To Live to Be a Hundred Is Your Privilege

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THESE DAYS if you aren’t a malnourished child of school or preschool age you are apt to feel neglected. The United States Children’s Bureau is giving much help to the mothers of these days and well. We are apt to review our welfare accomplishment with much satisfaction. I hear it said: “Is not the infant mortality rate much lower now, and has not the average span of life lengthened in the last decade from thirty-three years to forty-five years? Science surely has done much to increase the chances to live twelve years.”

And so, indeed, much has been done to make the man of life better and healthier, but now comes the warning from recent statistics that more men are dying in their prime and fewer are living to old age. Men in charge of public health are meditating: “Why should men die in their prime when they are so valuable to their community? It is a great economic waste. Why should they not live to be a hundred?”

The medical reports show that more and more the old age diseases are found among our young people so we have old-young men instead of young-old men. Most people have a great dread of getting old. Communities should dread to have its people die young. Older men and women have a larger vision and tolerance based on their wide experiences which youth does not always appreciate. Besides the moral value our older folks are to their community they are of tremendous economic worth so we cannot afford to lose them when they are yet really young. We need them. When older people are made to feel that by long life they may render a greater service to their community they will make more effort to keep in training for the long run of years.

“When is a man old?” some one asks. A philosopher has said that a woman is as old as she looks but a man is as old as he feels. But doctors agree that a man is old as his arteries. The symptoms of old age are the result of the breakdown of the tissues and organs which owing to the shrinking of the blood vessels are insufficiently supplied with blood, and because of the consequent malnourishment of the regulating nerves, nervous control is lost.

Doctors tell us that we may find symptoms of old age in younger persons whose ductless glands (as the thyroid, pancreas and pituitary bodies) are degenerated by disease. Old age can be expected earlier in those who have suffered from disease. The poisons from these diseases attack the cells and lessen their resistance. Usually the first evidences of old age appear about the fortieth year, but if the person has lived a moderate life the glands and organs may still be strong. The body then shows evidence of decline for many years.

What are the old age diseases? There are the well known diseases of metabolism: diabetes, gout (not so common in the United States as in England) and obesity. These diseases result from the breaking down of the glands which govern internal secretion. The proper functioning of these delicate glands is an important element in longevity. Then there is arterio-sclerosis, or the hardening of the arteries. The number of cases of this disease have increased with alarming rapidity in the last few years. It is a disease frequently met with in old people, and according to research is caused by a toxic substance which degenerates the walls of the blood vessels. High blood pressure is also found in older people and if an effort is not made to regulate it, apoplexy may result. Kidney diseases may be the result of the damage to the kidneys by the passage thru them of various poisonous substances which are produced in the body from improper and faulty intestinal elimination. Corpulence is often one of the first symptoms of old age. Another old age symptom is a lessening of the functions of the liver due to overwork in the elimination of toxic substances.

If, then, you are to live to be a hundred you must observe the ten commandments of health:

1. Do not worry. Use self control in all phases of your life. Have positive features of mind. Cultivate kindness, friendship, geniality, good luck, hoping, good humor, and not the least, contentment. It has repeatedly been shown that sorrow, grief and mental emotions are very harmful to the individual.

2. Breathe pure air as often as possible. From good fresh air there comes the necessary oxygen for the oxidation processes of the body and the resultant feeling of well being.

3. Avoid constipation. Experimenters are coming more and more to believe that constipation is the cause of almost all evils. The cells that make up the glands, the organs, and the blood vessels cannot come in contact with the poisonous substances without detriment. These poisons may be induced by many different factors but are largely absorbed from the intestines where putrefaction results from clogged channels. The kidneys will do its best to protect the cells and the liver is strongly antagonistic to poisonous substances but there will never be a lessened resistance after attacks. Diet and exercise are great factors in the control of constipation. Chapters have been written on this great evil of our modern civilization brought about by great nervous strain and sedentary habits.

