

**Annals of health and long life; with observations on regimen and diet ... including records of longevity, with biographical anecdotes of one hundred and forty ... persons / [Joseph Taylor].**

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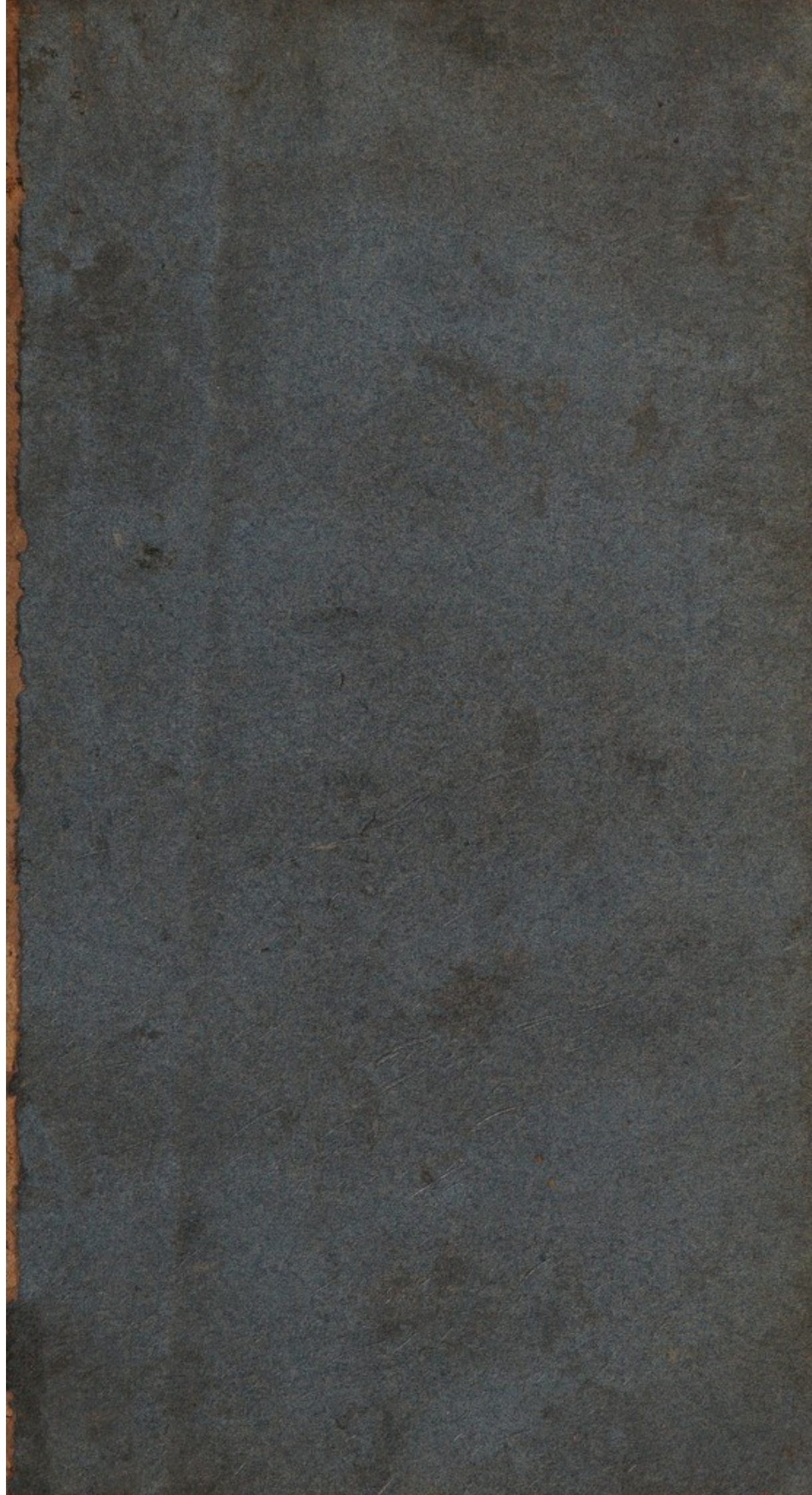
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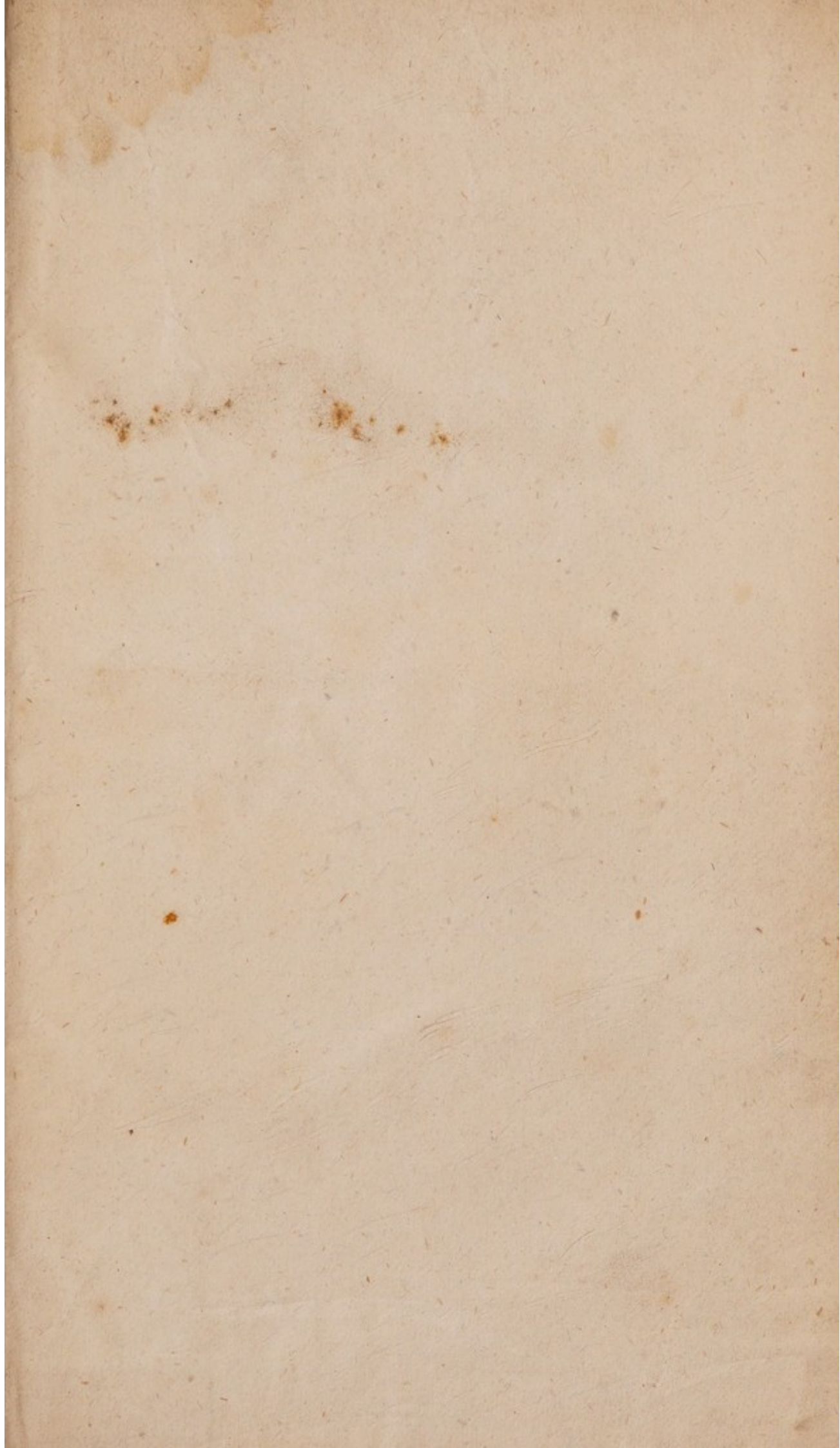
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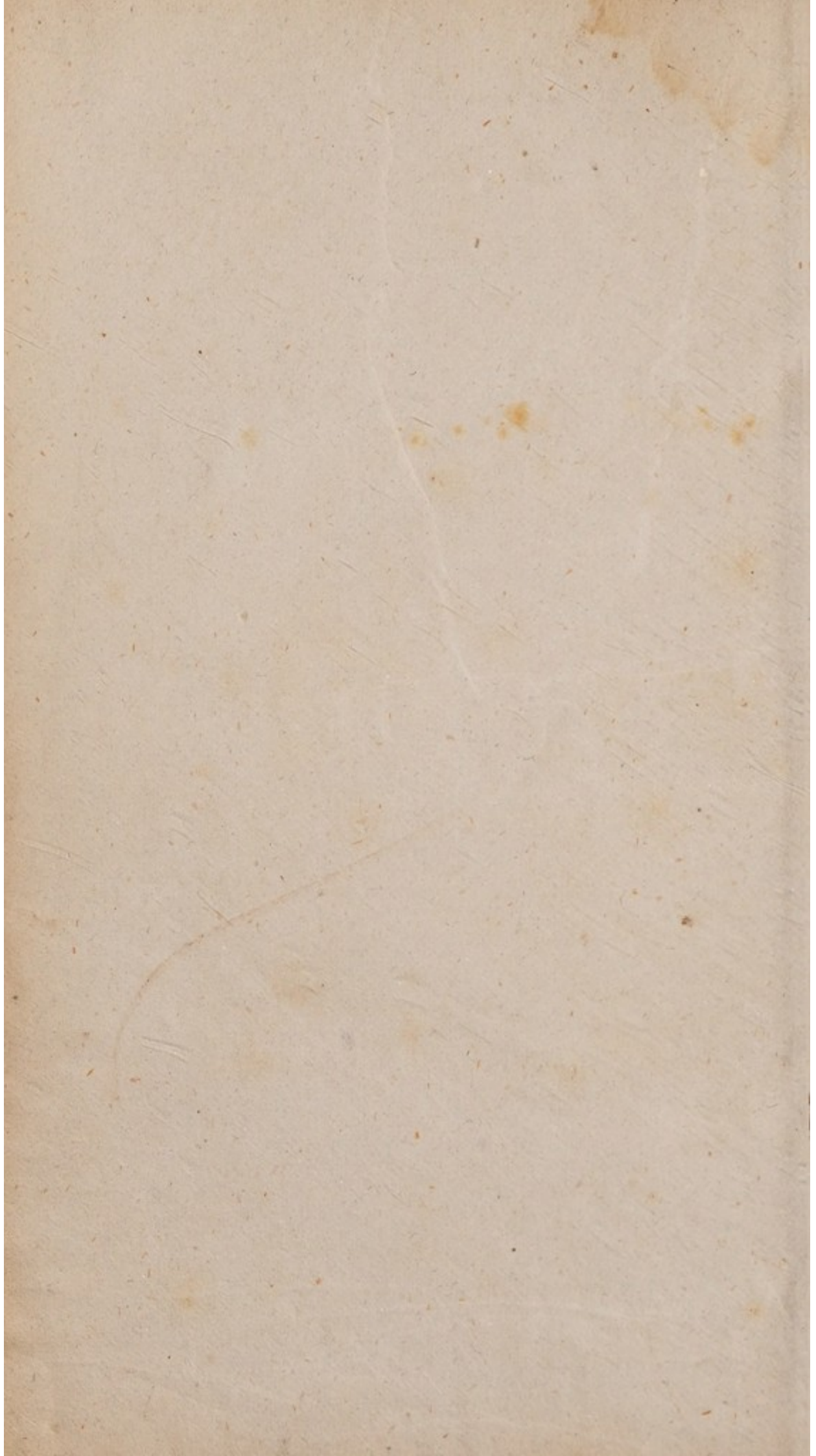


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*From Lavater*

*Cyberne sculp.*

*"Life lies in embryo. — never free  
'Till Nature yields her breath;  
'Till Time becomes eternity,  
And man is born, in death."*

*Montgomery.*

43916

# ANNALS OF HEALTH

AND

## LONG LIFE;

WITH OBSERVATIONS ON REGIMEN AND DIET,

SO NECESSARY TO THE

PRESERVATION OF LIFE:

INCLUDING

## RECORDS OF LONGEVITY,

WITH

## BIOGRAPHICAL ANECDOTES

OF

ONE HUNDRED AND FORTY

REMARKABLE PERSONS, WHO ATTAINED EXTREME  
OLD AGE.

BY JOSEPH TAYLOR.

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“ Air and exercise; sobriety and temperance; the mind at ease, and a good conscience; are the grand preservers of health and guardians of old age.”

“ We are not to indulge our corporeal appetites with pleasures that impair our intellectual vigour, nor gratify our mind with schemes which we know our lives must fail in attempting to execute.” *Dr. Johnson.*

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1820.



ANNALS OF HEALTH

AND

LONG LIFE

WITH OBSERVATIONS ON THE NATURE AND CAUSE

OF THE

OF THE

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OF THE

OF THE



## PREFACE.

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As temperance in our mode of living, for the purposes of promoting health, is of the greatest importance, we have, in the First Part of the present work, containing Annals of Health, laid down rules for a proper regimen, by following which many have recovered from dangerous disorders, and prolonged their lives to extreme old age: in fact, by intemperance the seeds of dissolution are quickly sown, and the foolish vices of gluttony and inebriation hasten the decease of many who might otherwise continue an ornament to society for many years.

In the Second Part, denominated Records of Longevity, the numerous instances of persons, having attained to a patriarchal

age, sufficiently evince the necessity of a regular course of life; and although this portion of our work contains a great number of examples of persons who had exceeded the age of one hundred and ten years, it could have been extended to a much greater length, if we had taken notice of every instance that has occurred. A dry detail of names and dates would, however, have been neither useful nor agreeable; and we have therefore recorded only those who have been remarkable for some peculiar habit or custom; who have been persons of regularity, temperance, and sobriety, except in one or two instances; and whose biography is replete with entertainment and instruction.

# ANNALS OF HEALTH

AND

## LONG LIFE.

### Part the First.

#### SECTION I.

A REGULAR COURSE OF LIFE MOST LIKELY  
TO KEEP THE BODY IN HEALTH, AND  
PROCURE OLD AGE.

It has been always admitted, from the earliest ages, by the wisest men and the greatest philosophers, that Intemperance has been the occasion of more men losing their lives than the sword of war. Yet, notwithstanding its dreadful effects, it appears to have become with many a mark of taste and distinction; while a regular course of life, accompanied with sobriety and œconomy, has been treated as a proof of avarice

and low breeding: but, alas! the latter has preserved health in general to extreme old age, while the former, by its direful operation on the constitution of the human frame, has consigned many, who might otherwise have continued in health and vigour for many years, to an early tomb.

Would a person wish to pass his life in health, to possess a cheerful mind, and to enjoy length of days, nothing seems more to be required, than that he live up to, and follow, that simplicity of method which Nature has dictated. This naturally teaches man that he ought to be content with little, that he ought to pursue the medium between absolute abstemiousness and reason, and that he should accustom himself to eat no more than is necessary to support his constitution and keep him in vigour. He must, however, consider, that whenever he exceeds this rule of moderation, he lays himself open to disease, and, perhaps, to that which frequently follows it, DEATH; and for what is he guilty of this indiscretion?

Why merely for the sake of gratifying his Epicurean palate; which gives him but a momentary satisfaction, and, by disordering his stomach, brings on a train of disagreeable sensations and diseases, which mock the power of medicine, and, at length, terminate in his dissolution. How many young persons, of the most exquisite understanding and the most amiable disposition, have been carried off by such an act of indiscretion in the flower of their youth, who, had they been a little more abstemious, might have lived to be an ornament to society, and have enjoyed the company and fellowship of their friends, instead of leaving them to bewail their loss.

And first, in order to preserve the body in health, it is necessary that we lay before the reader a few observations on the subject of

#### INDIGESTION;

which gives rise to many complaints and disorders, that do not continue long before they spread their baneful influence over the

whole nervous and muscular system of the human frame, and produce other distempers of a very formidable nature. The mind becomes generally weak, indolent, and unsteady; and the person peevish, fretful, and incapable of paying attention to his usual occupation.

There are two principal causes of indigestion, which those who wish to preserve health and vigour must carefully guard against. The first are those which act directly and immediately upon the stomach itself. The second are those which act upon the whole body, or upon particular parts and functions of it, in consequence of which the stomach becomes affected; for, whatever organ be disordered, the stomach sympathizes and participates in the misfortune.

The causes which immediately act upon the stomach are,

1st. Intemperance in eating and drinking; with the immoderate use of spices, strong rich sauces, wines, and ardent

spirits. These, by stimulating and distending the stomach, weaken the cohesion of its fibres, and destroy their natural contractive power; consequently, not only a disordered state of the digestive organs, but a debility of the whole body, takes place. The immoderate use of wine, even though it does not occasion intoxication, produces numerous ill consequences, debilitating the digestive organs, and enfeebling the powers of body and mind. The intemperate use of ardent spirits accustoms the stomach to an unnatural stimulus that increases its action, and, if persisted in, destroys its proper tone, occasions depression of spirits, confusion of mental powers, and tremors of the nerves.

2ndly. A defect likewise in either quantity or quality of the food may be productive of ill consequences. Too little aliment induces a debility of the whole body, and hastens the consumption of life; and if the quality be too watery, the fibres of the stomach become lax, and not sufficiently elastic.



3rdly. Large and frequent draughts of warm, watery, fluids should be avoided.

We are now to consider those causes which affect the whole body, or particular functions of it, in consequence of which the stomach becomes affected by sympathy.

1st. Different states of the air: such as, moist, warm, confined, or impure air, so frequent in low damp houses, and in the neighbourhood of marshes and stagnant waters, are to be avoided. Damp or moist air relaxes and debilitates, and occasions a slowness in the circulation of the fluids. Warm air, on the contrary, relaxes the solids, and occasions an increased circulation of the fluids. This mostly affects delicate and nervous persons. But foul air is exceedingly inimical to the nervous system, since it relaxes and enfeebles the general habit, and produces diseases of the lungs.

2nd. The clothing should neither be too warm nor too cold, for in either case disagreeable consequences may ensue.

3rd. Excessive sleep is likewise injurious.

4th. Want of due exercise, or a sedentary life, is detrimental to health, through inactivity.

5th. So, want of sleep, or of natural rest, frequently occasions a person to contract a violent and vindictive temper, and to become peevish and morose.

6th. Intense study, or too close an application to business. These often occasion indigestion, and not unfrequently bring on the gout and other disorders.

7th. Violent depressing passions, such as grief, fear, anxiety, &c. have a most wonderful effect on the human frame, by diminishing the energy of the nerves.

8th. Long continued diseases of a violent nature generally act on the body so as to occasion a total debility.

Now the effects which are generally produced by indigestion, are,

1. An accumulation of indigestible matter in the stomach and bowels.
2. A debility of the general system.
3. An irregular performance of the secretions and excretions.

