FEEL FIT AS A FIDDLE AFTER 40
by don/herold
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IN TWO PARTS

I. You Are As Old As You Eat
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You've just started

FEEL FIT AS A FIDDLE
AFTER 40

By Don Herold

PART I—YOU'RE AS OLD AS YOU EAT

I'm afraid you and I are going to reach a ripe old age—whether we like it or not.
Well, we might as well make an art of it.
The statistics all point now to plenty of what used to be called "old age" for most of us who have reached 40 or 50 or 60.
It doesn't have to be "old age" in the old sense of the word.
Remember how much older even the young men used to be? Folks used to seem to like to get old early in life. The men wore whiskers at 35 and the women took to sunbonnets.

George Washington, in his late 30’s wrote to friends of his approaching decline. But the American Revolution stirred his interest for 7 years. Then again he grew sad and wrote friends that he expected soon to be entombed in the mansions of his fathers. Public life called him again, and kept him interested until he was 65. He then retired . . . and died in 2 years!

Dog gone it!
Have I got to be 80?
About 25 years have been added to human life since 1900. It’s true that most of this increase dates from birth. Most of it is due to conquest of childhood diseases. Some of it is due to antibiotics, improved surgical skill and a greater medical knowledge. But, anyway, we no longer need to keep the old-fashioned habit of expecting to die in middle age. (That, in itself, was enough to make our forefathers start to act old in their 30’s. If you plan to live to 47, you may begin to act aged at 30. Today we never have to start to “act” aged.)

Barring automobile accidents, slips in the bathtub, bad diet, and encounters with a certain few still fatal diseases, we stand a pretty good chance, doggone it, of becoming snappy septuagenarians and nimble octogenarians.

Well, we might as well enjoy same, Mamma
What we want to do, then, is to figure how to live with as much youthful verve, vim, grace and spirit as possible from here on out.

**The New Science of “Old Age”**

Up until fairly recently the babies and young folks have had most of the attention of science—partly because there were so many babies and youngsters. Almost every town has had its “pediatricians,” or experts in baby care and nutrition.

The great scientists have worked to conquer childhood diseases—and have almost succeeded.

And now the older folks are becoming so dad-blamed numerous that *they* are getting a whale of a lot of consideration and study. There are now many doctors who specialize in care and nutrition of folks growing older. These doctors are known as “geriatricians.” The science is known as “geriatrics.” Behind the doctors are a lot of scientists specializing in studies of problems relating to care of our senior citizens.

In the old days, we just put our senior citizens out on the front porch in a rocking chair and let them shift
for themselves. Abe Martin spoke of one family that forgot and left Grandpa out on the front porch all night.

**Now They'll Notice Us!**

There are now approximately 18 million people in the United States over 60 years of age. In the next generation, there’ll probably be 30 million over 60 years old.

There are now even a lot of colleges to which older folks can go to equip themselves to live another good 20 or 30 years with zip and zest. Their motto might well be “Live Longer Lustily.” Graduates may speak of these schools as their “alma grandmaters.” More on these schools, later.

There are, of course, two angles to this growing-older problem:

1. the physical angle
2. the mental angle
Food Has a Lot to Do with It

Food has a lot of bearing on both angles. I've been looking into this problem of staying young until I'm what was once considered awfully old, and I find that the experts all agree that *aging folks need "growing food" just as much as kids do.*

Food scientists say that one grows "old" when he ceases to produce new body cells. So the nub of the whole matter seems to be to get a correct and varied diet, with emphasis on foods that will help replace worn-out body cells.

You can totter at 60 or you can be a youth at 80, depending in large measure on how well you eat to repair yourself.

Each of us can to a large extent control his own aging by persistent good or bad habits, eating and otherwise. Yes, you and I can indeed do *much* to affect the length and quality of our lives.
I don't want anybody telling me what's "good for me!"

Throw This Book Away Right Now

Right here, if I were you, I’d throw this book down. Right here, I’d be saying: “Is somebody else going to tell me what’s good for me!”

I, too, as a rule, hate “what’s good for me!”

But bear with me just a few pages more. I’ve really discovered a few things which may make you and me live instead of drag, those 20 or 30 years ahead of us.

