

Home Course In Health Culture

XVIII.—Long Life In the Home

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Our care should not be so much to live long as to live well.—Seneca.

A WISE man said: "There appears to exist a greater desire to live longer than to live well. Measure by man's desires, he cannot live long enough; measure by his good deeds, and he has not lived long enough; measure by his evil deeds, and he has lived too long."

More length of days as measured by the calendar is but a poor thing to write about. The "filling" that goes into those days is the real measure of life.

To encourage a selfish and punctilious regard for the attainment of a phenomenal span of life is not in keeping with the higher ideal of philosophy or science.

Life is a Trust Fund.

In considering this problem we should bear in mind, however, that life is something that we hold in trust.

At least that is the dictum of the best thought that has come to us through the ages. We have no right to handle this trust fund with careless spendthrift indifference; neither may we hold it with such misery care that it shall earn no interest in good deeds and human achievement. Society condemns the suicide in the same degree that it lauds the patriot or the hero who gives up his life in a good cause.

But some people lack a sense of proportion. The degree of their sacrifice is out of all proportion to the cause in which it is offered up and the possible evasion of higher responsibility, and the reflex injury to others is often unrealized.

Barring the emergencies of war and accident, there are few circumstances that warrant the deliberate forfeiture of life or persistent neglect of health. It is better that the worker, whether humble breadwinner or lofty states-



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JOHN D. ROCKEFELLER, AT SEVENTY, ON GOLF LINKS AT AUGUSTA, GA.

Golf, billiards, hill climbing, hunting, fishing, are all beneficial forms of exercise which may be indulged far into old age.)

man, should be spared to work long and under proper restraint and poise than that his life should be burned up prematurely in feverish and often misguided effort.

The first step, therefore, in planning for long life in the higher meaning of the term is to acquire a sense of proportion.

What Is Old Age?

Cazzals said: "A man is as old as his arteries." True enough, but far from being a definition of old age. To define old age we must first define life.

Herbert Spencer tried to define life and succeeded admirably in some respects, but there is nothing in his definition that explains why the human clock runs down in less than a century instead of running for several centuries.

Preparing For Old Age.

Preparation should begin in youth. One original observer, Charles Sedgwick Minot, has advanced the seeming paradox that we grow old faster in infancy than in old age; that cell change is far slower in the sixth decade of life than in the first six months of babyhood. In a certain physiological sense this is true.

The hardened arteries at forty may be the result of poor feeding, lack of physical training, improper breathing habits and deficient oxygenation during childhood. Give the child a fair start in the race. This is far better than to devise drugs and potions for the relief of the maladies of maturity and old age.

The Effects of Life Strain.

It is true that long life is often a matter of the quality of one's "tubing." The diseases that are responsible for the larger part of the death rate after middle life are of the degenerative class, involving the heart, blood vessels and kidneys. Indeed, where one of the conditions exists the others usually are present to a greater or

lesser degree.

These conditions may be due to nerve strain affecting the heart and arteries or to the circulation in the blood of poisonous principles, the products of indigestion and insufficient combustion. In fact, these troubles are usually the result of intemperance in eating, drinking, working or playing.

Degenerative Diseases.

A most commendable and enthusiastic campaign is being waged against tuberculosis and other infectious diseases, but death from heart disease, kidney trouble, paralysis, etc., excite no comment and are taken as a matter of course.

The death rate from tuberculosis has been reduced about 50 per cent in the past thirty years, while during that same period the death rate in the United States registration area from diseases of heart, blood vessels and kidneys has increased 100 per cent.

This is a nut to crack for well meaning people who shut their eyes to all that is unpleasant and sinister in our civilization and hug the thought that the world is necessarily growing better every day.

The mean duration of life has undoubtedly greatly increased in the past century, but the increase is due to the lowering of the death rate among young people. After middle life there has been a decided increase in the death rate. At least the evidence available in this country warrants this belief. No such increase is shown by British statistics until the age of sixty-five is reached.

The "high cost of living" may be a factor in that the struggle for existence is harder and involves more strain. I am inclined to the belief, however, that too much prosperity is a much more potent cause of the high mortality at the advanced ages.

The amount of food that is wasted in the average American family is appalling, and this surplus of nutrition, combined with the strenuous life and intemperate habits fostered by our rapidly developing and complex civilization, may well account for the regrettable increase in the mortality from degenerative diseases.

Principles of Prevention.

