OLD AGE A PREVENTABLE DISEASE, SAYS DR. LORAND

Austrian Physician Says It Can Be Treated Like Other Maladies,

other diseases, preventable, is the doctrine set forth by Dr. Arnold Lorand of Carlsbad, Austria. His book entitled "Old Age Deferred" has just been translated from its second German edition and published in this country by the F. A. Davis Company of Philadelphia. Its sub-title is "The Causes of Old Age and Its Postponement by Hygienic and Therapeutic Measures."

"Whoever takes up this book," says Dr. Lorand, "with the idea that the aged can be transformed into sprightly adolescents will be disappointed. * * * But while it is still impossible for us to create a young man out of an old one, it is quite within the bounds of possibility, as we shall endeavor to demonstrate here. in, to prolong our term of youthfulness by ten or twenty years. In other words, we need no longer grow old at 40 or 50: we may live to the age of 90 or 100 years instead of dying at 60 or 70. All this can be brought about by the observance of certain hygienic measures and by improving the functions of a certain few of the glandular structures in our body, provided incurable organic disorders have not already too gravely compromised one or more of our main or-

Old age, he says, is "a chronic disease due to degeneration of the glands with internal secretions (hereinafter frequently referred to as the ductless glands)—of the thyroid, the sexual glands, and the adrenals in particular. In this work we will show that this degeneration is amenable to treatment, just as are chronic diseases in general."

"In keeping with the majority of diseases," says Dr. Lorand, "old age is progressive, and, in fact, is so to a far higher degree than other diseases. It is seldom stationary; it goes on all the time. This we shall easily be brought to understand from the fact that the more time progresses the more food is taken to sustain the processes of life. By the deficient action of the glands, whose role is the proper assimilation of the food and the destruction and elimination of poisonous products of the body, these toxic substances will accumulate day by day, especially if meat be taken, and thus the continual poisoning will be augmented as time goes on. * * *

"The preventive treatment of old age is in no less degree possible than that of any other disease. To prevent old age rationally we must avoid all those harmful agencies which may be deleterious to the glands with internal secretions, as it is the degeneration of these glands that brings it about.

"By avoiding these we believe we could successfully combat old age, but only for a certain time; and if not longer, in spite of our careful hygiene, it would not be our fault, but that of our ancestors of many generations ago who did not observe the rules of hygiene even as well as we do, and left us ductless glands of inferior quality.

"A person inhales air that contains virulent bacilli and contracts tuberculosis. Another drinks a glass of water or milk contaminated by water or kept in vessels that have been washed with water containing the bacilli of Eberth, and contracts typhoid fever. Conversely, others who have inhaled the same air and drunk much more of the same water, have remained free from any infection.

The cause of this is that the first mentioned have inherited defective ductless glands from their ancestors, and probably afterward have ill-treated these glands by an immoderate use of all those agencies that are detrimental to them, such as alcohol, sexual excesses, much meat, tobacco, tea and coffee in large.

and That We Can Live to the Century Mark.

quantities. &c., and thus could not pro-

duce anti-bodies to counteract the infec-

Some of the points which Dr. Lorand suggests for the prevention of old age are: "Great moderation in the diet should be observed, as large quantities of food may, in the long run, impair the powers of the digestive organs, and also of several of the ductless glands, which are concerned in the operations of digestion and assimilation—the pancreas and liver. "Meat should not be consumed in large quantities, as it is injurious to various

"The best nourishment for increasing the chances of a long life and to defer the effects of old age is a diet consisting of little meat, much milk, and vegetables. * * *

glands with internal secretions, especially

the thyroid and liver, and after having

been taken for a long time in large quar

of which is thus easily endangered. For the same reason drugs should only be taken under medical advice and with great reserve, for if taken too freely they may not only injure the kidneys and liver, but also the stomach, which first receives

"Sound sleep is of the greatest importance. Most of the organs rest during sleep, the great brain in particular being completely at rest, but the disintoxicating glands are most active during sleep. This function should therefore be promoted by all means. Seven hours' sleep is the best; longer sleep, if over seven and one-half or eight hours, injurious, except for anaemic girls and women. Many people do very well with six hours' sleep, but less than this will prove injurious in the long run.

