



Vigorous Health at "60"

WHEN you reach sixty, will you still have your rightful share of the vigor that comes of health, hope and a youthful spirit? Fundamentally, there's no real reason why you should not have it! True, your step may be slow, and your hair may be white. But still, living can be a joy and energetic effort a pleasure!

Many of the world's greatest achievements are credited to men who passed the sixtieth milestone before they reached their highest attainments. Read some of the names! Edison, Hughes, Foch, Carnegie, Gladstone, Disraeli, Burroughs, Bell!

Investigation of the lives of such men, with impressive regularity, shows them to have had high regard for fresh air, exercise, cleanliness and regular habits. The resulting physical benefits were largely responsible for their energetic vigor at an age when too many men are worn-out beyond all usefulness.

Ventilation, sanitation and personal hygiene — fresh air, at home and at work; safe disposal of household waste and sewage; frequent bathing; regular habits; plenty of exercise — it is an infallible prescription for health! It is also the simplest and most economical. Ask your doctor!

To be young at sixty, keep health! To keep health, memorize and practice this formula: "Ventilation, heating, sanitation and personal hygiene!" Let Good Health Week, Oct. 23rd to 30th, find you confirmed in following it!



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