

OSLER
PAMPHLET

HOW TO LIVE LONG



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METROPOLITAN LIFE INSURANCE COMPANY
CANADIAN HEAD OFFICE—OTTAWA

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How to Live Long

By

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METROPOLITAN LIFE INSURANCE COMPANY

CANADIAN HEAD OFFICE—OTTAWA

The FOURTEEN Rules of Health

AIR

- 1 Have Fresh Air where you Live and Work
- 2 Wear Light, Loose, Porous Clothes
- 3 Get Out-of-Doors
- 4 Have Lots of Fresh Air where you Sleep

FOOD

- 5 Eat Different Kinds of Food
- 6 Use Milk in Various Ways
- 7 Do Not Eat Too Much or Too Fast

HABITS

- 8 Have your Bowels Move at least Once
Each Day
- 9 Stand, Sit and Walk Erect
- 10 Avoid Poisonous Drugs
- 11 Keep Clean and Avoid Catching
Diseases
- 12 Go to your Doctor for a Health Exam-
ination Once a Year
- 13 Work Hard, but Play and Rest too
- 14 Be Cheerful and learn Not to Worry

AIR- Rule 1

Have Fresh Air where you Live and Work

OPEN all windows wide before you use the room in which you live or work. Let some fresh air in all the time. The best temperature is between 66 degrees and 70 degrees Fahrenheit.

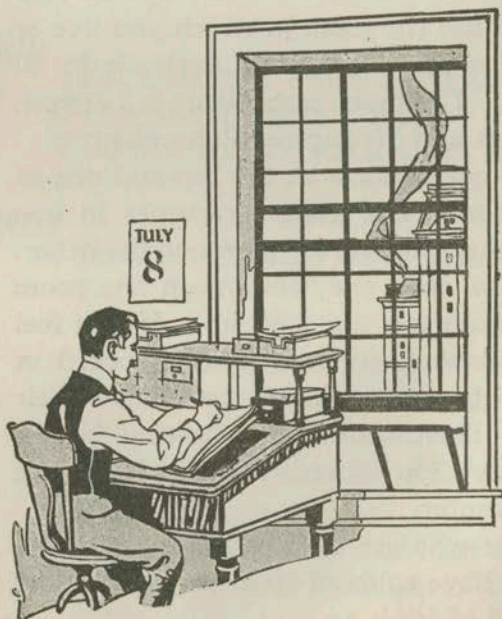
Open one window at the top and one at the bottom. The good air comes in one window and the bad air goes out the other. If there is only one window in the room open it both top and bottom. If you feel the air blowing on you, place a board in front of the open window to send the air up (see illustration on following page). Such a window board should always be used in winter.

People who are used to fresh air do not seem to have colds as often as people who are afraid of fresh air.

Try to keep the air in your house as pure as the air outdoors. Do not let dust and smoke stay in the house.

Let in all the sunshine you can. Sunshine and fresh air kill germs and thereby help to keep out sickness.

Fresh air in schoolroom or office helps to clear your brain so you can think better.



AIR- Rule 2

Wear Light, Loose, Porous Clothes

THE skin should be kept clean and warm and should have air. Clothes should not be tight.

As most of us are in heated houses in winter a large part of the time, we should wear light-weight clothes. Upon going out-of-doors, put on heavy outer clothes.

Always wear porous cloth, that is, cloth so loosely woven that you can blow air through it.

Do not wear your hat tight. It cuts off the blood from the skin of the head and helps to make you bald. A soft hat is the best.

Do not wear tight shoes or too high heels.



AIR- Rule 3

Get Out-of-Doors

No matter how much air you have in the house, it is not as good as the air outdoors.

Even if the outdoor air is damp and foggy, it generally is more healthful than stale air indoors. This is just as true in the city as in the country—of night air as of day air.

Learn to stay in the open air. If you do not get exercise while at work, walk at least part of the way to or from work. Play games outdoors, if you can.

Fresh air is one of your best friends. It is the enemy of tuberculosis and other diseases you want to escape.



