

LIVE WHILE YOU CAN AND FORGET ABOUT DYING

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To Live Vigorously, Usefully and Happily Is the Best Way to Promote Longevity and Human Efficiency, Asserts Authority.

TO THE HEALTHIEST, LIFE IS ONLY GOOD PLAY

IT DOESN'T matter in the least how we die, or how long we live, or how long we do not fall into them too previously. Indeed, if we enjoy the process, and are not anxious to get to the world meanwhile, digging our own graves may be wholesome and profitable exercise.

Of all the utterly trivial and insignificant considerations there are, after 60, when we find our last resting place is the least worth worrying over. If we spend 10 minutes on it, we are wasting time. Life is something, death just nothing at all.

There are many worse places than the grave. Yes, there is for the night a resting place. A roof for when the long, dark hours begin. May not the darkness hide it from you? You cannot miss that inn.

Living takes three more years, dying, in seconds. And that is the true proportions each should occupy in our thoughts. Not "Memento mori," but "Remember thou must live," should be our motto, and as for dying, "forget it." It takes neither brains, nor courage, nor skill to die, and when it happens, we are not concerned, and those present who don't know it, and the most utterly unconcerned. But, however confident we may be that the grave is only the top of the mountain, Earth which receives us endlessly for our last dreamless sleep from which we wake again in the flowers that bloom over us, we are not in any necessary haste to get to it.

We may entirely agree with Rubens' 113 of our head. It sometimes think that never blows off, the rose as when some buried Caesar bleed. That even hyacinth the garden wears Dropt in its lap from some once lovely head.

And yet not banker to go into the pure-flourishing business a day too soon. We want to do our work, to live our life, first, and if there be any sins, or mistakes, either of omission or commission, which fight against this aim, we are anxious to avoid them.

What Shortens Life? The question has been brought forward prominently of late, by a paper on the avoidable causes which shorten human life, before a national gathering of life insurance experts. From the records of the insurance companies, with their millions of histories of illness and death, huge masses of data were culled, and the results of this or that "hazardous" occupation, or this or that questionable habit, over-fatness or over-exercise, or over-eating. Upon this imposing basis, amounting in one category to something like 2,000,000 individual records, were based some fairly definite and plausible conclusions as to the things which men are doing which shorten their lives.

The inquiry covers so wide a range of human activity and interest that it furnishes an interesting and suggestive basis for the consideration of the ever-deepening problem. Can a man by doing this or avoiding that, add weeks, or even a decade to his span of life? Broadly considered, and regarding that hypothetical creature, the average man, or the community as a whole—there cannot be the slightest hesitation in answering emphatically, "Yes." For one of the most striking and unanimously attested facts in the records of medical science and vital statistics is the rapid and continuous increase in the length of human life during the last half century.

Just to take the rough average of length of life, as determined by the crude age at death of those dying a given year, the increase in average improvement has been effected from an average longevity of about 35 years in 1815, to the of a little over 51 years in 1915. In these United States, it is that we may lay the consoling unction to our souls that whatever mistakes we may be making in detail, our original line of action is sound and wholesome and we are entitled to keep on taking it with a clear and hopeful conscience, under further orders, or fresh illumination, or further orders. We are wasting less of our time in grave-digging today than ever before in history.

Gloomy View of an Expert. This our insurance expert seems to fall to recognize if correctly reported and, although he does not go out of his way to be aggressively pessimistic.

She Stopped Her Son From Drinking From Drinking. A St. Louis Woman Stopped Her Son From Drinking With a Simple Home Recipe That She Gave Secretly.

She Tells What She Gave. A well known resident of St. Louis, whose son had used liquor to excess for years, broke a habit by using a simple home recipe which she gave secretly. In reply to the question as to what she used she made the following statement: "I used a simple prescription which I used at home and it is as follows: To 3 oz. of water, add 20 grains of muriate of ammonia, one-half box of Varlex Compound and 10 grains of peppin, which give a teaspoonful three times a day in his coffee. Any druggist can mix it for you, or supply the ingredients at very little cost. This recipe can be given secretly in coffee, tea or milk, or in the food, as it has no taste, color or smell and is perfectly harmless. I believe any mother or wife can do as I have and rid their dear ones of this awful habit." (Adv.)

One Way to Live. It is far better to live 60 years vigorously, during, red-blooded, and suddenly die, than to reach 70 or 75 with one finger perpetually in our graves and one finger ever on our lips. The ever-widening knowledge and power of science are proving beyond dispute that "man is man and master of his fate," and with reason and good sense and pluck, that fate will always be a tolerable one, even though we have to do some things occasionally which, from a purely hygienic point of view, we would like to avoid. If we could, we would like to live in the middle life, or later, actually do to lengthen our lives or render them healthier, happier and more efficient while they last? First, of all, by living just as hard, just as usefully and happily as we can. Much more is lost by not doing things than by doing them. The strain and rack and perpetual distractions of civilization which our philosophers lament so lugubriously, instead of keep us alive, are the very things that keep us alive. City dwellers, above the level of the slums, live longer than country dwellers. The one death which leads toward the grave with greater rapidity and certainty than any other is a rut, even if that rut consists in what we are pleased to call "good habits." Many of our habits are bad, under 70, at least. Eat when you are hungry. Drink when you're thirsty; work when you feel like it; sleep when you are tired. In biological terms, "respond to your environment." These are the ideal rules for a full, useful, happy life. There are limitations, and the principle in actual practice, and you will quickly enough find these out from experience. But the minute you begin to protect yourself behind a secreted, cautious shell of so-called habits, you begin to build your coffin.

For instance, our insurance expert lays stress upon over-eating as a shortener of life. There are at least two ways to under-eat, and the first is to eat under a secreted, cautious shell of so-called habits, you begin to build your coffin.

