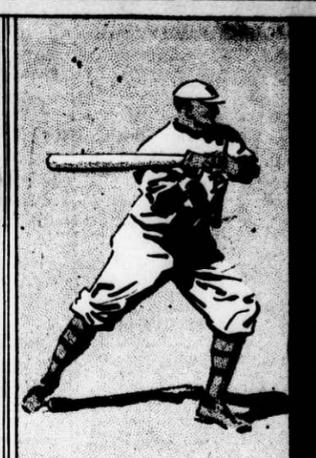




Life should last five times the period of growth; the calf reaches maturity in three years and reaches old age at fifteen.



The athlete who trains studiously and keeps in the game successfully combats Father Time, while city idlers neglect proper exercise and age rapidly.

Postmen carrying heavy packs and walking constantly keep younger than do policemen, who are less active. When the farmer retires his health fails.

By HAROLD N. MOYER, M. D.

AGE and its advance is the concern of every one. An immense amount of time is spent in worrying over it. The youth longs to grow old and the adult no less keenly longs to stay young. Forty-five years represent in general the turning point in the process of developing old age and usually marks the time when men begin to realize a slight decline in their physical and mental powers.

Some individuals are young at this age. Age is purely a biologic question.

In the beginning of any discussion of longevity and the processes of age it is well to state that in a very general way the higher mammals live about five times as long as it takes them to reach maturity. There are some exceptions, but a broad view of life on earth will reveal the truth of this statement. The calf has grown into a cow at 8 years, and a 15-year-old cow is usually at death's door from old age. A colt has become a horse at the age of 4 years, and the 20-year-old horse is very old.

Every Man Should Reach 90.

The span of human life, barring disease and accident, ought to run into the nineties. The fact that it doesn't is largely due to our carelessness in keeping our bodies fit.

Of course, to grow old is purely a natural process. We begin to age from birth. It is inevitable that a person should age. He should finally die as nature ordains for his custom. Without disease our powers will gradually and surely fail; the machine will steadily run down. If you live long enough you will die of old age.

The problem of postponing this natural event is one of health. Keeping well is the whole problem. Disease damages us. One organ or another is involved when disease sets in; it is first damaged, then disabled. It is important that particular organ is impaired. If it is one of the digestive organs the source of supply is attacked, the powers which nourish the body are handicapped; if it is the kidney, the bowels or lungs the power of getting rid of waste materials is lessened. Whichever is diseased matters not in the acceleration of the process of decay. Any organ in an aged person may give out, but in the case of death from old age and nothing else all the organs seem to fail simultaneously.

Laziness Ages More Than Work.

Some people are unquestionably born into the world with better bodies than others, but the average human being could add years to his life by avoiding ill health. Those who have constitutional weaknesses may in many cases postpone the wearing out of their bodies by care in the preservation of health.

Laziness ages more people than does overwork. The man who looks old at 45 has been lazy more often than overindustrious.

No one is really well who is muscularly weak.

Of course, city life is no harder than country life, but city people don't live properly. They don't choose to live healthfully. The temptation is more toward indulgence than toward care in taking exercise. It is so much easier to be careless than to walk the road of systematic training. The social customs, so much more exacting in the city than in the country, make it difficult to avoid carelessness without appearing to be a freak. They insist upon certain hours, upon certain garments and certain diets, some of which are not good for the human constitution. In the freedom of country life shirt and overalls are enough, but this attire is impossible in the city unless the individual is employed on some job where it is obvious that he must work with his hands.

Wise to Follow Impulses.

All dress restrictions are wearing. They make the person indifferent to bodily exercise and thus bring on old age. The high-heeled shoes which women affect

How to Keep Young

- EAT only when hungry.
- Sleep only when sleepy.
- Rest only when tired.
- Do not worry about the coming of old age.
- Forget fear in steady work.
- Never "retire" from activity.
- Do not quit work for fear of overworking your nerves; merely keep your body fit.
- Before a day of brain work take an hour's walk.

cramp the foot and normal leg action soon becomes impossible.

There are certain good rules to follow in fighting Father Time. Nature's rule is the only code by which to be successful in this effort. Sleep when you are sleepy, eat when you are hungry, rest when you are tired, but be sure that you are sleepy before you sleep, that you are hungry before you eat and that you are weary before you rest. Nothing of benefit is gained by trying to sleep when you are wakeful, by eating when you are satiated or resting when you are strong. Frequently harm comes from doing just these things. Especially in the matter of resting is it harmful, since continued disuse of the muscles softens them and abets the process of age.

Walk Before Day's Work.

