

PLUMPNESS AND LONGEVITY

A life insurance expert, H. M. Butholph, of Indianapolis, tells the American Institute of Actuaries that thin persons live longer than fat persons.

Fat men will be inclined to challenge the statement. They have had to put up with chaffing and suffer some inconveniences which the thin escape, but they have always flattered themselves that adipose tissue was a surplus stock of health and vigor upon which they could draw in mature years when others had no such reserves. The beginning of a certain convexity at forty or forty-five, when accompanied by temperate habits, has been regarded as a proof of good digestion and sound sleep. To be sure, Shakespeare shifts his fair, round, middle-aged Justice of the Peace into the lean and slippered pantaloons in a later stage, and Father Time is always pictured as a mere anatomy, but Santa Claus and Old King Cole are notable examples to the contrary, and both in life and literature we like to associate old age with a jovial rotundity. Good-nature and benevolence are proverbially associated with plump persons, and it would be a pity if these qualities should be discouraged by a fear among those inclined to corpulence that longevity depended on weight. Fat men should have some reward for the ridicule they are exposed to in the genial qualities said to be produced by an ample padding of the nervous system. The world was never so lean and hungry as today. When all nations are crying out for more fats, fat persons should be at a premium.

PRECAUTIONS NECESSARY FOR MOTORISTS.

Gas is a deadly enemy, as almost any returned soldier can tell you who has been up in the firing line. Yet motorists don't realize the gravity of that statement. This is with reference to the gas which is emitted from the exhaust pipe of the automobile.

As cold weather approaches the tendency grows to "warm up the motor" in the garage with the doors closed before beginning the day's driving. Or, maybe the mechanic wishes to see how the engine runs after he has done some repairs.

There is certainly a grave danger in running a gasoline motor of any kind in a closed building unless arrangements have been made to pipe off the exhaust gases. Many motorists do not realize this danger. When a gas engine runs for, say, fifteen or twenty minutes in a small, closed garage, the air is charged with a poisonous gas often fatal to those breathing it as shown by statistics.

The gas coming from an exhaust pipe is composed largely of carbon monoxide, which is colorless, odorless and very poisonous. As cold weather comes on, many car-owners and drivers go to work on their cars in the garage, start the engine and forget that they are pumping the garage full of poisonous gas. They must reach fresh air immediately or the result will be fatal.

To prevent such a possibility, either see that the garage has good ventilation if the engine is to be run more than five minutes or else install an arrangement for piping this exhaust gas out. The latter can be done without any great expense and is, perhaps, the safest plan.

CANADIAN AUTOMOBILE UNDER- WRITERS ASSOCIATION.

The first annual meeting of the C.A.U.A. was held at Ottawa on the 29th Nov. with a large attendance of members. Mr. J. B. Laidlaw (Norwich Union) president of the Association, occupied the chair. Among important matters discussed was that of specific rating for automobiles. Other important matters were under discussion bearing on the reduction of losses, particularly theft losses, and it is quite possible that as a result of the deliberations extra inducements will be given to policyholders who adopt approved methods of locking automobiles, and other approved devices for the prevention of theft. The very large number of automobile thefts reported of recent years, has attracted very serious consideration by underwriters. There appears no doubt that premiums now charged are entirely inadequate to cover the risk under present conditions. Many underwriters feel that owing to the difficulties in securing increased rates in any line of insurance, that the theft situation could be better dealt with by adopting very stringent preventative measures. These measures must, however, begin with the automobile owner himself.

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