4. A debility of the absorbent system :  
and,

5. A debility of the nervous system in  
general.

It is not our intention to enter on a dissertation concerning the various disorders incident to the human frame : that is the business of a physician ; but, after enumerating the general causes and effects of indigestion, it must evidently appear to every reader, that the cause of almost every obstinate, complicated, and we might add incurable, disease, has its origin in the stomach ; that health and sickness depend in a great measure on the action of that organ ; and that therefore, although indigestion has been too frequently treated as a trifling complaint, it certainly demands a more serious attention by every person who wishes to fill up the measure of his days. Of this opinion was the famous and celebrated Dr. Fothergill, who justly observes, that “ the vigour of the body, strength of mind, present health, and a foundation for

the future, with the sweetness of a life unmolested by disease, depend, in a great measure, on the state of that noble viscus, the stomach; therefore, every effort should be used, to preserve a function of so much utility to the body, in a sound state. If the stomach be healthy, less may be feared from other parts; but, this being diseased, the other parts will not long remain sound. We daily observe, that the gout, dropsy, scurvy, consumptions, and insanity, and the worst kinds of fevers, seldom happen where the stomach is not first affected."

We might here shew, more fully, that indigestion is the primary cause of most of the disorders to which the human body is liable, and account for those symptoms which constitute that morbid state; we might describe the process of digestion; or, the progress of the aliment from the mouth to the heart and lungs, with the changes which it undergoes in its passage, until it be converted into blood; pointing out, at the same time, by what law of the

animal œconomy the body is maintained and supported in a natural and healthy state; but this would be foreign to our purpose; and we may just observe, that our most celebrated physicians are divided in their opinions respecting the manner in which the digestive process is effected.

In all cases of indigestion it is highly necessary, however, that strict attention should be paid to the regimen and diet; for, by so doing, the cure of that common malady will be greatly facilitated, the health will be preserved, and complaints of illness in general be set aside.

As the BREAKFAST is usually the first meal taken in the morning by most people, milk is a very proper thing to be adopted, if it will agree with the stomach and bowels; but in some constitutions, owing to the acidity of the stomach, it is apt to turn sour, therefore it should not be used by them, except in very small quantities. Milk is exceedingly proper at every period of life, is easy of digestion, gives less irritation

to the intestines, and occasions less heat to the general system of the body, than either animal or vegetable food; because it does not produce so much feculent matter, nor so much offend the stomach, unless it form into too firm a coagulum: consequently, whenever it happens that the digestive organs be weak, it affords, without producing any stimulative effects upon the system, a greater supply of nutriment, and with a greater degree of certainty, than any other kind of food. It is upon this account that milk is one of the most excellent restorative diets, in all cases of emaciation and debility, and for those in particular whose complaints render the stimulus of other diets hurtful or dangerous; and likewise, when the powers of nature, or the vigour of the constitution, begin to decline through the advance of age. It is a very proper food in all cases of consumption, especially if attended with a hectic fever, since it has a tendency to alleviate inflammation; and if its use be persisted in, it mostly effects a

cure. Where the fluids are vitiated, milk affords a supply of the most perfect nature; never producing too full a state of the blood-vessels, but yielding sufficient to obviate their too empty state. Hence this sort of food supplies both quantity and quality in the most perfect manner to the fluids.

Milk, however, notwithstanding its excellency, will not agree with some constitutions: in every stomach it is more or less coagulated; but from what cause this coagulation proceeds has never been fully ascertained, nor has its prevention been yet discovered. So that, where it disagrees, the person should altogether avoid it.

With respect to TEA: the quality and effects of the common sorts have given rise to the observations of many learned men, most of whom have found fault with the green teas\*, which are said to be detri-

\* "Green leaves of tea contain a narcotic juice, which exudes by roasting: this is performed with great care before it is exposed to sale."—*Arbuthnot on Aliment.*

mental, having a peculiar effect on the nervous system; and it is well known, that those who drink green tea, made strong, are nervously affected. Black tea, however, is not of that nature, and taken in moderate quantities, made tolerably strong, affords relief to the cramp of the stomach, and pains of the bowels, especially where these complaints arise from flatulency, or wind. After fatigue or close study, the infusion of black tea affords a grateful and refreshing repast; but it should never be drank without a due proportion of milk and sugar, which renders it very nutritive. It quenches the thirst, cheers the spirits, and by no means heats the body; besides, the pleasure it affords to society contributes to bodily health. A remark, however, has been made by some physicians in its favour,

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“It is doubtless a narcotic stupefying plant; on which account, even the Chinese themselves refrain from its use, till it has been divested of that property.”—*Dr. Gregory.*



that, since its introduction to general use, diseases have been more mild and less frequent in this country. The bad effects which may have arisen from the use of it, have evidently been occasioned by drinking it too strong, too hot, in too large a quantity, or in too great a hurry; for in such cases, a temporary relaxation would be induced over the whole system, which would be followed by faintness and tremors.

COFFEE, so much used of late years, admirably strengthens the stomach, assists digestion, is grateful to the whole nervous system, and highly useful in head-aches and langour from over-exercise, either of body or mind. In persons whose fibres are lax, and whose constitutions are cold and phlegmatic, coffee will be found much more beneficial than tea, because it is warmer and more aromatic; but, on the contrary, those, whose constitutions are of a dry or sanguineous habit, should be very sparing in the use of it. If coffee be drank a little while after dinner, it promotes digestion,

and giddiness in the head has been frequently cured by it. The aromatic quality which it possesses, stimulates the solids: it is, therefore, serviceable to persons of a sedentary life, and to those who suffer from catarrhal diseases. For alleviating the fits of a periodical spasmodic asthma, strong coffee is most strenuously recommended by Sir John Pringle, which he affirms to be the best remedy he ever knew. He directs the best Mocha coffee to be used, to be made exceedingly strong, and to be repeated after an interval of a quarter or half an hour, but to be drank without milk or sugar. Sir John Floyer, author of a Treatise on Asthma, was himself long afflicted with that disorder; and by the use of very strong coffee he was not only greatly relieved, but, during the latter years of his life, was almost entirely free from its violent attacks. Some persons have entertained the idea that coffee is of a drying nature, and consequently detrimental; but we do not find that the Turks or Arabians, who

use it much more than the English do, ever experience the least inconvenience from it.

CHOCOLATE is esteemed by some, but it cannot be considered so wholesome as either tea or coffee.

The BRITISH HERB TEAS are, some of them, very good and beneficial, especially if a little peppermint be added to them, which serves to relieve the stomach and bowels from flatulencies and cholics. They therefore form a wholesome beverage.

Concerning DINNER, we recommend that such sort of food should be made use of which affords the best nourishment, and is, at the same time, easy of digestion. But here it may be necessary to observe, that no person should eat more at a meal than is sufficient to support his body in health, strength, and vigour. To exceed it may be considered as a sort of intemperance, if not gluttony, and which, instead of prolonging life, will naturally shorten it, by rendering it liable to a number of diseases, through indigestion, which, in the end, may termi-

nate in dissolution. Those persons who eat moderately are generally observed to be men of the most robust and healthy constitutions.

A proper mixture of animal and vegetable food affords the most nutritious diet; and, as Sir John Pringle and Dr. Macbride observe, makes the sweetest chyle. Animal food tends to induce corpulency, and too great a fulness of the blood vessels; but vegetable food is too weak a diet for many constitutions, and therefore requires animal food to be mixed with it: but in regulating the proportion of each, regard must be had to the season of the year, the state of the weather, the constitution of the body, and so forth. A liberal use of vegetables is proper; but where the climate is cold, the weather frosty, the constitution strong, and much exercise is used, animal food may preponderate. Different sorts of animal and vegetable food agree with different constitutions; so that the person must be regulated in his choice by experience,

and taste must have a principal share in the determination.

Every person afflicted with indigestion, general debility, or nervous affections, should recollect, that the body is not nourished in proportion to the quantity of food he takes, but according to the degree of perfection with which it is digested; and therefore, more should never be eaten than will be perfectly easy on the stomach. Overloading the stomach hinders digestion, and the proper returns of appetite. No certain quantity of food can be mentioned as a general rule, for that which may be sufficient for one person may be too much for another, and too little for a third. Experience, therefore, is the best and only guide. Nothing, indeed, is of more importance to persons who have weak organs of digestion, than a proper attention to the due quantity of food necessary for them to take; though some persons appear to be possessed of such powers of digestion, that they are seldom or never incommoded therewith; but

with the generality of mankind it is otherwise. How frequently do we hear of persons who make complaint that this or that food does not agree with them, when the truth is, that the undue quantity they have taken of all, rather than the disagreement of any, is the sole cause of their uneasiness. The wise Author of Nature has so formed our organs of digestion, that we may accommodate ourselves to aliment of every quality ; but this is not the case in regard to quantity, for any kind of food taken in an undue proportion subjects the person to many disorders.

There are different kinds of animal food which are very wholesome, particularly BEEF, VEAL, MUTTON, and LAMB, and none of them can be with reason objected to, unless they disagree with the stomach.

*Roasted* meat, eaten with such vegetables as agree, is excellent, because the nutritive principle, that is to say, the gravy, is preserved, owing to the crust formed on its surface during the operation of roasting.

*Boiled* meat is likewise exceedingly nutritious, provided it be not too much done ; and the broth or soup which is made from it is also very healthful, except the stomach be weak. The latter, however, are beneficial to the sick, to the aged, and to those who, from a want of teeth, have lost the power of mastication.

*Fried* meat, or that which is baked in a pie, is more difficult in solution than that which is moderately roasted or boiled.

Meat that is rare, is more soluble than that which is over-done, and affords more nutriment. The gravy is very nutritive, and always proper where animal food is necessary.

The fat is nutritious, and more soluble than lean ; but if taken in too large quantities is apt to disorder the stomach.

SALTED MEAT is not wholesome, if frequently used ; for it is very difficult of digestion, and vitiates the blood and other fluids. A moderate quantity of common salt, however, taken with our food, assists digestion.

High-seasoned food should always be avoided, because it heats the stomach, and destroys its tone.

PORK and BACON are generally considered as a gross sort of food, and being very fat, not unfrequently disorder those who have weak organs of digestion.

FISH is, generally speaking, light and wholesome, and proper for those who are unable to digest stronger aliment. Shellfish is esteemed most nourishing; but saltfish is by no means nutritious.

POULTRY is mostly hard of digestion.

We must remark, however, that nothing contributes more to assist the stomach in the office of digestion, than a proper attention to mastication, or chewing the food, which should never be done slightly.

With respect to VEGETABLE food, the taste or smell generally directs our choice; but the taste or smell may be vitiated by luxury or disease, consequently, those vegetables which sit easiest on the stomach are to be preferred.



Vegetable food tends to reduce plethora and abate heat, and is therefore fit for corpulent and plethoric habits, or those who are subject to feverish heats. Vegetables are less nourishing and less stimulant, but more cooling, than animal food.

BREAD affords a greater portion of nutriment than most other vegetable substances, but is inferior to animal food in easiness of digestion. Bread should not be eaten till twenty-four hours after it has been baked, because it is then more readily digested than when new. Those who are troubled with indigestion should never eat new bread, and still less new rolls and butter, for they require a strong stomach to digest them.

RICE, in whatever form it be taken, is one of the most nutritious and easily digested kinds of vegetable food that we know of. It is, perhaps, the most wholesome grain that can be used by man. Indeed, it is a well known fact, that very many millions of people in the Peninsula of India and neighbouring nations subsist wholly on this

and other vegetable productions, for, in consequence of their religious opinions, they never taste of any thing which once possessed animal life, and yet they live, many of them, to a great age, and are very seldom troubled with disorders. It constitutes the principal food of the Turks, and the Chinese make it into a kind of bread. The idea of rice being an astringent is altogether erroneous.

We shall now speak of POTATOES, which are so universally adopted in the British dominions, and which Sir John Sinclair, who has paid particular attention to agriculture, recommends as the most wholesome kind of vegetable the earth produces. They are more easily digested than bread, and very seldom disagree with the most delicate stomach. They are, however, not so nutritious as either rice or bread, which is owing to the large quantity of water they imbibe in their growth: but, in the most simple method of preparing them, they afford an agreeable repast to almost every person, particularly

to children. The potatoe is one of the lightest alimentary substances, since it neither occasions viscosity nor flatulency, and can only be hurtful when immoderately eaten. The excellent properties of this vegetable are sufficiently obvious from the strong and healthy appearance of the Irish peasantry, whose principal food consists of potatoes and butter-milk. In the choice, however, of this vegetable, those of a farinaceous or mealy consistence are of lighter digestion than the heavy or waxy, as they are termed, and, therefore, to be preferred.

CABBAGES, CARROTS, and ONIONS, do not always agree with weak stomachs; and COLEWORTS act as a gentle laxative with some persons.

PARSNIPS are agreeable to most palates, very nutritious, and easy of digestion. Some persons dislike them on account of their sweetness, but this is a proof of their nutritious quality.

BEEF ROOT is also easy of digestion,

and as it likewise contains a considerable quantity of sugar, is very nutritious.

TURNIPS afford, likewise, a wholesome nourishment.

Vegetables should be well boiled, for this method renders them less liable to produce flatulency or wind.

AS BUTTER contains the oily and mucilaginous parts of milk, when it is fresh made, if moderately taken, it is highly nutritious and wholesome.

EGGS are nutritious, and a light food if moderately boiled.

ACIDS, used in moderation, are grateful to the stomach, assist the appetite, promote digestion, cool the body, quench thirst, and correct a tendency to putrefaction; consequently, they are serviceable in bilious habits.

But SUGAR is, perhaps, the most nutritive thing in nature, and, if moderately used, is exceedingly wholesome. Many of the pernicious effects which have been attributed to sugar are imaginary.

## OF DRINK.

Drink is as necessary to support health as food, for it quenches thirst, dilutes the food, and assists the stomach in the solution of it. Taken moderately, it promotes the circulation of the blood, hinders obstructions, and helps the necessary secretions.

## SLEEP OR REPOSE

is requisite for the purpose of renewing our vigour from day to day.

Most writers on the proper division of time have allotted eight hours for sleep, eight hours for labour or exercise, and eight hours for pleasure or amusement; but though this be a regular division of the day into three parts, we do not conceive that it would be so likely to promote the health and strength of mankind as the following: let eight hours be allotted for sleep, ten for labour or exercise, and six for conversation, pleasure, or amusement.

The want of necessary repose greatly diminishes the tone of the nervous system,

and produces a weak circulation; it is proper, therefore, for those who would preserve their bodies in health, to go to bed betimes, and rise early to follow their daily occupations; according to the saying of Poor Robin,

“ Early to bed, and early to rise,  
Is the way to be healthy, and wealthy, and wise :”

and the example we remember to have read when a boy at school,

“ *Diluculo surgere saluberrimum est.*”

A due portion of sleep is so essentially necessary to health and existence, that no pleasure whatever can in the least compensate or make amends for the loss of it.

As to the propriety of sleeping after dinner, we may learn, from those animals of the brute creation, that a little indulgence of this kind cannot be detrimental, especially to those whose constitutions are weak, or who are nervously affected; and to those who are much employed in mental exercise,

and are past the middle age of life, especially in hot weather, or in warm climates; and a short sleep of half an hour is preferable to one of longer duration. In this case the best position of the body is a reclined, and not a horizontal one. And Poor Old Robin furnishes us with an adage on this subject:

“ After dinner sit a while ;  
After supper walk a mile.”

#### EXERCISE OF LABOUR.

Among the various methods of preserving the health and preventing the accumulation of diseases, there are none more efficacious than labour or exercise. It promotes a mutual action of the solids and fluids; it occasions the decomposition of a larger quantity of atmospheric air in the lungs, and, consequently, increases animal heat. It invigorates the heart, and promotes an equal distribution of the blood and other circulating fluids through the whole system. Exercise promotes perspi-

ration, augments the tone and vigour of the muscular fibres, increases the energy of the nervous system, and enlarges the strength of the digestive organs: therefore it is of the utmost service in cases of indigestion. It likewise renders the body less liable to the malignant influences of the weather, and the attacks of putrid diseases: hence sedentary artificers, shop-keepers, studious persons, &c. ought to consider exercise and fresh air as necessary to them as food. When we reflect how great a happiness is obtained, and how much misery avoided, by a due performance of muscular action, it may very justly be said, that labour carries with it its own reward. Indeed, the good effects produced by labour and exercise are particularly exemplified in our laborious country people, who, notwithstanding their indifferent food, are generally strong and healthy; and it is most evident, that when they are pursued with pleasure and moderation, during the course of which the person breathes in a pure, clear, and



healthy atmosphere, the result must be beneficial. Well does Dr. Armstrong, in his "Art of Preserving Health," advise us to

"Behold the lab'rer of the glebe, who toils  
In dust, in rain, in cold and sultry skies ;  
Save but the grain from mildews and the flood,  
Nought anxious he what sickly stars ascend.  
He knows no laws by Æsculapius giv'n ;  
He studies none. Yet him, nor midnight fogs  
Infest, nor those envenom'd shafts that fly  
When rabid Sirius\* fires th' autumnal noon.  
His habit pure, with plain and temp'rate meals,  
Robust with labour, and by custom steel'd  
To ev'ry casualty of vari'd life ;  
Serene he bears the peevish eastern blast,  
And, uninfected, breathes the mortal south.  
Such the reward of rude and sober life ;  
Of labour such. By health the peasant's toil  
Is well repaid ; if exercise were pain  
Indeed, and temp'rance pain."

Let every one then, who is desirous of enjoying a good state of health, and living

\* The Dog Star.

to a good old age, "toil and be strong;" for by labour and exercise the flaccid nerves grow strong, and acquire a more firm and compacted tone. By these the greener juices are subdued, mellowed, and subtilized, and all the rancour of the blood is expelled.

#### AIR.

Every person should endeavour to reside where the atmosphere is dry and pure; because pure air promotes and supports the vital principle of the blood, it increases the elasticity of the muscular fibres, braces and invigorates the whole system, and highly contributes to the restoration and preservation of what is called irritability, on which the health of a person wholly depends. Hence it greatly facilitates the cure, not only of indigestion, but likewise of all nervous diseases and general relaxation. If the air, which is one of the most salutary or most pernicious agents, be moist, or contaminated with noxious effluvia, it will

naturally render the constitution unhealthy.

In large cities and populous towns, where a great number of manufactories are carried on, the air is vitiated, because it becomes impregnated with smoke and various exhalations which arise from putrid substances ; therefore, many who are under the necessity of dwelling in such places, suffer materially in their health, by reason of the air being less pure than in more open situations, where exhalations arising from the growth of vegetables are continually contributing to render it more wholesome. Numerous instances undoubtedly prove, that those who are indisposed in the corrupted air of a large town, speedily recover their health by a removal into the country. Those whose avocations oblige them to spend the day in close towns, narrow streets, or crowded buildings, should, if possible, sleep in the country. Breathing pure air, during the night season, will, in some degree, compensate for the want of it in the day time.

The bed-chamber should, properly, be cool and spacious, the curtains kept open, and the bed-clothes so regulated as to preserve only a moderate degree of heat. From being too closely confined, says Dr. Johnson, proceed many of those pains which wear us away slowly with periodical tortures, and which, though they suffer life sometimes to be long, condemn it to be useless: they chain us down to the couch of misery, and mock us with the idea of death.