"According to Bunge, we take decidedly too much salt every day, and in this way we injure our kinneys considerably.

eral waters with diuretic properties. They should, however, not be taken at the same moment as substances irritating to the kidneys are taken, or the kidneys may be so injured that acute hemorrhagic nephritis may ensue.

"When taking various drugs we must always remember that they must pass through our kidneys. The drug habit, especially when irritating drugs are taken, can have a ruinous effect on these vital organs and surely diminish our prospects for a long life. * * As Prof. Friedrich Müller said a few years ago, the kidneys never forget the wrong they once have suffered. * *

should be encouraged as much as possible. Damp and cold weather are apt to suppress it. In such weather our skin also gives off too much warmth, therefore we should be warmly clad, wool, especially for old persons, being best.

wide white mantle or costume of the Empire style, and thus attired to take a walk in the garden or ground of one's

"In cities many can take such an air bath in one room every day when they can spare ten minutes, the best time being before dressing and after undressing. But also during the day, especially in Summer, we should spare a few moments to take such a bath. In Winter the room must, of course, be warmed for the purpose. In combination with the bath breathing exercises can also be performed to great advantage. In order to avoid catching cold in such an air bath it is advisable to rub the entire skin surface of the body. • • • While rubbing, which is best done by a brush, we also move about, and while standing also beat the periphery of the body with a thick, rough towel in the same way as in Finland they do with brushwood after hot baths.

of the perspiration from the skin, being in effect a continuous free air bath for the lower parts of the body. * * * "If we want to preserve our youth for a long time and attain an old age, we must take all available means to avoid air being contaminated by millions of microbes and vitiated by the exhalations of I so many human beings and animals. * * * In our rooms, and especially in the sleeping room, the window, or at any rate the transom, should always stand open, and if possible also during the night. "The son of a family in England, who are great friends of mine, has formed a resolution not to sleep any longer in the comfortable family mansion but in a tent in the meadows of his property during both Winter and Summer. His family and friends regarded this as an

eccentricity, but still he got on very well

in his tent, and looks fresher and

healthier than ever before. We are al-

Europe, notably in Styria, the habit of eating arsenic is very prevalent among the peasants; and it is strange to note that most of these people live to a great age, and at the same time are extremely immune to all kinds of bodily fatigue—for instance, they can climb the highest peaks in their native mountainous country without great exertion. They take arsenic because it enables them to undertake harder work, such as climbing, with greater ease, and also improves their appearance.

"We have known several ladies, famous actresses among them, who have indulged in this habit from vanity. A very interesting case was tried about ten years ago before an Austrian Court of Justice, in which a servant girl tried to polson her mistress by arsenic in small quantities. To the dismay of the servant, however, the lady continued to become more beautiful; so the murderess determined to give a larger dose, which induced grave symptoms of intoxication, and caused the discovery of the plot.

"It is equally well known that enimals obtain a glossy and sleek coat through the administration of arsenic in small quantities.

"As arsenic can give good results, expecially in combination with iron," in anaemia, and also in neurasthenia and hysteria, we think that its use would be particularly beneficial in women near the forties, and especially during the years before and after the climacteric, until about the sixtieth year. According to Grawitz, arsenic acts better than iron in the anaemia of the aged. * *

"We consider iron, especially in the form of the easily absorbed iron mineral waters, and in the form of the iron contained in mud baths, as a valuable means for the prevention of premature old age and for the treatment of old age. Iron, and especially inorganic iron, is indicated as a preventive of old age for the reason that it stimulates to greater activity the blood forming organs, as has been shown by Harnack and Von Noorden.

"We think that iodide treatment, in small doses, especially in combination with thyroid treatment, can give good results in our struggles against old age, and in its treatment when it has advanced on us."

