

Has Life's Span Been Increased Of Recent Years?

Statistics Show That Expectancy Is Somewhat Longer.

By LOGAN CLENDENING, M.D.
Cleveland College Western Reserve University

Has modern medical science increased the span of human life? Or has anything, either modern medical science or improved modern medical science or improved modern conditions of living, or both, accomplished this?

There is no question that it has been increased, though most of the result is due to decrease in the death rate in infancy. It is not how very accurately known and reliable is our data for these conclusions. The first life table was constructed by the great astronomer and mathematician, Dr. E. Halley, based upon the bills of mortality in Breslau in 1687 to 1691—nearly 350 years ago.

A new-born baby in that time had a life expectancy of 33½ years, while a new born baby in the United States in 1910 had a life expectancy of 51½ years—a difference of 17 years. At the age of 20 the expectancy was 33 6-10 years in the seventeenth century, and 43½ in 1910. You see the margin has decreased about half. At the age of 40, the citizen of the seventeenth century might expect to live 21 7-10 years on average expectancy, whereas he of the present day has 27 6-10 years to expect. At 50, it was about 17 years, compared to 21 years today. Even at 70, today there is the difference between 7½ and 8 years.

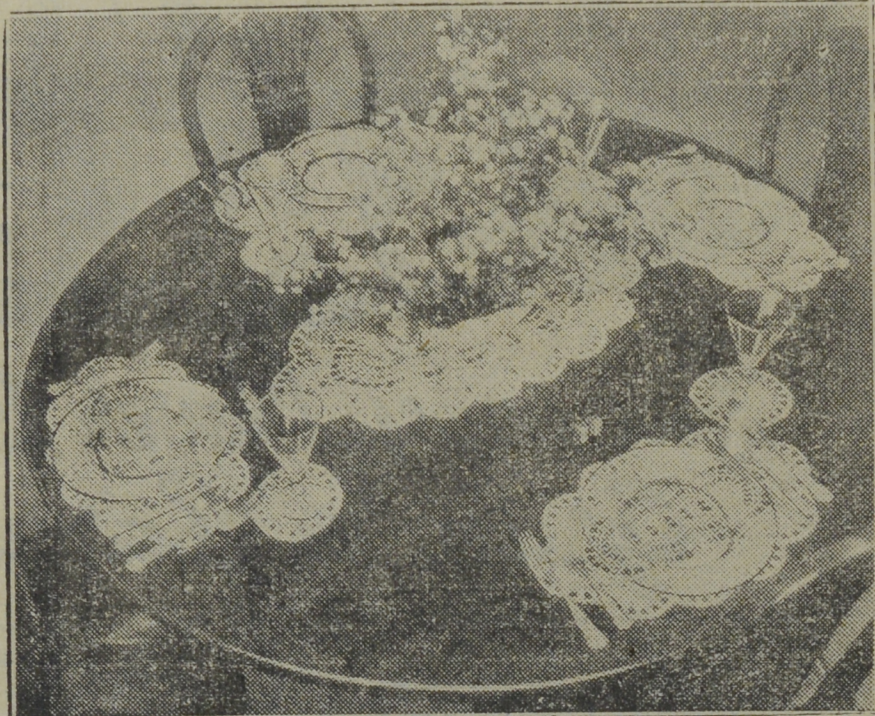
These figures do certainly show a definite increase in the life span, contrary to the often carelessly-made statements that the expectancy of life is no better today than it was in Shakespeare's time. The improvement in the earlier years is due to improvement in the purity of the food supply, in care of the infant at time of birth, and in vaccination against, and control of, the infectious diseases.

The improvement at the ages of 15 to 30 is largely in control of tuberculosis, typhoid fever, malaria and dysentery.

At later ages, I believe the improvement is mostly due to improvement in living conditions—sanitation, ventilation, better shelter, food supply and protection against weather. Our knowledge of the control of most of the degenerative diseases of middle ages has not been notably enlarged. In certain of them, however, such as diabetes and pernicious anemia, our control is very effective. And knowledge of the treatment of heart disease, one of the menaces of middle age, has brought many forms of it sufficiently under control to allow of increase in the life span of individual persons, who are fortunate or wise enough to avail themselves of those methods.

Indeed, it may well be that the average expectancy figures which we have just quoted do not hold for a selected group at all. This selected group would be in the upper strata, economically—and by this I do not mean extreme wealth, but would designate any family with an income of \$1,200 or more annually—and its members would be willing to avail themselves of the advice of a competent physician, surgeon and dentist. (Whether these are private practitioners or members of a hospital clinic is unimportant.) Such a selective group might easily extend their individual life spans several years beyond the average.