As I have already suggested, a good start in childhood thrice arms a man against these degenerative affections. But the strongest constitution in maturity may yield to abuse, and the time is coming when the man who throws away the splendid asset of sound health will be looked upon as a social enemy. Since the degenerative affections that lead to premature old age are the result of intemperance, using the term in its broadest sense, temperance, also used in its widest significance, is the keynote of prevention.

Importance of Exercise.

As middle life approaches and there is a slowing down of the vital activities a disinclination for exercise often develops. This is to a certain extent normal. The man of forty who attempts to keep up with football, baseball or even tennis is taking heavy chances. The strain on heart and arteries may lead to chronic changes more than counterbalancing the benefit from exercise. But with the abandonment of active sports and with neglect to exercise there is often an increase in the amount of food and stimulants taken, and with increasing business care or social activities the furnace becomes clogged."

It is important, therefore, to preserve a proper balance in these things. Slow down in the matter of strenuous competitive exercise, but get enough exercise to burn up your food and prevent the accumulation of fat and food poisons.

Slow down in the matter of diet and do not let the pleasures of the table tempt you to gradually increase indulgence in rich food as the more active pleasures of life are relinquished. Golf, billiards, hill climbing, hunting, fishing, are all beneficial forms of exercise which may be indulged far into old age.

Alcohol In Old Age.

It used to be thought that wine was a good stimulant in old age, but the wisest physicians now pronounce against this view. There is no sound physiological reason why alcohol should be beneficial in old age, and in clinical practice it is found to be injurious. How the feeble tissues of the aged can be benefited by a cell poison like alcohol it is difficult to conceive.

Value of Bathing.

Regular bathing, preferably the cool shower or plunge, by keeping up a good skin action relieves the heart and kidneys of extra work and favors the maintenance of a normal tension in the blood vessels.

Danger of Constipation.

Mechnikoff believes that the absorption of toxic matter from the large intestines is an important influence in causing old age. He suggests the use of sour milk or a preparation of the bacilli which cause milk to become sour to combat the microbes that infect the large intestines.

Some painstaking experiments have been made along this line, but the results thus far are negative.

However, buttermilk and other sour milk preparations are healthful and may be tried, especially where there is constipation or intestinal fermentation. All natural means should be tried to prevent constipation by avoidance of concentrated meat diet and by the use of fruit, spinach or other green vegetables, water between meals, exercise of abdominal muscles, etc.

A Would Be Widow.

He (who has just proposed)—I hope you don't think that I am too old for you? She—oh, no! I was only wondering if you were old enough.—Illustrated Bits.

Queer Comparison.

"Briggs reminds me of an encyclopedia."

"Smart?"

"No; thick."—Boston Transcript.

FUNERAL OF KITTREDGE.

Probably on Monday Afternoon at His Father's Home at Jaffrey, N. H.

Hop Springs, Ark., May 6.—Accompanied by his brother and sister, the remains of former United States Senator Alfred Beard Kittredge of South Dakota, left this city over the Iron Mountain railroad for St. Louis on their way to his father's home in Jaffrey, N. H.

The funeral party will reach Jaffrey about Sunday night and if possible the funeral will take place from the residence of his father Monday afternoon.

All day a flood of telegrams was received by the ex-senator's brother, H. W. Kittredge, from men prominent in the affairs of the nation and from close personal and political associates in South Dakota.

Hoskins Items.

Miss Elizabeth Brown of Emerson visited at the Green home Monday.

A dance will be given at the Wetzel Hall Saturday, May 7.

Miss Mayme Moran attended the play in Norfolk Friday evening.

Mrs. Gus Schweder was a Randolph visitor Sunday.

Misses Margaret Schemel, Hilda Aron, Anna Fair, and Mayme Moran attended the teachers' meeting in Wayne Saturday.

A fair sized crowd attended the slight of hand show at the hall Friday evening.

Mr. and Mrs. E. F. Darling left for Decatur Saturday morning. Mr. Darling returned Tuesday.

C. C. Hinman and son returned Friday from a week's visit in Omaha.

Miss Bonnell Reed visited with friends near Wayne Saturday.

Mr. and Mrs. Otto Gruber returned Wednesday from a week's visit in Garrison.

Miss Dora Green and brother Glenn spent Sunday in Winside.

Mrs. Frank Paul and daughter spent Wednesday in Sioux City.

John Strasser returned Sunday from Homestead, Iowa, at which place he has been visiting relatives for the past two weeks.

Fred Ahrenschild took possession of the pool hall Monday.

William Zutz and son Carl of Norfolk visited at the Zutz-Rohrke homes Saturday.

Frank Sederstrom left Saturday for a several months' visit in Stockholm, Sweden.