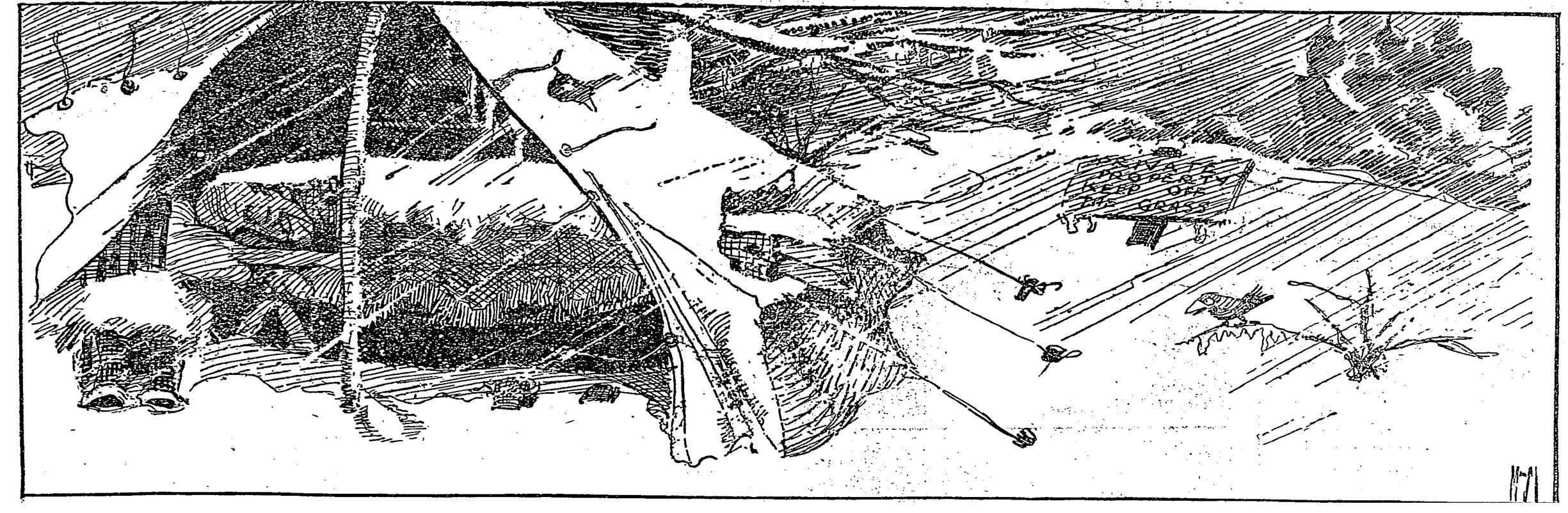
He also advocates strongly the use of animal extracts, and gives some surprising results from this treatment. On this subject he says:

"We owe our knowledge of the fact"

that there is a treatment for old age to the famous French scientist, Prof. Brown-Sequard, whose father was American and who, for a time, was professor of physiology at Harvard and later a practitioner in New York, which he left to become professor of physiology at the University of Paris. * *

"Brown-Sequard was the first to use the extracts of ductless gland for therapeutic purposes, although thousands of years before him the Chinese had used different organs for purposes of healing, and the savages of Africa ate certain portions of their enemies to enhance their own courage. Brown-Sequard obtained surprising results by using the crushed extracts of rabbits, guinea pigs, and dogs.

"Unhappily, as human nature is prone to attack every innovation or to ridicule it, in spite of the great reputation of this savant, his discoveries were skeptically received; and if the extracts of another; similar gland—the thyroid—had not yielded ed such marvelous results, probably the author of the present work would never have had the opportunity to write on the treatment of old age with organic examples."



Would Not Sleep in the Mansion but in a Tent on the Lawn Even in Winter.

"A strictly vegetarian diet, without milk and eggs, is distinctly unwise and dangerous to health, if followed for a long time.

"Far more injurious than red wine used in moderation are tea and coffee used in large quantities. Unfortunately, many of those who fanatically fight against alcohol indulge in many cups of black coffee or tea daily, and thus poison their nervous system. Besides containing their and caffein, they also aid the formation of uric acid, as they contain bodies from which the purin substances are produced.

larger quantities than coffee or tea. Cocoa with milk is very nutritious, as it contains fatty substances.

"Spices should be avoided as much as possible, especially sharp, irritating condiments, which are so freely taken, particularly in America.

"We must not forget that the greater

"Cocoa and chocolate may be taken in

"We must not forget that the greater part of all we eat and drink must pass through the kidneys, the fine epithelium

Alcohol should also be avoided, except in small quantities, as being very injurious to the kidneys; and considering that chronic nephritis may be caused by the immoderate use of alcohol, Bunge thinks that the chronic nephritis following large quantities of alcohol may be attributed to the fact that, according to the researches of Keller made in Bunge's laboratory, the alcohol habit leads to an immoderate use of salt with its deleterious effects upon the kdineys.

