

'MEN DIE BECAUSE THEY IGNORE RULES'

Famous Surgeon Details Facts Designed to Increase Life Span to 100 Years.

By DR. GILBERT FITZPATRICK

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CHICAGO, March 13.—Men die because they don't know how to live.

Teaching people how to live must become the job of the medical profession.

By taking a physical inventory of every man, woman and child in the United States you would add years to the average life of the present generation.

Find out your strength and weakness. Determine what is in your physical make-up that you must guard against. Then follow your physician's advice. The result will be golden years of better health and longer life.

Can Live To Be 100.

If man puts into effect the knowledge he already possesses relative to personal and community health, the expectancy of human life will be increased 20 years by 1925. This will bring the average span of life up to 73 or 80 years. What a hundred years of education of the public to the right way of living, playing and undergoing periodic stock-takings will do, it is difficult to predict with exactness.

It is not inconceivable that if the improvement of the race and the control or elimination of the germ and habit diseases continue in the same ratio, it will bring up the average to the century mark.

Such an increase in life cannot be realized, however, until our eyes are fully opened to the wastage of human life and the loss of precious years, the result of gross carelessness. The average man today never thinks of consulting a physician until he is flat on his back.

How to Do It

These are the recognized facts on which the Gorgas memorial institute is working to give breadth as well as length of life today.

A starter in doing your part, divide your day into three equal parts, one for work, one for play and one for sleep.

In play associate with congenial people. A social atmosphere is important for full relaxation. The manner of your play should be determined by your work. If you are a housewife, and office man or woman, get plenty of outdoor exercise. Exercise, especially the unused muscles, so they won't become soft and flabby. It is surprising what a few minutes of exercise every morning will do to keep you in trim.

Sleep Is Important.

Keep plenty of fresh air in the home, in winter as well as in summer.

Sleep is of most importance. A man will die of lack of sleep more quickly than he will of starvation. Eight hours in bed, though some people require more, is essential for recreating worn-out body tissues.

Wrong eating, over-eating, is one of the greatest American health faults. The greatest dietetic sin is a meal of meat, potatoes and bread. No dairy farmer would think of giving such a combination to his cattle. Fresh fruits and vegetables,

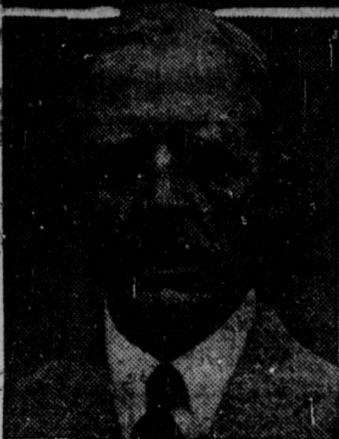
plenty of milk and butter should be added to this diet for a balanced ration.

To sum it all up; be sensible; be moderate in what you do and what you eat. Be happy. Don't carry a grudge. Don't overlastingly chase dollars at the expense of your play or sleep. Do as much to keep your body in repair as you do for the flivver.

Always a Fire.

You can lead a San Francisco to a dictionary, but an earthquake is always a fire.—Life.

MENTION HILLES



Nomination of Charles D. Hilles, Republican committeeman from New York, as ambassador to Germany is said to be considered by President Coolidge.

IT MAY BE TOUGH TO PAY YOUR TAX BUT—

Consider Poor Man Who Sits at Information Desk and Answers Dumb, Dumb Questions.

Some time in your life you probably have been the victim of a radio fan who insisted upon switching from station to station at half-minute intervals, until your mind whirled.

"Listening in" on J. E. Wetherell, deputy United States collector of internal-revenue, you probably call it—revenue, as he sits at the information desk on the third floor of the

Federal Bldg., is like that. An Indianapolis Times reporter tried it, and left with a headache.

"I want a blank," a sweet young thing or a brisk business man would ask.

Blank Minds

"What form?" from the question, broken Wetherell.

"Why, uh, for an income tax."

would be the elucidating answer.

"Hm, their minds are as blank as the blanks they ask for," Wetherell commented.

A woman approached.

"We have a foreigner working for us," she explained. "Can he get exemption for his wife and two children in the old country?"

"He'll have to prove he's been sending them money," Wetherell told her.

"Oh, that's all right—I know he has," And she smiled sweetly as if her oral explanation surely would be enough.

Husband III

A moment later Wetherell listened patiently while a well-dressed woman explained details of her husband's illness, which would necessitate an extension of time in filing his return.

"You see, we were in Florida, and

he didn't know he would be ill," she started, while a line of impatient "taxes" waited.

Wetherell listened through the whole story and explained her course of action several times.

But it wasn't only the women who asked unnecessary questions.