AIR- Rule 4

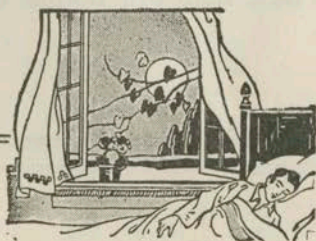
Have Lots of Fresh Air where you Sleep

SOME people do not have the chance to work or play in the open air or to get fresh air in their workrooms. But at night it is different. We spend a third of our time in bed, and while we are asleep we can get plenty of fresh air.

You should always have all the windows in your bedroom open. The night air will not hurt you. It is good for you. If you breathe good air all night, you will feel more rested in the morning and better able to do your work.

If possible, sleep out-of-doors, but have plenty of nightclothes and bedclothes to keep you warm.

If there are mosquitoes or flies, hang a piece of light mosquito-netting over the bed.



FOOD- Rule 5

Eat Different Kinds of Food

OUR foods should be of four principal kinds, to serve four needs of the body.

Body Building Foods, such as milk, eggs, cheese, meat, fish, fowl, build our muscles and bones. They help the body to grow and they rebuild parts as they wear out.

Energy-giving Foods include the starches, such as potatoes, rice, cereals and breads; the sugars, including jellies and desserts; the fats, including butter, cream and meat fat.

Regulating Foods, such as fruits, green vegetables and bran, sweep out the intestines.

Protective Foods are milk and dairy products, greens, celery, tomatoes and oranges. These help our bodies to fight off disease.

Most people eat enough food; but we may be really starving our bodies because we do not eat enough of the *right kinds* of food. A diet containing meat, eggs, bread and cereals, should also contain a generous supply of fresh fruits and vegetables.

In the past most Canadians have not eaten enough fresh fruits and green vegetables—the foods that regulate and protect our bodies. We need plenty of these foods to keep our diets well-balanced and our bodies strong and healthy.

Cook vegetables in as little water as possible so you will not drain off the valuable mineral salts. Wash all vegetables and fruits before using. Wash them very carefully if they are to be eaten raw. Raw foods, such as fruits and salad plants, are good for you. You need to eat some raw, fresh foods every day.

Have some food from each of the groups listed on page 10 every day. The foods in each group are arranged with the cheapest first, for the amount of nourishment contained, based on average prices for a year:

- [1] *Body-building and Protective Foods*—Whole milk, skimmed milk, buttermilk.
- [2] *Body-building Foods*—Cheese, eggs, fish and meat.
- [3] *Body-building and Energy-giving Foods*—Oatmeal, whole wheat, white flour, cornmeal, wheat cereals, rice, prepared cereals.
- [4] *Energy-giving Foods*—Sugar, oleo-margarine, butter and cream.
- [5] *Energy-giving Foods* (vegetables)—Dried beans, dried peas, potatoes, turnips, onions, other vegetables in season.
- [6] *Protective and Regulating Foods* (vegetables)—Spinach, cabbage, lettuce, other greens in season.
- [7] *Protective and Regulating Foods* (fruits)—Prunes, apples, oranges, other fruits in season.

FOOD- Rule 6

Use Milk in Various Ways

MILK is more than just a drink—it is the nearest perfect food for older people as well as children. It should be used in making white sauces, soups, custards, other milk puddings such as rice and tapioca and ice-creams, as well as to drink. Chocolate or cocoa and malted milk make nourishing drinks and give variety to plain milk.

Use milk—at least four glasses each day for each child and from a half pint to a pint each day for each grown-up. Use more if possible. Although good, fresh milk may seem expensive, it is a cheap food when we consider all the body needs it supplies.

It is quite important that the milk should come from clean, healthy cows

regularly tested for tuberculosis. Pasteurization makes milk safe for baby's use. Milk is pasteurized by being heated to a temperature of 140 degrees for thirty minutes and then being rapidly cooled. Pasteurized milk does not sour as quickly as other milk, but it should not be used for children if stale, even though it is still sweet.

Milk should be used in place of tea or coffee as a drink, especially for the growing child. Tea and coffee make children nervous. They are not good for grown-ups either, especially if strong or used to excess. All through life milk is a food we all need.



FOOD- Rule 7

Do Not Eat Too Much or Too Fast

Do not force yourself to eat too much, even if you think you should weigh more than you do. Weight may be gained by eating the right kinds of food, and by sleeping, as much as by eating large amounts.

