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# BULLETIN

## CHICAGO SCHOOL OF SANITARY INSTRUCTION

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## DEPARTMENT OF HEALTH

JOHN DILL ROBERTSON, Commissioner

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### "Sanitary Instruction Is Even More Important Than Sanitary Legislation"

#### NINETY-NINE YEARS YOUNG.

**D**R. STEPHEN SMITH of New York City, now in his 99th year and founder of the American Public Health Association, says that a man is as old as he eats.

In an article in a recent number of the American Magazine he says that the eating habits of civilized man are wrong. "In fact," he adds, "a natural man, a savage, would not find anything fit to eat at a New York banquet table. In the last forty years I have been an addict of natural foods—grains, vegetables and fruits. Only occasionally do I eat meat. And my health has been better than ever before."

Dr. Smith has had a wonderful career and his long life has been one of real service to humanity. When the war of 1861 broke out he was found not physically fit for service, yet he served as a major in the emergency service and wrote a handbook on surgery which was used by every medical man in the Union Army. Aided by Florence Nightingale he introduced the first trained women nurses into the United States. He has held more public offices, it is said, than any other American doctor. Two presidents of the United States, seven governors of New York and three mayors of New York city have

selected him for various appointive positions.

As a vigorous youth of 70 he was made vice-president of the New York State Board of Charities and was a useful and active member of that body for twenty-five years. He resigned from this position at the age of 95 and is now pounding away on a typewriter from three to five hours a day preparing a book, which will be partly autobiographic and partly compendium of advice and information as to correct living habits and the prolonging of human life.

Dr. Smith takes the position that every person can control to a large extent his physical health and well being; and, therefore, he asserts that each of us is largely responsible for his length of life. And then he adds this excellent bit of advice:

"Neither fresh air nor physical culture can prolong life to any great extent, if one persists in eating the wrong food, or too much food of any kind. The last is just as important as the first. The fact that I was not well for sixty years forced me to a meager diet of simple foods. As a result I saved my stomach and have the use of it now."

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Patience, kindness and words of cheer help to make rough roads smooth.