And Dr. Armstrong, whom we have before mentioned, speaks thus on the subject of air:

“ Ye, who amid this fev’rish world would wear  
A body free of pain, of cares a mind ;  
Fly the rank city, shun its turbid air ;  
Breathe not the chaos of eternal smoke  
And volatile corruption, from the dead,  
The dying, sick’ning, and the living world  
Exhal’d, to sully Heav’n’s transparent dome  
With dim mortality. It is not air  
That from a thousand lungs reeks back to thine,  
Sated with exhalations rank and fell,  
The spoil of dunghills, and the putrid thaw

Of Nature ; when from shape and texture she  
 Relapses into fighting elements ;  
 It is not air, but floats a nauseous mass  
 Of all obscene, corrupt, offensive things.  
 Much moisture hurts ; but here a sordid bath,  
 With oily rancour fraught, relaxes more  
 The solid frame than simple moisture can.—  
 While yet you breathe, away ; the rural wilds  
 Invite ; the mountains call you, and the vales ;  
 The woods, the streams, and each ambrosial breeze  
 That fans the ever-undulating sky ;  
 A kindly sky ! whose fost'ring pow'r regales  
 Man, beast, and all the vegetable reign.  
 Find then some woodland scene, where Nature smiles  
 Benign, where all her children thrive.—  
 Fly, if you can, the violent extremes  
 Of air : the wholesome is nor moist nor dry."

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## SECTION II.

OBSERVATIONS ON THE REGIMEN OR RULE  
 OF LIFE, PROPER TO BE ADOPTED BY  
 THOSE WHO WOULD ATTAIN TO A PATRI-  
 ARCHAL AGE.

Having spoken at full length on the sub-  
 ject of indigestion, the general cause of

most of the distempers to which the human frame is liable, with the proper regimen of diet, the necessary portion of rest or repose, labour and exercise, and the most healthy kind of air, it is just that we should now make a few observations on that rule of life which is most likely to prolong the age of man to the periods which were attained by old Thomas Parr, Henry Jenkins, Peter Czartan, or even Thomas Carn, accounts of whom are given hereafter.

It is natural for man to express a desire to live to old age, since Nature by no means forbids him to wish for longevity; and old age is, in fact, that period of life in which prudence can be best exercised, and the fruits of all the other virtues enjoyed with a less degree of opposition; for the passions are then so completely subdued, that man gives himself up entirely to the dictates of reason.

The heavy train of infirmities which frequently make inroads on the constitution, are the general motives, with most people,

for renouncing a life of intemperance, and adopting a regimen of a more abstemious nature. Finding their constitutions impaired, through their intemperate manner<sup>n</sup> of living, and being fearful of consumptive consequences, they apply to a physician; he tries the power of medicine, and advises temperance, but, perceiving that his efforts are unavailing, and suspecting that his advice has not been fully attended to, he at length tells his patient that there is but one method left for him to pursue, which will be likely to overcome the disorder he labours under. This is a sober, moderate, and regular course of life, which would be of more service, do more good, and be as powerful in restoring the constitution, as the intemperate and irregular one he had accustomed himself to had been in reducing him to his present low condition. In fact, a regular course of life preserves men, whose constitutions are not good, and who are advanced in years, just as a contrary course has the power of destroying those

of the best constitution, and in their prime ; and for this plain and obvious reason, that different modes of life are attended by different effects ; for art follows, even in this case, the footsteps of Nature, and with equal efficacy corrects natural vices and imperfections. This is obvious in those who follow the life of a husbandman. Without having recourse to such a regimen in the beginning of a consumption, no benefit could arise from it after a few months' delay, and after a few more the patient must resign himself to the arms of Death.

The celebrated Cornaro informs us, that he was in a similar situation, but that the solid and convincing arguments used by his physicians made such an impression on him, that, mortified as he was, by the thoughts of dying in the prime of life, and at the same time perpetually tormented by various diseases, he immediately concluded that contrary effects could not be produced but by contrary modes of living ; and therefore he resolved, in order to avoid



at once both disease and death, to adopt it, and betook himself to a regular course of life. The consequence of which was, that in a few days he began to perceive, that such a regular course agreed with him very well; and by pursuing it he found, that in less than twelve months he was completely freed from the whole of his complaints.

Having thus regained his health, this prudent person began seriously to consider the utility and power of temperance, and reflected, very justly, that if this virtue (a temperate mode of living) had efficacy sufficient to subdue such grievous disorders as he was afflicted with, it must possess still greater power to preserve the body in health, to assist and recover a bad constitution, and render comfort to those whose stomachs were weak. This temperate method, Cornaro says, "had likewise this good effect upon me, that I no longer experienced those annual fits of sickness, with which I used to be afflicted while I followed a different, that is, a sensual course of life ;

for then I used to be attacked every year with a strange kind of fever, which sometimes brought me to Death's door. From this disease then I also freed myself, and became exceedingly healthy, as I have continued from that time forward to this very day\* ; and for no other reason than that I never trespassed against regularity, which, by its infinite efficacy, has been the cause that the meat I continually ate, and the wine I constantly drank, being such as agreed with my constitution, and taken in proper quantities, imparted all their virtue to my body, and then digested without difficulty, and without engendering in it any bad humours."

It is also proper that a person should endeavour to avoid those evils which it may not be in his power easily to remove ; these are, Melancholy, Hatred, Love, Jea-

\*\*\*\*\*  
\* Cornaro began to adopt this course of regimen and temperance when he was between forty and fifty years of age, and at the time when he wrote this account he was upwards of eighty.

lousy, Fear, Discontent, Care, &c. which, as Dr. Armstrong observes,

“ fatigue the soul,  
Engross the subtil ministers of life,  
And spoil the lab’ring functions of their share.  
Hence the lean gloom that Melancholy wears;  
The Lover’s paleness; and the sallow hue  
Of Envy, Jealousy; the meagre stare  
Of sore Revenge: the canker’d body hence  
Betrays each fretful motion of the mind.—  
Hence, some for Love, and some for Jealousy,  
For grim Religion some, and some for Pride,  
Have lost their reason: some, for fear of want,  
Want all their lives; and others ev’ry day  
For fear of dying suffer worse than death,  
Ah! from your bosoms banish, if you can,  
Those fatal guests: and first the dæmon, Fear;  
That trembles at impossible events,  
Lest aged Atlas should resign his load,  
And Heav’n’s eternal battlements rush down.”

These and other violent passions appear to have the greatest influence over our minds and bodies; and even Cornaro himself informs us, that he was not able to guard so well against either one or the other kind of such disorders, so as to pre-

vent himself from being now and then hurried away by many, not to say, all of them ; but consoles himself with the idea, that, by his temperate mode of living, they did very little harm to him. But Dr. Armstrong tells us, that such evils as these destroy the mind :

“ And when the mind

They first invade, the conscious body soon  
In sympathetic languishment declines.

These chronic Passions, while from real woes

They rise, and yet without the body's fault

Infest the soul, admit one only cure ;

Diversion, hurry, and a restless life.—

Go, soft enthusiast !—seek the cheerful haunts

Of men, and mingle with the bustling crowd ;

Lay schemes for wealth, or pow'r, or fame, the wish

Of nobler minds, and push them night and day.”

Such are Dr. Armstrong's able reasonings on the Passions incidental to humanity ; and the advice he gives for counteracting them is truly valuable, since it appears most likely to have the desired effect.

As the world, consisting of four elements, is upheld by order, and the human body is

none other than an harmonious combination of similar elements; so should it be preserved and maintained by the same order: and, on the other hand, it must be worn out by sickness, or destroyed by death, which are produced by the contrary effects. Hence, orderly living is a sure cause and foundation of health and long life: it is the only true medicine; and whoever properly considers this subject, must also conclude that this is undoubtedly the case. So, entertaining the same idea, the physician, when he pays his first visit to a patient, advises him to live regularly; and in like manner, when he supposes him sufficiently recovered, before he leaves him, he advises him, as he values his health, to lead a regular course of life. And indeed experience has undoubtedly proved, that if a person so recovered from illness were to live agreeably to that rule, it is probable that he would never be much disordered again, and consequently neither want physician nor physic.

By paying proper attention to these particulars every person would, in a great measure, become his own physician, and, indeed, the best he could have; for no practiser of the healing art, however extensive his practice, or great his skill and penetration, can possibly be so good a judge of a man's state of body as himself.

“For the mere purpose of keeping the body of a person in good health for a considerable length of time, I might say many years,” said the late Dr. Lettsom to the Editor, when they were discoursing on the subject of the prolongation of life, “I am firmly of opinion, *entre nous*, that the best physician a man can possibly employ is himself; for, if he were to follow a regular course of life, eat moderately, drink sparingly, always leave room for more, and digest regularly, he would find that such a practice would supply him with more natural and proper physic than the most experienced person in the profession could prescribe, since it would preserve his body

in health, and be the means of prolonging his life for years, I was almost going to say to the age of Methuselah; and when at last he found his end approaching, he would leave the world without experiencing any material sickness, but from a dissolution of the radical moisture, when nature would be quite exhausted."

And the celebrated Cornaro tells us, "that whoever leads a regular life cannot be diseased, or, at least, but seldom, and that for a short time; because, by living regularly, he extirpates every seed of sickness, and thus, by removing the cause, prevents the effect: so that he who pursues a regular course of life need not be apprehensive of illness; for he who has guarded against the cause need not be afraid of the effect."

And the following extract from the same experienced author is so applicable to the subject of our discourse, that we shall give it a place without hesitation: "Although I am sensible, like others, that I must reach that term, (the period of disso-

lution,) it is yet at so great a distance, that I cannot discern it\*, because I know I shall not die except by a mere decay of nature, having already, by my regular course of life, shut up all the other avenues of death, and thereby prevented the humours of my body from making any other war upon me than that which I must expect from the elements employed in the composition of this mortal frame. I am not so simple as not to know, that, as I was born, so I must die: but that is a desirable death which Nature brings on us by way of dissolution; for Nature, having herself formed the union between our body and soul, knows best in what manner it may be most easily dissolved, and grants us a longer day than we could expect from sickness, which is violent. This is the death, which, without speaking like a poet, I may call, not death but life. Nor can it be otherwise. Such a death does not over-

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\* When Cornaro wrote this he was between eighty and ninety years of age, as we have before observed.



take one till after a very long course of years, and in consequence of an extreme weakness; it being only by slow degrees that men grow too feeble to walk, and unable to reason, becoming blind and deaf, decrepid, and full of every other kind of infirmity. Now I may be quite sure that I am at a very great distance from such a period. Nay, I have reason to think, that my soul, having so agreeable a dwelling in my body, as not to meet with any thing in it but peace, love, and harmony, not only between its humours, but between my reason and the senses, is exceedingly content and well-pleased with her present situation, and, of course, that a great length of time, and many years, must be requisite to dislodge her: whence it must be concluded for certain, that I have still a series of years to live in health and spirits, and enjoy this beautiful world, which is indeed beautiful to those who know how to make it so, as I have done, and likewise expect to be able to do, with God's assistance, in the next;

all by the means of virtue, and that divine regularity of life which I have adopted, concluding an alliance with my reason, and declaring war against my sensual appetites; a thing which every man may do who desires to live as he ought.

“Now, if this sober life be so happy; if its name be so desirable and delightful; if the possession of the blessings which attend it be so stable and permanent; all I have still left to do is to beseech (since I cannot compass my desires by the powers of oratory) every man of liberal disposition and sound understanding, to embrace with open arms this most valuable treasure of a long and healthy life; a treasure which, as it exceeds all other riches and blessings of this world, so it deserves above all things to be cherished, sought after, and carefully preserved. This is that divine sobriety, (agreeable to the Deity) the friend of nature, the daughter of reason, the sister of all the virtues, the companion of temperance, modest, courteous, content with little, regular,

and perfect mistress of all her operations. From her, as from their proper root, spring life, health, cheerfulness, industry, learning, and all those actions and employments, worthy of noble and generous minds. The laws of God and man are all in her favour. Repletion, excess, intemperance, superfluous humours, diseases, fevers, pains, and the dangers of death, vanish in her presence like clouds before the sun. Her comeliness ravishes every well-disposed mind. Her influence is so sure, as to promise to all a very long and agreeable existence: the facility of acquiring her is such as ought to induce every one to look for her, and share in her victories. And, lastly, she promises to be a mild and agreeable guardian of life, as well of the rich as of the poor; of the male, as well as of the female sex; of the old, as well as of the young; being that which teaches the rich, modesty; the poor, frugality; men, continence; women, chastity; the old, how to ward off the attacks of death; and be-

stows on youth firmer and securer hopes of life. Sobriety renders the senses clear, the body light, the understanding lively, the soul brisk, the memory tenacious, our motions free, and all our actions regular and easy. By means of sobriety the soul, delivered, as it were, of her earthly burthen, experiences a great deal of her natural liberty; the spirits circulate gently through the arteries; the blood runs freely through the veins; the heat of the body, kept mild and temperate, has mild and temperate effects; and, lastly, our faculties being under a perfect regulation, preserve a pleasing and agreeable harmony."

Notwithstanding what has been said in vindication of a temperate life, there are some who object to it, and although they admit that a life of temperance may keep a person in health, yet will not allow that it has the least tendency towards prolonging the days of his existence. But they are undoubtedly mistaken, for experience proves to the contrary, as may be seen in the

greater number of the examples of longevity given in the Second Part of this work; and we might even instance Cornaro himself, whose life was prolonged to upwards of an hundred years, being almost sixty years after his physicians pronounced his disorders incurable, unless he adopted a life of temperance and sobriety. Besides, it cannot be supposed that a life of sobriety is so likely to shorten one's days, as a routine of pain and sickness; for the latter greatly tends to abbreviate the life of man, and every thinking person must be sensible thereof. And surely no one will assert, that a succession of good health is not preferable to frequent sicknesses, however slight; for, by a good state of health, the radical moisture of the body is preserved. So that it may, with justice, be said, that sobriety is the true parent of health and longevity.

## Part the Second.

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### RECORDS OF LONGEVITY,

WITH BIOGRAPHICAL ANECDOTES OF THE MOST  
REMARKABLE PERSONS.

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THE most remarkable instance of longevity which we meet with in British history is that of THOMAS CARN, who, according to the parish register of St. Leonard, Shoreditch, died the 28th of January, 1588, at the astonishing age of two hundred and seven years. He was born in the reign of Richard the Second, anno 1381, and lived in the reigns of twelve kings and queens, namely, Richard II. Henry IV. V. and VI. Edward IV. and V. Richard III. Henry VII. and VIII. Edward VI. Mary, and Elizabeth. The veracity of the above may be readily observed by any person who chooses to consult the above mentioned register.

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In the Russian Petersburg Gazette, published in the beginning of 1812, the phenomenon is recorded of one old man, in the diocese of Ekaterinoslaw,

having attained to the age of between two hundred and two hundred and five.

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Another very uncommon instance of longevity in modern times, is that of PETER CZARTAN, by religion a Greek, who was born in the year 1539, and died on the 5th of January, 1724, at Rofrosh, a village four miles from Temeswaer, on the road to Karansebes: he had lived, therefore, one hundred and eighty-four years. When the Turks took Temeswaer from the Christians, he was employed in keeping his father's cattle. A few days before his death, he had walked, supported by a stick, to the post-house at Rofrosh, to ask alms from the passengers. His eyes were exceedingly red, but he still enjoyed a little sight; the hair of his head and beard were greenish white, like mouldy bread, and some of his teeth were still remaining. His son, who was ninety-seven, declared, that his father had formerly been a head taller; that he married at a great age for the third time; and that himself was born in this marriage. He was accustomed, according to the principles of his religion, to observe the fast days with great strictness, to use no other food than milk, a kind of cakes called by the Hungarians *kollatschen*, and to drink of the brandy made in the country. He had children, descendants in the fifth generation, with whom he sometimes sported, carrying them in his arms. His son, though ninety-seven, was still hale and lively. Field-marshal Count

von Wallis, Governor of Temeswaer, hearing that this old man was sick, caused a likeness of him to be taken, which was scarcely finished when he died. The above account is extracted from a letter written to the States-General of the United Netherlands, by their Envoy, Hamelbraning, at Vienna, and dated January 29, 1724.

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A Mulatto man, whose name is not mentioned in the account, died at Frederick Town in North America, in the year 1797, who was said to have been one hundred and eighty years old.

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A negress, named LOUISA TRUXO, was living in June, 1780, at Cordova, in the Tucuman, South America; whose age was then one hundred and seventy-five years. In order to ascertain the authenticity of this very extraordinary circumstance, the council of that city, in their judicial capacity, instituted an inquiry into the affair, and collected every information capable of throwing any light on the subject. On the examination of the negress it appeared, that she perfectly remembered having seen the Prelate Fernando Truxo, her first master, who died in the year 1614; and that a year before his death he gave her, together with other property, towards a fund for founding the university of that place. As no registers of baptism existed so long ago, care was taken to collect every circumstance that could be brought forward in proof



of this extraordinary and very uncommon fact. One of these proofs was the deposition of another negress, named Monuela, who was known to be one hundred and twenty years old; and she declared, that when she was quite a child, she remembered that Louisa Truxo was then an old woman.—Here we cannot refrain from reflecting, that the heat of the climate of South America, the moderate climate of England, and the intense cold of Russia, (see the CONCLUSION,) are no bars to the attainment of long life, where temperance is observed.

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The following inscription was copied from a tombstone in Cachem church-yard, near Cardiff, Glamorgan-shire: “Heare lieth the body of WILLIAM EDWARDS, of the Cairey, who departed this life the 24th of February, Anno Domini 1668, anno ætatis suæ one hundred and sixty-eight.”

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JOSEPH SURREINGTON, who was born in the year 1637, died in 1797, at the astonishing age of one hundred and sixty years.

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HENRY JENKINS was born at Bolton-upon-Swale, Yorkshire, in 1500, and followed the employment of fishing for about one hundred and forty years. When only eleven or twelve years old, he was sent to North-allerton, in the North Riding of that county, with a horse-load of arrows, for the purpose of their being

used in the battle of Floudon-field\*, with which a bigger boy (all the men being employed in getting-in the harvest) went forward to the army, under the Earl of Surrey; King Henry VIII. being at Tournay. When he was more than one hundred years old, he used to swim across the river, with the greatest ease, and without catching cold.

The following particulars of this remarkable person are worth preserving:—Being produced as a witness on a trial at the assizes in Yorkshire, to prove a way over a man's ground, he swore to near one hundred and fifty years' memory; for that time, he said, he well remembered a way over the ground in question. And being cautioned by the Judge to beware what he swore, because there were two men in court of above eighty years each, who had sworn they remembered no such way, he replied, "that those men were boys to him." Upon which the Judge asked those men how old they took Jenkins to be? They answered, that they knew him very well, but not his age; for that he was a very old man when they were boys.

