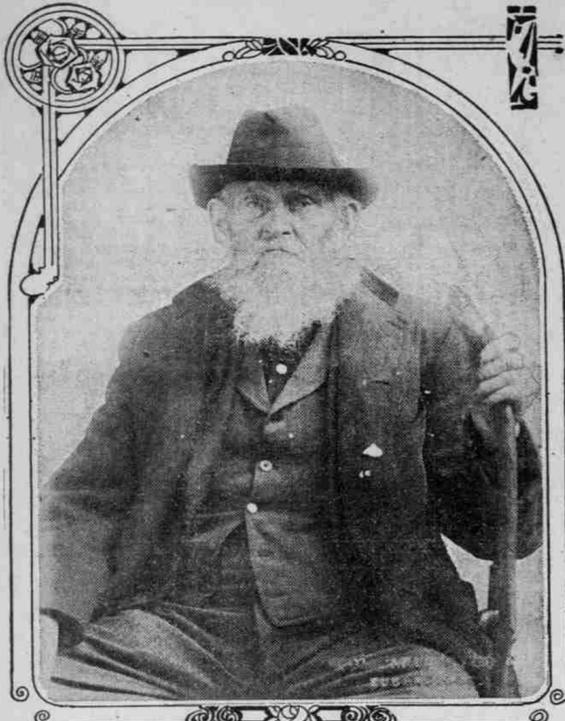


Do You Want To Live 100 Years?

Hundreds of Aged Men and Women Tell What to Do and What to Avoid If You Expect to Approach or Pass the Century Mark



"Huckleberry" B. Finn, Aged 95 Years.



Levi P. Morton, 91 Years.



Henry Gassaway Davis, Aged 93.



Henry F. Swanback, 100 Years, Greenwood, Neb. He is the Oldest Odd Fellow.



Mrs. Rosamond Emery of Portland, 101 Years.

- OLDEST PERSONS IN UNITED STATES.**
- Mrs. Mary Brock, 135 years, Shades Valley, Ala.
 - Richard Cooper, 114 years, Norfolk, Va.
 - Hyman Dubinsky, 111 years, Baltimore, Md.
 - Henry Dorman, 115 years, Liberal, Mo.
 - Capt. G. E. D. Diamond, 119 years, San Francisco, Cal.
 - Francisco Esper, 114 years, Florence, Col.
 - Mrs. Christian Fisher, 118 years, Steubenville, O.
 - Alexander Herriot, 111 years, Yorkers, N. Y.
 - Mrs. L. E. Killcrease, 135 years, Pine Hills, Texas.
 - Thomas Morris, 121 years, Westerville, Neb.
 - Mrs. Crissie Stallard, 112 years, Hilliard, Ky.
 - Mrs. Catherine Puckolski, 111 years, Standish, Mich.
 - Mrs. Martha Wilburn, 112 years, Eastman, Ga.
 - Mrs. Elizabeth Wonderly, 111 years, Philadelphia, Pa.
 - Mrs. Elmira Waggoner, 113 years, Protein, Mo.

These are the names of the oldest persons in the United States. There are hundreds who have passed the century mark.

What is the secret of this longevity? What methods are to be used to retain youth and efficiency to 100? Is there a chance for any normal person having an average start at the beginning of life still to walk the earth at the end of five score years instead of the allotted three score years and ten? If so, what is the secret, or better, the scientific method whereby this might be done?

Dr. Virgil A. Davis, of Kansas City, Mo., being very curious and incidentally of a scientific turn of mind, started out a year ago to find the answer to these questions.

Although a modern Ponce de Leon, he sought no pool where the waters of long life flowed, merely to be quaffed to produce long life. He used scientific methods to solve the puzzling secret of the ages. He didn't beat around the bush and study books through the long night hours. He sought those who had reached marvelous ages and questioned them scientifically as to how they had done it.

Six hundred seventy-two men and women (381 men and 291 women) Dr. Davis found in 30 states of this country living now who have reached 90 years. One hundred thirty-five of these had reached or passed the century mark.

One, Mrs. L. E. Killcrease, Pine Hills,

Tex., is 135 years old. She is thought to be the oldest woman in the world. Mrs. Killcrease has a daughter nearly 100 years old.