When your body gets hard exercise it uses up more heat and needs more food. If you do not get exercise in your work you should eat less than people who do hard physical labor. It is better not to eat a heavy meal just before heavy work or when very tired or over-heated. Eat a little less food in hot weather. Food makes heat.

Do not over-work your stomach by eating between meals. Try drinking a glass of water when you feel hungry.

Most people eat too fast. If you chew your food well it will taste better and will be much easier to digest. Hard foods, like crusts, toast, hard fruits and nuts, that make us chew, are good for us.

Do not wash your food down with water. Drink liquids, especially liquid *foods* like milk, in sips, not gulps. Each person should drink from four to eight glasses of water daily, but it is better to drink most of this between meals.

Often it is not only *what* we eat, but *how* we eat it that matters. The meal hour should be one of good cheer when the family meets around the dinner table. Pleasant talk and a cheerful mind while you eat will make your food not only taste better, but do you more good.

A meal made up of one hot, nourishing dish with some fresh, green vegetables or a fruit, served nicely and eaten slowly by a happy family is far better than a table loaded with poorly chosen, rich foods.



HABITS—Rule 8

Have your Bowels Move at least Once Each Day

You should eat good food, but you *must* also get rid of what is left of it in the bowels. If your bowels move without effort, it will help you to keep well. If you can, get in the habit of moving the bowels thoroughly twice a day—after breakfast and after supper.

Headache often is caused by the bowels not moving.

Food is the best thing to make your bowels move. Sometimes your bowels do not move because your food does not have enough bulk or roughage to sweep out the intestines.

Some foods which make the bowels move

freely are fruits, such as figs, prunes and oranges, bran, oil, vegetables, butter, cream, coarse cereal, honey, syrup and juices of fruits.

Drink plenty of water, especially before breakfast. Do not take drugs or medicines to make your bowels move unless the doctor tells you to. Eating the right foods, drinking enough water, and exercising enough every day in the open air should make your system get rid of waste matter.



HABITS- Rule 9

Stand, Sit and Walk Erect

LIFT your chest up, throw your shoulders back, stomach in. Do not slouch. If you stand straight it will help to keep your bowels in good condition. One of the common causes of constipation and nervousness is a slouching position.

If it is hard for you to sit up straight in your chair, put a small pillow in the small of the back. Walk and stand with heels apart and toes straight forward. "Toeing out" leads to weak feet and flat foot.

Exercise that makes you stand erect and breathe deeply is a fine thing to do daily.

HABITS - Rule 10

Avoid Poisonous Drugs

DRUGS that give you the habit of taking them over and over again are poisons. Some of these drugs are cocaine, heroin, alcohol, opium and acetanilid. Many patent medicines contain such drugs and are very dangerous.

The best way to keep your mind and body strong is not to form habits of drinking liquids like spirits, wine, beer, patent drinks sold at soda fountains, and patent medicines. Do not drink much tea or coffee.

It is wrong to think that drinking much beer, ale and other liquors gives strength. These only deaden the tired feeling and do not really take it away.

Smoking is injurious to certain people. Athletes find it makes them short of "wind." It may dull the brain. If you smoke at all, do so in moderation and do not inhale.

Any drug habit keeps you poor in purse as well as health.



HABITS—Rule 11

Keep Clean and Avoid Catching Diseases

THERE are many diseases which are catching because the people who are sick with them have what are called germs. These germs gave them the disease and can be passed on to other people.

Germs may be almost everywhere, but they are not so apt to hurt you if you are well and strong. If you are tired, or are not well, these germs may more readily make you sick. When many people in town have colds or grippe, do not stay in crowds if you are tired or do not feel well.

An easy way to catch tuberculosis is from some sick person who coughs in your face or spits on the floor or pavement. The

mouth spray or spit may get into the air and if you breathe it into your lungs, you are apt to catch the disease, especially if you are tired or run-down. Most of us get some germs of tuberculosis in this way as children, but we do not develop the *active* disease until overwork or a weakened condition gives the germs a chance.