"According to Bunge, rice gives very little work to the kidneys, as in twenty-four hours only two grammes of alkaline salts are eliminated. On the other hand, potatoes cause a very great elimination of salt by the kidneys.

"It is advisable to drink pienty of water, especially when much meat, or the above-mentioned sauces, are eaten. By this means we can flush out of our kidneys the end-products of proteid food, and also other toxic substances. For the same reason it is well to use certain min-

"To permit of a thorough aeration of the skin it would be advantageous to remain exposed naked to the air once or twice during each twenty-four hours and each time for at least five to ten minutes. When the weather is warm and we bathe in the sea or a river we combine the advantages of a water and air bath. But in places where there is no sea, lake, or river in which to bathe we could, if living in the country, inclose some spot for such an air bath, which, in sunny weather, would also become a sun bath at the same time. On the grass of a clearing in a wood or in a garden such an air bath could best be taken. In Summer, if the air is not too warm, and if we are in the sun, we may remain longer than ten minutes in such an air bath.

"If we are not able to procure a place in which such a bath can be taken quite naked without being seen the next best thing is to clothe oneself in amply large white pajamas, or, for women, in a very When the skin is thus better nourished with blood it also offers more resistance to germs that may cause disease
of the skin, and such better nutrition
and its improved hygienic condition is a
safeguard against catching cold.

"All kinds of underwear, whether of wool or other material, should be loose about the body. There should always be a considerable layer of air between the clothing and the skin. Socks which do not fit too tightly but fairly loosely, and which are made of porous material such as good wool, will also be the warmest.

"Linen possesses the great advantage that it easily absorbs moisture and easily gives it off again.

"In many European countries women, especially of the lower classes, wear no undergarments on their legs at all. In healthy women such a custom may be of great advantage, as it permits of the free passage of air and the elimination

ways put down as eccentric if we have the courage to resist the foolish prejudices of our surroundings. For my part I prefer to live to be 100, and to attain this I do not object to be considered 'eccentric.' * * *

"There is a wonderful difference in the

effects of boiled and raw milk. Animals or children never thrive so well on boiled as on raw milk."

He advocates Swedish massage, plenty of sunlight, and open air. As for external

He advocates Swedish massage, plenty of sunlight, and open air. As for external aids, he has a good deal to say, including what follows:

"It can often be observed that people

who habitually take arsenic, either for medicinal or other purposes, look better and younger; and we have ourselves noted in some of them a disappearance of wrinkles. Wrinkles are caused by the loss of the fatty tissues from under the skin, and as arsenic causes an increase of fat in the tissues it may improve such a condition.

"CHINESE WOMEN NOT RESTRICTED," SAYS FEMALE DOCTOR FROM CHINA

Dr. Yanei Kin, a "Progressive" Seeking Technical Knowledge in This Country, Discusses Native Fashions, Suffragism and Other Things.

