

CAN WE CHEAT DEATH?

No, Science Admits, But Life Expectancy Can Be Raised

By JOSEPH W. LaBINE
Since the world began man has sought to cheat death. Some have looked for the Fountain of Youth; others, more scientific, admit earthly immortality is impossible but cling to the chance that man's visit here below may be lengthened.

Foremost pioneers in this work are America's insurance companies who currently celebrate Life Insurance week. The combined mass of statistics gathered by these firms during the past century has given America an amazingly accurate picture of how long the average man can expect to live, and what he can do to live longer.

These figures, linked with reports of sensational medical developments, today give John Public good reason to believe he will live longer than his great-grandfather. He may even dream of the day when science can give him new mechanism to replace his decaying vital organs.

But artificial hearts are flimsy and intangible. A more startling fact is that science has given the United States more than 4,000,000,000 years of life since the American Revolution. A child born 150 years ago could expect to live from 30 to 35 years, while seven years ago the newborn infant had a life expectancy of 59 to 63 years—a girl baby four years longer than a boy.

Thus, in 150 years, the average span of life has been boosted 25 years!

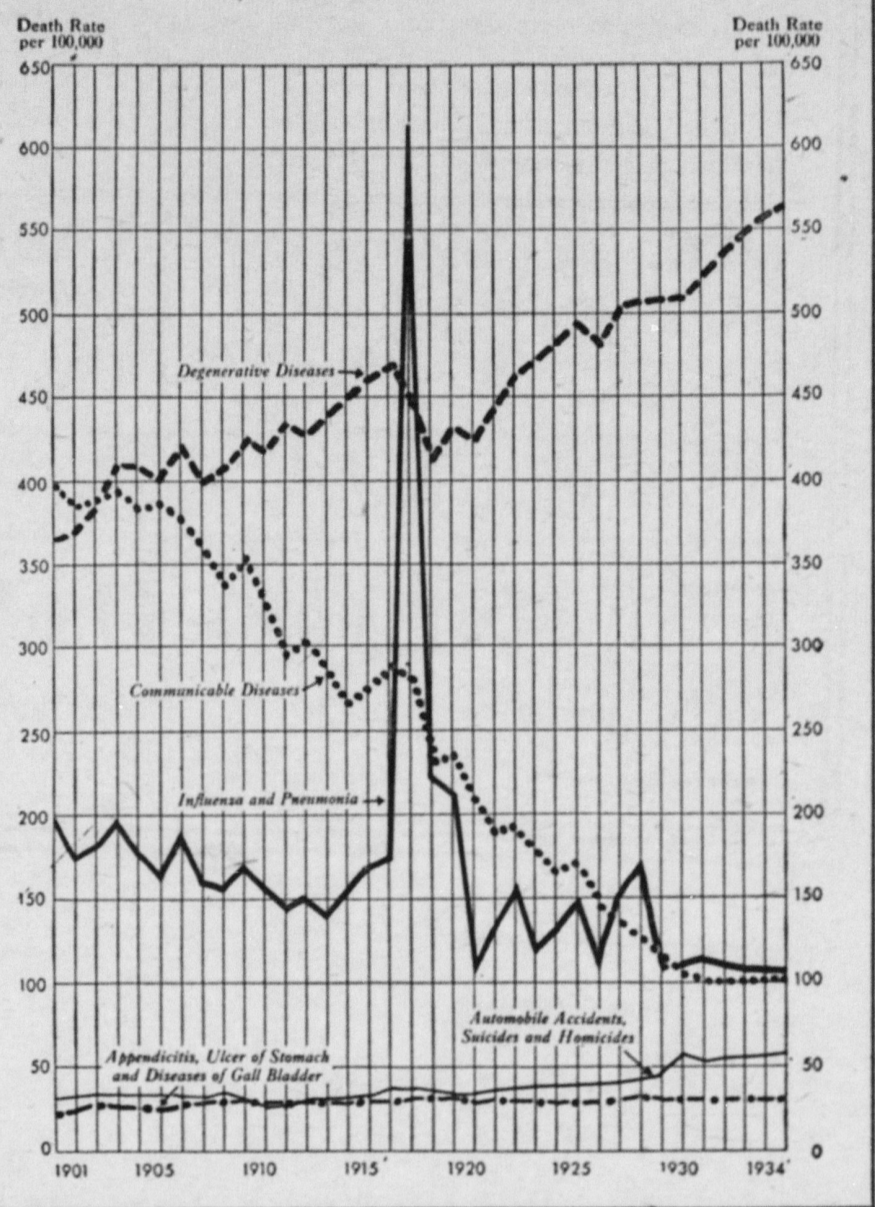
Joint Fight on Death.