Do not be afraid of nervous prostration if you take good care of your body! Overwork will not be likely to overcome you if you keep your physical being in sound condition. The majority of cases of nervous prostration are not from excessive brain work; they are the result of careless living—not necessarily excesses, but indolence in exercise and insanitation in living conditions.

A very good preparation for a day's brain work is an hour's walk. Dissipation ages men because it keeps them from proper exercise, from proper habits of sleep. Laziness keeps men from the same necessary things. You can't use the nervous system without exercising the body. When a person declares that his nerves are "jumpy" and that he is on the verge of a nervous breakdown he is in all probability the victim of laziness rather than undue concentration of mind. What has happened is that he has neglected to see to it that his muscles and organs of digestion and excretion are in perfect working trim. This has resulted in some of them becoming disabled. The blood consequently is unable to supply the proper nutrition to the brain, with an accompanying disorder action.

Length of Rest Is Age Test.

People who are conscientious in preserving bodily health are younger at 45 than those who have scorned the rules.

Forty-five seems to be the arbitrary line beyond which life sets into its decline and to which it rises to its fullness. Ill health and the impaired organs of which I have spoken will move this point of change to a

Why Some People Are Old at 45 and Some are Still Young

Too Lazy to Exercise, Is the Physician's Verdict on Those Whose Powers Fail Early—Life Should Continue for Five Times the Period of Growth or Until a Man Is Past 90, and City Dwellers Have No Excuse Except Their Own Indulgence for Loss of Vitality at Half That Age

year considerably sooner than 45, while zeal in preserving health may remove it into the fifties or sixties.

The decline begins when the muscles lose something of responsiveness. The nerve reactions become slower. Because a man becomes less able to accomplish the tasks of his youth nature guards him by dulling his ambition and by cultivating his tendency toward conservatism. He cannot recover from fatigue as quickly as in his youth. This is one of the sure signs of age. A child can become very weary, rest a moment and be refreshed. He who is on the shady side of 45, however, finds that it takes longer to regain physical strength after exhaustion. The older he gets the slower is his recovery. The ordinary prize fighter of 35 is slower than the pugilist of 20 because he cannot rest between rounds as completely. Each bell finds him a little weaker because the one-

minute rest is not as beneficial to him as to the younger man.

Another sign of age is increasing farsightedness. This begins to make itself apparent under normal conditions at approximately the age of 45.

Good People Sweeten With Age.

If the person is healthy and even tempered he will gradually sweeten in disposition as time goes on. Good people sweeten with age as does wine. The older people get the less emotional they become. The less they react, there is not so much joy and not so much sorrow.

Don't give up work or play. Keep in the game. If you don't do as well as in the days of your youth stick to it just the same. The retired farmer who chooses the corner grocery store for a resting place all of a sudden finds that his body, injured to the activities of farm life, is being by this in-

The Rule of Longevity

LIFE should exist five times the period of growth. Thus a calf becomes a cow in three years and an old cow in fifteen.

A colt becomes a horse in four years and a "plug" in twenty.

A baby becomes a man in eighteen or twenty years and if proper health rules were observed would live to be 90 or 100.

action hastened into decay. The brain worker is in equal danger.

The continued use of the body tends to preserve youth.

If a man wants to live to a ripe old age he will go on thinking and working even after his hair is gray. If he gives up he will "fade out," as the expression is.

When our organs are used and then

abandoned to inactivity they "go back." The athlete trains, builds up a strong heart muscle, then suddenly quits playing. His tissues and muscles are not called upon and are likely to waste. The evil is not in the training but in the failure to go on exercising this extra muscle.

Extra Weight Is Hint.

The putting on of flesh is another indication of age. Corpulence generally begins to manifest itself around the forty-fifth year if it is to materialize. Occupation has much to do with this question. A fat postman is the exception, but a fat policeman is far less uncommon. Worry over oncoming old age is responsible for many signs of age in the face. If the person becomes convinced that his health is falling or that he is inadequate for his work he will soon worry himself into real and actual disorders of digestion and mind and thus bring in the very thing that would be postponed were he to banish it from his mind and plunge into the work of keeping his body fit.

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How Much Sleep Do I Need?

ONE of the most discussed problems in the matter of living long is that of sleep. Every man and woman is anxious to know what the correct amount of hours spent in slumber should be. A few years ago Thomas Edison was quoted as saying that he only needed four hours' sleep to refresh him for a new day's work. This remarkable announcement attracted world-wide attention because of the inventor's genius and power of intellect.

Recently there appeared in a daily newspaper of New York a letter in which the writer declared that he had copied Edison's method of working long and sleeping little and that as a consequence he had lost his health.