I was going to talk first about some of the mental approaches to those golden years, but, it’s so much easier to get a good mental attitude if you’re feeling fit, that I believe I’ll cover the food angle first, and then get around later to such things as retirement philosophy, economic slants, mental stimulation, hobbies, exercise, etc.
Protein Is Our Greatest Need

First, what about food?
I've read and experimented, and I've learned that the big, No. 1 requirement for us growing-old boys and girls is an ample daily supply of protein.

Protein is full of building blocks, and that's what we need to keep from crumbling. Proteins keep our machinery in repair (along with vitamins and minerals).

Carbohydrates and fats give us the energy to keep our machinery running—but gasoline is no good unless you have a machine in which to use it.

As we slow down, we can let up on the energy foods, but we have to keep up our intake of proteins, vitamins and minerals—the protective foods.

We're Apt to Get Food-Cranky

Already, I'm old enough to be sorta eccentric about my eating. I have made the mistake of thinking that food isn't too important in the first place, since I have (as I think) got my growth.
I know I’ve been too skimpy on proteins, and now I know that proteins are the biggest things I need.

Since protein is a component of every living cell it is necessary to maintain a constant and varied supply of this valuable nitrogen-containing material. And it is said that protein is one food element that can NOT be stored, so we must have a good deal of it every day. Many older folks literally start to wither up for lack of proteins.

A report on the protein requirements of aging persons, by three doctors from the Washington University School of Medicine, before the 116th national meeting of the American Chemical Society said definitely: “What appeared to be an adequate protein intake for a younger person was not always suitable for the old. When placed on a very high protein diet, a number of our elderly patients showed marked clinical improvement; they felt better and became more active.”

“Our first duty to the aging,” says the American Medical Association, “is to teach them the importance of protein.”

**Amino Acids in Proteins**

The important thing in proteins is some 23 amino acids—building blocks, which have been called the very foundation of health. One, for example, is a potent protector of liver and kidneys. Another in the blood guards against infectious diseases. It has been proved that you must have 8 of the essential amino acids to live, grow and be vigorous. Without them, the normal wear and tear on tissues is not repaired—blood plasma and hemoglobin are not replaced.
You all know the usual sources of protein: meat, fish, poultry, eggs and cheese—also wheat and oat cereals. (White flour contributes almost 30% of the protein in the average American diet.)

**A Protein-surance Program**

A good way to be sure you are getting a good supply of amino acids is to eat a variety of the above proteins, but I (and several million other people) have found one certain way to insure our daily intake of sufficient proteins. This is to add from one to four envelopes per day of Knox Unflavored Gelatine to our diet. This can be our protein-surance program.

**Knox Gelatine 85% Protein**

Knox Gelatine is about 85% protein and it contains a majority of both the essential and non-essential amino components.

(In this booklet I am not going to talk about your vitamin and mineral requirements, important as they are, as there are plenty of places you can get this information.)
Don’t confuse Knox Gelatine with ready-flavored gelatine dessert powders. These contain about \( \frac{7}{8} \) sugar and only about \( \frac{1}{8} \) gelatine. Knox Gelatine is all body-building protein: it contains no sugar, no artificial flavoring.

**How to Use Knox Gelatine**

There are a lot of pleasant ways to take Knox Gelatine. Personally, I like to *drink* it, and I average 2 envelopes a day.

It is recommended that you start off with 4 envelopes a day for 2 weeks. Then 2 a day for 2 weeks. After that, 1 or more envelopes a day, as you feel the need. Empty an envelope of Knox Gelatine into \( \frac{3}{4} \) glass of water or fruit juice, not iced. Let the liquid absorb the gelatine. Stir briskly and drink immediately.

There is no flavor to Knox Gelatine, so you won’t exactly drink it for the fun of drinking it at first. But you will learn to drink it for the fun of feeling better. Go ahead and get this pleasant habit!

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*I like to drink 2 envelopes of Knox Gelatine a day*
If you want to drink Knox Gelatine in milk, a good process is this: (1) soak 1 envelope in $\frac{1}{2}$ cup of milk; (2) place cup over boiling water and stir until gelatine is dissolved; (3) pour into glass and add $\frac{1}{2}$ cup of cold milk, and flavor with vanilla, chocolate syrup or molasses.

Knox Gelatine is also widely used in dozens of ways to help bolster up the protein contents of a meal. Since it is neutral in taste, it can be used in appetizers, soups, jellied salads, main dishes, desserts and candies. The Knox people have many books of recipes and will be glad to send you any books that you want, without charge. See list on the final page of this booklet.