Being summoned to a tithe cause at York, in 1667, between the Vicar of Catterick and William and Peter Mawbank, he deposed, that the tithes of wool, lamb, &c. were the vicar's, and had been paid to his know-

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\* The battle of Floudon, between the English and Scots, was fought on the 9th of September, 1513, when the Scottish king, together with most of his nobility, were slain.

ledge one hundred and twenty years and more. And in another cause between Mr. Hawes and Mr. Wastel, of Ellerton, he gave evidence to one hundred and twenty years, being born before Parish Registers were kept, which did not come into use till the 30th of Henry VIII. One of the judges asked him, what remarkable battle or event had happened in his memory; to which he answered, "that when the battle of Floudon-field was fought, where the Scots were beat with the death of their King, he was turned of twelve years of age." Being asked how he lived, he said, by thatching and salmon fishing; "that, when he was served with a subpœna, he was thatching a house, and would dub a hook with any man in Yorkshire; that he had been butler to lord Conyers, of Hornby Castle, and that Marmaduke Brodelay, lord abbot of Fountains, did frequently visit his lord, and drink a hearty glass with him; that his lord often sent him to inquire how the abbot did, who always sent for him to his lodgings; and after ceremonies, as he called it, passed, ordered him, besides wassel\*, a quarter of a yard of roast beef for his dinner, (for that monasteries did deliver their guests meat by measure,) and a great

\* A corruption of the Saxon term *wassail*, which is still used in some of the northern parts of England. This wassail, that Jenkins speaks of, was a liquor made from apples, sugar, and ale, and was formerly much drank by English good-fellows, when they had an inclination for what is termed a drinking-bout, or to treat their friends.

black jack of strong drink." Being further asked, if he remembered the dissolution of religious houses, he said, "Very well; and that he was between thirty and forty years of age when the order came to dissolve those in Yorkshire; that great lamentation was made, and the county all in a tumult, when the monks were turned out."

Dr. Tancred Robinson, Fellow of the College of Physicians, adds further, concerning this Henry Jenkins, that, upon his coming into his sister's kitchen to beg alms, he asked him how old he was? who, after a little pausing, said, "he was about an hundred and sixty-two or three." The Doctor then asked him what Kings he remembered; he said, "Henry the Eighth." What public thing he could longest remember? He said, "the fight at Floudon-field; that he was then turned of twelve years of age, and saw the Earl of Surrey march northward at the head of his army. That the Earl rested with the army one day at Northallerton, and an order was sent from him to all the neighbouring parishes to furnish each a certain number of bows and arrows; and that, being in harvest, the arrows were sent on horseback, attended by some of the boys, all the men being employed in reaping. That *he* was sent to take care of the horses belonging to Bolton, and saw the arrows delivered at Northallerton, after which he brought home the horses, and in a few days heard that the Scots were defeated, and their king slain."

Nothing can more clearly prove the age of this man than the above account, for James the Fourth entered England on the 24th of August, 1513: so that, if Jenkins was turned of twelve at that time, he must have been born about the year 1500, and, dying in 1670, he was at least one hundred and sixty-nine years of age.

When he was about one hundred and sixty years old, being unable to follow his original employment as a fisherman, he used to bind sheaves of corn for the farmers, and retained his sight and hearing to the last.

What a multitude of events, says an ingenious author, have crowded into the period of this man's life! He was born when the Roman Catholic religion was established by law; he saw the supremacy of the pope overturned; the dissolution of monasteries; Popery established again; and at last the Protestant religion securely fixed on a rock of adamant. In his time the invincible Armada was destroyed; the republic of Holland formed; three Queens beheaded, Anne Boleyn, Catharine Howard, and Mary Queen of Scots; a King of Spain seated upon the throne of England; a King of Scotland crowned King of England at Westminster; and his son beheaded before his own palace, his family being proscribed as traitors; and, last of all, the great fire in London, which happened in 1666, toward the close of his wonderful life.

Jenkins could neither read nor write. He died at

Ellerton-upon-Swale, December 8, 1670, and was buried in Bolton Church-yard, near Catterick and Richmond in Yorkshire; where a small pillar was erected in the church to his memory, on which is inscribed the following Epitaph, composed by Dr. Thomas Chapman, master of Magdalen College, Cambridge, from 1746 to 1760;

“ Blush not, Marble,  
to rescue from oblivion  
the memory of HENRY JENKINS;  
a person obscure in birth,  
but of a life truly memorable;  
for  
he was enriched with the goods of Nature,  
if not of Fortune;  
and happy in the duration,  
if not the variety, of his enjoyments;  
and though the partial world despised and  
disregarded his low and humble state,  
the equal eye of Providence beheld  
and blessed it  
with a Patriarch's health  
and length of days;—  
to teach mistaken man  
these blessings are entailed on  
temperance,  
a life of labour, and a mind at ease.  
He lived to the amazing age of 169.”

On the 20th of February, 1648, was buried at Minshul, in Cheshire, THOMAS DAMME, of Leighton, near that place, aged one hundred and fifty-four years,

as it appears by his grave-stone, cut in words at length, not figures, as is usual; and to prevent disputes, as the event is so rare, it is recorded, and to be seen now in the church register, signed by the Rev. Mr. Thomas Holford, Vicar; and by Thomas Kennerly and John Warburton, Churchwardens, who were living at the time of this very old man's decease.

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THOMAS PARR, son of John Parr, was born at Alberbury, in the parish of Winnington, in Shropshire, in the reign of King Edward the Fourth, anno 1488. When eighty years old he married his first wife Jane, and in the space of thirty-two years had but two children by her, both of them short lived; the one lived but a month, the other only a few years. Being aged an hundred and twenty, he became enamoured of Katharine Milton, whom he married, and had children by her. Two months before his death he was brought, by Thomas Earl of Arundel, to Westminster; where he slept away most of his time, and is thus characterised by an eye-witness:

From head to heel his body had all over  
A quick-set, thick-set, nat'ral hairy cover.

Change of air and diet, better in itself, but worse for him, with the trouble of many visitants, or spectators rather, are conceived to have accelerated his death, which happened at Westminster, November the 15th, 1632, aged one hundred and fifty-two years.

This aged man lived in ten reigns ; viz. Edward the Fourth, Edward the Fifth, Richard the Third, Henry the Seventh, Henry the Eighth, Edward the Sixth, Queen Mary, Queen Elizabeth, King James, and King Charles the First.

A very remarkable circumstance of this old man is, that at the age of one hundred and thirty, a prosecution was entered against him in the spiritual court for bastardy ; and with such effect, that he did penance publicly in the church for the offence.

*Mode of living observed by old Thomas Parr, facetiously described by Taylor\*, the Water Poet.*

Good wholesome labour was his exercise,  
Down with the lamb, and with the lark would rise ;  
In mire and toiling sweat he spent the day,  
And to his team he whistled time away :

\* It may not be amiss to relate an anecdote or two of this once celebrated man. He was born at Westminster, and in his younger days was sent to school, where he paid but little attention to the instruction of his tutors. His mind was poetically inclined, like that of his school-fellow Cowley, insomuch that neither of them, though they acquired sufficient skill in the languages, paid that attention to the grammatical rules which their tutor required. The elegance and strength of Cowley's works are well known ; but Taylor was more humble in his walks.

When of a proper age Taylor was put apprentice to a waterman, and being out of his time, took a public house :



The cock his night clock ; and till day was done,  
 His watch and chief sun-dial was the sun.  
 He was of old Pythagoras' opinion,  
 That green cheese was most wholesome with an onion ;  
 Coarse meslin bread, and for his daily swig,  
 Milk, butter-milk, and water, whey and whig ;  
 Sometimes metheglin, and, by fortune happy,  
 He sometimes sipp'd a cup of ale most nappy.  
 Cyder or perry, when he did repair  
 T' a Whitson ale, wake, wedding, or a fair ;  
 Or when in Christmas time he was a guest  
 At his good landlord's house amongst the rest :  
 Else he had little leisure time to waste,  
 Or at the ale house huff-cup ale to taste.  
 Nor did he ever hunt a tavern fox ;  
 Ne'er knew a coach, tobacco, or the —  
 His physic was good butter, which the soil  
 Of Salop yields, more sweet than candy-oil ;  
 And garlic he esteem'd above the rate  
 Of Venice treacle, or best mithridate.  
 He entertain'd no gout, no ache he felt,  
 The air was good and temp'rate where he dwelt,  
 While mavisses, and sweet-tongu'd nightingales,  
 Did chant him roundelays and madrigals.  
 Thus living within bounds of Nature's laws,  
 Of his long tasting life may be some cause.

this was in the time of the troubles, when several people, who  
 were favourers of the Stuarts, set up the King's Head for a sign ;  
 but he, choosing to be a little singular, desired the artist to  
 paint his own likeness on the board, and under it to put :

There's many a Head hangs for a sign ;  
 Then, gentle Reader ! why not mine ?

We shall be readily excused for the insertion of the above.

ROBERT PARR died at Kinver, a small village near Bridgenorth, Shropshire, in August 1757, aged one hundred and twenty-four years. He was great-grandson of old Thomas Parr, who lies buried in Westminster Abbey, and died in the reign of King Charles the First. What is remarkable, the father of Robert was above one hundred and nine; the grandfather, one hundred and thirteen; and the great-grandfather, the said Thomas, is well known to have died at the amazing age of one hundred and fifty-two.

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JAMES BOWELS, a man remarkable for regular living, died at the advanced age of one hundred and fifty-two years, in 1656.

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FRANCIS CONSID was born in the year 1618, and died in 1768, at the amazing age of one hundred and fifty years.

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TITUS FULLONIUS, of Bononia, in the Censorship of Claudius the Emperor, (the years being exactly reckoned, on purpose to prevent all fraud,) was found to have lived above one hundred and fifty years. And L. TERTULLA, of Arminium, in the Censorship of Vespasian, was found to have lived one hundred and thirty-seven years.

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Franciscus Alvarez acquaints us, that he saw ALBUNA MARC, chief bishop of Æthiopia, being then of

the age of one hundred and fifty years. He had exercised the sacerdotal office ever since he was young, and was an exemplary guardian of his flock.

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Dr. WILLIAM MEAD, a physician of considerable eminence and extensive practice, who resided at Ware, in Hertfordshire, where he died October 28, 1652, at the astonishing age of one hundred and forty-eight years and nine months. He was a gentleman of great sobriety and regularity of life.

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ANNE WIGNELL. This person was a native of Africa, and was torn from her friends, her relations, and her country, for the infamous purpose of slavery, in the century before the last, when about the age of twelve years. She was taken to Jamaica in the West Indies, where, as she was young and healthy, she was sold to a planter for a considerable sum. This was about fourteen years previous to the destruction of Port Royal by the earthquake, which happened in 1692. Her task-master, who was a person of humanity, liberated her from slavery on account of her long and faithful services, as well as her great age, and supported her till her death, which happened in that island in February 1812, at the amazing age of one hundred and forty-six years. She had been bed-ridden for some time previous to her decease, but retained the full possession of her intellectual faculties to the last.

In 1766 died THOMAS WINSLOE, at the age of one hundred and forty-six years. He was remarkable for sobriety and regularity of life.

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In the year 1772, at the amazing age of one hundred and forty-six years, died J. C. DRAAKENBERG.

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EVAN WILLIAMS, a Cambro-Briton, died at the age of one hundred and forty-five years, in the year 1782.

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In 1757 died JOHN EFFINGHAM, a person of some notoriety, at the advanced age of one hundred and forty-four years.

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Dr. Lister has recorded, that William Garthorp and William Baxter, of Carlton, informed him, that being both upon a jury at York, in 1664, they saw, in the assize hall, and conversed with, two men, father and son, who were summoned as witnesses in some cause from Dent, a small village in Craven, eight miles beyond Settle. The father told them, when they inquired his age, that he and his son made twelve score between them; that his son was above one hundred, and that he wanted not half a year of one hundred and forty. He told them further, that he could and did make fish-hooks, sufficiently small to catch a trout with a single hair. It was observed, that the son looked much older than the father, and had whiter hair.

JAMES SANDS, of Harborne, in Staffordshire, near Birmingham, was said to have lived upwards of an hundred and forty years, and his wife one hundred and twenty. He outlived five leases of twenty-one years each, all made unto him after he was married. If his wife were twenty years of age at the time of their marriage, he must have been forty years old at that period; and as the five leases had expired, he must have been upwards of one hundred and forty-five.

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Sir Walter Raleigh relates, that he knew the old COUNTESS of DESMOND, of Inchiquin, in Munster, Ireland, who lived in 1589, and many years after. She was married in Edward the Fourth's time, and held her jointure from all the Earls of Desmond since that period. The truth of this circumstance, says Sir Walter, all the gentlemen and noblemen in Munster at that time could witness. Lord Bacon casts up her age to be an hundred and forty, at the least; adding withal, *Ter per vices dentisse*: that she recovered her teeth, (after the casting of them,) three several times. The Countess of Desmond had attained the age of one hundred and forty when she left Dublin for London, to solicit assistance from the court, being wretchedly poor; but the time or place of her death has not been hitherto ascertained, as we are informed by Granger.

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JONATHAN HARTOP, of the village of Aldborough, in Yorkshire, died in 1791, aged one hundred and

thirty-eight. His father and mother died of the plague, at their house in the Minories, in 1665, and he perfectly well remembered the great fire in London. He was short in stature, had been married five times, and left seven children, twenty-six grandchildren, seventy-four great-grandchildren, and one hundred and forty great-great-grandchildren. He could read to the last without spectacles, and play at cribbage with the most perfect recollection. On Christmas-day 1789, he walked nine miles to dine with one of his great-grandchildren. He remembered King Charles the Second, and once travelled from London to York with the facetious Killigrew. He ate but little, and his only beverage was milk. He enjoyed an uninterrupted flow of spirits. The third wife of this extraordinary old man was reported to have been an illegitimate daughter of Oliver Cromwell, who gave her a portion, amounting to about five hundred pounds. He possessed a fine portrait of the Usurper, by Cooper, for which Mr. Hollis offered him £300, but was refused. Mr. Hartop, it has been asserted, lent the great Milton fifty pounds soon after the Restoration, which the bard returned him with honour, though not without much difficulty, as his circumstances were then very low. Mr. Hartop would have declined receiving it, but it is said that Milton insisted upon paying it.

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There was living at Rouillac, near Paris, in 1766, a man named JOHN LASITE, who was then one hundred

and thirty-five years old. He served in the civil wars, and was at the siege of Miradoux in 1661. He was at that time so robust, as to continue the practice of bathing two or three times a week, and felt no infirmities of old age, except a little dimness of sight.

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JEREMY GILBERT, a native of Apthorpe, in Northamptonshire, died at Luton, in that county, at the advanced age of one hundred and thirty-two years.

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In 1785, died JOHN MAXWELL, near Keswick Lake, in Cumberland, aged one hundred and thirty-two. A few days before his death he walked ten miles, and through his long life he enjoyed excellent health and spirits. He left nine children, the youngest of whom was upwards of sixty years old.

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JOHN BAYLIS, the old button-maker of Northampton, was reported to have been one hundred and thirty years of age when he died. There is no register so old in the parish where he was baptised; but the oldest people, of whom some are one hundred, others ninety, and others above eighty years of age, says Dr. Keil, remember him to have been old when they were young. Their accounts, indeed, differed greatly from each other, but all agreed that he was at least one hundred and twenty years of age. He himself always affirmed, that he was at Tilbury camp, and told several particulars concerning it; and if we allow him

to have been but twelve years of age then, he must have been one hundred and thirty when he died. He used constantly to walk to the neighbouring markets with his buttons within these twelve years, continues the Doctor, but of late he has been decrepid and carried abroad. His diet was any thing he could get; I never heard he was more fond of one sort of food than another, unless it was that about a year before he died he longed for some venison pasty, but had it not. His death happened on the 4th of April, 1706. He lived in three centuries, and in seven reigns.

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ESMINA DIAMOND was a negro woman, who had obtained her freedom, for several years, on account of her great age. She enjoyed a good state of health, and was remarkably active. She died at Kingston, Jamaica, in July, 1812, at the advanced age of one hundred and thirty years.

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THOMAS MARTIN, an inhabitant of Helmsley, in Yorkshire, was born in the year 1674, and died at that place at the advanced age of one hundred and thirty, in November, 1804.

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Mr. Carew, in his survey of Cornwall, assures us upon his own knowledge, that fourscore and ten years of age is ordinary there in every place, and in most persons accompanied with an able use of body and senses. One POLEZEW, saith he, lately living, reached



to one hundred and thirty; a kinsman of his to one hundred and twelve; one BEAUCHAMP, to one hundred and six.

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In June, 1813, died, at Donaghmore, in Ireland, aged one hundred and twenty-nine, Mrs. MARY MEIGAN, who retained her memory till within two years of her death. During the last thirty years, she lived in the greatest penury and distress, and would not afford herself any kind of natural support, relying for subsistence on the aid of a generous public; yet, after her decease, there were found buried under the place where she lay, 1600*l.* which her son-in-law, an auctioneer, and valuer of wares, came into the possession of.

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In 1776, died MARY YATES, of Shiffnal, in Shropshire, aged one hundred and twenty-eight. She lived many years on the bounty of Sir Harry and Lady Bridgeman. She well remembered the fire of London in 1666, the ruins of which she went to view on foot. She married a third husband at ninety-two, and was hearty and strong one hundred and twenty years. Her death is recorded on a small board affixed to a pillar opposite the pulpit, in Shiffnal church.

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In 1784, died MARY CAMERON, of Braemar, in Scotland, aged one hundred and twenty-eight. She retained her senses to the last, and remembered the

rejoicings at the restoration of King Charles the Second. Her house was an Asylum to the exiled Episcopal clergy, at the Revolution, and to the partizans of the Stuart family, who were proscribed in the years 1715 and 1745. Upon hearing that the forfeited estates were to be restored, she exclaimed, "Let me now die in peace, I want to see no more in this world."

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On the 21st of March 1765, died in Fishkill, in Duchess County, New York, in the one hundred and twenty-eighth year of his age, MR. EDGLEBERT HOFF. He was born in Norway, and could help himself without assistance till about ten days before he died, when he unluckily fell down, and so dreadfully wounded his hip, that it occasioned his death in a very short time. He never used spectacles, and could read common print very fluently. He could remember that he was a lad, driving a plough, when the news was brought to his country, that king Charles was beheaded. He also served as a soldier, under the prince of Orange, in the time of King James the Second. After that he went to North America, and went privateering off that coast, with the noted Captain Claver, in Queen Anne's wars, being then about seventy years old. When he returned he entered into the state of matrimony, and had twelve children. He retained his full senses, and a very strong memory, till within a few hours before his dissolution. Although

he was a person in low circumstances, he was possessed of a very honest principle.

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In 1766 there lived at a place called Noke, in Oxfordshire, a man named KING, in his one hundred and twenty-eighth year. He then subsisted on charity, but was formerly a labourer and thresher. He was at that time so well as to be able to walk to the market at Oxford, and back again, which is twelve miles, where he received several contributions, particularly from a celebrated physician, who constantly gave him half a crown and a good dinner.