In the year since he began his scientific investigation into the growing-old problem Dr. Davis has interviewed 197 of the 572 persons of great age. He had a list of more than 200 set questions which he asked them all. The data which he obtained is startling in many of its results. The investigator, who is writing a book which will deal largely with the technical side, gave in an interview what was his desire in questioning old men and women as follows:

I desired to learn what habits and conditions help most to make men well and vigorous and live long. What ones cripple and destroy him too soon. I wanted to know just what influences make us healthy, energetic and optimistic, which ones help us to obtain the most comfort, service and happiness from our lives and which ones prevent us from attaining these desired results.

I wanted to learn the great values of life the beneficent forces and the avoidable errors and dangers. Also I wanted the largest possible amount of evidence and testimony from living people who have traveled far enough on the way of life to have an extensive knowledge from which to draw conclusions and who have become calm and unbiased in their judgment.

The old persons found were in all stages of life as to prosperity. The range was from Thomas Morris, 121 years old, Westerville, Neb., who begged tobacco or food supplies as pay to answer Dr. Davis' questions, to Levi P. Morton, 91 years, merchant, banker, diplomat, ex-Congressman, ex-Governor and ex-Vice-president of the United States, and Henry Gassaway Davis, 93,

a hundred-fold millionaire, ex-United States Senator and one-time Democratic candidate for the second biggest public position in the gift of the people, both of whom still gird themselves daily for work.

There was one great outstanding fact that towered above all others in its unanimous answer. That was that all persons who have reached great age, at least in the first part of their lives, live out of doors almost continually and they always had ventilation in their sleeping rooms.

This accounts, perhaps, for the reason that a great majority of the old men and women who answered queries were farmers. Next came carpenters and merchants. No matter what the vocation after reaching majority, however, the early lives even of men like Levi P. Morton and Henry Gassaway Davis were spent on a farm or work akin to this.

There were some outstanding results not expected.

Practically none of those who have lived to a ripe old age ever have indulged in tobacco, alcohol or stimulants of any kind except in a small degree. There are only a small number of instances where persons after becoming old indulge at all in any stimulants.

Old persons depend very little on medicine and have never done so.

Most of the old persons were very fond of honey and have always indulged themselves in it. Sweets are supposed to be rheumatism breeders. Salt and pepper only in very small quantities have ever been used by the old people. Some never use condiments of any kind.

Practically all are users in goodly quantities of milk, either sweet or buttermilk.

All have always been cheerful and

great laughers. They never worried. All worked hard all their lives, including the millionaires.

Many children in a family seems to have been no drawback in reaching old age, although the average seems to bring the proper number to three to five children.

The data show that a fat man or woman has as much chance of growing old as a rich man to enter the kingdom of heaven. It can be done, but there is only one such instance in the data. The women especially are small, averaging around 125 pounds all their lives.

The old people always have been great sleepers. The majority always went to bed between 8 and 9:30 o'clock and arose from 4 to 6 o'clock in the morning.

These are the high places in the data. Dr. Davis gives the following conclusions from the data he obtained from interviews with old persons:

Hereditly is a big factor, but environment is more important. A bad start in life in the way of strength can be overcome by proper development.

The data show that a sickly child or adult, by adopting a regime of temperance and optimism, can reach a great age.

The family of three to five children is the best size.

Blonds have the best show in the old age marathon. Brunettes run a very poor second.

Farm raising is conducive to old age and city life is not.

Academic education cuts no figure in longevity.

Marriage conduces strongly to old age.

The oldest, intermediate and youngest children in the average family are equally healthy and bright.

Children who run through the line of child's diseases, such as measles, diphtheria and scarlet fever, have little chance of growing old.

None of the tabulated old persons ever allowed a chronic disease to obtain a hold.

None of the centenarians ever worried.

Constipation had no place in their lives.

None ever overate. Practically all were moderate and careful eaters. Because of proper eating practically none had heart trouble, high blood pressure and few colds.

The majority slept with their heads near an open window every night in the year.