Lace Doilies Are Smart



Just a bit of humble string—your trusty crochet hook and this exclusive Laura Wheeler design and you will have everyone admiring your handiwork. The Cluny-like lace doilies—there are three different sizes—are easy work. Besides a luncheon set, you will find dozens of other uses for that to do. The medium size suggests itself for tea or breakfast tray, while the small size makes admirable glass coasters. And whatever you make will be a bit of your handiwork worthy of being handed down as an heirloom. The pattern is N1109. It contains detailed instructions for making the doilies shown; illustrations of them and of all the stitches used; material requirements. To get it send 20 cents to—Laura Wheeler, Broadcaster Publishing Co., 22 Canterbury Street, Saint John, N. B.

Women's Problems

By VIRGINIA LEE

The mother-in-law question will not down. It bobs up in the mail again and again.

It is easily understandable. Here is the mother who has always come first with her children. When they were in trouble they have run to her and she has comforted them. When the good times have come she has been the first to be told and to rejoice with them.

Then comes another person, who takes first place in the child's life. It is to this new person now that the son or daughter goes first for sympathy in their misfortunes and happy rejoicings in their success. True, mother is told about these things, but not first. Plans are made which do not include mother, around whom the child's life once revolved. No matter how much she may assure herself that the children do love her just the same, and that it is perfectly natural and proper that they should choose mates, there is bound occasionally to be a dreary blank, and unwanted feeling in her heart and a suggestion that her vital life is over. She is no longer needed.

No matter how considerate and kind the son or daughter-in-law may be, the mother cannot help this feeling, and she has to be big enough to overcome it and show no sign. And some sons and daughters-in-law are not thoughtful.

And then there are plenty of mothers who are not big enough to see the young folk's side and to make allowances for the natural thoughtlessness of youth. All too plainly they show their jealousy and hurt feelings, in criticism and censure, which are deeply resented, of course, and then it's all off.

Broken Hearted Blue Eyes wants me to cheer her up. She is young and hasn't been married quite a year. Her husband's mother comes to see them frequently and criticises her, and besides that, her husband declares he is very fond of another young wife, and Blue Eyes is jealous of her.

When they are by themselves her husband is very good to her, she writes, helps her with the housework, and is affectionate. But if she sits down on the arm of his chair or on his lap when his mother is around or this other girl, he asks her if she can't find another chair to sit on.

Ah me, of such small slights are marital tragedies composed! The young wife, anxious to show the whole world how fond her husband is of her; the husband determined to keep his demonstrations for private use only.

Only when you are a mother, my dear, especially when your children grow up and marry, will you fully appreciate how your mother-in-law feels. Too bad she is not big enough to realize that it is spite caused by jealousy that makes her unkind to you. She should remember that she too once was a bride and stepped in between mother and son. And remembering, she should be kind to you.

Now if I were you, I would count my blessings, and cheer up, Blue Eyes. After all, your mother-in-law is not with you all the time. There are weeks and weeks that you and your husband are by yourselves and that he is affectionate and you are happy. Don't force yourself upon him when there are others around.

And as to this girl whom you say your husband likes better than he does you. I don't believe that. He is married to you, isn't he? So keep up your friendship with her and try not to be jealous. Be jolly, like you used to be, and you'll regain your plumpness and keep your husband and your happiness.



Virginia Lee

COUNT CALORIES WHEN REDUCING

Sensible Diet Essential To Obtain Figure Beauty Says Screen Actress.

By GLADYS GLAD
"America's Most Famous Beauty"

The sage who remarked that beauty lies in the eyes of the beholder certainly was right. Over in Turkey, for instance, women must be plenty beefy to be considered attractive. A slender lass doesn't stand the ghost of a chance over in that part of the globe. While in China, feminine curves and contours are strictly taboo. A lass has to be thin and flat-chested to rate with the Chinese lads. Really, it's all more or less a matter of opinion.

As Ann Sothern, screen player, will tell you, however, the standards of figure beauty in this country demand a firm, slender figure that possesses femininely rounded contours. Ann herself possesses just such a figure—and she attributes it in part to the sensible well-balanced diet that she maintains. Ann never gorges herself on foods that she knows won't do her any good. But, she says, there are some girls who do thoughtlessly overindulge in foods that aren't conducive to health and to figure loveliness.

Take it from me, it's the wise baby who chooses a sensible method of reducing. A carefully planned dieting and exercising routine such as the one outlined in my "New Figure" booklet, for instance, is an ideal type. For such a routine will reduce weight most effectively without having any detrimental effects on the health or the symmetry of the body.

