

Food Fads Supposed to Prolong Life

PROMINENT PEOPLE WHO HAVE BEEN CONVERTED TO VEGETARIANISM AND FASTING



DR. H.W. WILEY, WHO EATS MEAT BUT ONCE A DAY, AND ESCHEWS TOBACCO

MR. WU, THE CHINESE MINISTER

CHAUNCEY DEPEW, NEW CONVERT TO VEGETARIANISM

MRS. MARY FOOTE HENDERSON, WHO HAS CONVERTED MR. WU TO HER CULT

PROF. OTIS T. MASON, WHO SAYS THE SUN'S BLUE RAY VITAMINS

BY JOHN ELMFRITH WATKINS.
THE fads of the famous for keeping young and vigorous are many and varied.

Mr. Wu Ting Fang, the Chinese Minister, says he expects to reach 80 by living up to the tenets of vegetarianism and abstemiousness, to which he has just been converted.

From my experience, the hospital and the graveyard would be largely out of business.

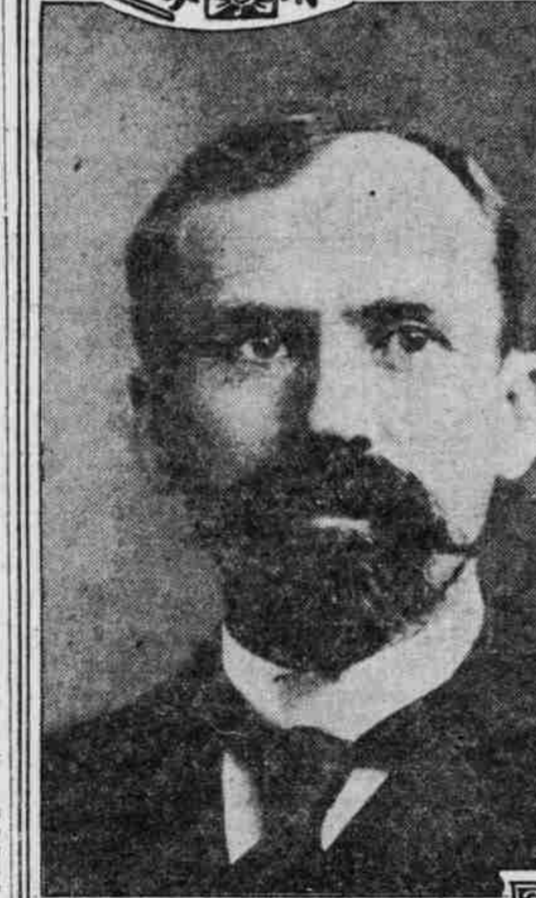
Mark Twain Has Fasting Fad.
Mark Twain confesses to the fasting fad. "A little starvation can really do more for the average sick man than can the best of medicines and the best of doctors," says he. "I do not mean a restricted diet; I mean total abstinence from food for one or two days. I speak from experience. Starvation has been my cold and fever doctor for 15 years and has accomplished a cure in all instances."

Mr. Wu is a convert to the cult of Mrs. Mary Foote Henderson, wife of the former Senator from Missouri and chairman of Henderson Castle, now imposing on the capital's palatial residences, which overlooks the city from the crest of Meridian Hill, highest point in the District of Columbia. Some time ago, when residents at the foot of the hill were startled by a descending tidal wave of pungent liquid, they flocked out to discover that the millionaire Hendersons—just converted to teetotalism—were, amid ceremony, emptying their wine cellar of its ancient and costly stock. Mrs. Henderson, aside from her work as a woman's suffragist and social reformer, has devoted considerable time to dietetics, having written a work on dinner-giving. Her vegetarian and total abstinence dinners have been among the social curiosities of the past season, and she has made many converts to her cult, which eschews even tea. Recently, when it was announced that Mr. Wu, while at a banquet in Philadelphia, had "fallen off the water wagon," Mrs. Henderson had the celestial envoy promptly called before a meeting entertained by Miss Janet Richards, the lecturer who periodically explains to the wives of the official set what their husbands are doing in the mysterious realms of politics and statecraft. Miss Richards called upon Mr. Wu for an emphatic denial of the charge, and this he made forthwith.