**What Is Knox Gelatine Made of?**

Knox Gelatine is a purified and refined extract from selected bones of cattle. As many as 17 processes are involved in its manufacture, which takes from 5 to 7 weeks. The bone minerals are removed, leaving the organic portion of the bone (ossein) which is treated to produce soluble protein Knox Gelatine.

**Knox Gelatine in Reducing Diet**

One thing many of us have to watch as we reach and pass middle age, is overweight. It’s bad to grow old and fat at the same time.

In fact, the doctors, the dieticians and the life insurance companies (who ought to know—because it costs them money to have you die) all agree on this one piece of advice: “Don’t get fat. If you’re fat, reduce.”

Fat has been termed the most prevalent American nutritional disease. Among people who weigh 10 to 25 pounds more than they should, the mortality rate
is 22% above normal. Among those even more overweight, the mortality rate is as high as 75% above normal.

Excess fat means an excess load on the heart. For every pound you add, you add from 10 to 25 miles of blood vessels. Muscles overburdened with fat become soft and flabby. The circulation of blood is impeded, and this in turn makes the work of the heart more difficult. It is a fact that excess weight can lead to a virtual chain reaction in the following order: arteriosclerosis, kidney failure, heart failure—then boom and finis!

Simply cutting down calories may be dangerous unless you are careful to get enough protein, minerals and vitamins. A liberal amount of protein is necessary to avoid the wasting of essential body tissues and to spur metabolism while you are burning excess fat.
To stave off hunger between meals and to help fulfill the high protein requirement, take one envelope of Knox Gelatine between meals in water, fruit juice or bouillon. (There are only 28 calories in an envelope of Knox Gelatine.)

Of course, avoid fats, certain kinds of sweet desserts, pastries, gravies and rich sauces.

Drink skim milk in place of whole milk.

Remember that 250 calories a day above your daily need will add 20 pounds in one year.

Excess poundage may make you sit at the window, rather than walk in the stream of life.

Knox Gelatine should be a part of the life of every “reducer.” Knox records are full of wonderful stories of weight reduction with the aid of Knox Gelatine.

With a Knox Gelatine diet, it is possible to eat your fill and lose from 2 to 5 pounds a week.

Knox will send you free an informative booklet, entitled “EAT AND REDUCE PLAN.” Your doctor knows about this plan. Ask him about it.
Other Knox Gelatine Diets

I want to get around pretty soon to a lot of general talk on the subject of getting more fun out of longer life, but while I'm on the subject of Knox Gelatine and reducing, I think I might speak also of the use of Knox Gelatine in other special diets—very briefly. Skip these if they don't concern you.

DIABETES. There's no sugar in Knox Unflavored Gelatine.

ANEMIA. Knox Gelatine contains amino acids that have special value in the production of hemoglobin.

CHILDREN AND CONVALESCENTS. Gelatine is easily digestible... aids in assimilation of milk, while adding to its food value.

PEPTIC ULCER. High protein diet is recognized as good in treatment of peptic ulcer, colitis, and in liquid and soft diets. It helps eliminate “alkalosis hazard” and inhibits hyper-acidity.

LOW SODIUM. Knox Gelatine is very low in sodium content, and therefore useful as a source of protein in low sodium dietaries.

Knox Gelatine has long been recognized by the medical profession for its ease of digestion, lack of allergic manifestations, and other healthful qualities.

See list of booklets applying to some of the above and other special uses of Knox Unflavored Gelatine, in the back of this booklet.

Meanwhile:
PART II—YOU'RE AS YOUNG AS YOU THINK

Getting A Kick out of Later Years

We all get a kick out of seeing and knowing someone who is getting a kick out of life in the 60's, 70's and 80's. It can be done.

Some people give up at 50; others stay lively and alert until 90.

Don't be a vegetable in a rocking chair

I'm determined to keep perky until the bells toll, and I've made quite a study of the art. Maybe I've collected some of the answers for you.

I'm sure it's largely a matter of having many outside interests, of getting absorbed in one or more hobbies, of taking the right amount of (but not too much exercise,) of eating the right things, of thinking more about other people than about ourselves, of getting rid of self-pity and not talking too much about all the little aches and pains that come to anybody with advancing years.
Don’t “Blow Off”

Every time I feel the urge to start an argument nowadays, I just say to myself, “All I want is to hit a golf ball.”

