

## MISCELLANEOUS.

Written for this Paper.

## HOW TO KEEP YOUNG.

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## HOW TO KEEP young."

**H**OW 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 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 know a dozen men who have past their three score and ten, and who are famous in public life, who are still doing good work, and Governor Gear, the newly elected senator from Iowa, is hale and hearty at seventy-five. I interviewed Cassius M. Clay when he was over eighty, about three years ago, upon this subject, 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 septo 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.

The first 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 upon the subject of perpetual 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 herself, is precisely 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 own 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 great 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 the secret, namely, that congenial work is the joy of life."

One of my questions was as to how Miss Anthony kept her wonderful 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 for others,

To think 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 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 cuts off so many 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 habit 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 whenever you are sleepy, and think as little of these details as possible.'"

"You asked whether marriage is conducive to longevity and should women marry young," Miss Anthony's letter continues: "Now, the answers to this are plainly: That depends upon the specific case of marriage and upon what you mean by young. In the Orient a woman is considered old enough to marry at twelve. In the Occident the average age for 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 a reasoning stage, and is therefore in condition to make 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 be a marriage with a husband who highly respects his wife's individuality, who treats her in all particulars as he himself would wish to be treated were he a woman of fine spirit, of independent thought and of self-respecting will. I should say such a marriage is conducive to longevity, and is an ideal human relation."

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 worker learns is to do the best possible at every moment, and to trust time to finish what cannot then be consummated. Worry belongs to those who have no faith and who assume to 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 neither time nor strength to do it all. The true thinker understands that nature creates thousands of workers for every work, and her faith in this stand-

ing host preserves her from the worry that is born of narrowness and egoism."

[Signed.] SUSAN B. ANTHONY.

Of the same age as Susan B. Anthony and of equal vitality is Mrs. Louisa Drew, who now, at seventy-five, has all the vigor of youth. For the past sixty-seven years she has been delighting audiences in this country and Europe with her genius, and her comedy acting has laughed more fat upon the people of the United States than the humors of "Bill Nye" or "Josh Billings." Mrs. Drew may almost be said to be in her prime today. For thirty years she was the manager of a theater, and her letter shows that her life has been comparatively free from the ills which ordinary flesh is heir to. I give it verbatim:

"BIRMINGHAM, Ala., April 23, 1894.

"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 will do so with others. I can only answer for myself, and shall, I fear, appear egotistical. I have always lived generously and have enjoyed my life. Many sorrows have overtaken my late years, but have not crushed my spirits. I married very early in life, at the age of sixteen, but should not advise so early a marriage generally. Still I did not have any family until I was thirty years old, and I was consequently not harassed by the care of children when I was very young. I know of no way of preserving health, intellectual or physical, except through the exercise of the faculties. I have never been afflicted with insomnia, and therefore cannot prescribe a remedy for that. In fact, I have been so singularly blessed with fine health that I am scarcely a good subject for your purpose.

"Yours truly,

"LOUISA DREW."

One of the great men of the Episcopal church is Bishop Thomas M. Clark, who have 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 3rd 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 stiffness in the 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 abundant physical exercise, nutritious, wholesome food, and rational amusements. He should cultivate all his mental powers