Miss Eliza Maas returned Monday from Stanton.

Miss Anna Pahn of Norfolk was a Tuesday visitor at the J. A. Huebner home.

Peter Brummels and Carl Falk were Wayne visitors Thursday.

Earl Douthit of Winside was in town Friday.

Isaac Carr and sons, Alfred and Henry, spent Sunday in Wayne.

Frank Fuss returned Tuesday from a month's stay in South Dakota.

T. P. Cochran was a Winside visitor Monday.

Miss Lena Schroeder is spending the week in Norfolk with her sister, Mrs. Roy Gleason.

Miss Sarah Ziemer left Wednesday morning for a short visit with relatives in Wayne.

G. V. Patrick of Wakefield was a business visitor here Monday.

Miss Lucile Schemel substituted in the intermediate department Monday during Mr. Darling's absence.

Mrs. Henry Heberer and daughter Margaret spent Friday in Winside.

Lou Kennebeck was a Norfolk visitor Saturday evening.

A dance was held at the Fred Bruechner home Saturday evening.

Earl Potter spent Sunday here visiting friends.

Miss Louisa Schultz of Sioux City arrived Tuesday for a visit with relatives.

Mr. and Mrs. R. M. Waddell, Mrs. A. E. Waddell and Miss Schultz of Norfolk spent Friday here visiting relatives.

Real Estate Transfers.

Transfers of real estate for the past two months, compiled by Madison County Abstract and Guarantee Co. Office with Mapes & Hazen, Norfolk.

Robert Dales to John Connally, w. d. Cons. \$16,000. W½ NW¼ 10 and E½ NE¼ and SW¼ NE¼ 9-24-4.

Peter Jorgensen to Ben C. Schlecht, w. d. Cons. \$14,500. NW¼ 21-24-4.

E. P. Elckhoff to Thomas E. Murray, w. d. Cons. \$11,800. NW¼ 4-23-4.

F. W. Moenbert et al to Fred J. Bender, w. d. Cons. \$25,000. E½ SE¼ 4 and W½ SW¼ and SW¼ NW¼ 3-21-21.

Barbara Deiter to Martin Sattler, w. d. Cons. \$1,550. Blocks 75 and 76 NE addition to Madison.

Maggie May Reed to Edwin D. Clark, w. d. Cons. \$3,600. Part SE¼ SW¼ SE¼ SW¼ 15-24-1.

Anna Abts to Burgess B. Hetrick, w. d. Cons. \$2,000. Lots 1, 2, 3, 4, block 27 F. W. Barnes' 4th add. to Madison.

John A. Bressler to G. A. Nelson, w. d. Cons. \$4,800. SE¼ NE¼ 35-24-4.

August M. Haase to John Scheff, w. d. Cons. \$16,200. SE¼ 30-21-1.

Victor J. Howarth to E. D. Ellis, w. d. Cons. \$150. Lot 9, block 33, Q. C. P. addition to Norfolk.

R. M. Upton to Floyd W. Freeland, w. d. Cons. \$1,500. SE¼ lot 2, block 8, Haase Suburban lots to Norfolk.

Herman Werner to C. H. Reeves, w. d. Cons. \$4,000. Part SW¼ 6-23-2.

David Rees to William Jones, w. d. Cons. \$700. Part lot 7, block 6, Haase Suburban lots to Norfolk.

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More Babies Is Plea.

Rt. Rev. Samuel Fallows Will Tell Women to Raise Big Families.

Chicago, May 6.—Bishop Samuel Fallows of the Reformed Episcopal church has some decided views on race suicide and is going to tell the women who are expected to throng St. Paul's church, West Adams street and South Winchester avenue, on Mother's day, Sunday, May 14, just what those views are.

The bishop calls Mr. Roosevelt an extremist. Yet he tells with pride that he is one of ten children, that Mrs. Fallows is one of eleven and adds that these are the ideal sizes of families. He has four children himself, "not half enough," he says.

A house full and overflowing with bright, rosy-faced youngsters is the

w. d. Cons. \$1. Lots 1, 2, 3, 4, Wards Subdiv. to Norfolk.

Charles Schram to F. W. Thompson, w. d. Cons. \$250. Lot 7, block 2, Durand's 2nd addition to Norfolk.

George W. Wycoff to C. S. Smith, w. d. Cons. \$300. Part NE¼ SW¼ 5-21-1.

Alois Vogt to William Huber, w. d. Cons. \$2,500. Center 22 ft. lot 6, block 17, F. W. Barnes' addition to Madison.