It is possible in this world, especially at present, to keep mad all the time about some injustice or some irritation. You can’t “blow off” after 50, as you did as a youngster. Tantrums shoot your system full of poisons.

Seneca said “The greatest remedy for anger is delay.” Get yourself some trick slogans or some diversions to help you stay good humored. Don’t “burn.”

Bad humor has killed more people than bad livers. Keep good humored, and eat plenty of Knox Gelatine, and vice versa.
Lively Old Folks

History is full of cases of folks who have stayed gingery and productive until the late 90's. Read all about some of these active youngsters; it will inspire you.

Booth Tarkington wrote sixteen novels after 60—some of them when he was almost totally blind.

George Santayana said at 82, "I have never been happier in my life than right now."

Michelangelo painted the ceiling of the Sistine Chapel on his back on a scaffold at darned near 90.

Auber wrote his Dream of Love in his 80's, and said: "I'm not 80. I am 4 times 20."

Of Benjamin Franklin, Walter B. Pitkin said: "Men have forgotten the first half of his life. The world will never forget the second." Franklin went to France in the service of his country at 78; wrote his autobiography at over 80.
Paderewski at 79 played the piano superbly before large audiences.
At 88, John Wesley preached every day.
Tennyson published *Crossing the Bar* at 83.

Read Up on This Art

There are a number of good books now on this art of growing old more interestingly and more interestingly. You can afford to get them all and take solace and stimulation from them. Here are some of them:

"*The Best Years of Your Life*" by Marie Beynon Ray. (Little, Brown.)
"*The Better Half of Your Life*" by Charles H. Lerrigo, M. D. (John Day.)
"*Aging Successfully*" by George Lawton. (Columbia University Press.)
"*You Are Younger Than You Think*" by Dr. Martin Gumpert. (Duell, Sloan and Pearce.)
"*The Best Years*" by Walter B. Pitkin. (Current Books, Inc.)
"The Winslow Weight Watcher" by Thyra Samter Winslow. (Abelard Press.)
"Think Yourself Thin" by Thyra Samter Winslow. (Abelard Press.)
"Reduce and Stay Reduced" by Dr. Norman Jolliffe. (Simon & Schuster.)

I don't endorse everything all these books say, but you are old enough to pick and choose. And if they don't mention Knox Gelatine, that's a pretty serious oversight.

There are monthly magazines edited for people growing older. Among them are:

*Lifetime Living*. 27 E. 39th St., New York 16, N. Y.
*Journal of Living*, 1819 Broadway, New York 23, N.Y.

I'm going to work like a dog until I'm 65 - then start playing.

That's what he thinks.

You've Gotta Rehearse for Retirement

One thing I know for certain is that you can't start in suddenly some morning at 8 o'clock and retire and change all your habits, after you have had your nose to a grindstone all your life up to then.
You've gotta rehearse for retirement. Along in your 30's or 40's or 50's or 60's—the earlier, the better—start to acquire some interests that will make you want to live four lives instead of one.

**Get Yourself Some Hobbies—NOW**

Personally, right now, I have several hobbies—enough to keep me going for about five lives or reincarnations.

I took up golf in my late 40's and had to learn it from the ground up. I'm so interested in it now that I could devote a lifetime and a half to it. I've even written a book about it in my late 50's, called "Love That Golf."

Maybe you hate the idea of golf. All right. No hobby looks much good from the outside. (Nobody's sweetheart looks too good to the rest of us, either.) You don't have to love the other fellow's hobby; love your own.
Maybe yours is boats, gardening, photography, jigsawing, carpenter work, painting, fishing, stamp-collecting or other collecting, bird-watching, basket weaving.

**Hobbies Are Youth Preservers**

Yuan Chung Lang wrote in the sixteenth century, "I have found that all people in the world who are dull in their conversation and hateful to look at in their faces are those who have no hobbies."

The worst part of it is, they are dull and hateful to themselves.

The book, "*The Best Years of Your Life,*" by Marie Beynon Ray, is well worth buying, just for its chapters on hobbies.

It covers everything from rug hooking to wood carving.

Listen to this wonderful description by Winston Churchill of his start at painting:

The palette gleamed with beads of colour; fair and white rose the canvas; the empty brush hung poised, heavy with destiny, irresolute in the air. My hand seemed arrested by a silent veto. . . . The gifted wife of Sir John Lavery approached and said, "Painting! But what are you hesitating about? Let me have a brush—the big one." . . . then several large, fierce strokes of blue on the cowering canvas . . . the spell was broken . . . I seized the largest brush and fell upon my victim with berserk fury. I have never felt any awe of canvas since.