The New York Medical Journal, a periodical which is always on the alert to interpret medical knowledge into messages to the lay public, comments upon this letter editorially, saying:

"Doubtless, from an early time the foolishly ambitious have tried to get along with less sleep than nature requires, and the curious public (curious subjectively and objectively) is always more interested in the freakish doings of the few than in the sensible conduct of the average human being. They are little impressed with the miracle of everyday life.

Mr. Edison, being a scientist, must needs be a good example of correct sleeping habits, but, alas, when it comes to caring for his body a scientist is often more of a fool than his less learned fellow mortal. We do not know how much sleep Mr. Edison requires or takes, but we are informed that he is far from being in the most enviable state of health. We do know that most great men have needed more sleep and have taken more than has been credited to them.

"In one of our standard works on

therapeutics the writer states that Napoleon took but four hours of sleep. Had the writer been as careful in his research in this matter as in others he would have found that Napoleon, who was blessed, if ever man was, with the constitution of an ox, took between six and eight hours of sleep, and though he could go for long intervals without rest, always made up for such loss, on one occasion sleeping for thirty-six hours at a stretch.

"Benjamin Franklin, who was as thrifty of his time as he dared to be, and who was very robust, limited himself to six hours of repose but not less, and if the history of the robust great were looked into carefully it would be found that they had about as much sleep as the average man, and certainly few of them were foolish enough to try to get along with less than they craved. If one desires a commentary on the woes of sleeplessness he has but to read the autobiography of Herbert Spencer.

"It is a greater gift to be able to sleep 'at will' and under any circumstances than to do with little sleep. More time is wasted in getting to sleep than in sleeping. On the other hand, there is little doubt that too long sleep, too protracted bodily relaxation, is not best for the human organism, and many of our relaxed young people, with no regular employment and more time than they know how to consume to advantage, would be better off spending less time in bed. A prescription for early rising would do them good.

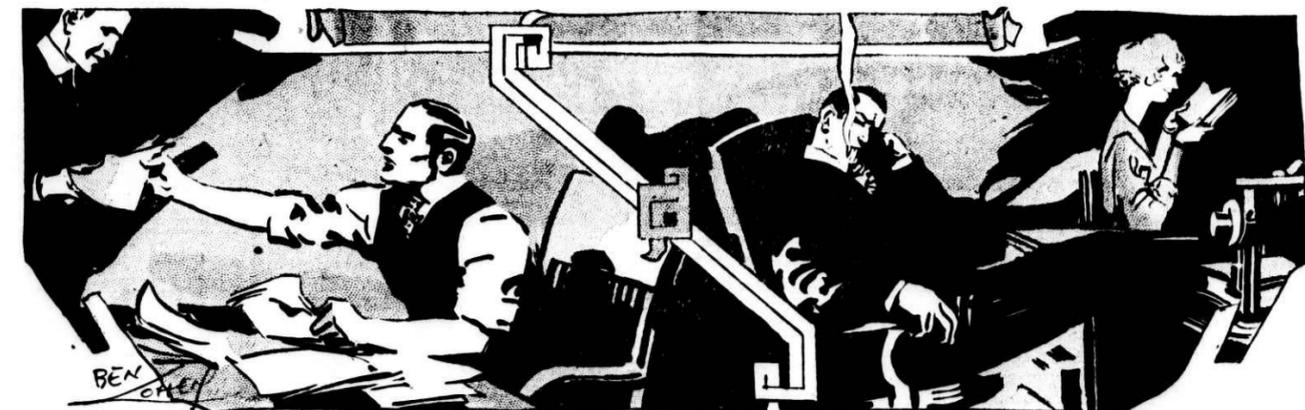
"The physician needs as much sleep as the next person, and when he is robbed of it ought to make it a point to have his nap to make up for it. Only so can he expect to be abundantly awake at his work and to keep going for the allotted span of years of labor."

A Brand New Way to Strap a Trunk

MARTIN J. FINN of Revere, a United States customs inspector in Boston, has recently invented an improved trunk whereby it is possible to lash or rope it securely for transportation without lifting or moving it. Heretofore, in order to rope a trunk, it has been necessary to pass the rope under the bottom. In the case of a heavy trunk, with floor space limited, this is a laborious undertaking.

Mr. Finn's trunk is equipped with metal straps which pass under the bottom and up along the side and end walls and are permanently attached thereto and which materially strengthen the entire lower portion. The straps terminate in hooks just below the lid.

Instead of passing a long rope around the entire trunk under the bottom, one end of a short piece is made fast to one hook and passed over the top to the opposite hook. This is repeated until all the hooks have become engaged. The inventor believes he has evolved a very practical device.



Laziness ages more people than overwork. The man who loafs at his desk lets his powers decay, while the hard worker who takes exercise preserves youth.