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JOHN JACOBS. This man, in 1789, at the age of one hundred and twenty-seven, quitted his native hills, and, from the summit of Mount Jura, undertook a journey to Versailles, to behold and return thanks to the National Assembly for the vote which had freed him and his countrymen from the feudal yoke. In the early part of his life, he was servant in the family of the Prince de Beaufremont. His memory continued good to the last day of his life, and the principal inconveniences which he felt from his great age, were, that his sight was weakened, and the natural heat of his body was so diminished, that he shivered with cold in the middle of the dog-days, if he were not sitting by a good fire. This old man was led into the hall of the National Assembly by his daughter, was indulged with a chair, and directed to keep on his hat, lest he

should catch cold. A collection was made for him by the members, which exceeded five hundred pounds sterling; but he lived not to return to Mount Jura. He was buried on Saturday the 31st of January, 1790, with great funeral pomp, in the church of St. Eustace, at Paris.

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ROBERT MONTGOMERY, now living (1670) at Skipton, in Craven, but born in Scotland, tells me, (says Dr. Lister,) that he is one hundred and twenty-six years of age. The oldest persons in Skipton declare that they never knew him other than an old man: he is exceedingly decayed of late, but yet goes about begging. Of the time of his demise we have not been informed.

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JOHANNES SUMMER MATTERIUS, of an ancient and honorable family, after the hundredth year of his age married a wife of only thirty years old, by whom he had a son, at whose wedding, which was twenty years after, the old man was present, and lived six years after that; so that he completed an hundred and twenty-six, without complaining of any more grievous accidents than this, that he could not run, by reason of his wind. Six years before his death we are told, that there were in that diocese ten men yet left, who were more aged than himself.

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MARTHA HANNAH died in April, 1808, near Cullybackey, aged one hundred and twenty-six years. She

was born near Dungannery, and remembered to have heard the firing in an engagement that took place there in the year 1690. She carried food to the masons and carpenters who built Cullybackey meeting-house in 1727, she being then forty-five years of age. She was married when she was an old maid, never had children, and enjoyed a constant state of good health until a few days before her death. She was a little woman, and measured four feet seven inches.

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In 1796, died SAMUEL PINNOCK, a negro man, of Kingston in Jamaica, aged one hundred and twenty-five. Till within the two last years of his life his faculties were perfectly sound, and his memory remarkably retentive. Of the dreadful earthquake, which, in 1692, nearly destroyed Port Royal, he had a perfect recollection, and was on board a ship lying near Fort Augusta, when the catastrophe took place. He frequently gave an account of that melancholy affair, with a minuteness of detail which none but an eye-witness could have related.

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In 1774, JOHN TICE, of Hagley, in Worcestershire, aged one hundred and twenty-five. He was born under the Protectorship of Oliver Cromwell. When about eighty years of age, he was so unfortunate as to have both his legs broken by the falling of a tree, and a violent cold, afterwards settling in his head, rendered him very deaf. At the age of one hundred, when

sitting by the fire-side, and alone, he was seized with a fainting fit, fell into the fire, and being a cripple could not extricate himself; but a person, accidentally going into the room, preserved him from death, though not from being much burnt. With proper care, however, he soon recovered, and took his customary walks. But the greatest misfortune that could have befallen him, and which he did not long survive, was the death of his only friend Lord Lyttelton, for after that event he never left his room. He retained all his faculties to the last.

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In 1784, died MR. FROOME, of Holmes chapel, Cheshire, aged one hundred and twenty-five. This patriarchal rarity was gardener to the Honourable John Smith Barry, who, in consideration of his great age and long services, left him an annuity of fifty pounds, which he enjoyed with unusual health, till about two years before his death. He left a son, aged ninety.

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On Sunday the 15th of July, 1764, died, in the one hundred and twenty-fifth year of his age, GEORGE KIRTON, Esq. of Oxnop Hall, near Reeth, in the county of York; a gentleman more remarkable for fox-hunting than the famous Mr. Draper; for, after following the chace on horseback till he was upwards of eighty, so great was his desire for the diversion, that, till he was one hundred years old, he regularly attended

the unkennelling of the fox, in his single horse chair. He was a remarkable instance, that length of days are not always entailed on a life of temperance and sobriety; for no man, even till within ten years of his death, made more free with the bottle. His estate, which was very considerable, and had been in the family near three centuries, descended to his son, Thomas Kirton, Esq. an eminent physician.

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MICHAEL FENN was born in the year 1551, in the reign of the Protestant Prince, Edward the Sixth, and died at the amazing age of one hundred and twenty-four years. He was buried at Edlesborough, Buckinghamshire, in 1675. He was an intelligent person, and lived in the reigns of six sovereigns, viz. Edward VI. Q. Mary, Q. Elizabeth, James I. Charles I. and Charles II.

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In October, 1774, died at Siara, in Brazil, aged one hundred and twenty-four years, ANDREW VIDAL, of Negreiros. He had enjoyed the perfect use of his memory and senses till the day of his death. In 1772 he was chief magistrate of the city of Siara, and, notwithstanding his great age, performed the office of judge to the entire satisfaction of every one. He was the father of thirty sons and five daughters, from whom sprung thirty-three children, fifty-two grandchildren, and twenty-six descendants of the latter; forming a posterity of one hundred and eighty-eight

persons, of whom one hundred and forty-nine were living in 1773.

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DAVID FERGUSON, a native of North Britain, died, at the great age of one hundred and twenty-four years, on the 6th of August, 1818, at the Ville of Dunkirk, near Boughton-under-the-Blean, in the county of Kent. This person had resided in the Ville of Dunkirk between 50 and 60 years; and was, till within these few years, a very industrious, active, and hard-working labourer. The following account, which he gave of himself, is extracted from a memoir of this remarkable old man, lately published: "He was born at Netherud, in the parish of Kirkurd, about ten miles north of Drumeiguir, the youngest of 15 children; his father's name was James, his mother's maiden name Somerville. He was at school at Dungere, in Lanarkshire, about nine miles from Lanark; his mother's friends came from Niebiken, in the parish of Carnwaith; he was bred a shoemaker at Linton, on the Dumfries-road, about three miles from Cair Muir; he first entered into the army in a regiment of dragoons, called the Glasgow Greys, (not the present Scots Greys;) after this he served in the 70th regiment; that he was about twelve or thirteen years old at the battle of Sheriff Muir; remembers Queen Anne at the battle of Malplaquet; had seen the Duke of Marlborough in England; he recollects Lord Stair calling upon his father, who was a farmer, and left the estate of Cair



Muir, in consequence of Lawson of Cair Muir throwing three farms into one for sheep." The remains of the old man were interred in Boughton church-yard, attended by a numerous assemblage of both old and young persons, and one common sentiment of regret seemed to pervade all classes, at the last farewell of their old friend, who was so universally esteemed.

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A Russian peasant, named ALEXEI NIKFOROV, died in the year 1811, at the village of Kamenka, in the province of Ufa, at the advanced age of one hundred and twenty-four. When he was one hundred and one years old he lost his wife, who had attained the age of ninety; and two years after he married another, by whom he had two daughters, whom he lived to see married, and mothers.

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Of WILLIAM WALKER there is an excellent mezzotinto likeness, bearing the following inscription:

“ WILLIAM WALKER,

Born near Ribchester, in Lancashire, anno 1613.

Died anno 1736.

At the battle of Edgehill he was, in the Royal service,  
wounded in the arm,  
and had two horses shot under him.”

Hence it is evident, that, as the battle of Edgehill was fought in the year 1642, Walker must have survived it 94 years. He must therefore have been one hundred and twenty-three years old at the time of his death.

In 1794, died JOSHUA CREWMAN, a pensioner of Chelsea Hospital, at the age of one hundred and twenty-three. He served as a soldier in the reigns of George the First and Second, and was discharged in the seventy-fourth year of his age.

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At the amazing age of one hundred and twenty-two years, died in June, 1818, JOHN WOODS, an industrious farmer, at Gortnagally, near Dungannon, in Ireland. He lived a regular and sober life, and was remarkably abstemious with regard to his food. His wife died about two years before him, at the age of seventy-eight; and it may be worth mentioning, that he was forty-two years old on the day of her birth.— He was born in the year 1696, consequently the whole of the last century passed during his life.

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In 1770, died WILLIAM FARR, of Birmingham, the Tamworth Carrier, aged one hundred and twenty-one. He had, in the whole, children, grand-children, and great grand-children, to the number of one hundred and forty-four; but what is very remarkable, he survived all his numerous progeny, and, being a man of property, bequeathed ten thousand pounds to charitable purposes.

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THOMAS COLE, rector of Landawidneck, (in which parish the Lizard is,) in Cornwall, was born in 1563, and buried on his rectory in 1683, in the one hundred

and twenty-first year of his age. He was an indefatigable and faithful person in the discharge of his sacerdotal function. Concerning this Mr. Cole, the following memorandum is written in a copy of "Hakewill's Apology," p. 166, and signed J. M. (namely, James Millet, late vicar of St. Just, in Cornwall :) "Thomas Cole, minister of, and at the Lizard, went one morning on foot from the Lizard to Penryn, which is at least thirteen miles, and returned again the same day on foot to the Lizard, at which time he was at least one hundred and twenty years, and was met, going and coming, by Mr. Richard Erisey, of Erisey, as credible authors report."

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WILLIAM BREN, of Braunston, in Northamptonshire, of which town he was a native, died, as appears by the register of that parish, at the advanced age of one hundred and twenty-one years.

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In 1792, died WILLIAM MARSHALL, of Kirkcudbright, in Scotland, (tinker,) aged one hundred and twenty. He was a native of the parish of Kirkmichael, in the shire of Ayre. He retained his senses almost to the last hour of his life, and remembered distinctly to have seen King William's fleet, when on its way to Ireland, riding at anchor in the Solway Frith, close to Kirkcudbright, and the transports lying in the harbour. He was present at the siege of Derry, where having lost his uncle, who commanded a king's frigate,

he returned home, enlisted in the Dutch service, went to Holland, and soon after came back to his native country. A great concourse of all ranks attended his burial, and paid due respect to his age. The Countess of Selkirk, who for a course of years had liberally contributed towards his support, discharged on this occasion the expenses of his funeral.

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A beggar man died in 1764, at Pirr, in Ireland, aged one hundred and five years; and at Askermere, in the county of Wicklow, Mr. HENRY DYSON, formerly a considerable farmer in that county, died at the great age of one hundred and twenty.

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WILLIAM POSTEL, a Frenchman, lived to an hundred and twenty years nearly, and yet the top of his beard on the upper lip was black, its original colour.

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In the retired parish of Llanbedr, in the isle of Anglesea, there was living in May, 1809, a woman of the name of WINIFRED REES, who had then attained the patriarchal age of one hundred and nineteen years, and nearly seven months; she then enjoyed the undisturbed lease of a cottage, in which she resided one hundred and five years. She was blessed with the perfect use of all her mental faculties; her eyes were as good as they were when she was in her fiftieth year; and, strange as it may seem, she had scarcely a grey hair on her head. On the 27th of March, 1809, she

walked the distance of eight miles and back, to a relation's cottage, bringing home with her a parcel, which weighed upwards of twenty-two pounds.

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In 1785, died MARY MAC DONNEL, near Ballynahinch, in the county of Down, Ireland, aged one hundred and eighteen years. She was born in the Isle of Skye, one of the largest of the Western Islands, in Scotland, which place she left in 1688, and resided afterwards in the county of Down. The year before her death, she walked to Moira, fourteen miles in one day, to see her landlord; and in 1783, she reaped her ridge of corn, as well as the youngest people in the country: when at Moira, she had all her senses perfect, except a little weakness in her eyes, and seemed strong, healthy, and active.

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In October, 1712, a prodigy is said to have appeared in France, in the person of one NICOLAS PETOURS, who entered the town of Coutance on a certain day. His appearance excited curiosity, as it was observed that he had travelled on foot: he therefore gave the following account of himself, viz. that he was one hundred and eighteen years of age, being born at Granville, near the sea, in the year 1594; that he was by trade a shoemaker, and had walked from St. Maloes to Coutance, which is twenty-four leagues distant, in two days. He seemed as active as a young man; and said he came to attend the event of a law-suit, and that

he had four wives ; with the first of whom he lived fifty years, with the second only twenty months, with the third twenty-eight years, and two months, and that to the fourth he had been married two years ; that he had had children by the three former, and could boast a posterity which consisted of one hundred and nineteen persons, and extended to the seventh generation." He further stated, that his family had been as remarkable for longevity as himself ; that his mother lived until 1691 ; and that his father, in consequence of having been wounded, died at the age of one hundred and twenty-three ; that his uncle and godfather, Nicolas Petours, curate of the parish of Baleine, and afterward canon and treasurer of the cathedral of Coutance, died there, aged above one hundred and thirty-seven years, having celebrated mass five days before his decease.—Jacqueline Fauvel, wife to the park-keeper of the Bishop of Coutance, he said, died in consequence of a fright, in the village of St. Nicolas, aged one hundred and twenty-one years, and that she was able to spin eight days before her decease. Among the refugees from this part of France we have known and heard of many instances of longevity, but certainly none equal to these.

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In 1784, died at Leignitz, in Silesia, M. STAHR, aged one hundred and eighteen. He served under John Sobieski, King of Poland, when that monarch led an army, in 1684, to the relief of Vienna, which

was then besieged by the Turks. He did not accept his discharge till he was seventy years old.

WILLIAM SKENELSBY, aged one hundred and eighteen, buried November 10th, 1775, at Pinner, Middlesex. This extraordinary old man was for many years a servant in Lord Henry Beauclerk's family. He retired from service in the year 1769; but retained his intellects, together with a wonderful share of activity, and a countenance by no means indicating such extreme old age, till a short time before his death.— The manner in which he calculated his age, was by the following epitome of his life:

	years old.
When he first went out to service, he was . . . . .	27
He lived with squire Graham . . . . .	12
With Mr. Johnson, a lawyer . . . . .	6
With Lord Chancellor Macclesfield . . . . .	10
With John Dyke, Esq. . . . .	10
With Mr. Northey . . . . .	10
He kept a public-house at Lincoln . . . . .	5
Lived with Mr. Talbot . . . . .	3
With Lord Henry Beauclerk's family . . . . .	29
To which add, from 1769, when he gave this account, till his death . . . . .	6

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In 1786, died VERESIMO BOGUEIRA, of the parish of St. John de Godina, in the diocese of Oporto, in Portugal, aged one hundred and seventeen. He had

been formerly a soldier, and was at the battle of Almanza. He always enjoyed good health, and might probably have lived longer had it not been for a fall, by which one of his legs was broken in three places, and which occasioned his death. He had all his teeth, and all his hair, a part of which only was grey, and he enjoyed all his faculties. This old man is a proof that longevity is not confined to the northern climates.

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On the 24th of February, 1781, at Rathreagh, near Shanagolden, in Ireland, died MARY FOLEY, at the age of one hundred and seventeen. She was born in the year 1664.

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In 1798, died Mr. INGLEBY, of Battle Abbey, aged one hundred and seventeen. He had been upwards of ninety-five years a domestic in the family of Lady Webster. The following account of this remarkable man is by a gentleman, who travelled sixty miles in the snow, in November, 1797, to pay his respects to him.

“To my great surprise,” says he, “I found Mr. Ingleby in a situation very far removed from the luxuries of life, or the place which might be deemed necessary for his years. He was in an antique out-building, near the Castle-gate, where his table was spread under an arched roof, the whole of the building being nearly filled with billet wood, and scarcely affording room for the oaken bench on which this wonder of longevity



was reclining by the fire. His whole appearance immediately reminded me of the latter days of Dr. Johnson: his dress was precisely that of the sage—a full bottomed wig, a full deep chocolate suit, with yellow buttons. But the most striking similarity was found in that pensive solemnity of his air and demeanour, which characterized the great moralist of England. There was nothing in his look which impressed on the mind the idea of a person of more than fourscore years, except a falling of the under jaw, which bespoke his more advanced age. We were introduced to him in form by a matron, who served as a sort of interpreter between us, Mr. Ingleby's extreme deafness not permitting any regular conversation. When the nurse explained our errand, he said, in a very distinct but hollow voice, "I am much obliged to them for the favour they do me, but I am not well, and unable to converse with them." He then turned his face towards the high part of the bench on which he reclined, and was silent. In each of his withered hands he held a short rude beechen walking stick, about three feet high, by the help of which he was accustomed not only to walk about the extensive premises in which he had passed his life, but to take his little rambles about the town; and once (for the old gentleman was irascible) he actually set out on a pedestrian excursion to Hastings, to inquire for another situation in service, because his patroness desired him to be more attentive to personal neatness. It is but justice to the lady alluded

to, to add, that the uncouth abode of Mr. Ingleby was the only one in which he could be persuaded to dwell, and which long familiarity had rendered dear to him. The choice appeared very extraordinary; but every thing belonging to the history of Mr. Ingleby was beyond the fixed and settled rules by which human life is in general regulated."

One thing, it is, however, proper we should add; he had a strong sense of religion. Till within a very short time of his death, he was in the habit of reading prayers, twice a day, to his attendant and others, whom curiosity, or better motives, led to form his congregation; and when the fatigue of this exertion was more than he could encounter, he still, once in the day, performed his public devotions. A portrait of this old man has been published.

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THOMAS WIMMS, died in 1791, near Tuam, in Ireland, aged one hundred and seventeen. He had been formerly a soldier, and fought in the battle of Londonderry, in 1701.

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CORNELIUS MADIGAN died in May, 1812, at Cahirmurphy, in the county of Clare, Ireland, at the advanced age of one hundred and seventeen.

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JOHN URSSULAK, a silk weaver, died at Lemburg, in the spring of 1812, in Prussia, at the advanced age of one hundred and sixteen. He had six wives; and

by the last, who survived him, had a son about twelve months before his death. He was extremely healthy and active, and walked six miles the day previous to his decease.—*Gent. Mag.* 1812.

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Died at Selkirk, in the year 1788, aged one hundred and sixteen, WILLIAM RIDDELL. This man, who, in the early part of his life, was a considerable smuggler, and remarkable for his love of brandy, which he drank in very large quantities, was always so fond of good ale, that he has often declared he never drank a draught of pure water. He was not a regular drunkard, but had frequent paroxysms of drinking, which continued several days. He married his third wife when he was ninety-five; and retained all his faculties till his death. For the last two years of his life, his chief subsistence was a little bread infused in spirits and ale.

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In June, 1813, in Wigston poor-house, in the county of Leicester, aged one hundred and sixteen, died ELIZABETH FREER, a Kentish woman, who retained her faculties to the last, and attended Divine service in the parish church a fortnight before her death.