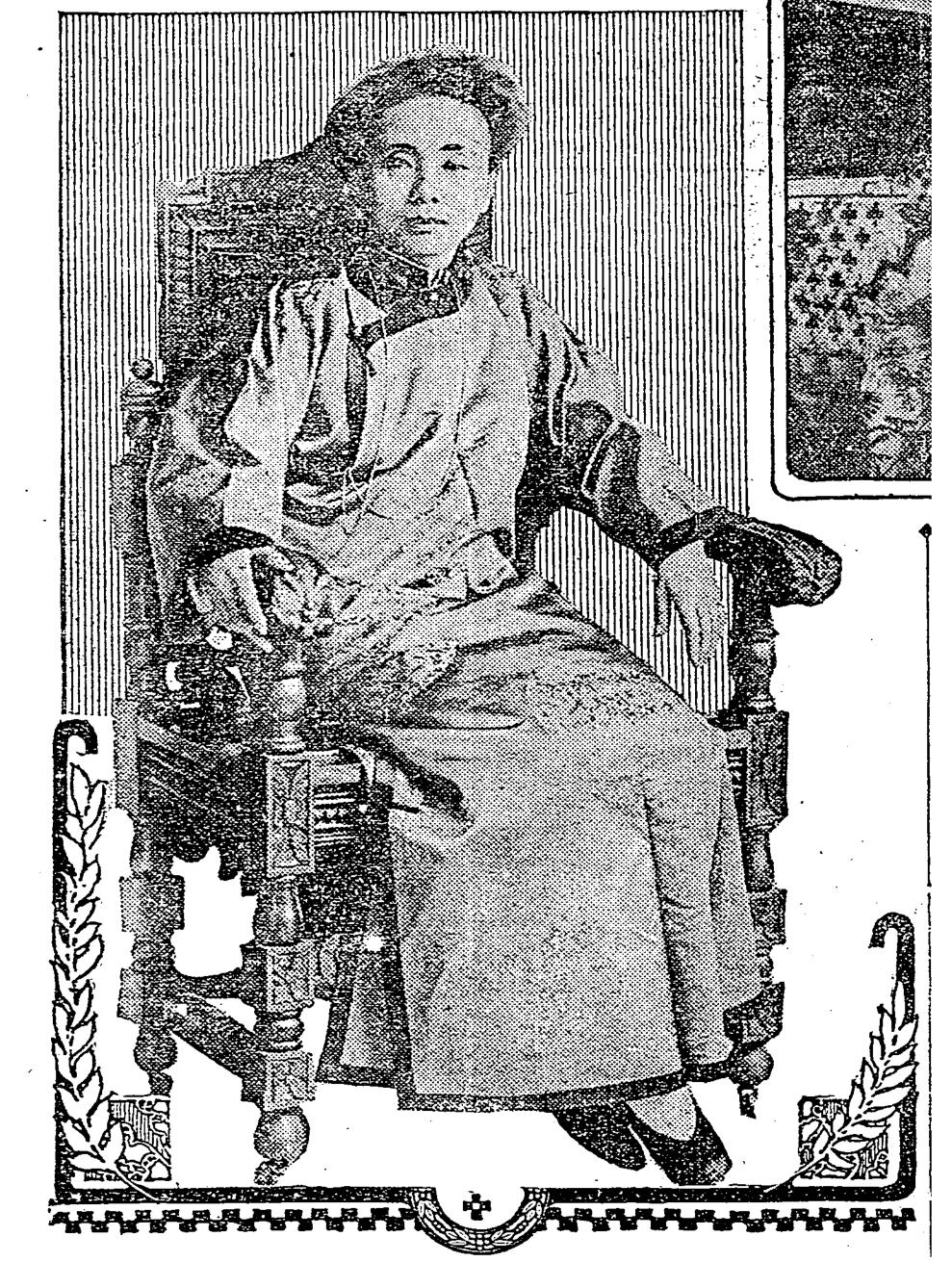
OUT of China, the land of woman's bondage, the land where the bound and maimed foot is a symbol of woman's restricted sphere, there came to New York last week Dr. Yanei Kin. Dr. Kin is a woman. She admits that she is a progressive. And yet all that she wants to take from the West back to her native land is technical knowledge and that fraternal philanthropy which is usually spoken of as "social service." Talk with this quiet-voiced, shrewdeyed little woman and you soon learn to your surprise that in reality China is not a land of woman's bondage; you learn that Dr. Kin does not envy the position that women hold in America, still less does she sympathize with the ambitions

You could never imagine Dr. Kin—this progressive" Chinese woman—making a cart-tail speech, peddling suffragette broadsides in Wall Street, or threatening to ruin by rowdyism an English coronation. "In China medical knowledge is centuries behind the times. Infant mortality there is about 50 per cent.," said Dr. Kin. She has charge of the women's hospital work for Northern China, of the Imperial Infant Asylum in Tien-tsin, the Widows' Home, and the Girls' Refuge. She has seen her work and taken hold of it manfully. In this is her progressive-

of the "progressive" American and Eng-

Dr. Kin was born in Ningpo, a city situated about a hundred miles from Shanghai. Both her parents died when she was very young, and she was practically adopted by a missionary doctor and his wife. When she was 5 years old she came with them to this country on a year's visit. It was very likely this early visit which accounts for the doctor's excellent pronunciation of English. She talks without the slightest foreign accent. It is only her soft-keyed, well-modulated voice that would cause a casual listener to turn in curiosity.