No single factor is responsible. Man, though selfish in his instinct for self preservation, has co-operated with other men whom he knew could help cope with the problem of premature death. Scientific workers looked to the insurance companies for figures showing what causes death. Little known mortality facts were excavated from the mire of superstitious centuries, and erased. Cities, states and the federal government co-operated in eliminating hazards.

Figures from the United States public health service reveal that a good way to live longer is to be born in North or South Dakota, Kansas or Oklahoma—and to stay there. Statistics compiled through the years prove that expectation of life in those states is almost 10 per cent greater than for the nation as a whole. As a second choice the seeker after a long life might pick Washington, Oregon, Idaho, Montana, Wyoming, Minnesota, Iowa, Missouri, Arkansas, Wisconsin, Michigan, Ohio, Indiana, Kentucky, Alabama or Mississippi.

100-Year Goal.

The term "span of life" is confusing. Science points out that it has not changed through the centuries. Probably as many persons lived to be 90 in ancient Rome as in New York city today. The span, or maximum average life, is about 100 years. Although the 1930 census showed 3,964 persons who



This chart, prepared by the Northwestern National Life Insurance company, shows how America's death causes have varied since 1901. Degenerative diseases, including heart disease, cerebral hemorrhage and cancer are rising. So are accidents and suicides. Communicable diseases include smallpox, typhoid, yellow fever, leprosy, malaria and cholera.

claimed to be 100 or older, the figure is open to question because nearly 2,500 of these were colored people who simply "guessed" their ages.

If 100 years is the maximum average, it offers a far-away goal for scientists who have thus far increased life expectancy to 59 years. To increase the average only 10 years is a monumental task that would necessitate almost complete removal of the diseases now responsible for juvenile mortality. Ailments causing infant deaths must be strangled. Tuberculosis among young people, communicable diseases—and especially venereal diseases—would be stamped out, and advances in psychiatry would eliminate the menace of suicide. All this, and our life expectancy would be raised a scant 10 years!

2,000 Years of Progress.

No forward stride can be expected overnight. Expectation of life has been increasing slowly for almost 2,000 years, and we are now much more fortunate than Roman infants in Caesar's day who could look forward to only 20 or 25 years on earth. Insurance companies are both selfish and benevolent in their campaigns to increase longevity. The fact remains that every firm nowadays takes a deep interest in its policy holders' personal health. Many companies offer yearly examinations and distribute literature to help its customers get healthy and stay healthy.

No definite set of health rules can be applied to all men. But physicians agree that a long life is encouraged by following certain general laws. They may be placed un-

der five headings. Each is well known but will bear repetition:

Fresh Air and Exercise—Fresh air is the largest single element in the preservation of health. Windows of the sleeping room should always be opened to admit it freely. Business and professional men and women should take special care to get sufficient outdoor exercise daily.

Food and Diet—Drink plenty of water so there may be an abundant excess to wash out the waste products through lungs, skin and kidneys. Eat fruits, green vegetables, whole wheat bread and milk. Vary the diet and avoid an excess of meat, especially at ages over 40.

Sleep—Some people require more sleep than others, but few can keep in the best of health with less than seven or eight hours.

Mental Attitude—Everyone who wishes to keep well and live to old age should persist in a cheerful view of life and prohibit worry so far as possible.

Temperance—Excess use of alcohol definitely increases susceptibility to disease.

General scientific advances in the battle for longevity have been made without fanfare. But occasionally has come a discovery whose potentialities startle mankind. One of these is the testimony given by Dr. Alexander Cannon, distinguished British physician and psychiatrist who went to the Far East investigating supernormal phenomena. He gained an audience with the supposedly unapproachable Grand Lama of Tibet who staged for him one of the weirdest demonstrations of occultism the eye of a white man ever beheld.

