

'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 12.—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 78 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.

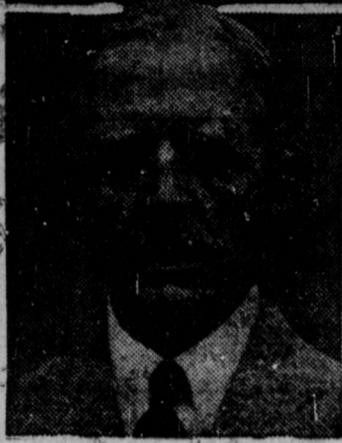
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Keep plenty of fresh air in the house, in winter as well as in summer.

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.

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MENTION HILLES



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

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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 everlasting chase dollars at the expense of your play or sleep. Do as much to keep your body in repair as you do for the

sliver.

Always a Fire.

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

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