The old people, practically without exception, had a weakness for honey. But they did not eat much candy. Fruits, dairy products, vegetables and honey were used mostly as edibles by the old people.

Coffee and tea seldom were used more than once a day. Many never indulged in either. Milk, both sweet and buttermilk, is drunk much.

Comparatively few centenarians ever chewed or smoked tobacco or drank alcoholic liquors and very few have been even moderate users of them.

All old persons drank much water, but practically none of them ever drank mineral water.

Baldness is the exception among the very old.

Practically all faced poverty and hard work when children and those who were successful have kept up the hard work. Most of them are working actively after 100.

All had system and regularity in their daily work. Few ever hurried.

The things which most of them had great interest in were people, plants, animals, machines, rocks, bird life, streams, landscapes—anything having to do with the great out of doors.

All had a variety of interests and they have kept up interest in these things. They are never idle in work time, but there is no worry in their

activity. All had their times of relaxation and recreation.

Those who have become centenarians have smiled much in their lives and they have laughed boisterously. There is no exception to this.

Ambition for pecuniary wealth alone is found in only a few of those who have grown old.

Great readers are the old people. Their greatest joy in old age (and practically all say they have been happy the last 20 years) is reading. Not money, but a retentive memory, ability to read, physical comfort and friends are causes for this contentment.

Their 10 best years of work was from 25 to 45. Their period of most contentment was from 45 to 50.

Most of the centenarians have read the Bible extensively, been religious and have been frequent church-goers. They have enjoyed life and would gladly live longer. But they express themselves as ready to go when the time comes. They have been kind, fond of children, been moderate talkers and faced life serenely.

Perhaps the best known as well as the most prominent old persons in the country—men who have been leaders in different fields—are Levi P. Morton, 91 years, of New York; Henry Gassaway Davis, 93 years, of West Virginia; and Colonel Robert T. Van Horn, 92 years old, of Kansas City, Mo.

Mr. Morton is very wealthy, very influential. He has been in his life merchant, banker, Minister to France, Governor of New York, United States Congressman and Vice-President of the United States. He has been a man of the first rank in all activities.

Mr. Morton began life in Shoreham, Vt., being the son of a poor minister. He is a descendant of George Morton, who came over in the Mayflower. Morton was one of eight children. He began work for a living at 15 years and has kept at the work part since. He married when 39 years old. He was a bankrupt in the Civil War. 40 years old then, but recovered and paid everything dollar for dollar.

Henry Gassaway Davis probably is worth \$100,000,000, all of which he has made. He was born near Baltimore and began his career at 15 years as superintendent of a plantation. Later he was a brakeman, conductor and agent. After that he became a merchant, leading collier. Then came the projection of the West Virginia, Central & Pittsburg Railway, of which he is president.

He began his political career in 1865. (Concluded on Page 6.)

A GREAT age is 90 years. A marvelous age is 135 years in this generation. Yet there are in the United States today, according to Government statistics, thousands of men and women who have reached ages be-

FOR THE YOUNG PEOPLE

A HALLOWEEN WITCH

BERTIE was inclined to be lazy. To be sure, Bridget was there and the household moved smoothly without the child's assistance, yet her mother occasionally asked her to dry the dishes, or to undress the bed when Bridget had her day out, and invariably Bertie had some excuse, much to her mother's displeasure.

One evening Bertie noticed her mother's pained expression when she pointed: "I don't want to help, I'm tired," and when she lay in bed, after her prayers were said, she made a firm resolve to mind better in the future.

That night was Halloween, and poor Bertie had an awful experience. The door of her bedroom was rudely thrown open and in hopped a wicked-looking old woman.

"Who are you, and what do you want?" asked Bertie, trembling with fear.

"I want you," shrieked the old witch. "I am tired of hearing you refuse to help your mother, and now I mean to teach you to obey," and so saying she caught the child in her arms and carried her far, far away.

After what seemed to Bertie an in-

terminable time, the witch stopped and pushed her into a room full of chairs, there must have been hundreds of them.

"Here, take this dust-cloth and polish the furniture," said the old woman as she flopped down on the floor so that poor Bertie hadn't even the chance of neglecting one chair.

