

ON PROLONGING HUMAN LIFE.

(Continued from page 2, Col. 4.)

hygiene were so common as plainly to reveal the lack of adaption of the human animal to his surroundings.

In the British draft records it was found that four-fifths of those examined had defects worthy of record. In our draft statistics, we find 47 per cent recorded as having reportable defects.

In the Life Extension Institute reports of more than 150,000 physical examinations, we do not find the record of any perfect man or woman. There is always some departure from ideal physical condition, there is always something that can be done.

From those showing a high state of vitality and minor defects, only a very small percentage, we step down to those showing really serious and advanced disease,—about 5 to 8 per cent in any working population, people actually at work and supposedly in good health. A concrete case will illustrate. A man fifty years of age, examined in a group of supposedly healthy workers as a matter of routine, claimed to be in good health and had no complaint except callouses on his feet. On examination, he was found to have a blood pressure of 220, his kidneys were advanced in disease, he had septic teeth and tonsils, his vision was defective and he was wearing defective glasses purchased at a store. He was consuming large quantities of coffee, tea and tobacco, and he had callouses on his feet! Poor man! Much could be done even for him by clearing his mouth of infection, by regulating his diet and habits, and fitting him with proper glasses. He is not an uncommon type. Callouses on his feet! No, the callouses are on the brains of society and of science that has for ages stood waiting for people to come and report that they have callouses on their feet, or what not, instead of periodically overhauling the human body to find out whether any of the factors grouped under the categories I have mentioned are at work. This particular man may have had rising blood pressure and developed kidney trouble for 15 or 20 years. The early signs are often found in young people.

In a group of several thousands of insurance policy-holders examined periodically under this system for the purpose of prolonging their lives, the death rate during a period of seven years was cut down 50 per cent. It has been figured by a leading statistician that the periodic examination of any group from the dividends increased living capacity. This is the practical work of life extension now being carried by the Institute into industry, among life insurance policy-holders and among its own members who join in this work, not only to gain its benefits for themselves, but to extend it throughout society.

Health construction and disease prevention placed on a practical business basis and carried through practical business channels, gives economic as well as psychic and moral dividends.

Apart from the prolongation of life by such practical means, we must, as honest scientific thinkers, face the possibilities of more direct and specific measures. We have already sufficient light on this pathway leading to strong and startling possibilities, enabling us to discern a world transformed. We know that diet is not so simple a matter as formerly supposed. Specific substances, vitamins, are necessary in our food for growth and development and the maintenance of health, entirely apart from the chemical elements and simple combinations of protein, carbohydrates, fats, minerals, etc., formerly regarded as sufficient. Strange and terrible diseases arise from lack of such substances,—beriberi, scurvy, pellagra, and possibly other forms of disease. We also know that the autonomic nervous system and certain glands over which it presides form substances essential to life and health and well-being,—hormones. Excess or deficiency of hormones may cause profound changes not only in physical condition, but in character and personality. Sex expression, which is one of the most basic formative elements in personality during the greater part of life, can be wholly changed by alteration in the gonads or sex glands, and in animals the transplantation of glands has shown the transformations possible along these lines.

Science must face this fact as to the influence of these bio-chemical factors on the integration and disintegration of personality. It is well to throw a dash of cold water on the present tendency to discuss personality as an entity which can go out walking and then return to snuggle once more in the body.

The question arises as to where the personality comes from that a cretin obtains when he emerges from incipient idiocy to intelligence as a result of feeding him thyroid gland? There is, so far as I know, no evidence that the human mind can grasp to explain this phenomenon otherwise than on the hypothesis of an integration of personality arising from the bio-chemical changes in the body of the subject.

Professor Francis G. Benedict, in his experimental work on a squad of men that had been adjusted to a low plane of nutrition (about two-thirds of the supposed minimum standard and physically able not only to work but to excel in endurance tests,) found a remarkable change in sex expression and consequently in personality, due to changes in the bio-chemical adjustment of the subjects. These men had low blood pressure, slow pulse rate and lowered meta-

bolism, they were "bailed" of considerable reserve nitrogen, and their physiological condition and their outlook on life during the period of the tests were profoundly altered, that is in the majority of these subjects, owing to practical obliteration of sex expression,—physical, psychic and aesthetic.