Many other diseases are caused by coughing or spitting where people can breathe in the germs. It is not wise or fair to other people to spit about the home or in public places.

Certain mosquitoes carry malaria and yellow fever. The common house-fly may carry typhoid fever germs. To avoid diseases, keep mosquitoes and flies out of the house and away from your food.

The best way to avoid diseases which are caused by flies or mosquitoes is to destroy their breeding places. Mosquitoes breed in stagnant water. Flies breed in decaying matter, especially horse manure.

You should boil water before drinking if you are not certain that it is pure. Water may have typhoid germs and germs of other diseases in it.

Of course, everyone should be vaccinated or protected against such diseases as typhoid, smallpox, diphtheria, or scarlet fever. Ask your doctor.

If your teeth are decayed they make poisons in your body. Be sure to clean your teeth, tongue and gums thoroughly each night and morning by brushing with a tooth-brush. Move the brush up and down and with a circular motion, as well as across the teeth. If you can do so, clean the teeth after each meal. Fruit, especially apples, after a meal are good mouth and tooth cleaners.

Bathe often to keep away sickness. A thorough sweat followed by a good bath is very healthful.

Always wash your hands before eating. Even if your hands look clean they may be covered with germs. Be sure to wash your hands carefully before preparing food.

If you scratch or injure any part of your body, keep the injured place clean and have the doctor treat it.

Do not use drinking cups or towels which have been used by other people. Many diseases are carried in this way.

HABITS~Rule 12

Go to your Doctor for a Health Examination Once a Year

PEOPLE now-a-days are not waiting until they get sick to see a doctor. They know that having a doctor look them over once a year will help them to *keep well*.

Your body may be trying to warn you, giving you signals of danger ahead which you do not understand. You may have headaches or get tired very easily. You may have some small pain which you barely feel, but which might grow into a big pain if you do not correct the trouble that is causing it.

Do not be afraid to face the facts. Go to a doctor and find out if there is anything wrong. It may be very easy to correct the trouble and to save you from a long illness.

If you are physically fit—if there is nothing wrong with your body—the satisfaction of being told so by a good doctor is worth much more than the cost of an examination. Do not wait for the S.O.S. signal. Be examined once a year, even if you feel quite well.

An ounce of prevention is worth a pound of cure.

Many illnesses are traced to bad teeth. Therefore, you should go to a dentist or a clinic every six months to have your teeth examined. Have your teeth cleaned and any small cavities taken care of. If your eyes trouble you, go to an eye specialist. He will decide whether you need glasses.

There are no spare parts for the human machine. Keep *every part* of your body in good running order.

Health examinations will help you to live long! Do not put off going to the doctor for *your* examination.

HABITS~ Rule 13

Work Hard, but Play and Rest too

“ALL work and no play makes Jack a dull boy.” To be healthy and happy we must all work, but we should also rest and play. Those who do hard physical work all day should play simple games, like checkers or cards to work their minds. This will let the tired muscles rest. Read good newspapers and books. Tell jokes and stories. Laughter is very healthy.

When you come home tired out, lie down for a few minutes. Sleep for a few minutes if you can. Even fifteen minutes of rest or sleep (especially before eating) will refresh you greatly.

If you have been sitting in an office all day, your brain seems tired when you stop. Your body needs exercise to make your brain

forget work. Any bodily work, like walking home, sawing wood, shoveling snow, throwing a baseball, bowling, wrestling or boxing, will do you good. Simple deep breathing exercises, taken very slowly, also are good, especially when you are tired. They may be taken while you are lying down.

If you are interested in your work you will be less tired by it.

Do not make work out of your play. When your play seems like work, stop it.

Sleep all you need to. If possible, walk fifteen minutes outdoors before you go to bed. Do not eat heavily just before you go to bed.

If you cannot sleep at first, breathe deeply and slowly, take a lukewarm bath, or sip a glass of warm milk. These things will rest you and often make you sleepy. Above all, *relax* every muscle and nerve as much as you can. "Let go."



HABITS~ Rule 14

Be Cheerful and Learn Not to Worry

THE mind and the body work together. *The mind has a strong effect on the health of the body.* A fit of anger, or a spell of worry, or envy, or hate, or jealousy may make you more tired than a hard day's work.

