head and feet must be always exercised in common. But the greatest mortality prevails during the first ten years of their practice. And after that they become inured to the fatigue, and almost impervious to the noxious effluvia, infectious disorders,

In closing this paper, one is tempted to add some practical suggestions as to how length of life may be attained. But—to avoid the risk of sermonising on the theme—what could be better for all classes of readers than simply to be reminded of the experience of that beautiful character, Old Adam, in *As You Like It*, who so feelingly said :—

"Though I look old, yet am I strong and lusty,
For in my youth I never did apply
Hot and rebellious liquors to my blood,
Nor did I with unbashful forehead woo
The means of weakness and debility ;
Therefore my age is as the lusty winter,
Frosty but kindly."

Does not this contain the kernel of the whole matter?

THE GARDEN IN SEPTEMBER.



UST as in the month of March we not infrequently have a week in which summer and winter shake hands, so also in the month of September, on which we are just entering, we have a like strange experience. In the early half of this same week we may perhaps find ourselves sweltering by the seaside, while the fruit on our garden walls is yet ungathered save by the wasps, while a few days later a great change sets in, and we are sitting for the first time, not by the seaside, but at home by the fireside.

Experience, however, has taught us not to wonder at these changes : of course they impede our work in the

garden, and but for our greenhouse, or frames, or any hurried protection that we are able to give, we are at the mercy of the elements, and can only quietly wait until the storm has passed and a reaction sets in.

September, however, is a great harvest month, not only in the corn-fields, but in the fruit-garden, and as such, it certainly belongs more to summer than to winter. Something, then, with advantage may be said just now as to our general harvesting operations in the garden.

And, first, our peaches and nectarines are necessarily occupying a good deal of our attention at this time. And with all our care, we shall find that many, in a warm and ripening season, will fall to the ground during the night, and perhaps become the prey of slugs into the bargain : it is a good plan, then—where at least you are having a fine crop—to contrive a sort of network or gauze bag, sloping *from* the wall, so as to catch the fruit as it falls. It is, however, a thousand pities to gather wall-fruit too soon, and it can hardly hang too long on the tree ; then, again, much handling of the fruit before, or even after, it has been gathered is detrimental to it, while anything in the shape of that barbarous custom of gently pinching