

elements which make it possible for a man who has gone more than fifteen years beyond the three-score-and-ten mark to be still regarded as the most eminently fitted person in a great party to wield the reins of government. Powerful as has been the mentality of the lord of Hawarden, it was to have been expected that the physical frame would have sustained so much loss by the great worry and tireless work which it has engaged in, that by this time it would be a necessity to have retired from the performance of any task which requires constant and systematic labor. Yet such does not seem to have been the case, and Gladstone is able to perform much of work that would be impossible to many a man quarter of a century his junior.

How he accomplishes this, in the preservation of his physical powers, is an item of no small moment, provided his method be within the reach of the masses of mankind in civilized nations. In his own way of expressing it, the cause of longevity was his "determination to live as long as he could." This determination took form of more than a mere desire to prolong life; it included a strict adherence to rules to produce that result; hence, as he says, he lived "as simply, as regularly, and as near to nature as possible." In the first place, he is an early riser—6 o'clock in the morning being his usual time for dressing. This rule he follows notwithstanding any temptation to lie in bed for an hour or two longer. He also retires regularly, counting on about seven and a half hours for sleep. Then he is a great believer in the virtue of frequent bathing. He is temperate in his habits; and above all, he insists on getting plenty of fresh air. His love of the garden is a notable feature of his character; and winter and summer find him on his regular walks outdoors; one of these is to the church near by to offer up morning prayers. In winter he wraps up well, but storm or shine, he goes out into the open air. This is what he terms living "near to nature," and this he ascribes as one of the chief reasons of prolonged mental as well as physical vigor.

Five years younger than Gladstone is another equally noted example of longevity both as to powers of body and mind—Prince Bismarck. He sleeps an hour longer than Gladstone, but is still an early riser. As a child he was possessed of only fair health, but his studies and recreation were regular. He appreciated the value of an abundance of pure air and reasonable exercise, regarding which he says:

I am convinced that pure, fresh air and exercise are not only the best medicines for, but also the best preventives of, disease, and that they are, therefore, very great factors in the promotion of longevity, while nothing exerts a more beneficial influence upon personal comeliness.

At the same time he warns against attempts at feats of strength or agility not easily within the limit of one's power. He banishes worry as much as possible from his mind, bathes in cool water daily, and would not tolerate a bathing suit, which he regards as injurious in preventing natural reaction from contact with cold water. Since he was eight years of age he has been a hard and persistent worker.

Other prominent instances, in this

country as well as in Europe, might be cited as indicating how men may approach much nearer to being centenarians than they do at present, but as each one of them follows in the same line of temperate, regular habits that enables him to draw freely on nature's great vitalizer, the two illustrations given serve as examples of a very long list, which go to confirm the rule expressed by an eminent physician who, when asked why it was that so many people died in middle life, replied, "They try to live indoors, where the life supply is short."

THE BATTLE FOR SILVER.

The distinguished gentlemen who met in this city Wednesday to advance the silver cause doubtless appreciate, without suggestion from us, the necessity of proceeding upon a line of policy which will appeal to the reasoning faculties of the people rather than to partisan feeling or party prejudice—in a word, that the line of battle should be non-partisan and non-sectional. There is no occasion to raise it as an independent political issue in any form; nor is there wisdom in making it an unnecessarily radical sectional movement.

A cogent reason for not bringing it in as a political issue between the men of the West is that these, whatever their party affiliations, are practically a unit in the view that the white metal should be treated fairly. The voters of one party are as strong and consistent bimetallicists as are those of any other party which has a following here. All can work harmoniously in the cause; for practically all are silver advocates, and all should do so. To introduce the question into councils or debates, or to arraign one party or the other as being unfriendly to the use of the white metal, will be merely to create dissensions that are unnecessary, and that cannot fail to weaken the cause itself. In the West all parties are silver supporters, and can work together on that proposition, whatever may be their differences on other topics. It is only demagogues who seek to gain selfish ends, or men unfriendly to silver, who would raise it as a partisan issue here and divide its supporters among themselves.

Nor should it be made a sectional dispute, to arouse antagonism. The whole country is interested in the question. It is as important for the mass of the people in Maine to have silver reinstated as it is for people here. Those in the West have more intimate knowledge of the subject than do those of the East, because they have had occasion to discuss and examine it more closely and thoroughly. What is wanted is that the masses of the East be reasoned with so that by their own intelligence they will adopt the western view and put it into practice. To array ourselves in a sectional fight of the West against the East would be an attempt to drive knowledge into somebody's head with a club—a proceeding that usually results disastrously, and that to the club-wielder when the other is the stronger party, as the East is today in comparison of population and voting strength with the West.

The effort for silver is called a battle

in its behalf; but it is one that should be fought out with the best of good feeling so far as the masses of people in the country, north, south, east or west, are concerned. The weapons of triumph are persuasiveness, calm logic, convincing argument. The aim is to educate the whole country to a better understanding of the subject. Then, when the people understand the right, they will do it. The safer, easier, quicker way to attain this end is for all the political parties here to throw away partisanship and sectionalism so far as relates to this subject, on which there is no division, and for the West to move in unbroken line in the peaceful yet vigorous methods of imparting instruction to a people eager and willing to learn.

SPARE THE HAWKS AND OWLS.

We wonder if our Utah farmers carefully noted the substance of a little dispatch that was sent from Washington about a week ago? Least they did not we repeat its salient points, for it alludes to a matter of much importance:

Dr. C. Hart Merriam, chief of the division of ornithology of the agricultural department, has been for several years engaged in examining and analyzing the contents of the stomachs of hawks, owls, crows and other birds supposed to be injurious to the crops and farmers. The stomachs of over 7,000 birds have been analyzed.

The results show that the popular idea regarding the injurious ravages of certain birds is wholly mistaken, and that they have been the victims of an unjust persecution. This has been found to be especially the case with hawks and owls, for the slaughter of which many states give bounties. Pennsylvania in two years gave over \$100,000 in hawk and owl bounties. Examinations of the stomachs of these birds proved conclusively that 95 per cent of their food was field mice, grasshoppers and crickets, which were infinitely more injurious to farm crops than the birds themselves. It was found that only five kinds of hawks and owls ever touch poultry, and those only to a very limited extent.

This is in direct confirmation of the view this paper has many a time expressed—that instead of encouraging their sons and nephews and perambulating spectacular sportsmen to slay hawks and owls in proof of murderous marksmanship, the Utah farmer ought to plead with the Legislature for an enactment imposing a severe penalty for the killing of these useful birds. All observation shows that where a hawk kills one chicken it destroys a hundred mice and gophers; and whoever has watched the low graceful flight of the keen-eyed and voracious bird and his constant attention to business need hardly be reminded that such service as he renders can be obtained in no other way. Scientific examination and recommendation such as are intimated above, come not a day too soon to turn the scale in favor of stopping the foolish and criminal slaughter of the agriculturists' best friend. Until legislatures can be induced to act upon the matter, public sentiment ought to exert itself to the utmost. The slayer of hawks and