After you face the facts and do the best you can, say to yourself of your worry, "Forget it." It is hard to do this, but you can learn, just as you learned to read and write, or to ride a bicycle, or to skate.

Do not make hard work of being healthy. If you worry about it you will not be healthy. Lay down certain rules and follow them the best you can until you get used to doing them.

If you are orderly, systematic and prompt, you will not often have to hurry.

Start to your work a little earlier in the morning and take your time. You will not be tired when you get there and you will work better.

Take your time going home at night. You will enjoy your supper more and sleep better. Then you will do better work the next day and will be happier in your work.

We all want many things, but we must not want them so hard that it will overstrain our minds and bodies to get them. Take your life and your work cheerfully. When you learn to do this, you will be happier and you will get more of the things you want. Almost any one can do this if he makes up his mind to do it.



It Costs Little to Live a Healthy Life

SOME people think they cannot live healthy lives unless they are rich. This is wrong. It is true that rich people can do some things for their health that others cannot, but many rich people live unhealthy lives because they buy things which are not good for them. You may not be able to have the kind of a house you would like to live in. You may not be able to work in the factory or store you would like. You may not be able to do the kind of work you would like best, but you CAN make all these things healthier.

You can keep more windows open in your home; you can often get the "boss" to keep more windows open in the factory or store; you may be able to move farther out of the city where it costs no more to live; you may be able to get another job if your work does not agree with you.

Even if you cannot do these things, you can do others that cost nothing. It costs you nothing to wear loose clothing. It costs you nothing to have your windows open when you sleep. It costs you nothing to exercise or to stand, sit and walk erect. It costs you nothing to have your bowels move thoroughly and often.

Almost all of us can take enough time to eat our meals slowly. The foods that make us most healthy often are the cheapest foods. Expensive foods are apt to be less healthful.

Healthful cooking often means economy in cooking. Bread crumbs have as much food value as freshly cut bread; bits of meat on bones flavor vegetables and are as nutritious in equal amounts as the more expensive roasts; sour milk often makes as good dishes as sweet; the water in which vegetables have been cooked can be used for making nourishing soups.

Remember that we can enjoy cheap food and grow healthy from eating it. From one-half to one-quarter of the family income has to be used for buying food. The smaller

the income the larger the part of it that has to be spent for feeding the family.

In planning to keep down the cost of foods it is wise to consider what each food gives the body. For instance, milk is one of the cheapest foods because it is the best all-around food. Green vegetables, such as spinach, or greens made from dandelions, turnips or beet tops are cheap for the amount of iron they contain. Cabbage, carrots and tomatoes are good for our body. Potatoes are a cheap nourishing food. Fresh fruits in season are cheap and healthful. Cooked cereals are the cheapest of all body-building foods.

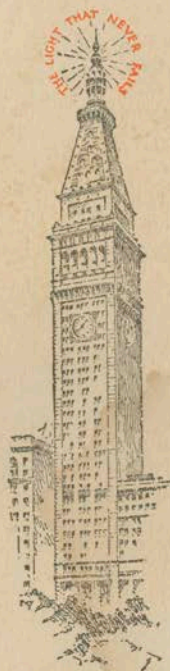
It costs little to live a healthy life. It costs less to keep well than to get well. It costs less to go to a doctor once a year to be looked over and discover any signs of beginning illness than to pay big doctor bills when you are really sick, to say nothing of losing your pay.

Follow the fourteen rules of health. You will find life richer and more enjoyable because living healthfully means being healthy and being happy.

You are your own Doctor of Health.

Ask Yourself These Health Questions : Do I—

- 1—Have Fresh Air Where I Live and Work?
- 2—Wear Light, Loose, Porous Clothes?
- 3—Get Out-of-Doors?
- 4—Have Lots of Fresh Air Where I Sleep?
- 5—Eat Different Kinds of Food?
- 6—Use Milk in Various Ways?
- 7—Not Eat Too Much or Too Fast?
- 8—Have My Bowels Move at Least Once
Each Day?
- 9—Stand, Sit and Walk Erect?
- 10—Avoid Poisonous Drugs?
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