After the year in America she returned to her native country. When she was 9 years old she went to Japan and remained there for five years. During that time she saw the rise of Western influence in the Island Kingdom. She saw the Emperor and his suite the last time they ever appeared in public in their old-time court costumes. This was at the opening of the railroad between Tokio and Yoko-hama.



Dr. Yanei Kin.

When she was nineteen she again came to America and entered the Woman's Medical School of the New York Infirmary. This has since been merged with Cornell University. Dr. Emily Blackwell was one of her professors. After graduating, she spent two years in post-graduate work in various medical colleges. Then she returned to China and took up the practice of medicine. The has also practiced in Japan and the Hawaiian Islands. The first Chinese hospital with which she was connected was in Amoy. This was for women and children only. Her present connections have already been told. But to them should be added the fact that in the event of plague or other epidemic, she is sent out by the Government to work in an advisory capacity with the Sanitary Department. To-day she stands conspicuously the foremost woman physician of China.

A reporter for THE TIMES had an hour's

A reporter for The Times had an hour's talk with Dr. Kin in the parlor of the Martha Washington Hotel last week. The doctor, in spite of her American education, and her extensive traveling about the world, still clings to the fashions of her native land. She wore a long, close-fitting Chinese coat of soft mulberry satin. It was without what we Westerners have come to regard as the conventional embroidery of the silk and sating of the Flowery Kingdom. Except



Sindent's at the man's Medical S chool at Tien-Tein, China.

for a narrow black velvet edging, the gown was without ornamentation. The doctor's feet (natural size) were incased in native shoes.

The wearing of that close-fitting, unornamented satin gown is symbolical of Dr. Kin's mental attitude toward the civilizations of the West and of the East. What she wants to see her fellow Chinese do is to cling to their own institutions, their own customs, but to modify them by whatever they find good in the civilizations of the Caucasians.

"Oh, yes," said Dr. Kin, in answer to the reporter's expressed surprise, "I wear the Chinese dress, even here in America. But you will notice that it is not the dress of old China. All our institutions, all our customs, are undergoing a transition. The example of the West is having a tremendous effect. What I fear is that China will go too far in its adoption of these foreign ideas. Take this subject of dress, for instance. Women's clothes formerly were very flowing, very cumbersome, very much ornamented by rich embroidery.

"In the American and European shops that deal in Oriental goods the Caucasian buys these ornamented gowns, but he or she is simply buying our cast-off clothes. Excepting the actress on the stage, no one in China now wears them. Our gowns are severely plain. The only ornamentation allowed are passementeries.

"The full sleeve and the ample folds in the skirt have also been discarded. We have learned a lesson in simplicity from the West; but as pupils we have been almost too apt. We have carried the simplicity so far that it has become a nuisance. The extreme tightness is simply painful; one can hardly bend her elbow.

"No," said the doctor, laughing, "we haven't imitated the hobble skirt. We were really ahead of the hobble. This style of straight, close-fitting dresses has been the fashion in China for some five or six years. It was simply the result of our desire to attain simplicity.

"What I fear is that the Chinese wo-

men will do as so many of the Japanese women have done—adopt Western clothes. Now, the Japanese woman in her kimono and obi makes a picture to delight the eye. But when she puts on a European

waist and skirt she becomes—"
Dr. Kin gave a little deprecatory shrug
of the shoulders which spoke condensed
volumes.

"Some Chinese shoemakers are now announcing on their sign boards that they make American shoes. But you ought to see them." Again that deprecatory shrug. "Such awful shapes! But the craze for foreign things is so strong that some people actually wear them."

And that, of course, suggested to the reporter a question about the prevalence of foot-binding.

"I'm sorry that I must admit that there is still a great deal of it done. But the old, cast-iron convention has been broken. You know that it was only a few years ago that every Chinese woman of any social standing had to have those abnormally small feet. At the present time it is the conservatives—who, of course, are in the majority—who have the bound foot. Those who are keenest to take up the very latest are allowing their feet to retain their natural size. With this start, I have every expectation that foot-binding will become a thing of the past in China.

"Just one more word on fashions. The style of hair dressing has changed wonderfully, and this is one of the changes of which I thoroughly approve. Formerly hair-dressing was a formidable operation. The hair had to be oiled and combed and brushed and woven into wonderful structures. Now the women give it a brush and a whisk and the coiffure is done. It's the modern idea—to save time.