Churchill said he hopes to spend his first million years in heaven at his easel.
Thousands of people get a thrill out of painting now: millionaires, prize-fighters, lawyers, doctors, and, for all I know, thieves. Painting is now one of the ten big hobbies. President Eisenhower enjoys it, as do Quentin Reynolds, Mrs. Estes Kefauver and thousands of others.

Your meat may be something else: writing (whether you sell it or not,) music, clay modeling, metal work, jewelry designing, roses, onions, cabinet-work, decorating cakes, interior decoration, collecting first-edition books, fishing, photography, stamp collecting, model making, or toy trains.

Blank Retirement Is Fatal

For heaven’s sake, don’t stop dead at 60 or 65 or 70. An eminent physician once said, “To cut ten or fifteen years off your life, just retire and confine yourself to sprinkling the posies in your garden.”

Many heads of business say that a large percentage of their retired employees suffer disaster in two years. This is because they haven’t rehearsed for retirement.
Why Not Keep On Working . . . Some?

There are three reasons why many of us may want to keep on doing a little of the work we've always been doing, even after we reach retirement years.

(1) If our work has been fun (and mine has), why give it up just because we've reached a certain age that used to be considered old? Or there may be some new kind of work that may be even more exciting.

(2) There's a kick in getting some money for what you're doing; it's an indication that someone still thinks you're pretty good.

(3) The income that we counted on in retirement, may, due to the diminished purchasing power of the dollar, not be enough to support us in a style we are willing to accept.

Right here might be a good place to make another point: As you grow older, simplify your scale of living, so that you can exist enjoyably on a smaller income. Get rid of the big house and the big yard and the big car, and other expensive items.
Who Said You Had to Retire?

There is no heaven-made law that a man should "retire" at 65. This retirement age was set purely arbitrarily and accidentally, long before anybody had given the subject much thought.

Authorities and even industries are realizing now that many men have some of their best mileage left in them after 65.

Henry Lytton, president of The Hub, big Chicago store, retired at 83. At 87, he came back into the business and was still there at 100.

Bernard Baruch tells of his uncle who retired and sold his business, but bought it back at 87; and, at 99 had tripled its assets.

Not all of us will wish to stay in complete harness all our life, but death of activity is death, so a certain amount of harness may be salubrious far on into the highest decades.

You’re Never Too Old to Learn New Things

I learned to rhumba when I was 48. I’m going to brush up on it again at 68.

One of today’s most successful painters never touched paint or canvas until she was 78.

The liveliest old man I met in Florida last winter had just signed up for a correspondence course in art at 72.

Always keep on learning. Always keep on exploring and experimenting. There is no better secret of eternal youth.
President Roosevelt called on Justice Oliver Wendell Holmes at near 90 and found him reading Plato and asked why. "To improve my mind," answered Justice Holmes.

The late pioneer psychologist, Edward L. Thorndike, demonstrated long ago that actual learning power never declines.

Just as much brain there as you had at 35
The average mental standard at 80 equals that at 35. Memory is not quite so good, but will-power and steadiness and thoroughness and experience are all greater. Wisdom is greater (unless you start to play childish).

Don't quit as you get older. Start.

Many old folks make the mistake of making a life work of their ailments. And all they talk is "shop talk"—ailment talk.

Renoir, the great French painter, had such severe arthritis in his 70's that he had to have his brush clamped to his hand. And at that time he took up a new art, sculpture, and got good at it. The day before he died at 78, he said, "I am still making progress." He didn't waste any time talking about his arthritis.

Life is eagerness, and learning is life.
Plenty of Schools for Senior Citizens

Go to school.
Marie Beynon Ray's book is full of information about schools of all kinds for oldsters.

There's the William Howard Taft High School in New York which gives courses to 7,000 adults every evening in everything from the foreign languages to saxophone playing.

The Boston Center teaches adults everything from archery to zoology.

There are probably places within reach of you where you can learn anything you want to learn, from bookbinding to Sanskrit. Consult your local Council on Adult Education. For its address in your city or state, see the *Handbook of Adult Education in the United States*, published by the Institute of Adult Education of Columbia University, New York City, pages 304-310.

