

## CHAPTER XV.

## How to live to an old age.

Q. What should we do to live to an old age?

A. Man is undoubtedly constituted to live longer than he usually does. "He does not die, he kills himself," said Seneque to his friend, Lucilius. The shortness of life is due to the constant violation of physical, intellectual and moral hygiene. Hygiene is really the true elixir of longevity; it is the only sovereign remedy against morbid tendencies. Hygiene and inheritance evidently influence longevity most. We are born with a predisposition to live long, which predisposition comes from our ancestors, and is influenced by hygiene. The fact that the duration of life has almost doubled within a century is especially attributable to the progress of this science. Physiologists agree in acknowledging that centenarians lead a perfectly regular life and have invariably regular habits. Every one spins out his life. If we desire, then, to attain longevity and avoid the disease of old age, we must learn to practise hygiene by moderating the ardent intensity of our life; by seeking pure air and the