Tibetan Black Magic.

He reported a coffin containing the body of a man seven years buried was brought before the Lama. At word of command the "dead" man opened his eyes, advanced to the throne, bowed, and retreated to his coffin where he apparently became lifeless again. Dr. Cannon reported he made all the usual medical tests and pronounced the man dead. But the Lama assured him that in another seven years the body would again be resurrected!

That was black magic, but there is a truly scientific foundation behind the "artificial heart" recently developed by Col. Charles A. Lindbergh in collaboration with Dr. Alexis Carrel. Briefly, the heart is known as a "perfusion" pump made entirely of glass in which the only moving parts are the valves and the gas and the fluid which sustain life in the organ under observation.

Can such an artificial pump be grafted to the human being, replacing a natural heart that will no longer function? If possible, it might postpone death for years, though medical men suggest that the broken down tissues of the body would often prove too much for any robot heart to overcome.

Many other experiments of this nature have been revealed recently. At the University of Minnesota heart and lungs are being kept alive 24 hours after removal, in a dry airtight vessel immersed in water to maintain an even temperature! University of Pennsylvania scientists are working on a glass stomach which would faithfully enact the performances of natural organs.

Such things are done in the name of health, but in the last analysis there can be no escaping the truth—man is working to increase his days on earth!

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WHAT TO EAT and WHY ★ ★ ★

C. Houston Goudiss Noted Food Authority

Describes the ACID- and ALKALINE-ASH FOODS and Explains Their Role in Maintaining the ACID-BASE BALANCE of the Body ★ ★ ★

By C. HOUSTON GOUDISS
6 East 39th Street, New York City.

ACIDITY is the topic of the hour. On every side we hear people complaining that they have too much acid in their systems, that they suffer from acid stomach, acid headaches, acid mouth, acidosis. In fact, most adults fancy themselves victims of a great battle between acid and alkaline forces, with the acid having the better of it.

They confuse gastric acidity—which is entirely normal, for the healthy stomach is always strongly acid—with the potential acidity of foods which leave an acid residue following digestion. And many of them are convinced that they should take drastic steps to overcome the danger of acidosis.

The Vogue of Acidosis

There are fashions in disease, just as in dress, home furnishings and automobiles. Ten years ago, we heard much about the evils of auto-intoxication, and it was some time before those who had some sort of remedy to sell. And now it is acidosis that is the most talked of complaint. Friends caution one another against this or that food, with the mistaken idea that it causes or aggravates an acid condition. Food faddists have frightened thousands by suggesting that acidosis is brought about by mixing various kinds of foods.



Physiologists believe that fear and worry have a detrimental effect on digestion, and, in turn, on the general health. Thus eating meals in constant fear of acidity may upset the digestion and bring about the very symptoms that you are trying to avoid. One well-known authority contends that perhaps 90 per cent of digestive distress, attributed to the kind or combinations of food eaten, is actually due to unfavorable mental or emotional states, and other causes such as over-eating, even when fatigued, or consuming at one meal too many foods that are difficult to digest. It, therefore, becomes apparent that thousands of people are contributing to their own discomfort as a result of fear, ignorance, or a blind belief in misleading claims which are opposed to scientific facts.

Health Endangered

Indeed, we have come to a point where the fear of a so-called acid condition is assuming proportions which indicate the possibility of real trouble unless the American people get the true facts and put aside these foolish delusions.

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Acidosis Uncommon

The danger is not from acidosis, but from the fear of this bugbear, and from self medication in the belief that certain remedies are required to overcome a fancied con-

Send for This FREE CHART
Showing Which Foods Are Acid and Which Alkaline

ONE of the principles in planning a balanced diet is to include at least enough alkaline, or base-forming foods, to balance the acid-forming foods.

To help you distinguish the foods that belong in each group, C. Houston Goudiss offers to send a free chart listing the principal acid-ash and alkaline-ash foods. Address C. Houston Goudiss, 6 East 39th St., New York City.

dition. For in spite of the large amount of acid produced in metabolism, the blood normally remains remarkably constant and slightly alkaline, due to a highly efficient buffer system.