4. Bathe frequently. Near the surface of the body lie the nerves and blood vessels whose activities are controlled by the older man and woman who refuses to keep them adjusted. The chances for longer life are greater for the man who bathes frequently.

5. Relax. The old adage of the Romans would serve well for this fifth commandment: “Everything in excess becomes a vice.” Men and women do not need to be encouraged to work. The great fascination of accomplishment and also the economic pressure frequently force a man to toil strenuously. Rest and relaxation of overworked nerves will give new vigor. The tired mother is not as useful and all work and no play will dull father’s mentality as well as Jack’s.

6. Have a place in the day’s regime for exercise. The older man will need to remember that a certain amount of work improves the mind, but as he grows older work should not be excessive. Frequent instances are given of men who thru wise care of their bodies are able to continue their activities longer than the majority. Daily training is beneficial to the muscles and organs of the older man as well as to the athlete. Exercise has a tendency to build up immunity. The indulged body is not more successful than the indulged child.

7. Wear proper clothing. As age progresses there will be more protection. The clothing should be loose and porous. Exercise and bathing will give the body certain thermal adjustments. The older man should not subject himself to exposure.

8. Guard against obesity. “My mother was very fleshy when she grew older. It is a common excuse for acquiring weight as one matures. Yet obesity is one of the greatest contributing factors in old age. Temperance in Living Habits Enabled This Professor to Serve His Students Until a Few Weeks Before His Death Which Came in His Ninetieth Year

By FLORENCE M. BUSSEY, Professor of Home Economics

To Live to Be a Hundred Is Your Privilege
Mere Lines—They Make or Mar Our Costumes
By ANNA PRANG, Instructor Home Economics

"DID YOU SEE that adorable green frock at The Paris? I was so sorry that I could not try it on for they had only a size sixteen, but then I can have my dressmaker make an exact copy of the design in my size. I wear a forty-two and green is not very becoming to me, but the dress is so adorable that I can't resist having it made up for myself."

Can you imagine this woman in her new dress originally designed for a much smaller figure and a very different complexion? The picture presents a real tragedy. However, the most tragic part of all is, that such things happen day after day.

In this age of ready-made clothing, so frequently a catalog, and because it makes a good appearance there, it is too often purchased, that it will be equally as suitable for anyone who can manage to get on the inside of it. No matter how pretty or fashionable a dress may be, unless the lines, materials and colors are suitable and harmonize with the lines, texture, and color of the woman herself, it is in vain and usually not a success.

Just how can a woman or girl tell what to look for when she buys ready-made garments, or when she makes them? What is a becoming costume? This question is answered in a book, "Costumes and their Importance," by Dr. J. L. Cook. In this book, the author states that to have a costume that is becoming, it must be suitable to the individual, and that it must be attractive to the eye. The lines of a costume are so important that they should be considered before making a purchase.

A costume must be in harmony with the personality of the wearer, and it should be selected to complement the figure of the woman. The lines of the costume should be chosen to emphasize the best points of the figure, and to minimize any defects.

The lines of a costume are the most important factor in determining its attractiveness. The lines should be chosen to suit the figure and the personality of the wearer. The lines should be soft and graceful, and they should be chosen to complement the figure of the woman. The lines should be chosen to be in harmony with the personality of the wearer.

By line, in a costume, we mean the lines that are used to cut the fabric of the garment. The lines should be chosen to suit the figure and the personality of the wearer. The lines should be chosen to be in harmony with the personality of the wearer. The lines should be chosen to be in harmony with the personality of the wearer.

Many women have not really seen themselves as they are seen by others. They are unaware of their figure and the lines of their costume. A woman's figure may be more important than the lines of her costume. The lines of the costume should be chosen to suit the figure and the personality of the wearer. The lines should be chosen to be in harmony with the personality of the wearer.

