

EAT LESS MEAT TO LIVE LONGER

Insurance Companies Discuss Diet of Americans in Connection With High Blood Pressure.

New York, December 6.—Americans, as a whole, can live longer if they will lower their blood pressure, which can be accomplished by a better adjusted diet with less animal food. That is the conclusion of an original international survey of blood pressure, experience, presented at this afternoon's session of the Seventy-ninth Annual Convention of the Association of Life Insurance Presidents. The survey, which was submitted by Chief Actuary Arthur Hunter of the New York Life Insurance Company, covers life insurance, blood pressure records in many widely separated countries. From these statistics, affecting representative groups in China, Japan, Australia, Argentina, Canada and the United States, Mr. Hunter believes that blood pressure is not affected by race but that it is principally affected by kind and quantity of food, thereby to some extent putting it within the control of the individual with blood pressure above normal to prolong his life irrespective of his residence.

It was also disclosed by Mr. Hunter that the leading American life insurance companies are now pooling their blood pressure experience covering about 1,000,000 lives in this country and Canada in an effort further to study the relation of such pressure to longevity. While the primary object of this more extensive investigation is to gain further information with respect to selection of applicants for insurance, the opinion was expressed that the resulting information will be of scientific value in prolonging human life.

In presenting his international survey, Mr. Hunter stated that advocates of the theory that the ebb and flow of blood pressure are due to racial characteristics cite the low blood pressure of the Japanese and Chinese. To combat this he presented statistics of the actual experience of the life insurance companies, showing that Japanese and Chinese residents in the United States have a blood pressure of from five to eight degrees higher than the representatives of these two races living in their own countries. Mr. Hunter accounted for this by their consumption of more meat in their diet in this country. High as American blood pressure is, it does not reach that of the people of Australia where, he said the per capita consumption of meat is high.

"Until a few years ago the layman rarely heard of 'blood pressure,' yet today most intelligent men and women have a general idea of what it means," said Mr. Hunter. "This is partly due to the increasing use by physicians of the test, and partly to discussions of the subject in newspapers and magazines. The public is beginning to realize that an early discovery of high blood pressure may enable the physician to lengthen the life of his patient, if not to remove the cause of the trouble. In many cases the patient has no knowledge of his condition, the first warning coming from this modern aid in diagnosis.

"Blood pressure slightly lower than the average is favorable to longevity provided the persons in the group are in good health. The higher the blood pressure is above the average the greater the mortality above the normal. Persons with a distinctly high pressure are prone to develop diseases of the heart, blood vessels and kidneys, the mortality from heart disease, apoplexy and Bright's disease being very high among them. A moderate use of tobacco does not seem to have much influence on the blood pressure."

After detailing the international statistics which he had gathered, Mr. Hunter continued: "It was found impracticable to obtain the blood pressure of persons who had always been vegetarians, or had been so for a period of years. The Doukhobors, a Russian sect now residing in Canada, do not eat fish, flesh or fowl and are total abstainers from both alcohol and tobacco. It would be very interesting to obtain their blood pressure, but that was found to be impracticable. Through the courtesy of Dr. John Harvey Kellogg, I am able to present the record of a group of 305 healthy young women, students at the Battle Creek College, who have lived there for several months and who generally do not eat meat at all, but if they do, take it very seldom. These young women were Americans, aged from 17 to 25. Their blood pressure was at least eight degrees lower than the average among women of the same age who applied for life insurance, which would be practically the same as among the population of women

at these ages. It is evident, therefore, that the diet had a very considerable influence on their blood pressure.

"During the war years 1917 and 1918 there were restrictions in the diet of the American people and although such restrictions were not a matter of compulsion, they were faithfully observed by the masses of citizenry. Among the cases examined at one life insurance home office in New York, the pressure during 1917, 1918 and 1919 was about two degrees lower than in the preceding three years. It began to rise in 1920 and came back to the pre-war level in 1921.

"As the result of my investigations I have come to the conclusion that blood pressure is not affected by race, but is the same throughout the world under like conditions. In my judgment it is principally affected by the kind of diet and the quantity of the food. In addition, simplicity of living and freedom from strain have undoubtedly an effect. The sex and build have a minor influence. Unfortunately, it is not possible at present to assign weight to the several conditions which affect blood pressure.