Perhaps you wonder, if this is so, why doctors and dietitians talk so much about the acid-base balance.

The Acid-Base Balance

To understand this phrase, you must know that every food leaves an ash when burned in the body, just as ashes remain when coal or wood is burned in a furnace. In the body, the ash consists of valuable minerals which are required in large amounts to maintain optimal health.

Some foods, such as meat, fish, eggs and cereals, leave an acid ash because the predominating minerals are phosphorus, chlorine and sulphur. Other foods, chiefly milk and most fruits and vegetables, leave an alkaline ash because the remaining minerals are principally calcium, magnesium, potassium and sodium. These are the base-forming foods.

Besides the alkaline ash and acid ash foods, there is a group of foods, including sugar, cornstarch and purified fats, which are so highly refined that no minerals remain after they are burned; and some other foods, such as butter and cream, leave a balance of the two types of ash. These are known as neutral foods.

Cannot Trust Your Tongue

The sense of taste cannot be relied upon as a guide in determining which foods are acid and which alkaline. For example, cereals, which are bland to the taste, have an acid reaction following digestion. Bread, likewise, is acid forming, although you would not suspect that fact from its taste. On the other hand, potatoes, though somewhat similar to bread in flavor and food value, are one of our most valuable alkaline foods, and dried lima beans are the most highly alkaline of any food known.

If it seems curious that such bland foods should have an acid ash, you may find it even harder to believe that oranges, lemons, grapefruit, peaches and tomatoes, which taste acid in the mouth, leave an alkaline ash following digestion. But the fact is that the body performs a clever bit of

Milton, Scott, Defoe, Bach Late-Flowering Geniuses

Cervantes was fifty-eight when the first part of "Don Quixote" was given to the public.

Darwin did not begin to write his "Origin of the Species" until long past forty.

Milton was sixty when he began to compose "Paradise Lost."

Daniel Defoe was fifty-eight when he produced "Robinson Crusoe."

Bunyan did not begin "Pilgrim's Progress" until he was more than forty.

Sir Walter Scott was forty-three before he began to attract attention by his writings.

Bach did not compose until he was past forty.

Harvey published his discovery of the circulation of the blood at fifty.

Chaucer's "Canterbury Tales" were the product of his old age.

Wordsworth did not gain renown until after forty.

Have You a Question? Ask C. Houston Goudiss

C. Houston Goudiss has put at the disposal of readers of this newspaper all the facilities of his famous Experimental Kitchen Laboratory in New York City. He will gladly answer questions concerning foods, diet, nutrition, and their relation to health. You are also invited to consult him in matters of personal hygiene. It's not necessary to write a letter unless you desire, for post card inquiries will receive the same careful attention. Address him at 6 East 39th Street, New York City.

chemical engineering and the final effect on the blood is alkaline.

Homemaker's Responsibility

A balanced diet must include sufficient base-forming foods to neutralize and counter-balance the effects of the acids formed in metabolism.

That is one reason why it is so important for the homemaker to provide her family with plenty of milk, fruits and vegetables, in addition to the necessary meat, fish, eggs and cereals.

In general, one is likely to feel better when base-forming foods predominate, at least slightly, in the diet over acid-forming foods. Some authorities believe that this may be due not so much to their effect on the acid-base balance as to the fact that they provide such splendid amounts of vitamins, minerals and fiber.

However, one must not make the mistake of becoming so enthusiastic over building a highly alkaline diet that one overlooks good foods necessary to round out a balanced diet.

To those homemakers who take seriously the important job of feeding a family, and wish to be correctly informed, I shall gladly send a chart showing which foods are alkaline and which acid. It can be used as a helpful guide in planning a balanced diet.

Send for this chart and increase your food knowledge. In the meantime, don't under any circumstances allow misguided individuals to frighten you into joining the vast army of acid-minded people who are so concerned over the possibilities of acidosis that they haven't time to enjoy life.

Questions Answered

Mrs. S. T. R.—No, egg whites most certainly are not toxic, except to people who have an allergy toward this food. For all normal individuals, they offer an excellent source of protein.

