MEDICINE

"Don't Worry" is Secret Of Long Life and Health

Aged Man in Perfect Health Has Been Happily Married For Nearly Six Decades; Abstains from Liquor and Tobacco

THE SECRET of how to live long and be healthy can be told in two words, "Don't worry."

Dr. Francis G. Benedict of the Carnegie Institution's Nutrition Laboratory and his associate, Dr. Howard F. Root, learned that this is the way to a healthy, active old age by studying a living example of ideal old age, Mr. Seth W. Lincoln of Worcester, Mass. Their studies were reported at meetings of the National Academy of Sciences in Washington and the American Society of Clinical Investigation in Atlantic City.

Years of Hard Work

At ninety-one years, Mr. Lincoln is a man of alert manner and upright carriage without the stoop of old age. His movements are active, free and quick. His voice is strong and his hearing good. His left eye has relatively little vision but the removal of a cataract from the right eye at the age of eighty-five has left him keen enough eyesight to traverse the business streets of Boston alone without a cane. He still carries on his work at the publishing house with which he has long been connected. Years of standing at a type case with consequent confinement have apparently not affected his general health. The normal texture of his skin and hair, and the absence of the thickness and dryness of skin usually seen in old age, indicate that his endocrine glands are in extraordinarily good balance. He has enjoyed fifty-nine years of romantic married life.

His vital processes go on at a relatively slow pace, considering how active and vigorous he is. This the scientists interpret as meaning "that his body machine is working with extraordinary efficiency and that when it is not performing muscular work it resembles an automobile engine while idling, that is, it is idling with an extremely low consumption of power."

Comparing the rate at which Mr. Lincoln's body converts fuel into energy with that of two other striking examples of men who maintained health and vigor past the age of ninety, the British alienist, Sir James Crichton-Browne and the late Dr. W. W. Keen, eminent American surgeon, indicates that these two men were continuously burning their fires under forced draft, whereas in Mr. Lincoln's case the fire is well banked to burn more slowly and economically.

An outstanding feature in Mr. Lincoln's personal history is that he has never suffered any great sorrows and has never experienced any tremendous financial stress, although he has had to earn his own living.

"He has a most optimistic outlook on life, spreads cheer and happiness wherever he goes, and is deeply religious," Dr. Benedict said.

Most of his family were long-lived though none has lived as long as Mr. Lincoln himself, and to this factor of good family history the scientists attribute part of the responsibility for Mr. Lincoln's own remarkable longevity.

Teetotaler

"Mr. Lincoln eats a rational diet, not at all one-sided or dominated by any of the food fads," Dr. Benedict reported. "He has always abstained from the use of alcohol and tobacco, eats sparingly of eggs and liberally of fruits."

While no rules can be laid down on the basis of this one man's experience, Drs. Benedict and Root believe that Mr. Lincoln's example makes a pretty strong case for healthy living habits, good family history and freedom from worry with a happy outlook on life as the means of achieving healthy, vigorous old age.

Because of the apparent importance of mental poise and an unharassed mind, the scientists suggest that the psychologist will in future play as big a part in helping people prolong their lives beyond the biblical three score and ten years as the physician who teaches proper habits of eating and drinking and hygiene.

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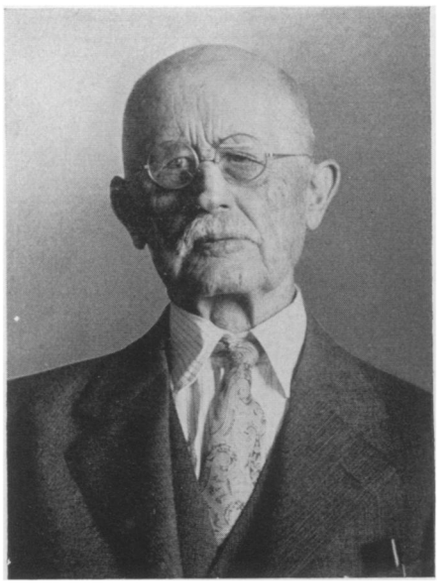

YOUNG AT 91

Seth W. Lincoln, of Worcester, Mass., who has been studied because of his perfect health by Dr. Francis G. Benedict, of the Carnegie Institution of Washington's Nutrition Laboratory.

ASTRONOMY

New Device To Aid Star Speed Studies

BETTER understanding of stellar traffic, especially of the stars that are speeding straight away from us or straight toward us, may result from the use of a new device invented by Prof. R. W. Wood of the Johns Hopkins University, and described by him before the National Academy of Sciences.

The speed of a receding star is measured by splitting up its light into a spectrum, or "artificial rainbow," and measuring the displacement or shift of certain lines in it toward the red. Such measurements have in the past had to be done very tediously, one star at a time through a narrow slit over the end of a telescope.

Prof. Wood's device consists of a number of diffraction gratings, which are flat pieces of glass with exceedingly fine lines ruled close together on them. These break up the light into a spectrum, just as a prism does. Diffraction gratings were invented by Prof. Wood's predecessor in the physics department at the Johns Hopkins University, Prof. Henry A. Rowland.

Prof. Wood has succeeded in making gratings suitable for placing in groups on the face of a telescope's big lens, with prisms back of them to give cor-