

adversely modified by the long use of alcohol, although the effects on the individual are often devastating.

5. The therapeutic usefulness and value of alcohol are slight.

6. It may be a comfort and a psychological aid to the aged.

7. It does not increase, and it sometimes decreases, the body's resistance to infection.

8. By releasing inhibitions, it makes for social ease and pleasure, and herein lies one of its great dangers.

9. Its effects are best studied by changes of conduct.

10. It impairs reason, will, self-control, judgment, physical skill, and endurance.

11. It may produce situations from which crime and social lapses result.

12. It is a frequent destroyer of health, happiness, and mental stability.

13. Its use commonly lowers longevity and increases mortality.

14. It is used primarily for its psychological effect as a means of escape from unpleasant reality.

15. It constitutes an important community health problem.

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Government scientists who have been experimenting with the freezing of vegetables to preserve them report that, in all cases, the flavor and general appearance of experimental lots of frozen vegetables were superior to vegetables canned by the usual heat process, both before and after cooking.

VITAL STATISTICS

70-Year Life Expectancy Seen for Child of Future

Today's Boy Baby Anticipates 59 Years of Life, Girl 63, With Chances for Older Age After Perilous First Decade

HOW LONG will you live?

The uncertainty of life is just as great as it ever was, and no man knows when the shadow of death will pass over him. But statisticians are able to figure from the death rates and the success of physicians in their battle against diseases, what the average length of life will be for the United States. This is, in fact, a routine practice on which are based the premiums set on life insurance policies.

Drs. Louis I. Dublin and Alfred J. Lotka, statisticians for the Metropolitan Life Insurance Company, have compiled tables showing how long people living today may reasonably expect to continue in this world, and also their chances of dying of certain diseases. Going even further, they have predicted what will be the greatest average length of life that can be reached in the future with our present knowledge of medicine and sanitary science. These are made public in a report to *Human Biology*.

The child born today, if a boy, may

expect to live 59 years. He has a five-year advantage over his brother born about ten years ago. The 1919 or 1920 boy infant had an expectation of life at birth of 54 years.

The child born today, if a girl, may expect to live for nearly 63 years, and she has a six-year advantage over her sister born in 1919 or 1920.

The child who has already survived the perilous first ten years of life, however, has a much better chance. If a boy, he may expect to reach the age of nearly 65. If a girl, she may pass the 67-year mark.

In case you have already struggled along to the age of 60, you may expect to live another 14 years if a man or nearly 16 years if a woman.

But the child born in the future may well expect to reach the Biblical three score years and ten.

What will you die of? No matter what your age is, the chances are greatest that you will die of heart disease. Organic heart disease is, today, the leading cause of death. In general, the old-age diseases—heart trouble, diabetes, accidental falls and cancer—show a great increase as causes of death when compared to the fatalities of the early part of this century. This is partly due to the comparative lack of progress in mastering the diseases of old age, partly to the fact that the population is aging—there is a greater proportion of the aged amongst us now—but partly to the more pleasing fact that children's diseases are being conquered to a remarkable extent. Many of the lives of little children that under previous conditions would have been carried off by the pathetic diseases of children such as diphtheria, infantile diarrhea, and tuberculosis, are preserved for another fate.

Death is something that may be postponed, but can never, no matter what the extent of our medical skill, be eliminated. He who does not die today will live to die another day, possibly of an automobile accident. That is now listed as tenth in the leading causes of death.

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THE COOLING WATERS BRING FORTH LIFE

The first forms of life on this planet, when its primal volcanic forces had subsided enough to permit water to exist as a liquid (though still hot) may have been lower algae such as now inhabit hot springs terraces. Charles R. Knight has painted his conjecture of such an early life scene as a mural in the Field Museum of Natural History.