"The practical question arises: Would a reduction in the blood pressure be of advantage to Americans, and could it be obtained through a change in their diet? As already stated, the mortality among persons with a blood pressure slightly below the average in the United States is believed to be better than among persons with an average blood pressure. It should not be assumed, however, that the low blood pressure among Orientals has resulted in a lower mortality than among Occidentals. As a matter of fact, the mortality among Chinese, Japanese, East Indians and Filipinos is much higher than among Americans in the United States. This is due to a variety of causes not in any way connected with blood pressure—such as sanitary conditions, the quality of medical attention and the adequacy or inadequacy of diet.

"While there is little doubt that a reduction in blood pressure of Americans in the United States would result in longevity, a question might arise as to the effect on the quality and quantity of their work. Among brain workers and those in sedentary occupation there would be, in my judgment, as great efficiency. Among manual laborers experiments indicate that a low protein diet does not increase physical endurance. Taking the population of the United States as a whole I believe that a better adjusted diet, with less animal food, would result in a lower blood pressure and in greater longevity with an equal ability to carry on their occupations.

"The life insurance companies recognize an obligation to give to the public any information which might be of scientific value, and it is from their records that most of the available data on blood pressure may be

obtained. It is to their interest to obtain exact information on this subject in order that they may issue policies to applicants in accordance with their merits. Not content with the present knowledge, an investigation is now in progress by the leading life insurance companies involving the records of probably a million lives."

AN INTIMATE LINCOLN STORY

Abraham Lincoln, even while he was President, always addressed Mrs. Lincoln as "Ma," while she addressed him as "Pa," says Joseph Christian, Lincoln's wartime valet-coachman. An amusing episode of their family life is recalled by Christian in McClure's Magazine for December. One day while he was driving the President and Mrs. Lincoln, one of the horses got the blind staggers and began to run wild. When the coachman finally succeeded in bringing it to a standstill, Mrs. Lincoln, badly frightened, jumped out of the carriage.

"The horse will probably be all right in a moment, madam," the

coachman assured her. But his explanation was of no avail and Lincoln came to the rescue.

"Now, Ma," he urged gently, "you know I don't want you to walk. You'll be too tired. Get back in and we'll drive slowly."

"No, I'm going to walk," she insisted, still frightened at the horse's antics.

"All right," said Lincoln, so Christian turned the horses and started back at a clipping pace.

Some time after their return, Mrs. Lincoln came in, tired and dusty.

"Hello, Ma," said the President, "did you have a nice walk?"

The first lady of the land was angry, Christian recalls, but "Lincoln just smiled, and that was the end of the affair."

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- CEYLON, best drained, lb. 60c
 - FIGS, Smyrna layer, lb. 28c
 - FIGS, California layer, pkg. 10c
 - ORANGE or LEMON PEEL, lb. 30c
 - DATES, Dromedary, pkg. 21c
 - CURRENTS, cleaned, large 23c
 - RAISINS, Sun Maid, seeded or seedless, pkg. 13c

- ### NUTS
- BRAZIL, lb. 21c
 - ALMONDS, soft shell, lb. 29c
 - WALNUTS, California soft shell, lb. 35c
 - MIXED, lb. 25c
 - OLD VIRGINIA FRUIT CAKE, 1 and 6 lb., decorated tin, lb. 50c

- ### CANNED GOODS
- Tomatoes, medium, can 10c
 - large can 11c
 - PEAS, D. P. extra sifted, can 27c
 - Peas, Economy Sweet, can 15c
 - LIMA BEANS, Sinclair, large white, can 13c
 - String Beans, Amron, can 15c

- ### CEREALS
- Cream of Wheat, pkg. 21c
 - D. P. Oats, 3 pkgs. for 25c
 - Quaker or Mother's Oats, pkg. 10c
 - Kellogg's Corn Flakes, pkg.)
 - Post Toasties, pkg.) 8c

- ### CALIFORNIA FRUIT
- Cherries, Libby or Del Monte, can 41c
 - Apricots, Libby or Del Monte, can 33c
 - Pears, Reliable, large can 23c

- D. P. KETCHUP, medium bot. 13c; large bot. 21c
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