Miss M. V.—Indeed I am not against the eating of fried foods, except in abnormal conditions where, for some reason, the fat intake must be restricted. The moderate use of fried foods, which have been properly cooked, makes the diet palatable and interesting.

Mrs. R. McK.—Generally speaking, the ideal weight for men and women over thirty is their normal weight at the age of thirty. From that time on, the scales should be watched, and the food intake reduced as soon as a gain is noticed. When maturity is reached, food is no longer required to support growth, and unless muscular activity is maintained at a high level, the total energy requirement will gradually decline.

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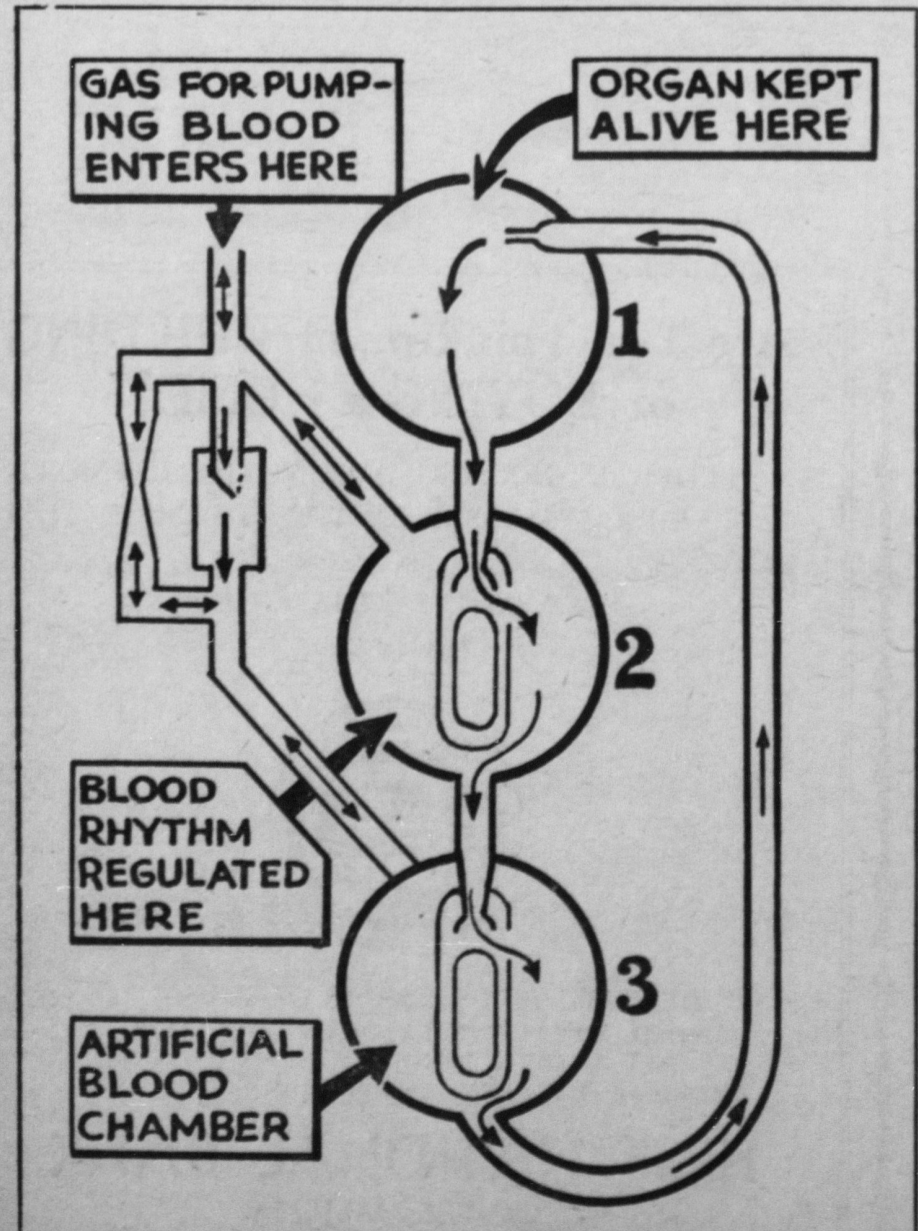
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