

REF. 52  
ACC. NO. 12 2711  
MONTREAL UNIVERSITY  
LIBRARY

293. University St  
Montreal.

Oct. 20 1898

I have the pleasure  
of writing you  
before it comes  
to you  
I am not to have  
before it comes  
to you  
I am not to have  
before it comes  
to you

Dear George,

I am taking  
the liberty of sending  
to you a book published  
by the Am. Soc. of Fleming  
Russell & Co, which  
gives some of my books  
in the U.S. It is

Fifty years and Beyond

by Jackson,

a compilation of extracts

bearing on the latter

Years of life. The first  
part is Physiological, the  
latter half more religious.

I have lately been  
going over the Physiological  
or medical part with  
much profit; and now  
wish I had studied it at  
least 10 years earlier,  
as I might have saved  
some sleep & sorrow &  
had longer life.

You are now if  
I reckon rightly, 49,

and therefore on the  
Berge of 50, and I would  
advise you to read carefully  
the earlier extracts  
bearing on the case  
to be taken of health  
at and after 50.

By attending to these, you  
may enjoy a long and  
comfortable old age, as  
your constitution must  
originally have been very  
good to get over the  
much serious illness as you  
have had.

P.S. I am much puffed down by recent dull weather; but may gain a little when it gains ground,

Mother thinks you may be offended by my sending such a book; but I trust you will not. It is well meant, and may be useful. The more spiritual parts you may think little of now, but will think more of <sup>them</sup> if you are spared a little longer.

I have ordered the book to be sent direct from the publisher to save expense. When received please inform me