Count Your Calories

However, for the woman who likes to plan her own menus, calorie counting is a good procedure to follow in reducing. The amount of calories required each day varies, of course, with the individual. But there's a system whereby the average girl can figure out with ease the amount of calories her body needs. If she is a normally active woman, her normal intake of food daily should range from 16 to 20 calories for each pound of her normal weight. If, for instance, her normal weight is 115 pounds, her diet, to supply the needs of her body, should have a calories value of from 1,840 to 2,300. And if she wants to reduce she should cut down her normal intake of food by about



ANN SOTHERN
A girl with an ideal figure

1,000 calories per day. This will not only check any weight increase, but will also force the body to draw on its reserves of fat, and thus bring about weight reduction.

ANSWERS TO QUERIES

MOUTH WASH

Helen: An excellent mouth wash can be made by dissolving one-fourth teaspoon of borax, one-fourth teaspoon of peroxide, and one-fourth teaspoon of salt in a glass of warm water.

HAIR

Babs: You will find an excellent dandruff remedy in my "Beauty Culture" booklet. This booklet also gives the hot oil treatments for promoting hair growth and thickness, the salt water treatments for oily, falling hair, and many other excellent hair beautifying hints.

EYELASHES

June: Apply a bit of plain vaseline or odorless castor oil to your lashes nightly before retiring. This will help to promote their growth and thickness.

LEGS

Dotty: It is indeed possible to reduce and shape the thighs, knees, calves and ankles. Full information on this is contained in my article on "Care of the Feet and Legs," along with advice on foot health and comfort.

Household Hints

By MRS. MARY MORTON

RECIPES

Lamb Stew—2 lbs. lamb, 1 quart potato cubes, 1 pint quartered carrots, 1 pint small, peeled onions, 1 cup tomatoes, ¼ teaspoon pepper, 1 tablespoon flour, ½ teaspoon paprika, 2 tablespoons chopped parsley. Cut meat into small pieces and roll in flour to which salt and pepper have been added. Brown in hot fat. Cover with boiling water and stew slowly for one and one-half hours. Add onions, carrots, potatoes, seasonings and tomatoes, and cook until vegetables are tender, about 30 minutes. Add dumplings, cover closely and cook ten minutes without raising cover. Remove stew to hot platter, surround with dumplings, sprinkle with parsley.

Dumplings—cup flour, 2 teaspoons baking powder, ½ teaspoon salt, ½ cup cold water or milk. Sift flour, baking powder and salt; add enough liquid to make a soft dough. Drop by

MENU HINT

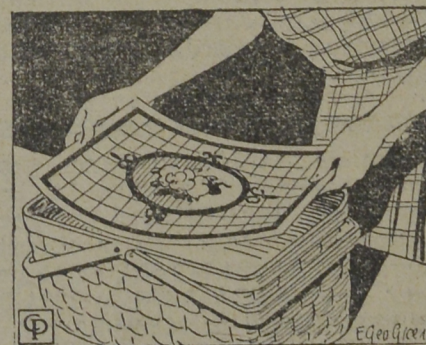
LAMB STEW with VEGETABLES
CELERY CABBAGE with FRENCH DRESSING
CHOCOLATE LAYER CAKE
COFFEE or TEA

This recipe for lamb stew furnishes one of the popular and nutritious one-dish meals that are easily prepared and comparatively inexpensive.

spoonfuls into hot stew and steam, covered, for ten minutes. There must be plenty of gravy to cook dumplings successfully.

Chocolate Layer Cake—½ cup shortening, ¼ cups sugar, 3 eggs, 1 teaspoon vanilla, 2¼ cups pastry flour, 2½ teaspoons baking powder, ¼ teaspoon salt, ⅔ cup milk. This recipe makes one large loaf or three nine-inch layers.

Chocolate Filling and Icing—4 squares unsweetened chocolate, 2 tablespoons butter, ½ cup milk, 3 tablespoons cornstarch, 3½ cups confectioner's sugar, 2 egg yolks, ¼ teaspoon salt, 1½ teaspoons vanilla extract, 4 tablespoons cream. Melt chocolate and butter together in top of double boiler. Mix cornstarch with milk. Add slowly to melted chocolate, stirring until thick and smooth. Add 1½ cups sugar and salt to egg yolks; add to first mixture. Continue cooking while beating until smooth. Add flavoring and cool. Use half this mixture to spread thickly between layers of the cake. Add to other half remaining 2 cups sugar and cream slowly, beating until smooth. Spread on top and sides of cake.



A housekeeper bought a small tent linoleum rug which she fitted into her clothes basket. It is a neater, cleaner and more convenient lining for the basket than paper, she asserts. Linoleum bought by the yard also makes a good lining.