Edison a Disciple of Cornaro.
Edison says that for 40 years he has carried out the ideas of Cornaro and that his forefathers who did the same lived beyond the century mark. Cornaro, of whom Senator Depew is also a disciple, was a Venetian who lived to be over 103. He was a sport and rose until middle life, when finding his system wrecked and the grave yawning for him, he commenced to restrict himself to a daily allowance of 12 ounces of solid food and 14 ounces of wine. His system was wrecked and he reduced this fare until he accustomed himself to subsist on no more solid meat than an egg a day. At the same time he avoided extremes of temperature, weariness, hatred and melancholy. Edison believes that we can live and work as long as we want to.

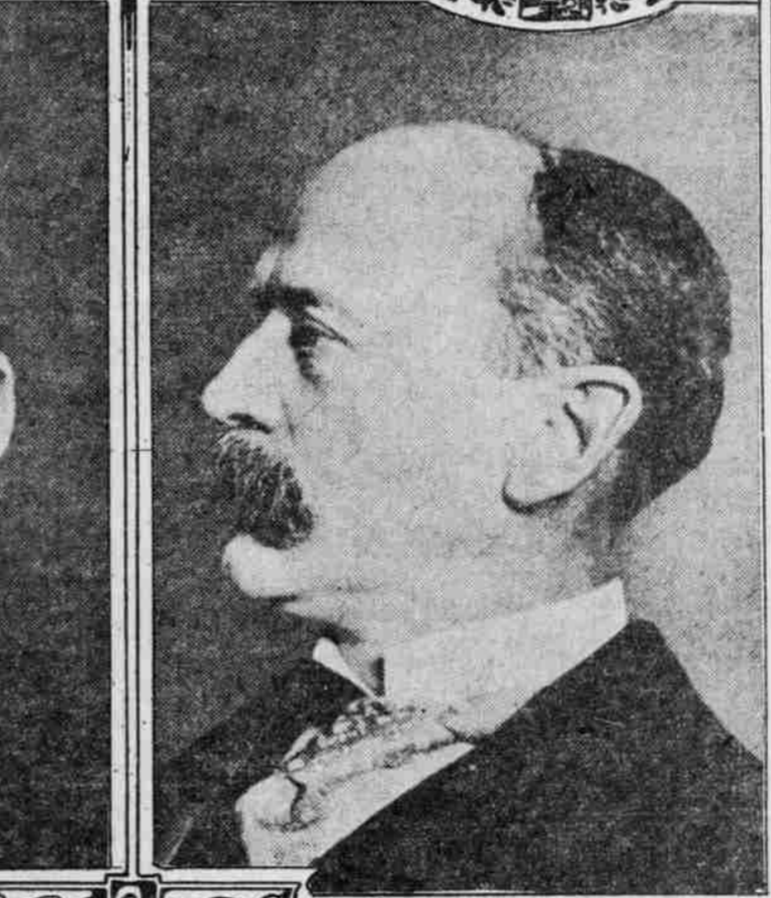
"Every new discovery of bacteria shows us all the more convincingly that we have been wrong, and that the millions of tons of stuff we have taken were all unnecessary. The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame; in diet and the cause of prevention of disease. Surgery, quiet and antiseptic—these three are the vital things of the future, in the preservation of the health of humanity. There were never so many able, active minds at work on the problem of disease as now, and all their discoveries are ending in the simple truth—that you can't improve on nature."

Sleeps Outdoors Year Around.
Charles D. Walcott, secretary of the Smithsonian, sleeps out of doors nightly. Winter and summer, for the cure of any constitutional ailment, but because his early life as an active geologist camping in the West proved to him that this method, intended by nature, was the healthiest. He has had especially erected in his Washington mansion a large upstairs porch for this purpose. He is also a mountain-climber, a pedestrian and by far the healthiest and most vigorous-looking official of the capital's scientific center.



