

OLD AGE A PREVENTABLE DISEASE, SAYS DR. LORAND

Austrian Physician Says It Can Be Treated Like Other Maladies, and That We Can Live to the Century Mark.

THAT old age is a disease, and, like 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 organs."

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 rôle 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. 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, those 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 quantities, &c., and thus could not produce anti-bodies to counteract the infection."

"Some of the points which Dr. Lorand suggests for the prevention of old age are: 'Great moderation in the diet, as he 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 glands with internal secretions, especially the thyroid and liver, and after having been taken for a long time in large quantities can produce arteriosclerosis. * * *'

"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. * * *'

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 them. * * *'

"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 distorting 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 kidneys 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. * * *'

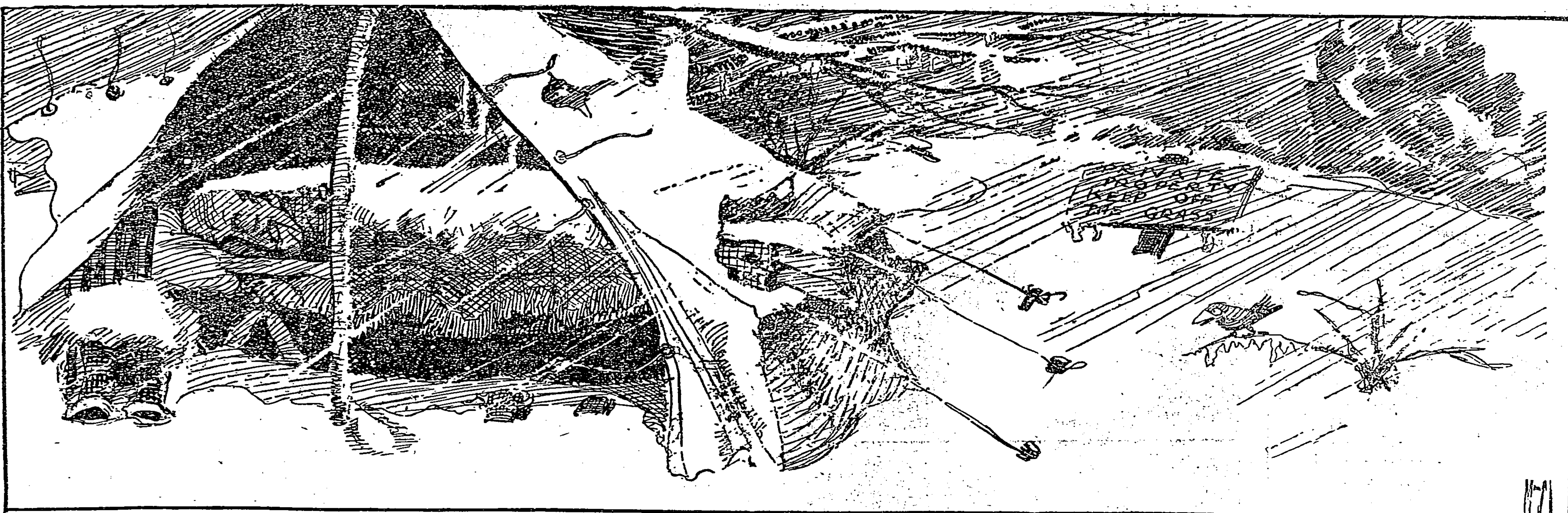
"The inevitable perspiration of the skin should be encouraged as much as possible. Damp and cold weather are apt to suppress it. In such weather our skin also gives off too much warmth, therefore we should be warmly clad, wool, especially for old persons, being best. * * *'

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

"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. * * * As Prof. Friedrich Müller said a few years ago, the kidneys never forget the wrong they once have suffered. * * *'

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 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. * * *'



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 thein and caffeine, they also aid the formation of uric acid, as they contain bodies from which the purin substances are produced. * * *'

"Cocoa and chocolate may be taken in 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. * * *'

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 kidneys. * * *'

"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 glimination of salt by the kidneys. * * *'

"It is advisable to drink plenty 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-

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. * * *'

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"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."

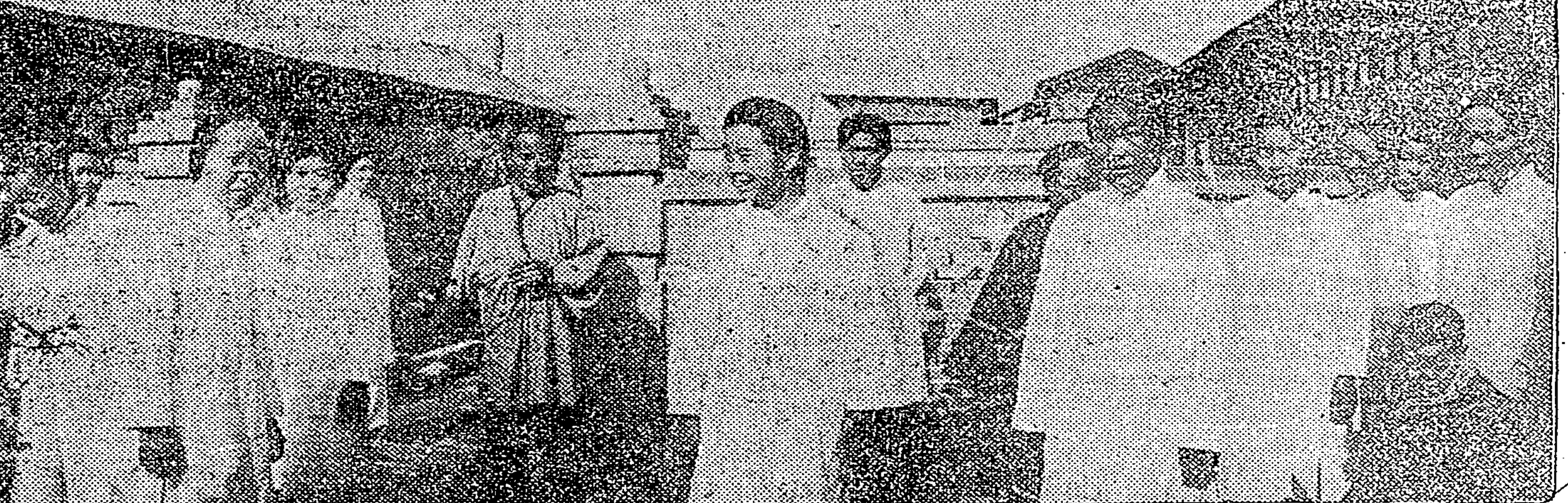
Talk with this quiet-voiced, shrewd-eyed little woman and you soon learn to your surprise that in reality China is not a land of woman's bondage; you learn that Dr. Kin does not envy the position that women hold in America, still less does she eye the high ambitions which the "progressive" American and English women.



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. She 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 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 Westerners have come to regard as the conventional embroidery of the silk and satin gowns of the Flower Kingdom. Except



Students at the Woman's Medical School at Tien-Tsin, 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 symbolic 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 West.

"No," 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 they deal in Oriental gowns 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 basements. 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."

"But you know," continued Dr. Kin, "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 and you'll find 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 woman scholars, artists and poets."

punish them; it is hard to take them out of their homes."

"But what do you do?"

"Well the other day there was a woman who stole from a shop all 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 domain."

"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 are badly injured: 'Ah-yai Nyang!' This means: 'Oh! Mother!'"