

Wanted to Be Centenarian; Dr. William Starr Is Happy

Oldest Inhabitants Will Be His Birthday Guests Tomorrow.

Age a Washingtonian Talks Interestingly of His Life.

Thanks Pure Food and Regularity for His Hun- dred Years.

One hundred years without the service of a physician and without taking medicine is the remarkable record of William M. Starr, the most notable figure in the Association of Oldest Inhabitants of Washington.

Mr. Starr will celebrate the one hundredth anniversary of his birth tomorrow afternoon, when he will give a luncheon, at which members of the Oldest Inhabitants will be his guests. From 1 o'clock until 5 a series of reminiscences of old times will be exchanged. Mr. Starr will make a speech and tell of some of the things that happened even before most of his associates in the society were born.

Hale and Hearty.

Mr. Starr is apparently as vigorous today as he was thirty-odd years ago, when he came to Washington to live. He is hale and hearty, is keenly alive to the affairs of the day, and is as active as a man of half his age. He tells a wonderful story in explanation of his theory of longevity.

"Yes, I am nearing the hundred-mile post," he said, "and I must admit that this has been the longest year in my whole life. Somehow, I have looked forward to the day that I could celebrate my one hundredth anniversary, and I suppose that it is for this reason that the ninety-ninth year has dragged. Of course, it is natural that one should feel this way in approaching the goal—something that he has looked forward to for a long time, and there is always an element of fear or uncertainty until it is passed. I never felt better in my life, though, and I feel now as if I might live many years yet. Why shouldn't I? I am as healthy now as I was twenty-five years ago. I am taking perfect care of myself, so why should I prepare or look for death?"

Memorable Luncheon.

Dr. Starr then told of the plans for a dinner on his birthday, October 14, when he will have as guests over 30 members of the Oldest Inhabitants Association of Washington, of which organization he has long been an honored member. The luncheon, with Dr. Starr as host, will be one of the most memorable in the history of the association, or in the history of the city, as for that, for so far as is known it will be the first time that a centenarian has acted as host to this number of guests, who are anywhere from ten to thirty years younger than himself.

One of the most interesting features of the banquet will be the presentation to the association by Dr. Starr of a life-size oil painting of himself, duly autographed, which will hereafter adorn the walls of the clubroom.

Thanks Proper Care.

"To what do you attribute your long life, doctor?" the venerable man was asked.

"To proper care of this, my boy," he replied significantly, pointing to his stomach. "Longevity is assured every one if they will but treat their stomachs decently, and that is the treatment I have accorded mine since I was fourteen years old. Here are a few of my simple rules, to which I attribute the years that have passed over my head without leaving the marks I see upon many younger men around me:

"I never ate as much as I could eat in my entire life.

"I never drank intoxicants of any kind.

"I have never used tobacco in any form.

"I have never taken more than a half glass of ice water at once.

"I never drank ice water after meals, thus paralyzing the digestive organs.

"I have never gone to bed with water above my head. A man's head has no more business under the water than a fish has out of it.

"I early learned what foods were injurious and those which assisted nature in its work. I always avoided the former.

"I have never remained in a draft when overheated."

"I eat only two meals a day—at 8 a. m. and 4 p. m."

Specialist in Botany.

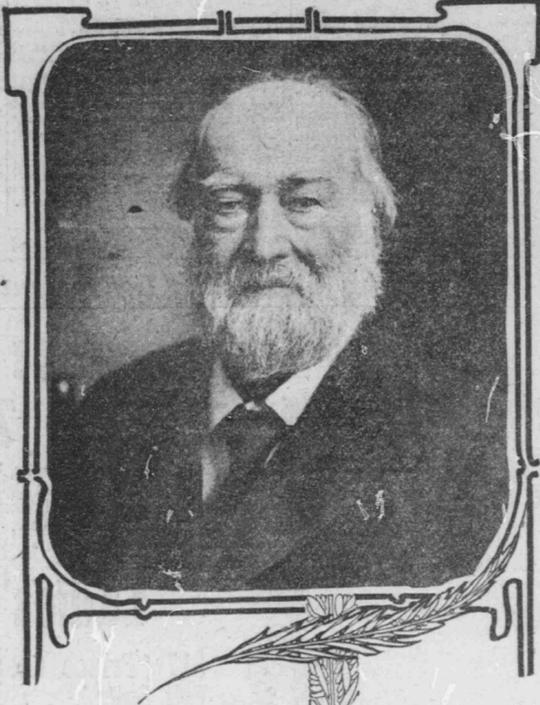
Dr. Starr is a specialist in medical botany, and has no faith in any medicine except that which he himself obtains from the herbs and roots of the field. He began the study of botany when fourteen years old, in this respect following the example of a number of his forefathers, who were noted botanical specialists, living to advanced ages.

