

'OLD AGE' NO LONGER BEGINS AT FORTY NOW

Modern Man May Be Young at Eighty, Says U.S. Surgeon General.

By Hugh S. Cumming
Surgeon General, United States Public Health Service.

(Written for the United Press)
CHICAGO, Feb. 5.—It is difficult to define "old age." Time was when forty years was looked upon as the beginning of this period. Now some are old at sixty while others are mentally alert at eighty.

There is no great a tendency among persons reaching a certain age to persuade themselves that they have reached the last chapter of the book of life; they seem to think that both mental and physical activities should be abandoned. They do not realize that effort should be made to persevere the happy state of mind and purpose that renders old age a period of comfort and enjoyment.

Mental Diversion

Mental as well as physical diversion, and even useful occupation are essential to true happiness and well being in old age as in nearly every other period of life. The helpless, hopeless, semi-despairing attitude into which many elderly persons are allowed to sink is conducive to premature mental breakdown.

With reasonable attention to certain well-defined and easily applied measures—and the observance of simple and reasonable hygienic principles it is possible to grow old gracefully and comfortably, and happily. The time to prepare for old age is in youth and early adult life.

It is not expected that under present conditions the layman will possess information which will enable him to apply all of these principles without aid. He must depend on his own family physician for guidance. He should learn to appeal to his physician before he becomes ill. This is already being done to a greater extent than is realized. In many cities, physicians are noting that they are receiving an increasing number of visits from business and professional men of all ages who want to know each year just where they stand physically.

Insurance Shock

Many men, on reaching "middle age," first learn that they are not well when they apply for an increase in their life insurance. They are

One Miner Pays Life for Every 175,000 Tons Coal

FOR every 175,182 tons of Indiana coal mined, one miner pays the toll with his life, the annual report of Albert C. Dally, State mine inspector, for the year which ended Sept. 30, 1925, shows.

The extreme hazard of mining is shown by Dally, who reports 101 miners exchanged their lives for 17,693,409 tons of coal in 1925. Although the 1925 production was 1,514,033 tons less than in 1924, the life toll was greater. Fifty-two Sullivan miners were killed in one disaster. Had it not been for the Sullivan catastrophe,

last year's record would have been remarkable, Dally said.

The sum of \$28,550,355.05 was paid Indiana miners during the year, 19,539 employees sharing in the distribution. Of the total output 11,207,259 tons were shipped to Indiana cities, and the remaining 6,486,150 tons, exported to other states.

That mining is in the midst of a lull is the conclusion from Dally's statement for eleven large mines in the State were closed, only one new mine of equal size opened.

shocked when told that they are not eligible for increased insurance except possibly at increased rates, or perhaps, not at any rate. Had these men been examined at regular intervals the beginning of such conditions would have been discovered and in many cases the causes could have been removed and the trouble obviated.

Among the diseases and conditions that bring about premature old age and which cause many untimely

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deaths may be mentioned heart disease, cancer, rheumatism, hardening of the arteries, nervous and mental disorders of the milder classes, and diabetes. Much can be done to prevent the development of these diseases if effort is made in time.

Arbuckle Directs Comedy Club Women Call Best for Children.

'FATTY' STAGES COMEBACK WITH ASSUMED NAME

HOLLYWOOD, Cal., Feb. 5.—Roscoe "Fatty" Arbuckle is laughing again.

For a long time the round face of the one-time screen comedian was creased with a frown. He didn't have so very much to smile about. But now he's laughing—laughing, perhaps, over one of the most delicately ironical happenings that Hollywood ever knew.

Arbuckle was chased from the screen four years ago by an outburst of more or less righteous indignation following his tragic adventure at a New Year's eve party in San Francisco. He could not get employment. The club women of the country, and the Will Hays clique of his assumed name, of course.

So last winter, under an assumed name, Arbuckle became a director and a mighty good one, too.

And here is where the irony comes in.

Last year a committee of club women, cooperating with Will Hays' right-hand men, selected a list of fifty comedies which, because of their clean, wholesome humor, were designated "the best to show school children." And the comedy that headed this list was one directed by Arbuckle—under his nom de plume.

Arbuckle has completely given up his old idea that some day he might be an actor again. His years of rebuffs and failure taught him the hopelessness of that ambition. But now, for the first time since the San Francisco debacle, he doesn't care.

At the conclusion of his troubles in San Francisco, Arbuckle owed \$182,000. He has paid \$50,000 of this, and believes that the entire debt will be wiped out in three years more.

"I'm happy now," he says with a smile. "With my wife and my new work I have found happiness. And that is what I have been seeking for years."

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For Arbuckle, in the slang phrase, is "sitting on the world."

So successful have been the pictures which he has been directing that one of the largest studios here has just signed him to direct special productions for it—under the blanket of his assumed name, of course.

And Arbuckle, under this contract, is drawing \$2,000 a week. He lives in a palatial home in Beverly Hills, with two servants to make life easy for him. His wife—Doris Deane, movie actress, who married him last spring—is devoted to him and he to her.

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A Clear Warning

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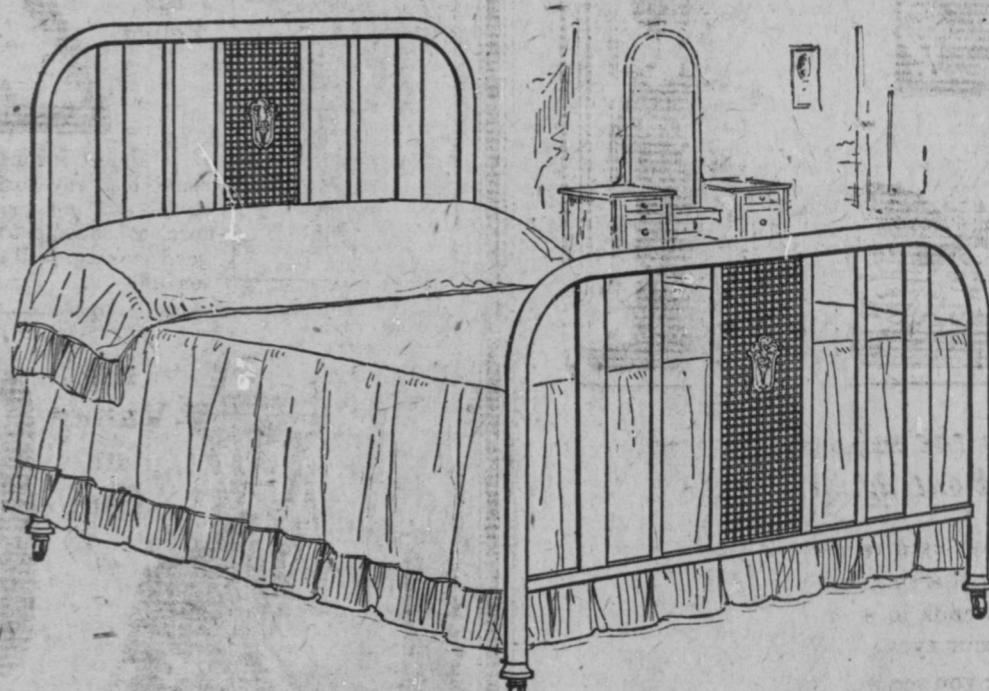
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