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GRAVES BY DR. WOODS HUTCHINSON, A. M.

HANG ON TO YOUR FUN AND YOU CAN'T GROW OLD

Work Hard and Contentedly With a Care for the Food You Eat and the Air You Breathe and Your Life Is the Longer.

AVERAGE LONGEVITY IN UNITED STATES INCREASES

give one of them up until you are comfortable, or do not. The memory of past miseries by drink, and the terrible indictment set forth by our experts against alcoholism, would no longer be so readily brought to the fore. The amazing and most gratifying reaction against drinking, which is setting in so powerfully all over the civilized world, is but the latest phase of the greatest game on earth—hard, useful, successful work. The life of the day laborer, the wage earner, not only can, but it is beginning to be made the same. Work that we do well, that lies within our powers, that gives us a good living and a happy life, is no longer work in the sense of drudgery, but pleasure. And if the signs of the gospel of work and science fall not, nine-tenths of the work of the world will be done under these circumstances within 25 years. If we all worked hard and happily at the job we were best fitted for, in good air and light, on good food, in sunny, well-ventilated homes, we should not only out our disease rate in half and lengthen our lives, but increase the efficiency and working power of the world at least 50 per cent.

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May Teach "Vags" Scientific Farming

Cleveland Plans Putting Prisoners From the Police Court at Work on a 2000 Acre Farm.

Cleveland, O., Feb. 20.—A plan to give the recalcitrant "vag" a hard scientific farming by putting the 2000 acres of Warrensville farm, Cleveland, great corrective institution, under the cultivation, is being worked out here.

Not only the tramp who comes out of the police courts with an enforced vacation might be given an opportunity to tend his little patch of onions, carrots, peas, corn, or whatever the case might be.

The major portion of the farm will be cut up into lots of 40 acres or so, in order that experimentation can progress on a larger scale than is now customary on state farms.

The proposed project is being put into effect under the assumption that Western Reserve university and Case School of Applied Science here may sometime day be merged into municipal government, requiring a course in scientific agriculture.

She spread reports that he was not treating her well in money matters, and he suffered a great deal of pain on that account. It is beginning to be known that she died of cancer on August 25, 1889, at the age of 83 years.

Twice attempts were made to pass a bill erecting a monument over her grave, but both bills failed in congress. In 1830 the women of Frederickburg undertook to raise a monument, and this coming to the knowledge of a

wealthy New Yorker, named Silas E. Burrows, he took it off their hands. The cornerstone was laid, President Jackson delivering an address. But the monument was never erected. Burrows, the stone mason and the contractor died, and the work languished, twenty years ago, however, the women of America took the matter up and raised a monument, which was dedicated on October 20, 1892, by President Cleveland.

BRITISH BUILD ZEPPELINS. New York, Feb. 20.—Five Zeppelin destroyers—airships constructed along new lines—are now under construction near London for protection against the German air raids along the British coast, according to Thomas Rutherford MacMechen, president of the Aeronautical Society of America, who said that destroyers would be faster than Zeppelins, smaller, easier to navigate, and would fire aerial torpedoes.

NOTABLE COLLECTION OF WASHINGTON RELICS IS OWNED BY MASONS. (Continued from Page Six.)

merely said: "I am not surprised at what George has done, for he was always a good boy."

Washington came with his suite of French and American officers to Frederickburg after the decisive battle. An orderly preceded him, "Madam," announced the orderly with an excecency which was not to be denied.

"His Excellency," repeated Mrs. Washington. "Tell George I shall be glad to see him," and then, to the other apron: "Patsy, I shall need another apron."

The conqueror of Cornwallis arrived and was affectionately greeted. But during the conversation that followed she made no reference whatever to his military exploits. There was a ball that night in the town in Washington's honor, and she appeared leaning on his arm and danced a minuet with him.

In these latter years their relations were not pleasant, to tell the truth.

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AVERAGE LONGEVITY IN UNITED STATES INCREASES

give one of them up until you are comfortable, or do not. The memory of past miseries by drink, and the terrible indictment set forth by our experts against alcoholism, would no longer be so readily brought to the fore. The amazing and most gratifying reaction against drinking, which is setting in so powerfully all over the civilized world, is but the latest phase of the greatest game on earth—hard, useful, successful work. The life of the day laborer, the wage earner, not only can, but it is beginning to be made the same. Work that we do well, that lies within our powers, that gives us a good living and a happy life, is no longer work in the sense of drudgery, but pleasure. And if the signs of the gospel of work and science fall not, nine-tenths of the work of the world will be done under these circumstances within 25 years. If we all worked hard and happily at the job we were best fitted for, in good air and light, on good food, in sunny, well-ventilated homes, we should not only out our disease rate in half and lengthen our lives, but increase the efficiency and working power of the world at least 50 per cent.

Then we should no longer care for alcohol, because there would be no need to drop ourselves against discomfort, or do not. The memory of past miseries by drink, and the terrible indictment set forth by our experts against alcoholism, would no longer be so readily brought to the fore. The amazing and most gratifying reaction against drinking, which is setting in so powerfully all over the civilized world, is but the latest phase of the greatest game on earth—hard, useful, successful work. The life of the day laborer, the wage earner, not only can, but it is beginning to be made the same. Work that we do well, that lies within our powers, that gives us a good living and a happy life, is no longer work in the sense of drudgery, but pleasure. And if the signs of the gospel of work and science fall not, nine-tenths of the work of the world will be done under these circumstances within 25 years. If we all worked hard and happily at the job we were best fitted for, in good air and light, on good food, in sunny, well-ventilated homes, we should not only out our disease rate in half and lengthen our lives, but increase the efficiency and working power of the world at least 50 per cent.

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