Arriving at the age of fourteen, according to Dr. Starr, he climbed upon the lap of his mother and informed her of his theory how to live to an advanced age. He pointed out that the stomach was the barometer of the whole body, and announced the intention from that day forth of adhering to the laws of nature as he construed them.

"My mother agreed with me," said Dr. Starr, "and she became interested in my studies. She began to diet and tabooed many of the things which she had, before that time, been inflicting upon her digestive organs. Her health improved and she lived to a ripe old age. Prior to this time I had been a sickly, puny child, when all the neighbors predicted would die before reaching the age of twenty-one. This angered me, and I set about to belie their prophecy. I have outlived them every one."

Eventful Life.

"I have led an eventful life," continued Dr. Starr, "and one filled with many hardships, but no matter where I might



DR. WILLIAM M. STARR,
Who Will Entertain the Oldest Inhabitants' Association at a Luncheon Tomorrow in Honor of His One Hundredth Anniversary.

be I have never overlooked the laws of health, and my early resolution. Fifty years ago I pursued the even tenor of my way in this respect just as I am doing today."

Dr. Starr was born October 14, 1807, in Prince William county, Va., upon the spot where a half century later the terrific battles of Bull Run were fought. His father, Henry Starr, was a descendant of Sir Russell Starr, of England, and himself lived to be nearly 100 years old. His mother, Sarah Starr, was a great niece of John and Charles Wesley. By following the tenets of medical botany, which have made the Starrs famous, she lived to the advanced age of ninety-seven years.

At the age of four years Dr. Starr and his parents moved to what is now Mahoning county, Ohio, and were among the pioneer settlers of the country that was then a wilderness. Arriving at his majority, young Starr continued his explorations of the West, and for many years was engaged in clearing tracts of timber, building log houses, and selling them at a profit, thus amassing what was considered a neat little sum in those days.

Joined "Forty-Niners."

In 1849 Dr. Starr contracted the "gold fever" and with hundreds of others set out for the wonderful gold fields of California. Here he shared the rough and tumble life of the miner with all of its ups and downs, making a stake here and there, failing to "strike it rich" in the broadest sense of the word, but generally adding to his store of the precious metal. When he returned East, nearly ten years later, he possessed a fortune of over \$5,000.

This he invested in farm lands in southern Louisiana, which he worked until the beginning of the civil war. When war was declared Mr. Starr's

estate was a very valuable one. When it ended and Mr. Starr returned home after doing distinguished service in the Confederate army, he was practically penniless and began the battle of life over again. Added to his financial reverses was the loss of his wife and child, both of whom died while the war was in progress.

Moved to Washington.

In the late sixties Dr. Starr returned to the West, where he remained ten years. In 1876 he moved to Washington, taking up his abode at 709 G street, where, for thirty-one years, he has pursued his vocation as a medical botanist. Since becoming a resident of Washington he has published several booklets on health and longevity, and has engaged in the manufacture of several proprietary medicines, which he distills from herbs and roots gathered by his own hands.

Returning again to the subject of his life in Washington, Dr. Starr said: "For over thirty years I have followed a regular program. I retire early, rise a little before 8 and eat a light breakfast. For the morning meal I generally order two scrambled eggs, bread and butter, mashed potatoes, and stale bread. For the afternoon meal, taken at 4 o'clock, is practically the same, with the addition of lean meats, tomatoes, prunes, or apple sauce. I eat but two meals a day. I drink no water with my food. Under no circumstances would I take a glass of ice water. Ice water poured into the stomach at meal time simply stops digestion until the water becomes the temperature of your blood.