The many examples of profound physical and psychic changes resulting from variation in the supply of hormones or other specific substances, indicate the possibility of ultimately acquiring knowledge that will enable us to administer combinations of substances that will maintain life and health indefinitely, barring accident or physical and mental strain and injury, although these may conceivably be successfully combated to a certain degree by specific means. Carrying these speculations to their ultimate implication, we find a number of alternative destinies confronting mankind.

Regulation of the birth rate, or an artificial death rate, would be inevitable if the so-called natural death rate were reduced to a negligible factor. A condition of society would obtain strange beyond belief and so different from the present world as to be unrecognizable by one who could awaken in it like Rip Van Winkle after a long sleep.

The attainment of longevity by regulation of conduct, by following rules of personal hygiene and bending the body to the will of the individual, is not likely to cause any social upheaval or dislocation. Such influences working gradually would be accompanied by social adjustment to a longer life cycle. Let us therefore be optimistic or pessimistic, but just good citizens courageous to face the truth as to our weaknesses and to move for their correction. Periodic physical examination and an intelligent regulation of our lives, of our social and industrial conditions, may seem a commonplace formula after discussing an elixir of life, but it will do much to lift the burden of woe and of error that now weighs down the nations of the world.

It is useless to argue that nobody wants to live longer than the present life span. I venture to assert that if simple means be found greatly to prolong human life, that is, without working for it, few would be found to make the decision against utilizing it, and no doubt nations would fight for it.—By Eugene Lyman Fisk, in the North American Review.

BUFFALO RUN.

Miss Emma Cline, of Williamsport, is spending the month of August with her sister, Mrs. Randolph Glenn, on the Glenn farm at Briarly. Miss Cline was accompanied there by her father, C. E. Cline, who visited with his daughter and the family for a part of a week before returning to Williamsport.

Richard Vanderhoof, of Canton, O., spent two weeks of August visiting with Mrs. Vanderhoof's relatives at Beech Creek and in Halfmoon valley. While at the latter place Mr. Vanderhoof was a guest of Mrs. Isaac Gray and her daughters, Mrs. Glenn and Miss Esther Gray. Mrs. Vanderhoof, who died some time ago, was before her marriage Miss Sue Liggett, of Beech Creek.

A surprise birthday party was given J. L. Hartsock Tuesday evening of last week, the guests including one hundred and twenty-five of his neighbors and friends of the Buffalo Run valley. A picnic supper and a play-time in the orchard, in which the elders indulged in all their childhood games, made it one of the happiest and most memorable social events ever given in that valley.

The Gray's church picnic in Clemson's woods on August 14th was largely attended. Two baseball games were a big part of the program of sports. The first between the veterans of Marengo and Stormstown nines, was won by the latter by the score of 7 to 0, and the second between Stormstown and Pine Grove Mills, was called on account of rain with the score 3 to 2 in favor of Pine Grove.

Mr. and Mrs. J. V. Thompson and their two nieces, Katherine and Peggy Aungst, have been visiting with Mrs. Thompson's sister, Miss Annie Gray, for the past two weeks. Mrs. Thompson, who is with the Methodist Sunday school board at Evansston, Ill., left on Tuesday, accompanied by Peggy Aungst, for the return drive

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65-26 C. M. PARRISH, Druggist, Bellefonte

to Illinois while Mrs. Thompson and Katherine will continue their visit in the Buffalo Run valley.

On Monday, August 16th, the Fillmore church of the Halfmoon charge gave a farewell surprise reception to Rev. and Mrs. H. F. Babcock, at the Methodist parsonage at Stormstown, at which time they presented Rev. Babcock with a very comfortable desk chair. About everything in the way of refreshment was provided to make the evening a most enjoyable one. Rev. Babcock, by the way, has resigned his pastorate of the Halfmoon charge to take effect September first at which time he will enter State College to take a full college course. He will also be assistant to Rev. J. W.

Long, pastor of the Methodist church at the College, in special work they have outlined to do among the student body. Rev. Babcock has been pastor of the Halfmoon charge since the spring of 1917 and has been doing a good work. He entered the ministry, however, without having the advantage of a course in college and has now decided to devote several years to study.

Mixed.

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Our stock is now complete with Hosiery of the better grade in ladies' full fashioned and seamed back, silk, mercerized lisle and cotton.

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