If there are no schools within your area, take a correspondence course... or be your own school.

I just learned something I never knew before!

AT 84
We Need Re-education Now

In olden days it was all right to go to college in our teens and twenties and figure we were educated for life. But life is longer now, and things change more rapidly. What you learned at college then, "ain't necessarily so" today. It behooves us to keep completing our education all our lives, nowadays. (Why, they didn't even know about the repair value of the amino acids in the protein of Knox Gelatine when I went to college.)

Says T. Sharper Knowlton in his book, Originality: "It is effort that keeps some men fit when other men of the same age begin to lose grip. When our brain power begins to fade in the middle years of life, it is because we take no pains to develop it or even to preserve it."

How About Exercise?

The authorities all seem to agree that we should have regular exercise as we grow older . . . but not too much. We older folks must resist the temptation to show off—to prove to the world that we are just as spry as ever.

Don't do it so madly
We mustn't try to make up in a week-end for a week's idleness, or in a 2-weeks vacation for a year's indolence.

A certain amount of exercise keeps your veins and arteries in good tone, and therefore your heart. It won't hurt you to pump a little oxygen into your system every day.

Someone has said that decay sets in mercilessly for persons who take the good advice to slow down too literally.

Says Dr. Lerrigo in his good book, "The Better Half of Your Life": "One who walks not only exercises his muscles but also renews his glandular activity, his hormone output, his far vision, his skin respiration and his normal appetite."

Sooner or later, however, start staying off of step-ladders.

If you play games, play for fun, and not in serious competition. As somebody has put it, play for laughs. Quit before you are tired.

Spend your energy wisely after 45, for fatigue can lay you open to disease, and over-exertion can kill you in a jiffy.

Take rest periods oftener. Take afternoon naps if possible.

I may be a bum, but I like breakfast in bed, too (and with an envelope of Knox Gelatine in my orange juice).

A drink (milk, fruit juice or bouillon) with Knox Gelatine in it, between meals, will give you a lift when you need it most.

While exercise is good, don't drive yourself as you once did. Leisure is an art that must and can be learned like any other. An olden-time Chinese philoso-
pher said that, "The man who is wisely idle is the most cultured man, and the wisest man is he who loafs most gracefully."

Don't Become a "Character"

A lot of older folks indulge in a lot of "old age habits" just because they feel self-indulgent and think the world will excuse them because they are growing old. They let their posture go to pot. They hem and haw. I have one old friend (who knows better) who repeats almost every sentence two or three times. They repeat stories to the same people. They go too long without a haircut or a hairdo. (I like old folks who stay dapper as a dollar.)

Now, let's see—

it was in
1902—

no, I
think
it was
1903

I guess we'll have
to be going

They reminisce too much out loud. Oh, it's all right to slip off behind the barn with an old crony once in a while and indulge in "Do you remember when—?"

Your sleepless nights and your aches and pains aren't interesting news to others. Your "operation" is boresome to nearly anybody.
Still take chances. I’m always thrilled when I hear of an old lady of 90 who has taken her first airplane flight.

Don’t expect the young folks to regard you as “Allah.” They look at the world. It’s a mess. You and I helped make it that way. They may be able to do better. Keep on doing something unusual if you want young folks to regard you as unusual.

“Keep your friendships in constant repair,” said Dr. Samuel Johnson. Make that telephone call, instead of waiting for it.

Don’t let your sense of humor die on the vine—especially in regard to yourself.

Marie Beynon Ray says “‘The way to keep young is not to think old, feel old, stand old, sit old, talk old, act old.’

Read what some of the grand older people of the world have done and said.

Cicero said, “Old age is rich in blessings.”

Harry Emerson Fosdick said, “It is magnificent to grow old, if one keeps young.”

Sir William Mulock, Chief Justice of Ontario, said at 95, “The Castle of Enchantment is not yet behind me. It is before me still, and daily I catch glimpses of its battlements and towers ... Warm both hands before the fire of life.”

Bernard Baruch said. “To me, old age is always 15 years older than I am.”

Remember, you are as old as you eat, and as young as you think.
### Desirable Weights for Men
#### Ages 40 and Over

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<th>Height (with shoes)</th>
<th>Weight in Pounds (as ordinarily dressed)</th>
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### Desirable Weights for Women

**Ages 40 and Over**

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