Dig Own Graves.

"A large part of the human family dig their own graves with their teeth. They eat what they should not; they eat more than they should, and then expect some doctor with poisonous medicines to keep them in health. Everything you eat, drink, or chew, is either a benefit or an injury to you. Remember that. What not to eat is just as important as what to eat. Investigation has taught me that if you would live long, you must put on the blacklist all pies and pastry, oatmeal, fat meats of every kind, coffee, warm bread, and in some respects milk. Too much milk is not good for anyone.

"Every person is at some period in life endowed with a good stomach," explained Dr. Starr, "unless born of unhealthy parents. This stomach will perform its functions if you give it a chance. The trouble is that ninety-nine out of a hundred begin early in life to abuse it, and once the stomach becomes deranged, it is just like a corn upon the foot, so long as you have no corn a shoe won't hurt the foot, but after you acquire one, a feather bit will

cause pain. That's the whole secret of life in a nutshell."

According to Dr. Starr's theory, a person's life is in his own hands, and attention to the dictates of common sense will make it possible for almost any person to attain the ripe old age to which he has always aspired and has now achieved.

Stop Taking Medicine.

"It will be one of the happiest moments in my life when I take a seat at the banquet board on my hundredth anniversary," said the doctor. "This same happy moment would be possible for nearly every one if they would but observe the simple rules of health I have laid down and live the simple life. Stop taking medicine. I never had a prescription filled in my life, and today I can walk, talk, and see as well as I could twenty years ago."

Dr. Starr, to all appearances, scarcely

seems over seventy-five years old. His step is quick even for that age, his eyesight good, and his memory and spirits excellent.

He talks interestingly of the Washington of thirty years ago when he established himself at his present office and home. At that time G street was the city limits on the north and the doctor says that he has frequently wandered in the blackberry patches that adorning what is now one of the most populous parts of the city.

He remembers perfectly the first electric car passing his G street home. I recent years he has spent much of his time on the front doorstep watching the passing street cars and the hurrying pedestrians, many of whom have known the pioneer citizen for a number of years, and always have a cheery nod and a pleasant smile for him.

Promptly at 8 and 4 o'clock, Dr. Starr drops everything and walking unaided

to a nearby cafe orders a hearty meal, chats awhile with the proprietor and waiters and returns to resume his watch on the doorstep until bedtime arrives. He is as punctual as the clock in all things, which trait is illustrated by the manner in which an interview was arranged by a Times reporter.

"How will the hour of 3:30 tomorrow afternoon suit, doctor?" he was asked.

"You'd better make it 5 o'clock instead," he replied. "I take lunch promptly at 4 and would have to leave you before the interview was finished." The next afternoon he was waiting at the appointed time.

"What is your opinion regarding these Government clerks and others, who run at the noon hour, grab a ham sandwich, piece of pie, and cup of coffee, gulp it down and hurry back to the office?" asked the reporter of the sturdy centenarian.

"The least I can say for them is that they are extremely foolish. None of them will live more than half as long as they might have, had they exercised common sense in eating. It is a wonder to me that any of them live to be forty years old," he replied.

Underwood

In Every Well-Regulated Office

extreme care should be exercised in correspondences. Paper should be neat and attractive, pains should be taken in composition—above all, the typewriting machine should be the best. Such a machine is The Underwood. It is light-running, with a firm, even touch that insures ease of operation and capacity for work. The alignment is absolutely perfect at all times, there is nothing complicated to "get out of order." That is why users of other machines are now putting in Underwoods, and those who already have them are keeping them.

ATTACK ON LAWYER RESULTS IN ARREST

Carl Petersen, Jr., son of Carl Petersen, a jeweler, at 323 G street northwest, was arrested last night on a warrant charging him with assault with a dangerous weapon on Henry H. Glassie, an attorney, living at 2020 N street northwest.

Petersen was taken to the First precinct police station, where he deposited \$100 collateral for his appearance in the Police Court tomorrow morning.

