

THE POSSIBILITY OF LIVING 200 YEARS

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The possibility of living 200 years by F. C. Havens

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F. C. HAVENS

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COMPILED

FROM

THE BEST AUTHORITIES

BY

F. C. HAVENS

SAN FRANCISCO, CAL.

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14 Sansome Street, Room 14

1896

Dedicated

to

Ambitious Youth

and

Thoughtful Age

CONTENTS.

	PAGE.
ADDISON.....	1
CORNARO.....	7
A NUN OF PADUA.....	30
SIR HENRY THOMPSON.....	32
WILLIAM KINNEAR.....	34
S. ROWBOTHAM.....	41
DE LACY EVANS.....	46
DR. WINCKLER.....	56
M. GUELER.....	58
FRUIT AS FOOD.....	63
EMMET DENSMORE.....	68
W. W. HALL.....	97
HELEN DENSMORE.....	107
HERBERT SPENCER.....	112
RALSTON HEALTH CLUB.....	115
PHOSPHORUS.....	128
TREATMENT OF THE SKIN.....	133
WHAT TO DRINK.....	136
WHAT TO EAT.....	141
TABLE OF FOODS.....	158
SUMMARY.....	160



TO THE READER.

This work represents the labor of many odd hours in a life devoted to business pursuits. No claim is made that the discoveries and suggestions relative to diet are new or original. Much reading and observation in regard to this subject showed the possibility of condensing the salient features of the works of leading authors on the subject of longevity—a subject of more importance to humanity than any and all others.

There is no royal road to health or long life, but neither is there any need for people to grope their way blindly along, and make both a matter of mere chance, as the vast majority of the human race are now doing. Such writers as De Lacy Evans, and other scientific investigators, point out a path to perfect health, and prove age to be a controllable disease.

Illness and decrepitude are shown to be unnecessary evils, caused almost invariably by the lack of

the knowledge of the plain and simple rules which are compiled and condensed in this little volume. The punishments inflicted by nature are usually as just as they are sure. Where people sin willfully sympathy is wasted. A quotation will be found herein from Sir Wm. Thompson, in which he points out an easy road to sickness and a rapid method of growing old — an illustration of the absurdity of suffering the greatest misery for an indefinite period, as the result of two hours of imaginary happiness.

Modern scientific discoveries in relation to diet indicate a higher and more rational mode of living; and yet it is surprising to note how much of this was foreshadowed three hundred years ago by Cornaro, who had no guide but his stomach and his common sense. But these are not infallible guides, because foods which are easily digested, and water which is most palatable and apparently most pure, may contain substances of an injurious nature.

The ideas embodied here are wholly in the line of progress, and are such as may and should be thoroughly understood by all. If put only into partial application, the results will be beneficial; if conscientiously carried out, all may be accomplished

that is claimed for them. It is only a question of how much self-denial the reader is capable of, in order to break away from injurious habits of eating and drinking, and to form new ones upon a correct basis. After a personal experience, he doubtless will share with the writer in a sincere regret that the knowledge of what constitutes proper diet was not long ago put into such form as to be easily accessible to all who love life sufficiently to wish to prolong it two hundred years.

A. C. Havens