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On Tuesday the 28th of May, 1816, died at her house, No. 12, Coldbath Square, at the very advanced age of one hundred and sixteen years, Mrs. JANE LEWSON, commonly called Lady Lewson, from the very eccentric

manner of her dress. In recording this instance of unusual longevity, some account of her may, perhaps, be not uninteresting to our readers. Mrs. Jane Lewson was born in the year 1700, during the reign of William and Mary, in Essex-street, in the Strand, of most respectable parents, of the name of Vaughan, and was married at an early age to a wealthy gentleman of the name of Lewson, then living in the house in which she died. She became a widow at the age of twenty-six, having only one daughter living at the time. Mrs. Lewson, being left by her husband in affluent circumstances, preferred to continue single, and remained so, although she had many suitors. When her daughter married, being left alone, she became very fond of retirement, and rarely went out or permitted the visits of any person. For the last thirty years she had kept no servant, except one old female, who died in 1806; she was succeeded by the old woman's grand-daughter, who was married about 1813; and she was succeeded by an old man, who attended the different houses in the Square, to go of errands, clean shoes, &c. Mrs. Lewson took this man into her house, and he acted as her steward, butler, cook, and housemaid; and, with the exception of two old lap dogs and a cat, he was her only companion. The house she occupied was elegantly furnished, but after the old style: the beds were kept constantly made, although they had not been slept in for about fifty years. Her apartment was only occasionally swept out, but never washed;

the windows were so crusted with dirt, that they hardly admitted a ray of light. She used to tell her acquaintance, that, if the rooms were wetted, it might be the occasion of her catching cold; and as to cleaning the windows, she observed, that many accidents happened through that ridiculous practice: the glass might be broke, the person might be wounded, and the expense would fall upon her to repair them. A large garden, in the rear of her house, was the only thing she paid attention to: this was always kept in good order, and here, when the weather permitted, she enjoyed the air, or sometimes sat and read by way of pastime; or else chatted on times past with any of the few remaining acquaintance whose visits she permitted. She seldom paid a visit to any person, except to Mr. Jones, a grocer, at the corner of the Square, with whom she dealt. She was so partial to the fashions that prevailed in her youthful days, that she never changed the manner of her dress from that worn in the reign of George the First. She always wore powder, with a large *tête*, made of horse hair, on her head, near half a foot high, over which her hair was turned up; a cap over it, which knotted under her chin, and three or four curls hanging down her neck. She generally wore silk gowns, and the train long, with a deep flounce all round, a very long waist, and very tightly laced up to her neck, round which was a kind of ruff, or frill. The sleeves of her gown came below the elbow, from each of which four or five large cuffs were attached: a large

straw bonnet, quite flat, high heeled shoes, a large black silk cloak, trimmed round with lace, and a gold-headed cane, completed her every day costume for the last eighty years, and in which she walked round the Square; on which occasion she was known by the name of Lady Lewson. She never washed herself, because those people who did so, she said, were always taking cold, or laying the foundation of some dreadful disorder; her method was, to besmear her face and neck all over with hog's-lard, because that was soft and lubricating; and then, because she wanted a little colour on her cheeks, she used to bedaub them with rose pink! Her manner of living was so methodical, that she would not drink her tea out of any other than a favourite cup. She was equally particular with respect to her knives, forks, plates, &c. At breakfast she arranged in a particular way the paraphernalia of the tea-table; at dinner, she also observed a general rule, and always sat in her favourite chair. She constantly enjoyed an excellent state of health, assisted in regulating her house, and never had, until a little previous to her decease, an hour's illness. She entertained the greatest aversion to medicine, and what is remarkable, she cut two new teeth at the age of eighty-seven, and never lost one in her life, nor was she ever troubled with the tooth-ache. Her sight latterly failed her. She lived in five reigns, and was supposed the most faithful living historian of the age, the events of the year 1745 being fresh in her recollection. A few

days previous to her death, an old lady, who was her neighbour, died suddenly, which had such an effect on her, that she frequently said her time was also come, and she should soon follow. She enjoyed all her faculties until that period, when she became weak, took to her bed, and refused medical aid: her conduct to a few distant relations was exceedingly capricious, and she would never see any of them; and it was not until a few hours before her dissolution that any alteration was observed in her temper. She was buried in Bunhill-fields burying ground on the Monday following. The funeral procession consisted of a hearse and four, and two mourning carriages, in which were Mr. Anthony, of Red-lion Street, Clerkenwell, her executor, and some relations.

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JOHN RAMSAY, a mariner, died at Colliercoats, near North Shields, in January, 1808, at the age of one hundred and fifteen years. He served in the capacity of cabin boy on board one of the ships in Sir George Rooke's squadron, at the taking of Gibraltar, in 1704. He retained his faculties in full perfection till within a few days of his death, nor did his great age in the smallest degree damp his lively spirits, or alter his countenance. His society was eagerly courted by the young and gay in the neighbourhood, whom he never failed to gratify with a merry song, or a good old story.

At Clifton, near Ashbourn, in Derbyshire, in the month of July, 1781, an old man, at the advanced age of one hundred and fifteen years. He lived in a cottage by himself, in a very recluse manner, and was visited and supported by the people of the neighbourhood, being considered as a sequestered hermit.

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In June, 1812, at Richmond, in the county of Galway, Scotland, (the seat of James Burke, Esq.) aged one hundred and fifteen, died Mrs. BELINDA CRAWFORD. She was eighteen years old on the 22d of April, 1715, which day she recollected perfectly to the hour of her death, as it was rendered remarkable by the total eclipse of the sun; during which, we are historically informed, the darkness was such that the stars faintly appeared, and the birds went to roost about ten o'clock in the morning.

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In June, 1813, at Derrymore, near Newry, in Ireland, at the age of one hundred and fifteen, died CHARLES HAVERIN, who retained his faculties till within a few years of his decease. The Right Hon. Isaac Corry, (in whose employment he had been for many years,) generously settled an annuity on him a considerable time before the old man's decease, and allowed him the use of his kitchen, by which he was enabled to pass the remainder of his days in peace and comfort.



WILLIAM MITCHELL, a revenue officer, who was born at Londonderry, in Ireland, died at Dublin in July, 1804, at the amazing age of one hundred and fifteen years and ten months. Mr. Mitchell had been a resident in North America for several years before the breaking out of the American war; and being zealously attached to the Mother Country, he was one of those loyalists whose property was sacrificed by the war: on this account he was recommended to an employment in the revenue by Lord Townsend.

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Old JOHN BAYLE, as he was generally called for many years before his death, was born in the parish of All Saints, Northampton, on the 20th of August, 1592, as appears by the register there, and died on the 4th of April, 1706, having arrived at the great age of one hundred and fourteen years. See Dr. Keil's Account of his death and dissection, in the "Philosophical Transactions," for April, 1706, vol. xxv. No. 306.

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FRANCIS HONGO, surnamed of Huppazoli, consul for the Venetians in Smyrna, died of the gravel in 1702, in his one hundred and fourteenth year. He lived towards the end of his life chiefly on broth, or some tender animal food; drank nothing but water of Scorzonera, no wine or other fermented liquor. He never was sick, walked eight miles every day, and retained his sight, hearing, and memory, to the last. It is said, that at an hundred, his white hair turned

black, and that he cut two teeth at one hundred and twelve. His strength of constitution appears by his having forty-nine children by five wives: not to mention many illegitimate ones.

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WILLIAM BILLINGS, a soldier, died at Fairfield Head, near Lognor, in Staffordshire, in the autumn of 1793, at the great age of one hundred and fourteen. He travelled through this extensive length of time, without experiencing the least sickness, and at last expired without a groan.—General Cadogan, who died a few years since, was one of the last of Queen Anne's officers that survived the great Marlborough, and Billings the last private in England that served under that great commander. His life and death were equally extraordinary: he was born under a hedge, in the year 1679, not an hundred yards from the cottage where he died.

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Died, at Gateshead, aged one hundred and fourteen, in September, 1812, ISABELLA SHARPE, widow of J. S. Pitman. It appears by the baptismal register of the parish, that she was christened the 17th of August, 1698.

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WILLIAM ALDRIDGE, by trade a wheelwright, was born in the year 1584, and died at the advanced age of one hundred and fourteen years, in 1698. He was

buried at Acton, in Middlesex, where he had passed almost the whole of his days. Mr. Aldridge was of a remarkably sober disposition, and having a retentive memory was fond of relating such circumstances as he had been a witness to. Among the rest, he used to tell his acquaintance, "that he saw the great Oliver Cromwell pass through Acton, on the 21st of September, 1651, (being himself sixty-seven years of age,) when that great man was congratulated on account of his victory at Worcester, and conducted to London by the Lord President and Council of State, many members of both Houses of Parliament, with the Lord Mayor and Aldermen, making a train of more than three hundred coaches."

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In 1785, died ANN SIMMS, of Studley Green, Wiltshire, aged one hundred and thirteen years. Till within a few months of her death she was able to walk to and from the seat of the Marquis of Lansdown, nearly three miles from Studley: she had been, and continued till she was very near one hundred years of age, the most noted poacher in that part of the country, and boasted of selling to gentlemen the fish taken out of their own ponds: her coffin and her shroud, she had purchased and kept in her apartment more than twenty years.

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JOHN JACKSON, a gardener, in the hundred and thirteenth year of his age, died in Essex, in 1764.

Near Falmouth, aged one hundred and thirteen, died Mrs. MARY HARRIS, in June, 1812. She retained her faculties to the last, and left two daughters, one aged seventy, the other eighty.

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August 16th, 1814, near Grosmonna, in the county of Mayo, Ireland, at the advanced age of one hundred and twelve years, died THOMAS GAUGHAN. Though poor, yet he was always chearful and content. This hardy veteran passed one hundred and ten years of his life wholly unacquainted with sickness, up to the end of which period he was able to take a full share with all the young members of his family in the labours of the field. A memorable circumstance in his otherwise eventless history, was his appearance in the county court, at the age of one hundred and eight, where, by his clear and intelligent evidence, he fully proved the validity of a survey made in the year 1725, thereby contributing chiefly to the termination of an important aw-suit.

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JOHN HANCOCK, a farmer, was born in the year 1663, and died in 1775, at the advanced age of one hundred and twelve. He was buried at Neston, in Cheshire, where a neat tomb was erected to his memory, on which the circumstance is recorded.

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ANNE MAYNARD, an intelligent, sober, abstemious, and greatly esteemed person, was born in 1644, at the

beginning of the troubles in the time of Charles the First, and died in 1756, at the age of one hundred and twelve. She was buried at Finchley, in Middlesex.

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In a small village at Ludlow, in Shropshire, there was living, the beginning of February, 1766, one JOHN SAUNDERS and his wife, whose ages together made two hundred and seventeen; the man being one hundred and eleven, and the woman one hundred and six years old.

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Extraordinary account of PATRICK MAKEL WIAN, extracted from a letter sent by a friend at Windsor, to Dr. Fuller.

“ There is an acquaintance of mine, and a friend of yours, who certified me of your desire of being satisfied of the truth of that relation I made concerning the old minister in the north. It happened in my journey to Scotland, that I lay at Alnwick, in Northumberland, one Sunday, by the way; and understanding, from the host of the house where I lodged, that this minister lived within three miles of that place, I took my horse after dinner, and rode thither to hear him preach, for my own satisfaction. I found him in the desk, where he read some part of the Common Prayer, some of David's Psalms, and two chapters, one out of the Old, and the other out of the New Testament, without the use of spectacles. The Bible, out of which he read the chapters, was a very small printed book. He went

afterwards into the pulpit, where he prayed and preached about an hour and a half. His text was: 'Seek ye the kingdom of God, and all things shall be added unto you.' In my poor judgement he made an excellent sermon, and went clearly through, without the help of any notes. After sermon I went with him to his house, where I proposed these several questions to him: Whether it was true, as the book reported of him, concerning the hair?—Whether or not he had a new set of teeth?—Whether or not his eye-sight ever failed him?—And whether, in any measure, he found his strength renewed? He answered me distinctly to all these, and told me he understood the news-book reported his hair to have become a dark brown again, but that is false: he took his cap off, and shewed me it. It is come again like a child's, but rather flaxen than either brown or grey. For his teeth, he had only three come within these two years, nor yet to their perfection; while he shed them, he was very ill. Forty years since he could not read the biggest print without spectacles, and now, he blesseth God, there is no print so small, no written hand so small, but he can read it without them. For his strength, he thinks himself as strong now as he hath been these twenty years. Not long since he walked to Alnwick to dinner, and back again, six north-country miles. He is now one hundred and ten years of age, and ever since last May a hearty body, very cheerful, and stoops very much. He had five children

after he was eighty years of age, four of them lusty lasses, now living with him: the other died lately: his wife yet hardly fifty years of age. He writes himself **MACHEL VIVAN**. He is a Scottish man, born near Aberdeen. I forget the town's name where he is now pastor. He hath been there fifty years.

“ Your assured loving friend,

“ **THOMAS ATKINS.**

“ Windsor, Sept. 28th, 1657.”

To the above account may be properly annexed a letter, which Plempius says he saw under the hand of this wonderful old man himself, dated from Lesbury, October 19th, 1657, to William Liakus, a citizen of Antwerp, as follows:

“ Whereas you desired a true and faithful messenger should be sent from Newcastle to the parish of Lesbury, to inquire concerning John Maklin; I gave you to understand that no such man was known ever to be, or hath lived there for these fifty years last past, during which time I, **PATRICK MAKEL WIAN**, have been minister of that parish; wherein I have all that time been present, taught, and do yet continue to teach there. But that I may give you some satisfaction, you shall understand that I was born at Whithorn, in Galloway, in Scotland, in the year 1546, bred up in the University of Edinburgh, where I commenced Master of Arts, whence, travelling into England, I kept a school, and sometimes preached; till, in the

first of King James, I was inducted into the church of Lesbury, where I now live. As to what concerns the changes of my body, it is now the third year since I had two new teeth; one in my upper, and the other in my nether jaw, as is apparent to the touch. My sight, much decayed many years ago, is now, about the hundred and tenth year of my age, become clearer: hair adorns my heretofore bald skull. I was never of a fat, but a slender mean habit of body: my diet has ever been moderate; nor was I ever accustomed to feasting and tippling: hunger is the best sauce; nor did I ever use to feed to satiety. All this is most certain and true, which I have seriously, though over hastily, confirmed to you under the hand of

PATRICK MAKEL WIAN,  
Minister of Lesbury.

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At Great Yarmouth, in Norfolk, where he had been a resident about twelve years, supported by his own and his wife's industry formerly, but latterly by a weekly payment from some benefactors, and the casual donations of others, died MATTHEW CHAMPION, in the autumn of 1793, at the uncommon age of one hundred and eleven. He was born in Flanders, in 1682, and came to England with King William, in 1688. His father was a farrier in the King's army, and himself, though only six years of age, lived in the family of Captain Legge Pendergrass, a son of Sir



Thomas Pendergrass. Matthew Champion was deserving of esteem for his honesty, his sobriety, and his gratitude; insomuch that he not only received that supply which his wants, and the infirmities occasioned by his great age, required, but experienced that attention and respect from the neighbouring gentry which were due to his virtues; and which not only attended him through life, but accompanied him to the grave.

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In April, 1817, died at Stonehouse, in Dent, Yorkshire, at the great age of one hundred and eleven, MARY KING, who, for a considerable number of years, had been one of the Blind Annuitants at Christ's Hospital.

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About 1790 there died, in the parish of Elizabeth, Jamaica, an old negro woman, named COOBA, who had attained to the great age of one hundred and ten years. She belonged to the Hon. Thomas Chambers, Esq. Custos of that parish. From her master, and a numerous family of descendants, down to the fourth generation, she had every comfort and convenience of life; besides which, having been freed from her servitude, and entirely at liberty for twenty or thirty years past, she regularly visited a circle of acquaintance for many miles round, and not only was well received both by whites and blacks, but made herself useful to them, as she possessed her recollection to the last, and had her senses so perfectly, that she could see to

thread a needle ; and was still so active, that a few months before her death she danced with as much apparent ease as a girl of fifteen years of age.

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In July, 1758, JOHN DARTEL, a peasant, died at Bourdeaux, in France, aged one hundred and ten years. He was a gardener by trade, became blind at eighty-six, and recovered his sight by couching, when he was one hundred and six.

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Died in Ireland, in February, 1808, DENIS HAMPSON, the blind bard of Magilligan, aged one hundred and ten years. A few hours before his death he tuned his harp, in order to have it in readiness to entertain Sir H. Bruce's family, who were expected to pass that way in a few days, and who were in the habit of stopping to hear his music. Shortly after, however, he felt the approach of death ; and, calling his family around him, resigned his breath without a struggle, being in perfect possession of his faculties to the last moment.

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In 1785, died CARDINAL DE SALIS, Archbishop of Seville, aged one hundred and ten years. He enjoyed to the last every faculty, except strength and hearing : when asked what regimen he observed, he used to say to his friends ;—“ by being old when I was young, I find myself young now I am old. I led a sober, studious, but not a lazy, or sedentary life ; my

diet was sparing, though delicate ; my liquor, the best wines of Xeres and La Mancha, of which, I never exceeded a pint at any meal, except in cold weather, when I allowed myself a third more : I rode or walked every day, except in rainy weather, when I exercised for a couple of hours. So far I took care of my body : and, as to my mind, I endeavoured to preserve it in due temper, by a scrupulous obedience to the Divine commands, and keeping, as the Apostle directs, a conscience void of offence towards God and man. By these innocent means, I have arrived at the age of a patriarch, with less injury to my health and constitution than many experience at forty. I am now like the ripe corn, ready for the sickle of death ; and by the mercy of my Redeemer have strong hopes of being translated into his garner."—"Glorious old age !" said the King of Spain, "would to Heaven he had appointed a successor ! for the people of Seville have been so long used to excellence, that they will never be satisfied with the best prelate I can send to them."—The Cardinal was of a noble house, in the province of Andalusia, and the last surviving son of Don Antonio de Salis, Historiographer to Philip the Fourth, and author of the History of Mexico.

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The Honourable Mrs. WATKINS, of Glamorganshire, died in 1790, aged one hundred and ten. The year before her death, she went to London for the purpose of seeing Mrs. Siddons perform. While in

London, she paid a visit to the whispering gallery of St. Paul's. She was remarkable for regularity and moderation. During the last thirty years she subsisted entirely on potatoes; which Sir John Sinclair recommends as the most nutritious kind of vegetable.

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On the 22d of December, 1781, at the house of Mrs. D'Almeida, at North End, Hampstead, died Mrs. JULER FOA, who had been a servant in that family nearly fourscore years. This old lady was one hundred and ten years of age, and retained all her senses till within three days of her dissolution.

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RICHARD BRENT, commonly called "Tom Thumb," from his selling histories of that renowned little hero's life and adventures, was born in St. Cuthbert's parish, in Wells, Somersetshire, and died at Bristol, at the age of one hundred and ten years, in the summer of 1793.

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JOHN CONROY, an indefatigable and industrious farmer, died at Loughgilly, near Dungannon, in Ireland, in June, 1818, at the advanced age of one hundred and ten. This person, during his long and useful life, supported the character of an honest man, and retained his faculties till the time of his dissolution. He was regular in his mode of living, and rather abstemious in his meals.

In April, 1817, died at Donaghadee, in Ireland, DOLLY LEMON, who was seldom or ever above ten miles distant from that place during her life. At the time of her death she was one hundred and ten years of age. She enjoyed a good state of health, and was an active and industrious person.