PROF. JAS. H. HYSLOP, HEAD OF AM. SOCIETY OF PSYCHICAL RESEARCH, WHO CURES ALL ILLS BY FASTING

John D. Rockefeller has tried more health fads than perhaps any other man now in the public eye. At first it was the bread and milk diet and then strenuous golf, but more recently the Knapp cure—walking through grass of early morning in his bare feet. Another who goes regularly is Mr. Justice Harlan, who is six years older than the oil magnate, and



SECRETARY WALCOTT SLEEPS OUTDOORS YEAR AROUND

Edward Everett Hale, who still pre-serves his faculties at the age of 86, has no health fad beyond striving to live up to his precept that one should spend at least ten minutes each day in the presence of one who is his superior. Dr. Robert Fletcher, the noted anthropologist, and editor of the "Index Medicus," who, although he is 85, yesterday found at his desk as hale and hearty and active of mind as when I first began visiting him 14 years ago, said that he had never practiced any longevity fad beyond gradually eliminating what he found, in the course of his years, to disagree with him. When I asked him for some other information, he disdained troubling his as-

stant at a desk close by his own and, with the elasticity of a man of 50, rose quickly from his chair, walked briskly and as straight as a ram rod into the adjoining room to get what I asked for.

Professor Otis Mason, the well-known ethnologist, who is the happiest man in scientific circles, confessed to a strict regimen of life to which he attributes his remarkable recovery from a stroke of paralysis brought on by overwork ten years ago, since when he has accomplished his most noted scientific work. This regimen includes deep and rhythmic breathing, one breath to so many pulsations of the heart; the drinking of water five times a day, six swallows at a time, and never at meals; eating but twice a day, always "with attention, appreciation and pleasure," and never swallowing a particle of solid food without saliva; bathing regularly in tepid water at the body's own temperature and never stimulating the skin with extreme temperatures; purifying himself with not only fresh air but, quite as regularly with the blue ray of the sun, "the vivifying element of health"; resting daily with seven hours of sleep and one hour without sleep; exercising daily those muscles not used in the routine of work; working with the avoidance of all strain or fatigue; regarding all contentions among his associates with a sense of humor and exercising the patience to create as correct a thought in the mind of a child as a scholar seeking the solution of a profound problem; dressing by the thermometer absolutely not by the season and therefore not wearing a zero weather shirt in a 90-degree room in winter. Professor Mason added that he varies his outside garments rather than his under-clothing to differences in temperature and thus keeps always at hand what he calls his "50 coat," "50 coat" and "50 coat."

Wiley Eats Meat Once a Day.
Dr. H. W. Wiley, father of the pure food law, eats meat but once a day in warm weather and eschews tobacco. He has no other hobby beyond keeping eternally happy. "I've still yet seen professions of amusement in my colleges and universities," he told me. "The recreations of man are of quite as much importance as their vocations. It is quite as important to know how to amuse one's self as to have the leisure and opportunity to do so."

The President is another nonsmoker. He is also said to observe a diet of simple food, and to have consulted the Government dietary specialists concerning it, but they are noncommittal as to this. Among his men who, like Mr. Wiley, are teetotalers, are W. A. Bryan, Vice-President Fairbank, Senator Bailey, General O. O. Howard and David B. Hill. And on the list of those who, on religious grounds, give up the cure of disease, are Senator Clapp, Dr. J. W. Fewkes, the noted archaeologist, Charles Klein, the playwright, author

of "The Music Master"; Richard Carle, the comedian; Robert C. Gray, president of the Western Union Telegraph Company, and Richard P. Outcault, comic artist—the creator of "Buster Brown," and Howard Chandler Christy, the artist, all of whom are Christian Scientists.

Fletcherism's Founder a Cornarolist.
Horace Fletcher, founder of "Fletcherism" and "Menticulture," also author and lecturer, is like Senator Depew and Edison, a disciple of Cornaro. He found himself a physical wreck at ten years before the age when the Venetian centenarian changed his mode of living, and at the period had three chronic diseases, no life insurance company being willing to accept him as a risk. By eating and drinking less than the ordinary person would consider a bare sufficiency of life, Mr. Fletcher says he had so built himself up inside of five years that he was able to cycle 200 miles in a day, at the same time astounding the head of the Yale gymnasium by taking with ease the severe course of exercise prescribed for the varsity crew. "Chew your food—not only your solid food, but milk, tea, coffee, wine, soup—anything that has taste," is one of Mr. Fletcher's maxims.