It is said that Mr. Glassie was holding the elder Mr. Petersen by the wrists when the young man came up and struck him on the side of the head with a hammer. Mr. Glassie had called at the jewelry store about noon yesterday in connection with a rental question.

pect some doctor with poisonous medicines to keep them in health. Everything you eat, drink, or chew, is either a benefit or an injury to you. Remember that. What not to eat is just as important as what to eat. Investigation has taught me that if you would live long, you must put on the blacklist all pies and pastry, oatmeal, fat meats of every kind, coffee, warm bread, and in some respects milk. Too much milk is not good for anyone.

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RAT BATTLES WITH WOMAN IN DEFENSE OF ITS YOUNG; POKER ENDS ITS CAREER

NEW YORK, Oct. 12.—Mrs. Jason Wormwood is not a woman who shrieks and jumps on a chair or faints at sight of a mouse. Mrs. Wormwood, single-handed, fought a combative rat to the death in her kitchen at North Caldwell, N. J. That she killed the rat greatly rejoiced her, for in its nest she found pieces of a five-dollar bill she lost weeks ago. She thought it was stolen by a tramp to whom she gave a meal.

Mrs. Wormwood has not opened the lower oven of her kitchen range since last spring. She opened the door yesterday and was surprised to see a bundle of rags and paper in the oven. She seized the bundle, and the rat, hidden

in its nest, bit her hand severely. Of course, Mrs. Wormwood emitted one shriek—she does not pretend to be a Joan of Arc or a heroine of any kind. But instead of fainting or jumping on a table she grabbed a poker.

The angry rat jumped from the oven, and instead of trying to escape showed fight. Mrs. Wormwood struck at it again and again. The rat, squealing wildly, darted here and there, and was bold enough to spring at her twice. At last she drove the rat in a corner and killed it. After all it was only trying to defend its young, for four very small rats were in its nest. It had gnawed its way through the kitchen floor and the concrete base of the range in its maternal effort to find a safe resting place.

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HARRIMAN'S CASE SET FOR NOV. 13

NEW YORK, Oct. 12.—At a conference of counsel today, the Government suit against E. H. Harriman and Otto H. Kahn, to force them to answer questions put to them before the Interstate Commerce Commission, was postponed by agreement, and set for hearing November 13, before Judge Hough in the United States district court here.

C. A. Severance, of St. Paul, law partner of Frank B. Kellogg, the Standard Oil inquisitor, was here as special counsel of the Interstate Commerce Commission, and after the postponement held a conference with United States District Attorney Stimson in regard to the methods to be employed in their effort to make the Wall street wizard answer. The questions involve the purchase of Illinois General stock by the Union Pa-

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Skirts for Smaller Women

Smart styles differing from the regular women's designs, also from Misses. \$5 to \$75.

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These are some of the most beautiful models ever seen; side plaited and trimmed with bands of like material or taffeta.

Kimonos and Dressing Sacques

Ah! the comfort of a Japanese Kimono—dainty full length Crepe Kimonos with borders of pink, light blue, violet, and red—a real bargain at \$1.50. Special, 98c.

China Silk Kimonos

Soft, clinging gowns, in black and all colors—fancy borders—sold everywhere at \$5.00. Special, \$3.98.

Flannelette Kimonos

Pretty garments made of the heavier weights of material. Floral and Persian all-over designs—satin borders, in gray, light blue, red, pink, and all colors. Bargains at \$1.25. Special, 98c.

25 Dozen Lot Dressing Sacques

Flannelette Sacques, made with deep sailor collars, finished with silk cord—vast assortment of patterns—great values at 75c. Special, 39c.

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We guarantee a fit, and our prices are just half what you are asked by a tailor—Skirts divided, safety and old English—Coats box, smart English cutaway, semi-fitting, and the popular "Meadowbrook." Skirts \$5.00, \$7.50 to \$20.00. Suits, \$20.00 to \$50.00.

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\$10.00 and \$15.00. The newest French shapes, in velvet, satin, and silk, trimmed with flowers, beautiful ostrich plumes, fancy feathers, smart ribbons. Large and medium sizes, in all the leading European colors for the season. The new browns and greens, black, navy blue, and plum colors. In fact, any style, color, or shape to suit your fancy.

Smart Hats, \$5.00 to \$7.50 and up, according to the qualities of materials.

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