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In November, 1806, there resided at Wakefield Outwood, in Yorkshire, a man, whose name was SAMUEL SPUR: he was then in the one hundred and ninth year of his age, and lived in his own cottage entirely by himself. He then cultivated his own garden, milked his own cow, and made his own butter, which he carried every week on foot to Wakefield market. He was then in perfect health, in full possession of all his faculties, and his cottage was the admiration of the surrounding neighbourhood, for its neatness and cleanliness.

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In the latter end of December, 1764, there died in the parish of St. Julian de Gaix, in the generality of Montpellier, in France, a man named JOHN CATHALA, a shoemaker, in the one hundred and eighth year of his age. This man had never felt any of the infirmities of old age, and worked at his trade till the last day of his life.

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GEORGIUS LEONTINUS, a famous philosopher, lived in health till he was an hundred and eight years

of age; and when he was asked by what means he attained to such a fullness of days, his answer was, "By not addicting myself to voluptuous living."

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FATHER MACAIRE died at Rome, in 1740, aged one hundred and eight. He enjoyed a good state of health, walked upright, smoked tobacco, and drank a glass of brandy every morning, in the latter part of his life.

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THOMAS WIGGIN, of Carlton, in Craven, died in 1670, at the age of one hundred and eight, and some months. He enjoyed a remarkably good state of health, and was enabled to walk about till within a few weeks of his last.

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There was living near Pontefract, in Yorkshire, in May, 1765, one POTTER and his wife, whose ages together made two hundred and thirteen; the man, (who was a labourer,) being one hundred and eight, and the woman one hundred and five years old.

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JEAN THUREL, aged one hundred and eight, died at Tours, in France, in the spring of 1807. He was a member of the Legion of Honour, was born at Orain, in Burgundy, in 1699, entered the regiment of Touraine September 17th, 1716, and served without interruption for the space of ninety-two years. He received a musket-ball in the neck, at the siege of

Kehl, in 1733, and seven sabre wounds, six of which were observable on his head, at the battle of Minden, in 1759. He had three brothers killed at Fontenoy, and a son, a veteran and corporal in the same company, killed in 1782. He had another son, who long served with honour. In 1787 his regiment was ordered to march to the coast to embark: he performed the whole march on foot, saying, that as he never travelled in a carriage, he would not commence then. On the 8th of November, 1787, he was presented to the King and Royal Family; and was ordered a pension of 300 francs yearly; 200 of which were to revert to his wife in case of his decease, and on her demise, 100 francs to each of his children. For some years he lived as a veteran at Tours. Bonaparte presented him with the Eagle of the Legion of Honour, and a pension of 1200 francs. On the removal of the ashes of General Monnier, he was one of the four commissioners named for that ceremony, and was then reputed to be the oldest soldier in Europe. To the moment of his death he preserved his senses and judgement; and until his last illness, which was but for a few days, he enjoyed good health.

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On the 2d of June, 1817, at the advanced age of one hundred and eight, died CATHERINE PRESCOTT, of George Leigh Street, Manchester. She was a native of Denbigh, in North Wales, and retained her faculties in a wonderful degree. She learned to read

the Bible, without the aid of spectacles, partly in the Lancasterian School, and partly in St. Clement's Sunday School, in that town, after she was one hundred years of age. At the age of 105 or 106, she was a regular communicant at the Collegiate Church, and at that period was able to read her Prayer Book without the use of spectacles. During the last two years of her life she was chiefly confined to her apartment; and for that space of time she was supported by the children belonging to the St. Clement's Sunday Sick Society, from which institution she received four shillings a week; amounting together to about twenty-four pounds.

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WILLIAM GILLESPIE, an old Chelsea pensioner, died at Ruthwell, in the county of Dumfries, Scotland, June 15th, 1818. He was one hundred and eight years old; and in his discharge, dated in 1763, he was characterized as being "then worn out" in the service. He enlisted when young in the Inniskillen Dragoons, and served in the German wars under Lord Stair, in 1743-4. On the breaking out of the rebellion his regiment was recalled, and at the fatal battle of Preston Pans he gallantly saved a stand of colours, which were lying on the field, from falling into the hands of the enemy. They were by the side of an ensign, who had just breathed his last. Gillespie took them to the celebrated Colonel Gardiner, who had then received his death wound, and was reclining on a bank at a



little distance. Gillespie asked his commands:— “Save yourself,” was all the good man could say; on which Gillespie mounted his horse, and, through a shower of balls, from a party of rebels who were in possession of the public road, reached a place of safety with his prize. The old man delighted to recount this incident, and, as he talked of the dangers of the field, the fire of youth glanced again in his eye. He was naturally of a robust make, but for several years prior to his dissolution, the hand of age had bent his form, and forced him to support his steps with a staff. He continued, however, to walk about the neighbourhood where he resided till within a few weeks of his decease.

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At Hedingham, Norfolk, in June, 1781, died Mr. PAUL HAUSEN, a native of Germany, in the one hundred and eighth year of his age. This veteran had been a resident in seven kingdoms, and being in the army, had served under the great Duke of Marlborough, during the wars in Queen Anne's reign; and had likewise fought under the banners of several crowned heads.

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In 1765, there died, within a very short time of each other, in the territory of Aubrac, in Rouvergue, in France, three persons, who had lived above a century each, without being subject to any of those infirmities which render life feeble and languid. The first was

JOHN PIGNOL, door-keeper to the Abbey of Aubrac, born in 1663. This man, we are informed, used to sip viper broth all his days. The second was MARY POTARI, a nun in the hospital of the same town, who died at the age of one hundred and four years. And the third was JOHN BAPTISTE REVENAC, aged an hundred and seven years, who was a domestic at the Abbey. These three persons often saw each other, and used to dispute about their ages, and which was likely to live the longest.

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Mons. BERTRAND DE LILLE died, in High Street, Mary-la-bonne, in March, 1813, at the advanced age of one hundred and seven. This gentleman had served Louis XV. during forty years as first valet-de-chambre. After the death of that monarch he lived on a small property which he possessed, near Paris; but this being at length exhausted, and his pension taken away, he migrated, and partook of the charity of this country, destined to the assistance of those French emigrants who made England their residence in consequence of the revolution. He was very acute in his faculties, and a considerable portion of bodily health was preserved to him till within a few weeks of his death.

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In November, 1764, died at Newent, in Gloucestershire, JOSEPH RUDGE, aged an hundred and seven years. He retained all his faculties until a few hours before his death, and worked at his trade of a tailor

till within four years of his dissolution, without the assistance of spectacles. He had two wives, by whom he had children, grand-children, and great grand-children, one hundred and two; and by his last wife, he had three children after he was eighty years of age, the last of which was born when he was eighty-five. Some time before his death he lost the nails of his hands and feet, and afterwards had new ones, the same as a young infant; and until about a year before his dissolution, he had entirely a new set of teeth.

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In June, 1818, died MICHAEL BAILY, a native of Sherbourn, in the county of York, at the advanced age of one hundred and seven. This was the person who sat for the celebrated painting, called "THE WOOD-MAN." He was a very regular man with respect to his mode of living, and from the age of fifty, when he first came to London, till he attained his hundredth year, he was a day-labourer.

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ELIZABETH BULLARD, a widow, died in November, 1804, at Gainsborough, in Lincolnshire, at the age of one hundred and seven. She was born in the year 1697, and used to tell her acquaintance of the circumstance of her seeing King George the First, when he arrived in England, after the death of Queen Anne, in the year 1714. She was another instance of the advantages of a temperate mode of life; for, not-

withstanding her age, she could see to sew without the use of spectacles, and died without pain or sickness.

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The old Highlander, Serjeant DONALD MACLEOD, came to London toward the close of 1790, when he was in the one hundred and third year of his age.— This old gentleman, for it appears that he really was a gentleman both by birth and behaviour, was born in the year of the revolution, in the parish of Bracadill, in the Isle of Sky, and county of Inverness, North Britain. He was a cadet in the army at an early age, and descended, through his mother, from Macdonald of Slate, the ancestor of the present Lord Macdonald. The earlier part of his life coincided with the famine of seven years in Scotland, which was so great as to suggest, even to the patriotic Mr. Fletcher, the idea of the people selling themselves as slaves for immediate subsistence. He was bred in the midst of want and hardships, cold and hunger, and passed the years of his apprenticeship with a mason and stone-cutter of Inverness, in incessant fatigue. He enlisted, when a boy, in the Scottish service, in the town of Perth, in the last year of the reign of King William. The regiment into which he enlisted was the Scots Royals, commanded by the Earl of Orkney. That old military corps, at that time, used bows and arrows as well as swords, and wore steel caps. He served in Germany and Flanders, under the Duke of Marlborough, and under the Duke of Argyle, in the rebellion of 1715, in

the Highland Watch, or companies raised for enforcing the laws in the Highlands; in the same companies when, under the name of the 42d regiment, they were sent abroad to Flanders, to join the army under the Duke of Cumberland; in the same regiment in Ireland; and on the breaking out of the French war, in 1757, in America. From the 42d he was drafted to act as a drill serjeant in the 78th regiment, in which he served at the reduction of Louisbourg and Quebec. After this he became an out-pensioner of Chelsea Hospital. But such was the spirit of this brave and hardy veteran, that he served in 1761, as a volunteer in Germany, under the Marquis of Granby; and offered his services in the American war to Sir Henry Clinton; who, though he declined to employ the old man in the fatigues and dangers of war, treated him with great kindness, allowed him a liberal weekly pension out of his own pocket, and sent him home in a ship, charged with despatches to Government. "The Serjeant, as his memory," according to the observation of his biographer, (Dr. Thompson,) "is impaired, does not pretend to make an exact enumeration of all his offspring; but he knows of sixteen sons now living, (i. e. in 1797,) fourteen of whom are now in the army and navy, besides daughters; the eldest of whom, by his present wife, is a mantua-maker in Newcastle. The eldest son is now eighty-three years old, and the youngest only nine. Nor, in all probability, would this lad close the rear of his immediate progeny, if his present

wife, the boy's mother, had not attained to the 49th year of her age." In his prime, he did not exceed five feet and seven inches; but in 1797, was inclined through age to five feet five inches. He had an interesting physiognomy, expressive of sincerity, sensibility, and manly courage.

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At the advanced age of one hundred and six years, died in June, 1818, Mrs. ANNE EASON, at Eason Lodge, near Yaxley, in Carmarthenshire, in the neighbourhood of which she was greatly respected. Mrs. Eason retained her faculties till within a few months of her death, and, without the aid of spectacles, was capable of reading. The estate on which she resided descended to her nephew, Sir Richard Phillips, of London.

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In the summer of 1817, died at Bulogurteen, Kilkenny, Ireland, aged one hundred and six, JAMES CARROLL. A few days before his death an elder brother of his died, aged one hundred and seventeen, who was attended to the grave by eighty children and grand-children, the least of whose ages was above fifty years; and a son of his was then alive, nearly one hundred years old, enjoying good health, and the perfect possession of all his faculties.

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PHILIP THOMPSON, aged one hundred and six, died at Bedford, January 28th, 1818. In the course

of the summer of 1817, he had the misfortune to lose his wife, with whom, for upwards of seventy years, he had lived in a state of the most perfect harmony; and on that occasion he walked a distance of half a mile and back again, as chief-mourner in the funeral procession. So singular an instance of longevity could not fail to excite attention; and the deceased had the honour of receiving visits from even Royalty itself, as well as from the surrounding nobility and gentry, some of whom requested he would allow his likeness to be taken. Up to the period of his decease it was his daily custom to take a walk.

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EDWARD LAWSON, of Sunderland, but a native of Northumberland, was for many years settled in the parish of Bishop Wearmouth, where he rented successively several small farms, particularly at Hendon Grange, near Ryhope, and in the vicinity of Hylton Ferry. During his residence at the latter place, when he had nearly attained his eightieth year, his occupation becoming unprofitable, he gave up his farm, and engaged himself in the service of a gentleman in the same neighbourhood, by whom he was employed in the fields or stable, or in such other work as he was capable of attending to, being always considered trusty and well disposed. As he had long prided himself on his dexterity in mowing, when he was almost ninety he anxiously solicited his employer for the loan of a guinea, to wager against the skill of a much younger

competitor. For the last fifteen years of his life, he resided in Sunderland, in the house of a grand-daughter, by whom, with the assistance of other descendants, he was decently and respectably maintained; still, however, keeping up his connexion with the family of his late master, who had removed into the environs of the town. Being one day, when he was upwards of a hundred years old, requested by his mistress to purchase her some fowls, with an expectation that he would bring them from the market, which was held very near his own residence in Sunderland, he set out on foot for a village seven miles distant, where he had some acquaintance, and having procured some fowls of a superior quality, returned home from his marketing without delay. He was a strong muscular man, about five feet six inches high; he was simple, and of an easy temper, never distressing himself about any thing beyond the occurrences of the moment; a circumstance which probably contributed much to the prolongation of his life. Having never been afflicted with any species of infirmity or ill health, he retained his bodily vigour to a very late period, and his other faculties, with the exception of his sight, which failed him in his last year till his death, at the advanced age of one hundred and six, in the summer of 1805. He left a son upwards of seventy, whom he always called *his lad*, a man of stouter make than his father, who possessed every appearance of reaching a very advanced age.



“ We are informed, from Abbey Laddercost, in Cumberland, that a woman called JANE FORRESTER, who lives in that parish, is now in the one hundred and thirty-eighth year of her age. When Cromwell besieged the city of Carlisle, in 1646, she can remember that a horse’s head sold for two shillings and sixpence before the garrison surrendered. At the martyrdom of King Charles I. she was nineteen years of age. At Brampton, about six years ago, (1762,) she made oath before the commissioners in a chancery suit, to have known an estate, the right of which was then disputed, to have been enjoyed by the ancestors of the present heir one hundred and one years. She hath an only daughter living, aged one hundred and three. And we are further informed, that there are six women now living in the same parish where she resides, the youngest of whom is ninety-nine years of age.”—*Public Advertiser*, March 9, 1768.

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Baker, in his Chronicle, informs us, that WILLIAM PAULET, Marquis of Winchester, and Lord Treasurer of England, for twenty years, and who died in the tenth year of Queen Elizabeth, was born in the last year of Henry the Sixth: he lived in all an hundred and six years, three quarters, and some days, during the reign of nine Kings and Queens of England. He saw the children of his children’s children, to the number of an hundred and three, and died in 1572.

ANDREW GAMMELS, a dragoon in the British service during Queen Anne's wars, was born in 1689. Having obtained his discharge, after being in the army a considerable number of years, he travelled into Scotland, where he carried on the profession of a sturdy beggar for the space of fifty years, when he died at Roxburgh Newtown, in North Britain, in March, 1794, at the advanced age of one hundred and five years.

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Mr. JOHN MAIR, who was born in the year 1713, died at Manchester in April, 1818, at the advanced age of one hundred and five. He was of a very sprightly disposition, and moderate in his diet; and his mental energies and bodily strength continued unimpaired till a short period before his dissolution.

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In the one hundred and fifth year of his age, Mr. THOMAS WHITTINGTON died at Hillingdon, Middlesex, in December, 1804. This gentleman retained all his faculties as well, to the very last hour, as ever he had enjoyed them at any period of his protracted life, and could walk a distance of three miles with perfect ease. His long life was rendered remarkable—not by abstemiousness, nor by temperance, as the innumerable instances which we have recorded of longevity undoubtedly were, and which the gentlemen of the faculty and ourselves so strongly recommend; but the contrary line of conduct—by his constant attachment

to making hearty meals, and his propensity to drinking. Mr. Whittington's favourite liquor was gin, of which he seldom failed to take a tolerable portion till within a fortnight of his dissolution. He was born in 1699, during the reign of King William, and had a most perfect recollection of the person of Queen Anne, of whom he frequently conversed. In the rebellion of 1715, he was employed in conveying troops and baggage from Uxbridge to London. His remains were interred in Hillingdon church-yard, near to those of his father, who died about forty years before him, exactly at the same age.

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Died July 14th, 1817, near Wolverston, in the county of Durham, aged one hundred and four, Mrs. MARY STEPHENSON. The mother of the deceased died at the age of one hundred and eight; a sister at one hundred and seven; another sister at one hundred and five; and a brother at the age of ninety-seven; making in the whole five hundred and twenty-one years as the united ages of the above five persons. No other family perhaps ever produced so many remarkable instances of longevity.

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In the "Gentleman's Magazine," March, 1747, it is announced that Mr. JOHN CUPPAGE died at Drigg, in Cumberland, at the age of one hundred and four. He had four wives, and only four daughters, each of whom had fourteen children; so that at his death

he was grandfather to fifty-six—great-grandfather to nineteen—great-great-grandfather to eleven—and great-great-great-grandfather to four. He retained his senses to the last, and only wished to see an end of the rebellion. He had been very active against the rebels in 1715.

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On the 29th of July, 1781, in Liquorpond Street, London, died ESTHER DAVIES, at the age of one hundred and three. This penurious old creature had by art and apparent poverty completely imposed on the good-nature and benevolent disposition of the charitable and humane. For the space of thirty years and more she carried on the trade of a *Beseecher*, (so well explained by Bamfield Moore Carew, who was likewise a practitioner of the same art,) that is, of begging alms, in which she proved so successful as to be enabled to hoard nearly *one hundred and sixty pounds sterling*, which were found in her lodging after her death.

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WILLIAM ELRICH, born in the eventful year 1715, died January 16th, 1813. He was able to continue his occupation as a day-labourer till within five years of his dissolution, and retained his faculties of seeing, hearing, and speech, till the time of his death. Had he lived till Old Candlemas-day, (February 14,) he would have completed his one hundred and third year.

Mrs. PARR died at Liverpool, Lancashire, in April, 1818, at the age of one hundred and three years. This lady had married early in life, and had been a widow for the last fifty-five years. She was a regular liver, and retained all her faculties to the last.

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In 1812, died at Bombay, in his one hundred and third year, SHERIF ALI, many years employed in the Government Office as Translator. This respectable native was entertained as a Moonshee, by Governor Law, in 1739, and continued from that period in the Translator's Office, till 1785, when Mr. Boddam, the then Governor, nominated Mr. Charles Mallett to the charge of it. Sherif Ali was always confidentially employed by the several Governors under whom he had the honour to serve. His integrity and uprightness rendered him respected by every one. During the last fourteen or fifteen years of his life, his infirmities prevented him from attending to business; the latter ten of which he subsisted entirely on rice and milk, taking a small quantity of opium in the evening. He preserved his faculties to the last, dying suddenly, having only complained of feeling himself slightly indisposed a day or two before his death. He was the oldest inhabitant of the Presidency of Bombay.

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SAMUEL MOGG, one of the last survivors of that brave army which fought under the command of the celebrated General Wolfe, at the capture of Quebec,

died at the advanced age of one hundred and two, in the summer of 1812. Quebec was taken by the English, on October 18th, 1759; but the brave General lost his life in the action, after he had the satisfaction of knowing that his troops were victorious. Mr. Mogg, although a private, was remarkably active on this occasion, by which he gained considerable esteem. After the conquest of Quebec, all Canada came under the jurisdiction of Great Britain; and was ceded to the crown of England by the treaty of peace in 1763.