Bertie had no choice, so she started right in without even once contradicting the witch, and in a very short time she was dusting the last chair. Then the old woman led her into a still larger room in which were rows of unmade beds.

"Make up these beds," said the old witch, grinning furiously, "and mind that you do them neatly."

Again she sat right down on the floor and waited for the task to be done.

"Well, I'm right glad to see that you can work, and now I know that it was sheer laziness." She grabbed Bertie by the arm and shook her roughly. "I'll cure you of that before I'm done with you, do you hear?" and again she shook the child.



Up in the Tree.

"Dry these and mind that you don't break one. Here's a towel."

Bertie began what seemed an endless task, but the dishes soft of dried themselves, and this time the witch smiled a really human smile as she said: "I must say that I'm pleased with you. I think you are sorry for not helping your mother and Bridget more, aren't you?"

"Indeed I am—and please may I go home now?"

"Yes, but first I will impose these tasks on you. Every day you must make this bed."

She pointed to a bed just like the one in Bertie's own bedroom. My, how her heart beat with joy when she saw it! "I will gladly do that," she cried.

"You must keep these chairs free from dust," said the witch, and Bertie saw three chairs exactly like her own bedroom chairs. She clapped her hands with delight. "May I go now?" she pleaded.

"First promise to dry these dishes when Bridget is out," and right before Bertie there loomed a large tray of wet dishes.

"I promise to do all these things, and any more that my mother may ask me, only take me to her, please."

"Well, it is high time that you were trying to repay some of her many kindnesses to you; now go, and never let me see your face again."

Bertie was about to ask the way home when she heard her mother's voice saying: "Bertie, you'll be late for school if you don't hurry," and so she never knew how she got back. But she was home again with her dear mother, and she determined to keep the promise made to the old witch, so that she might never have the nightmare again.

Our Puzzle Corner

PRINTER'S PIE.

At Edith's party she served pie. Not pie like you and I enjoy eating, but printer's pie. Each little guest received a "pie" all his own and was asked to tell the name of it. Each "pie" was made up of a word closely connected with Halloween. Five of the "pies" are given here: Tichw, nertnal, noughty, shog, hgnob—see if you can guess them.

HALLOWEEN CONUNDRUM.

I'm a poor old soul, whom everybody despises
From the time the sun sets until it rises,
I come down to earth each year at Halloween
With my good black cat, my feline queen,
You can find me with sand on hotel menus
And my name sounds the same as a pronoun you use,
But if I tell you more, you'll be as wise as I,
So till Halloween, I'll say good-bye.

ANSWERS.

Printer's Pie—Witch, Lantern, spook, ghost, goblin.
Halloween Conundrum—Witch. Milwaukie. Kene. ouheU10H l k k

Halloween.

HALLOWEEN is the eve of All Hallow's, or All Saints' day, and comes down from the last three festivals observed by the Druids.

The Druids were a tribe of ancient days who were scattered over Northern Europe, and their three great festivals occurred on May 1, the season for sowing; June 21, the time for ripening; and October 31, the time for gathering in the harvest.

On October 31 the Druid priests met at their sacred altars, dressed in their white robes, to extinguish the fires and kindle new ones that were to in-

How he would take a lion's skin and put it on so neatly

That all the other animals should be deceived completely.

So doing for a day or two, he found it great enjoyment;

He never in his life had found so pleasant an employment;

The beasts all ran at his approach as he went on exploring;

Until he met a fox and tried to frighten him with roaring.

"Ah," said the fox, "I, too, should run, without a thought of staying.

But that I recognise the ass, whose roaring is but braying."

Then others saw him eating grass and browsing in the valley,
And said: "This lion's actions and appearance hardly tally."
Ere long the animals came out from all their hiding places,
And chased the donkey home again to work between the traces.

Deception soon or later will receive contentment and lodgment.
No one can make a gentleman by simple change of clothing.

HALLOWEEN PUMPKIN.

NO an Oriental donkey there occurred a thought so funny
That he wouldn't have exchanged it for a pocket full of money;



This boy is cutting eyes, nose and mouth in a pumpkin. See if you can make a pumpkin face by cutting out the black spots and fitting them together.