

Daily Democrat

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HOW TO GET OLD.

Most people are interested in how
others have lived to a ripe old age,
and always read closely the program
of those who have succeeded in doing
so. Recently an eastern old age expert
investigated over a hundred cases of
people over ninety years of age, a
number of them over one hundred,
the oldest being 138, and here are
some of the conclusions:

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 Gas-
saway Davis were spent on a farm
or work akin to this.

There were some outstanding re-
sults not expected.

Practically none of those who have
lived to a ripe old age ever have in-
dulged in tobacco, alcohol or stimu-
lants of any kind except in a small
degree. There are only a small num-
ber of instances where persons after
becoming old indulged 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 in-
dulged 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 condi-
ments of any kind.

Practically all are users in goodly
quantities of milk, either sweet or but-
termilk.

All have always been cheerful and
great laughers. They never worried.
All worked hard all their lives, in-
cluding 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 grow-
ing 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 woman 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.

AMERICA AND RUSSIA.

An ex. gives these interesting facts:
There has just been organized in
Russia a Society for Promoting Mut-
ual Relation Between Russia and
America. It has started giving friend-
ly dinners to Americans in Petrograd.
It is going to give lectures to the
United States to disseminate friendly
information regarding Russian and
the Russian people.

We ought to know about the Rus-
sian people. Americans in general in-
norant of their abilities and virtues.
We judge them by their worst rep-
resentatives—the ignorant and bigoted
peasants who vent their traditional
grudges in "progroms" against the
Jews and the undesirables at the other
extreme of the social scale who have
made Russian aristocracy a synon-
ym for corruption and injustice. And
thus we misjudge a great people,
of whom the aristocracy is merely the
froth and the bigoted peasants the
dregs.

We misjudge them all because we
see so few native, representative Rus-
sians; we do not go to Russia, and
the pure-blooded Russian seldom
comes here. But from their literature
and art, which are today as great as
any in the world, and from occasional
glimpses of sturdy and admirable
qualities in the average Russian, we
are coming to suspect that we have
not grasped the soul of Russia.

If Russia, however, really wants to
win our friendship and admiration,

she can persuade us far more quickly
by acts than by words. She should
start by removing the causes that have
turned us against her. Americans can-
not be well disposed toward any na-
tion that is characterized by political
and religious tyranny.

MISFITS

Some of the Greeks seem mighty
anxious to get into the frying pan.

Remember, these are not the days
of Thermopole.

Recently a German widow was sen-
tenced to nine months imprisonment
for proposing to a Russian prisoner.

Plenty of people who intend to save
as they get their debts paid, and they
keep that up all their lives.

The following two Misfits are from
First street friend:

Lillian—George proposed to me last
night.

Mabel—Doesn't he do it awkwardly,
hough?

"No, sir," thundered the hotel
lark, "you cannot bring your friend
in here. This is a temperance hotel."
"Well, but he's too drunk to care."

Albany will soon be puffed up with
football glory big enough to burst its
belt.

This war is certainly a great civiliza-
tion. Already it is declared that fifteen
million men have been killed or dis-
abled for life.

A great manhood producer, almost
as big a one as a bull fight.

What kind of a community would
we have if everyone in Albany went
round with a six-shooter loaded to
the limit, all the time.

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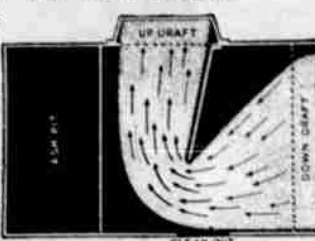
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