"But you know," continued Dr. Kim, on this matter of Chinese fashions there is a tremendous deal of misunderstanding in Europe and America. Foreigners speak of China as the land of unchanging fashion. That's all nonsense. Our fashions have changed through the years just as yours have changed. Show an old costume to a Chinaman well versed in the

history of his country and he can tell you to what dynasty it belonged.

"And so, too, there is a great deal of misunderstanding as to the condition of woman in China. As a matter of fact women are allowed a great deal of liberty. Technically speaking the law allows a man to sell his daughter or even his wife. But the whole sentiment of the

country is against it.

"But it is all nonsense to say that China has kept her women in ignorance. China has always been proud to have her women educated. For centuries and centuries we have had women scholars, artists, and roets.

"Take the late Empress Dowager. She could run over a batch of dispatches, dictate replies, handle the domestic and foreign affairs of an Empire, and find time for painting and poetry. You may be sure that she did not suddenly spring

"Chinese women do not boast of these things. They would rather play and embroider, so far as the public sees.

"The Chinaman's attitude toward women is for from one of cruelty or abuse

"The Chinaman's attitude toward women is far from one of cruelty or abuse. In the past he has treated her, so far as her relation to the public or the state is concerned, as a child. In her own home, his attitude toward her is far different. But of this home-life I will speak in a moment.

"Just to show you how woman in her public relation used to be regarded in China, I will tell you a little story. A new prison was built in Tien-Tsin, and in accordance with the new ideas which had been imported from abroad, it had a department for women. For five or six years this department stood vacant.

"One day I asked the jailer: 'How is it that you never have any prisoners in here! Is it that our women are so mar-

"'Oh, said he, 'you see, it is very difficult to punish women?'
"'But what do you do with them when they do wrong? Suppose one were to

they do wrong? Suppose one were to commit murder?'
"'Oh, then we'd have to kill her. But for the other things it is very difficult to.

punish them; it is hard to take them out of their homes.'
"'But what do you do!'
"'Well the other day there was a wo-

"'Well the other day there was a woman who stole from a shop and so we
punished the father of her husband.'

"That story illustrates the old Chinese
point of view. Women were treated as
children and the male relatives were held
responsible for their misdeeds.

"But China is changing in this regard.

Women are now held responsible in their

own person for their misdeeds.

"But this idea that woman is only a child, only holds so far as her relation with the state or public is concerned. The women manage their households. The men are masters of business and things outside the home; but when they enter the house, they enter the wife's

"I think that the mother occupies a greater position in China than she does here. I have been surprised to hear rough and hardened coolies—men in whom you would expect to find none of the finer feelings—cry out when they ar badly injured: 'Al-ya! Nyang!' This

means: 'Oh! Mother!'

"Our women hear all kinds of storied from the West. Tons and tons of European and American matter are being translated and printed. It is marvelous what the Chinese are reading. Just as an example: In Peking there is The Woman's Paper. It is edited and owned by women.

"It gives much advice gathered from the Caucasian world. But its information is sometimes peculiar. A short time before I left it printed an article urging the advantages of vaccination. After telling at some length what a good thing vaccination is, it wound up by advising that mothers have their children vaccinated every year. When I read that, I said to myself: 'Oh, you poor children!'

"Our women marvel very much about the stories that reach them of the activities of the suffragettes. They wonder what it is all about. You see they believe that women in America and Europe hold a very glorious position. They believe that men look up to them as their superiors. They draw this inference from the fact that men always give women the precedence in entering a room, or yield them a seat.

"What things do I think we should adopt? Why, your technical knowledge, of course—that goes without saying. And with this goes your efficient organization. Our methods are loose, just as yours were when you had nothing but hand labor. When your civilization is built up on machinery, your social organization must of necessity get a machine-like efficiency and regularity.

"The other thing that China needs is your social service. That, too, is a comparatively new growth in America and Europe. Look at the Child's Welfare Exhibition now being held in this city. Would your grandfathers have thought of such a thing? Not that they were not good people, not that they did not love their children. But this world has pregressed. And in this, as in technical knowledge, the West has moved faster than the East."

Copyright © The New York Times