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Mr. ROBERT BUTTERFIELD died at Halifax, in Yorkshire, on the 15th of December, 1781, at the advanced age of one hundred and two. By his trade, which was that of a woolstapler, and which he carried on for forty years, he acquired the sum of forty thousand pounds.

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In Bunbury Church, Cheshire, is the monument of Sir GEORGE BEESTON, who was an admiral in the British fleet when the Spanish Armada was destroyed in the year 1588. At that period he was eighty-nine years old, and as strong, active, and dexterous, as many at thirty in the prime of their life. Sir George died in 1601, at the advanced age of one hundred and two. There is one circumstance with respect to Sir George Beeston that deserves particular notice; and that is, that he was born in the last year of the fifteenth century, (i. e. 1499,) and died in the commencement of

the seventeenth century, (i. e. 1601,) so that the whole of the sixteenth century passed during his life time.

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Mr. HENRY HASTINGS, a very celebrated sportsman and remarkably singular character, lived in the times of James the First, and his son, Charles the First. He was second son to the Earl of Huntingdon, and inherited a good estate in Dorsetshire from his mother. He was one of the keepers of the New Forest, and resided in his Lodge there during a part of every hunting season. Mr. Hastings was low of stature, but very strong, and exceedingly active; of a ruddy complexion, with flaxen hair. His clothes were always of green cloth. His house was of the old fashion, in the midst of a large park, well stocked with deer, rabbits, and fish ponds. He had a long narrow bowling-green therein, and used to play with round sand bowls. Here too he had a banqueting-room; and kept all sorts of dogs that ran buck, fox, hare, otter, and badger; and had hawks of all kinds, both long and short winged. His great hall was commonly strewed with marrow bones; and full of hawks'-perches, hounds, spaniels, and terriers. The upper end of it was hung with fox skins of this and the last years' killing. Here and there a pole cat was intermixed; and hunters' poles in great abundance. The parlour was a great room, completely furnished in the same style. On a broad hearth, paved with

brick, lay some of the choicest terriers, hounds, and spaniels. One or two of the great chairs had litters of cats in them, which were not to be disturbed. Of these, three or four always attended him at dinner; and a little white wand lay by his trencher to defend it, if they were too troublesome. In the windows, which were very large, lay his arrows, cross bows, and other accoutrements. The corners of the room were filled with his best hunting and hawking poles. His oyster table stood at the lower end of the room, which was in constant use twice a day, all the year round; for he never failed to eat oysters both at dinner and supper, with which the neighbouring town of Pool supplied him. At the upper end of the room stood a small table, with a double desk; one side of which held a Church Bible; the other, the Book of Martyrs. On different tables in the room, lay hawks' hoods, bells, old hats, with their crowns thrust in, full of pheasants' eggs; tables, dice, cards, and store of tobacco pipes. At one end of this room was a door, which opened into a closet, where stood bottles of strong beer and wine; which never came out but in single glasses, that being the rule of the house; for he never exceeded himself, nor permitted others to exceed. Answering to this closet was a door into an old chapel, which had been long disused for devotion; but in the pulpit, as the safest place, was always to be found a cold chine of beef, a venison pasty, a gammon of bacon, or a great apple-pye, with thick crust, well



baked. His table cost him not much, though it was good to eat at. His sports supplied all but beef and mutton, except on Fridays, when he had the best of fish. He never wanted a London pudding; and he always sang it in with, "*My part lies therein-a.*" He drank a glass or two of wine at meals; put syrup of gillyflowers into his sack; and had always a tun-glass of small beer standing by him, which he often stirred about with rosemary. He lived to the age of one hundred and ten years, and never lost his eye sight, nor used spectacles. He got on horseback without help, and rode to the death of the stag till he was upwards of fourscore. He died in 1639.

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LEWIS CORNARO was descended from one of the most illustrious families in Venice; but, by the misconduct of some of his relations, had the bad fortune to be deprived of the dignity of a nobleman, and excluded from all honour and public employments in the state. Chagrined at this unmerited disgrace, he retired to Padua, and married Veronica, a lady of the family of Spitemberg. Being in possession of a good estate, he was desirous of having children; and after a long expectation of this happiness, his wife was delivered of a daughter, to whom he gave the name of Clara. This was his only child, who was afterwards married to John, the son of Frantini Cornaro, of a rich family in Cyprus, while that island belonged to the republic of Venice. Though he was very far advanced

in life when his daughter Clara was born, yet he lived to see her very old, and the mother of eight sons and three daughters. He was a man of sound understanding, determined courage, and resolution. In his younger days he had contracted infirmities by intemperance, and by indulging his too great propensity to anger; but when he perceived the ill consequence of his irregularities, he had command enough of himself to subdue his passion and inordinate appetites. By means of great sobriety, and a strict regimen in his diet, he recovered his health and vigour, which he preserved to an extreme old age. At a very advanced stage of life he wrote his celebrated Discourse on "Health and Long Life," wherein he acquaints us with the irregularity of his youth, his reformation of manners, and the hopes he entertained of living a long time. Nor was he mistaken in his expectation, for he resigned his last breath without any agony, sitting in an elbow chair, being above an hundred years old. This happened at Padua, April 26, 1566; and he was buried on the 8th of May. As he predicted, he lived to be upwards of one hundred years of age. His lady, almost as old as himself, survived him but a short time, and died an easy death. They were both interred in St. Anthony's Church, without any pomp, pursuant to their testamentary directions.

These Discourses, though written in Cornaro's old age, were penned at different times, and published separately: the first, which he wrote at the age of

eighty-three, is entitled, "A Treatise on a Sober Life," in which he exclaims against every kind of intemperance; and his vigorous old age speaks in favour of his precepts. The second treatise he composed at the age of eighty-six: it contains farther encomiums on sobriety, and points out the means of mending a bad constitution. He says he came into the world with a choleric disposition, but that his temperate way of life had enabled him to subdue it. The third, which he wrote at the age of ninety-one, is entitled, "An Earnest Exhortation to a Sober life;" in which he uses the strongest arguments to persuade mankind to embrace a temperate mode of living, as the means of attaining a healthy and vigorous old age. The fourth, a letter to Barbaro, Patriarch of Aquileia, written at the age of ninety-five, contains a lively description of the health, vigour, and perfect use of all his faculties, which he had the happiness of enjoying at that advanced period. In the "Spectator," vol. iii. Mr. Addison, speaking of abstinence, has the following passage: "The most remarkable instance of the efficacy of temperance, towards the procuring long life, is what we meet with in a little book, published by Lewis Cornaro, the Venetian, which I the rather mention, because it is of undoubted credit, as the late Venetian Ambassador, who was of the same family, attested more than once in conversation when he resided in England. Cornaro, who was the author of the little treatise I am mentioning, was of an infirm

constitution till about forty, when, by obstinately persisting in an exact course of temperance, he recovered a perfect state of health; insomuch that at fourscore he published his book, which has been translated into English, under the title of, "Sure and certain Methods of attaining a long and healthy Life." He lived to give a third or fourth edition of it, and after having passed his hundredth year, died without pain or agony, and like one who falls asleep. The treatise I mention has been taken notice of by several eminent authors, and is written with such a spirit of cheerfulness, religion, and good sense, as are the natural concomitants of temperance and sobriety. The mixture of the old man in it, is rather a recommendation than a discredit to it."

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In the year 1733, when Christiern IV. King of Denmark, and his Royal Consort, Sophia Magdalena, paid a visit to their Norwegian dominions, they took up their residence in the house of Lieutenant-colonel Colbiornson, in Frederickshald, who was desirous of diverting his guests with what they call a jubilee wedding. This was performed in a garden, under tents pitched for that purpose. There were four couple united in the bands of matrimony, all of whom were country people, invited from the parts adjacent; and out of all these, there were none under one hundred years old; so that all their ages put together amounted to upwards of eight hundred years. Their names

were, OLE TORRESON SOLOGSTEEN, who lived eight years afterwards, and his wife KELJE, who lived ten years; JERN OER, who lived six years after, and his wife JUGEN, who lived seven years; OLE BESSOBEN, and his wife; and HANS FOLASKEN, who lived ten years after, and as he had no wife he brought with him JORAN GALLEN, who, being a hundred years old, he borrowed for this ceremony; and she also lived ten years afterwards. These eight married people made themselves exceedingly merry at this jubilee-wedding; and the women, according to the custom of the country, danced with green wreaths upon their heads, which brides always wear on their wedding-day. It may be almost needless to say, that they did not return to their respective habitations without experiencing the munificence and bounty of their beholders.

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THOMAS LAUGHER, aged one hundred and thirteen, was living in 1813; he was born January, 1700, at Markly, in Worcestershire, where his father died at the age of ninety-seven, his mother at one hundred and eight, and his son at eighty. He remembered Queen Anne going to Parliament, 1705, on horseback, seated on a pillion behind the lord-chancellor. Mr. Laughher was formerly a wholesale wine and brandy merchant, in Tower-street, and sustained the loss of an immense sum of money, (said to be between one and two hundred thousand pounds,) by the failure of

a considerable house in Bartholomew-lane. He never drank strong beer, small beer, or spirits; his principal diet being coffee, tea, bread, and spring water. He recollected the quartern loaf at two-pence farthing, meat at one penny per pound, and butter at two-pence halfpenny per pound. In 1813, when the present account was taken, this remarkable man appeared likely to live many years. He walked well for his great age; rose at four o'clock every morning, and took a long walk before breakfast.

## CONCLUSION.

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IN the preceding pages are collected the most memorable instances of long-lived persons, of whose age we have any authentic records. The ages of the antediluvians, narrated in the Sacred Volume, are purposely omitted, as bearing too little reference to the present race of mankind, to afford any satisfactory conclusions. There are many improbable stories of persons who have almost rivalled them in modern times; but the examples here given are abundantly sufficient to prove that longevity is not restricted or confined to any particular climate; for we have given some remarkable instances of people who have lived to very great ages, not only in temperate climes, like those of the British Islands, but in those that are very hot, and even in some which are very cold. It is certain, however, that they appear to have been more numerous in the temperate climates; but the all-wise Creator has so constituted the human frame, as to render it capable of adapting itself to the atmosphere and peculiarities of the country in which it receives life, and has wisely enabled the inhabitants of the most remote nations to endure, with impunity, great changes of temperature. Men can live equally well

under very different circumstances: it is sudden changes of the weather that are mostly injurious; and temperate climates, being less liable to such alterations, are found to be most favourable to the continuance of life. There are, however, in almost every country, particular districts which are more favourable to the health of the inhabitants than others; and the cause of this superiority is chiefly owing to a free circulation of the air, uncontaminated by the noxious vapours and exhalations, arising from manufacturing towns, marshes, or stagnant pools, which destroy its purity in other parts: of this the ingenious Dr. Armstrong was fully sensible, who therefore recommends that hilly places, which are almost universally found to be the most healthy, be chosen for the districts of residence.

The plain diet and invigorating employments of a country life are acknowledged on all hands to be highly conducive to health and longevity, while the luxury and refinement of large cities are allowed to be equally destructive to the human species. The desire of self-preservation, and of protracting the short span of life, is so intimately interwoven with our constitution, that it is justly esteemed one of the first principles of our nature, and, in spite even of pain and misery, seldom quits us to the last moments of our existence. Is it not, then, a matter of just surprise, that historians and philosophers have hitherto paid so little attention to longevity?—If the present attempt



should excite others, of more leisure and better abilities, to a full investigation of so interesting a subject, the inquiry might prove not only curious, but highly useful to mankind\*.

So highly, indeed, is longevity esteemed in China, that triumphal or honorary arches are erected, we are informed, to the memory of persons who have lived a century; for the Chinese entertain an idea, that except a man live a sober and a virtuous life, it is impossible he should attain to such an age. "Temperance," says an excellent writer, (J. J. Grelhier,) "is certainly the best security of health; and no man can reasonably expect to live long who impairs the vital powers by excess, which converts the most natural and beneficial enjoyments into the most certain means of destruction. The few instances of individuals who, notwithstanding their licentious mode of life, have attained considerable age, cannot be put in comparison with the immense number whose lives have been materially shortened by such indulgences."

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\* For this purpose, the Bills of Mortality ought to be revised and put on a more extensive and useful footing; they should contain a particular account of the diet and regimen of every person who dies at eighty years of age, or upwards, whether the parents were healthy, long-lived people, &c.—A register of these circumstances, throughout the British Empire, would be productive of many important advantages to society, not only in a medical and philosophical, but a political and moral, view.

The great Dr. Fothergill observes, that "the due regulation of the passions perhaps contributes more to health and longevity than any of the other non-naturals;" and we may further add, as we have before alluded to, in the First Part, that a due regulation of the passions constitutes a very important part, if it be not the very essence, of a virtuous course.

"The chearful and contented," says Mr. Grellier, "are certainly more likely to enjoy good health and long life, than persons of irritable and fretful dispositions; therefore, whatever tends to promote good humour and innocent hilarity, must have a beneficial influence in this respect; and persons whose attention is much engaged on serious subjects, should endeavour to preserve a relish for chearful recreations."

It is a remark that has been made by some writers on the subject of longevity, that moderate sized and well proportioned persons have certainly the greater probability of attaining to a considerable length of life; this may seem reasonable, but there are some instances to the contrary: MARY JONES, who died in 1773, at Wem, in Shropshire, at the age of one hundred years, was only *two feet eight inches* in height, very deformed and lame; but JAMES MAC DONALD, who died near Cork, in Ireland, August 20, 1760, at the age of one hundred and seventeen, was *seven feet six inches* in stature.

That the common duration of man's life, since the flood, has been nearly the same in all ages, is clearly

shewn from sacred and profane history: Plato lived to eighty-one, and was thought an old man; and the instances of longevity adduced by Pliny, lib. vii. c. 48, may most of them be matched in modern times.

From the vast number of instances, therefore, recorded in the foregoing pages, of persons, principally our own countrymen, who attained to a patriarchal age, by means of temperance and regularity in their mode of life, we cannot do better than recommend a similar method to be adopted by every person, who is desirous of prolonging his days: of the physical regimen likely to promote so natural an inclination, we have already spoken sufficiently in the First Part.

A patriarchal age may be attained to in other countries, and undoubtedly is, as well as in the British dominions, although our histories do not furnish us with many particulars: some, however, have come to our knowledge; and it may be proper to mention, that according to a list published officially in Russia, of the number of deaths in 1811, there were 584 instances of people who died, in the various provinces of that vast empire, at upwards of one hundred years old, viz.

467 above 100 years of age.

113 . . . . 105 . . . . .

3 of .. 140 . . . . .

1 . . . . 150 . . . . .

And in the list published officially in the same country, of the number of deaths in 1815, there were

1068 instances of people who died at upwards of one hundred years of age ; namely,

|     |                             |
|-----|-----------------------------|
| 613 | persons above 100 years old |
| 209 | ..... 105 .....             |
| 123 | ..... 110 .....             |
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Finally, we request the favour of the communication, to our Publisher, of any anecdotes or biographical notices concerning the persons here recorded, or others, which shall be carefully attended to in a future impression:

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and the Committee on the part of the Society, and  
will be glad to receive from the members of the  
Society any suggestions or criticisms which may be  
made. We request the favor of the communi-  
cation to our publishers of any notices or biographical  
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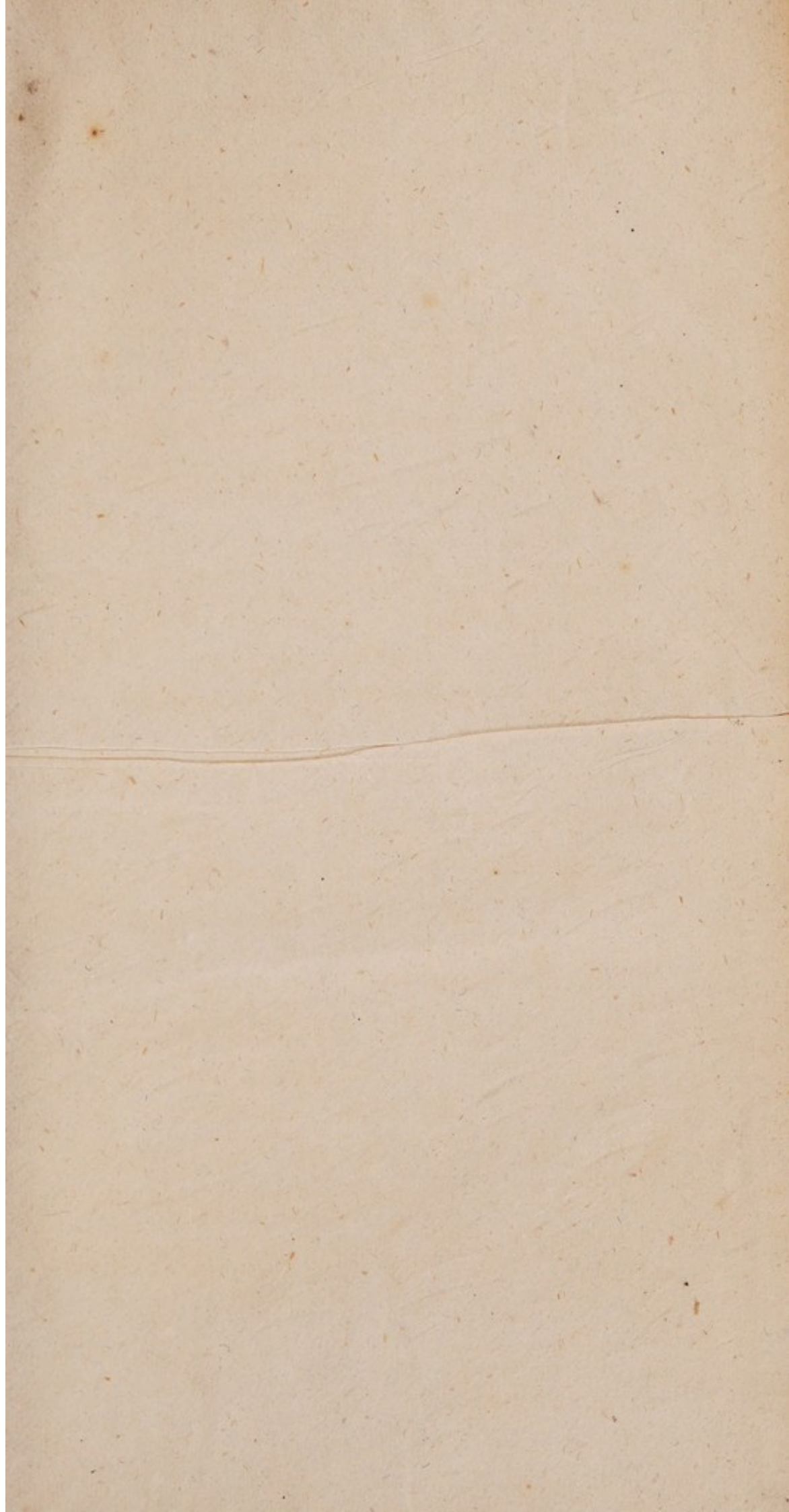
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