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Cottage cheese and pickled beets.
Cottage cheese, cabbage, celery and chopped apples.
Pimentos stuffed with cottage cheese and sliced.
These salads must, of course, be mixed with a tart dressing to be at their best.
Serving them on a lettuce leaf makes them very edible. In the absence of lettuce, leaves from any plant may be used as a garnish as parsley, celery leaves, fine fern leaves or large geranium leaves. In the summer time nasturtium leaves make a pretty base for salads and many people enjoy the stems cut finely and mixed with the salad proper.
There are cottage cheese combinations without end. Experiment a little yourself and discover just what your family likes best.

TO LIVE TO BE A HUNDRED IS YOUR PRIVILEGE

(Continued from page 3)
food is defective and this in turn makes circulation less effective.
Because old age does not have the reserve force of youth, foods should be carefully chosen. Meat should not be eaten more than once a day. Eggs may be substituted for meat. Milk should be a regular part of the day's menu. Tea and coffee, if taken at all should be taken in moderation. Spices and highly seasoned foods should not have a place in the diet. Fresh green as well as cooked vegetables and fruits should form a part of every day's meals. They furnish the organic acids and bulk necessary to prevent constipation and also contain the vitamins which are stimulating to the cells. They also contain the minerals which aid, too, in regulating the many activities of the body.
Dr. Harry Campbell in his discussion of diet in old age urges that starches and sugars should not be used excessively since they tend to increase weight. He defines a moderate diet as one which properly balanced will maintain a per-

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son at the slightest weight consistent with the most perfect health of which he is capable." A witty person once said that a good cook is more to be feared when one is well than a bad doctor when one is ill. Simple living, good hygienic habits, and proper food are all essentials for a ripe old age. We need our older people. Why not have them live to be a hundred? In his report on the autopsy of Thomas Parr who lived to the age of 152 years and nine months Dr. Harvey attributed his death to the change from a simple diet of cheese, milk and whole wheat bread to the rich living which he received in London and to the change from good wholesome air of the country to the dusty air of the city. He had always lived the carefree life of the peasant.

Dr. Langworthy gives the following table for the food requirements in old age:

<table>
<thead>
<tr>
<th>Age</th>
<th>Average weight</th>
<th>Calories needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>144.1</td>
<td>1665</td>
</tr>
<tr>
<td>70</td>
<td>132.7</td>
<td>1891</td>
</tr>
<tr>
<td>80</td>
<td>134.7</td>
<td>1531</td>
</tr>
<tr>
<td>90</td>
<td>117.2</td>
<td>1446</td>
</tr>
</tbody>
</table>

The requirement is slightly less for women than for men.

<table>
<thead>
<tr>
<th>Age</th>
<th>Average weight</th>
<th>Calories needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>124.8</td>
<td>1702</td>
</tr>
<tr>
<td>70</td>
<td>115.2</td>
<td>1612</td>
</tr>
<tr>
<td>80</td>
<td>113.3</td>
<td>1288</td>
</tr>
<tr>
<td>90</td>
<td>105.5</td>
<td>1234</td>
</tr>
</tbody>
</table>

There are in our modern life young-old men who are adding their great service to humanity. They are the men who have a love for their fellowmen and who seem to have been carried thru the span of years by their great interest in events and folk everywhere.

It is every man's privilege and can easily be accomplished by regulated living and proper care of the body.

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**MER£ LINES—THEY MAKE OR MAR OUR COSTURES**

(Continued from page 6)

Especially becoming. However, collars and neck pieces of seal or mink or furs may be equally as appropriate if made up in such a way that they come up high on the neck. The small or thin woman cannot wear a heavy-looking fur piece or coat. These would make her look small and weak by contrast.

The thin woman or girl with angular lines has to be especially careful in her choice of jewelry. Heavy-looking beads and chains, or sparkling jewelry is not becoming—it makes her look weighted down, and unless she is unusually vivacious, an array of sparkling stones and glittering gold, is likely to outshine her. Something smaller, less pretentious and less conspicuous, beautiful in line, and of definite color value is much more appropriate and becoming.

The color of her footwear need not be one of the

**“11”**

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