

'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 too 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 preserve 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 life, 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 175,000 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 \$28,250,355.05 was paid Indiana miners during the year, 19,839 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

BEWARE THE COUGH OR COLD THAT HANGS ON

Persistent coughs and colds lead to serious trouble. You can stop them now with Creomulsion, an emulsified creosote that is pleasant to take. Creomulsion is a new medical discovery with two-fold action: it soothes and heals the inflamed membranes and inhibits germ growth. Of all known drugs, creosote is recognized by high medical authorities as one of the greatest healing agencies for persistent coughs and colds and other forms of throat troubles. Creomulsion contains, in addition to creosote, other healing elements which soothe and heal the inflamed membranes and stop the irritation and inflammation, while the creosote goes on to the stomach, is absorbed into the blood, attacks the seat of the trouble and checks the growth of the germs. Creomulsion is guaranteed satisfactory in the treatment of persistent coughs and colds, bronchitis, asthma, bronchitis and other forms of respiratory diseases, and is excellent for building up the system after colds or flu. Money refunded if any cough or cold is not relieved after taking according to directions. Ask your druggist. Creomulsion Company, Atlanta, Ga.—Advertisement.

Rid Your Blood of Psoriasis Eczema and Stubborn Skin Eruptions With Deep Sea Water

If You Can't Do It With Ocean-O Haag Drug Co. Will Be Glad to Return Your Money

Bad blood, or at least blood that is not balanced minerally, is responsible for all skin eruptions except those of an infectious nature.

Local treatments may help for a little while, but why not get rid of skin troubles forever? You've heard of Ocean-O, of course. Physicians have been using it for years. It is nothing more or less than pure deep sea water distilled, concentrated and filtered with the excess of common salt removed.

So Ocean-O as you get it at any drug store in a large 10 ounce bottle contains the mineral elements that your blood or body contains and needs. And when you have skin eruptions that torture or embarrass you it's probably because your blood is starving for the want of just those vitalizing mineral elements that "deep sea water" or Ocean-O can furnish. When you start to rid yourself of skin diseases with Ocean-O all you need is

Ocean-O

Analysis made by Samuel P. Sadler & Son Inc., Philadelphia.
Chlorine
Sulphuric Acid
Radical
Silica
Calcium Oxide
Magnesium Oxide
Sodium Oxide
Potassium Oxide
Bromine
Sodium Carbonate
Sodium Bicarbonate
Manganese
Iodine

one teaspoonful in a glass of cold water and you drink this night and morning. That means that a bottle will last a long time.

One doctor says that in a case of general psoriasis of several years' standing the eruption began to fade in a week—yet we are told it cannot be overcome.

Ask Haag Drug Co. or any reliable druggist for a bottle of Ocean-O today and start to banish skin eruptions.

Use one bottle as directed and if it doesn't help you—get your money back.

And bear in mind that Ocean-O is a wonderful blood, nerve and intestinal tonic and that after a bottle has been taken—always diluted with cold water as directed—constipation will cease to bother and natural bowel movement will be regular.

There isn't a grain of anything artificial in Ocean-O, the deep sea water treatment, and it is easy to take and no after-taste. Advertisement.

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.

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.

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