"Would a man have to file a return if he hadn't filed one for three years?" one man wanted to know.

Present Tense.

He was informed that income taxes were based on current, not past history.

"Won't you go over this for me?" several persons asked.

Wetherell suggested that they go to the fifteen men stationed at desks for the specific purpose of helping fill in the returns.

"Oh, but you have to wait so long,

and this is such a little bit"—with an appealing look.

So it went on and on and on—eternally, it seemed.

One man wanted to pay his poll tax; another, his dog.

"How many questions do you answer a day?" Wetherell was asked.

His estimate was—"Well, not over 20,000."

And there are still five days to go, with business becoming heavier every day.

Pardon Him, Mr. Ape

Charlie—Mummie, isn't that money like grandpa?

Mother—Hush, darling. You mustn't say things like that.

Charlie—But, Mummie, the money can't understand, can he?—London Answers.

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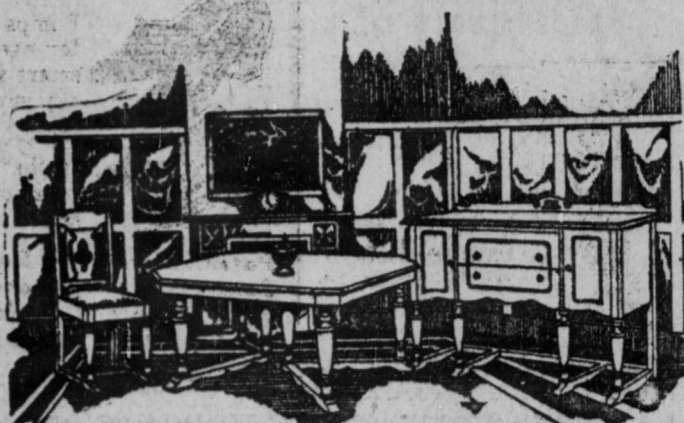
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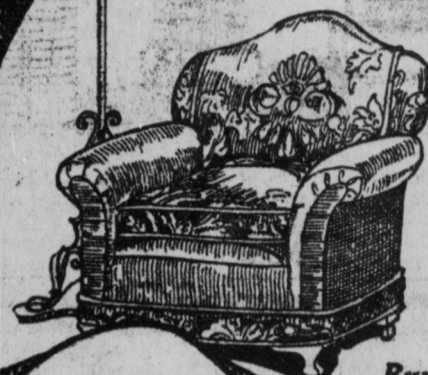
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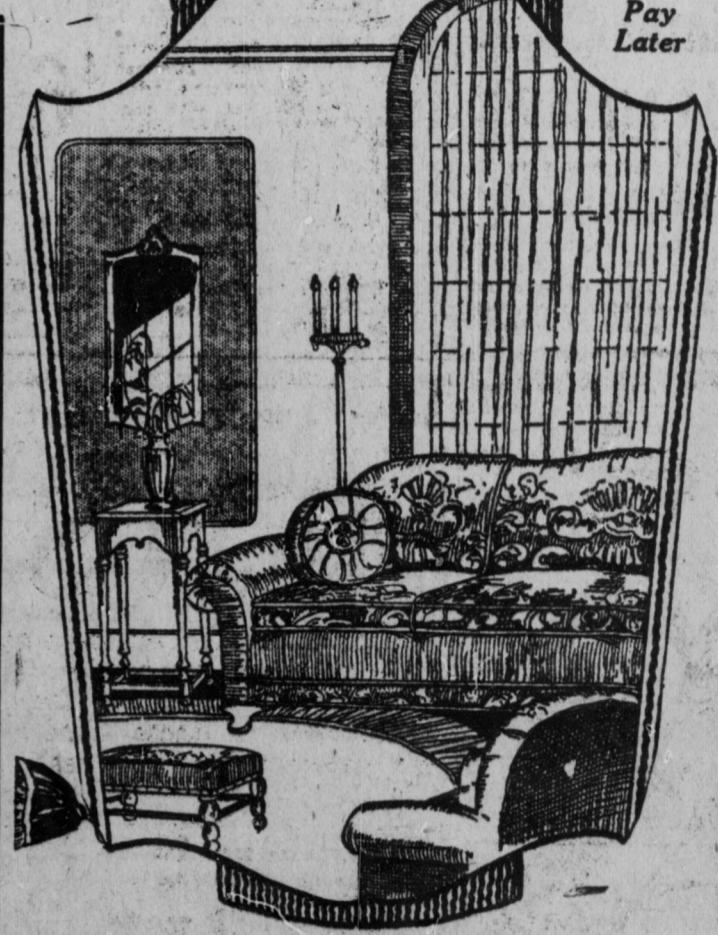
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