Reduced His Food One-third.
Professor R. H. Chittenden, director of the Sheffield Scientific School at Yale, claims to have proven upon himself, and later upon 13 soldiers and eight athletes, all doing active work, that the body sustains its weight and increases its vitality upon one-third the protoid food generally considered as necessary for the healthy man—and by protoid food is meant the principal constituent of meat, milk and eggs—that which supplies nitrogen to the body. On this diet he says he and his subjects showed increased strength and improved responsiveness of mind, while almost every man stored nitrogen rather than lost it.

Eats Curdled Milk for Longevity.
But the very latest food item which we have imported is Metchnikoffism. The founder, Professor Elie Metchnikoff, of the Pasteur Institute, Paris, lives strictly in accordance with his discovery and eats curdled milk every day, as a regular diet, in order to fill his intestinal canal with bacteria, which he believes to be the deadly enemies of the microbes causing old age. This savant declares that the average man should live 120 years, and he advocates eating out of the large intestine, as a further means of prolonging life. Perhaps this latter operation may become as fashionable among us as that for the removal of the vermiform appendix, but as yet there has been no bulletin from Professor Metchnikoff announcing that he has had it performed upon himself. (Washington, D. C., June 29.)

WARM WEATHER GARMENTS FOR BABY

SEWING for the baby demands the very best efforts of the practiced needlewoman. It calls for her finest stitches in seam and hem and tuck, her most exclusive taste in the selection of dainty trimmings and her best of good sense in designing clothes with a view to comfort and convenience to the small wearer.

To be overdressed is an acknowledged breach of good taste, and an innocent baby, burdened with long and heavy clothes, which in their turn are laden with elaborate and weighty trimmings, is an object worthy of the pitying consideration of those kind-hearted people whose vocation it is to protect helpless infants from inhuman treatment.

It once knew a young and ardent mother who cut up her wedding gown of "stand alone" satin to make a cloak for her first-born. The cloak was trimmed and the cap was made of the real lace which trimmed the wedding robe, and to the side of the cap was attached a white ostrich plume, a relic of the trousseau. The baby from his simple surroundings (for the new household was a modest one in comparison to the parental home so recently left) looked forth with appealing gaze and sometimes with envy (pathetic in one so young) at the neighbor's babies in cambric slips and outing wrappers.

THE ORIGINAL ELEVEN JOKES

MISS AGNES REPELLIER, lecturing on "The Mission of Humor," at the Colony Club, New York, said she had been informed that there were 11 original jokes in the world. After she had said her allotted say, Joseph H. Choate arose and, gallant as ever, remarked that he was now sure there were 22 original jokes. Any man or woman who produces 11 original jokes in a lecture is a world wonder. With all due respect to Miss Repplier, we are inclined to think that Mr. Choate was too amiable and too receptive.

Seven Wise Men." Englished by Roger Davis, A. M., and there a sage is thus reported: "In this mistake, however, I'm much of the youth's mind, who, throwing a stone at a dog, hit his step-mother, adding: 'My throw is not lost, however.' But what do you not find in Plutarch? The Rev. H. S. Lombard of London, who stated recently that garrulity is the cause of many nervous diseases and the increasing amount of insanity, might well consult Plutarch's babbling," says Plutarch, "in everywhere drunk—in the market place, at the theater, in the public portico, or in the streets, as well by night as by day."

London Punch. Some tragedies there are that teach how powerless is human speech To comfort or relieve When a sorrowful stroke of fate, Hopelessly unreluctate, In mute despair we grieve. Bitter is unrequited love; Grievous the spell of new-bought gloom; Cruel the bitterness of fate; The careless gip of a fading tree; The foolish six-inch putt. The heavy hammer on the thumb. But, though for some brief moments dumb, In accidents like these The sufferer in time can turn From thoughts that breathe to words that burn And find in language ease. But, ah! no adjectives avail, Verbs in all moods and tenses fall To soothe such grief as mine, Spined, by a hansom passing by, With mud on collar, shirt and tie, When driving out to dine.