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Longevity; Devoted to the Prolongation of Life

By Theron Clark Stearns

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1920 Excerpt: . effort, therefore, becomes well worth while. Suitable exposition of all the factors in this problem require study of the entire life period. This will be presented as soon as possible, and in the meantime let us survey the features which apply to all of us. adults, who would like to begin at once. Beginning about the thirtieth year, when the brain is fully developed, and we have entered seriously into the affairs of life, the first factor in the detrimental changes which then commence and continue until death, is over work and over eating. Up to this period these factors take care of themselves. While the body is being built, too much food, within bounds of reason, has little or no bad effect, and over work, or over play is followed by ample periods of rest. Now don t get the idea, when I talk...



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