

LIFE SHORTENING HABITS AND REJUVENATION

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Life shortening habits and rejuvenation by Arnold Lorand

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ARNOLD LORAND

**LIFE SHORTENING
HABITS AND
REJUVENATION**

LIFE SHORTENING HABITS AND REJUVENATION

- I. The Ten Chief Life Shortening Habits
- II. The Rapid Ageing of Women
- III. Rejuvenation

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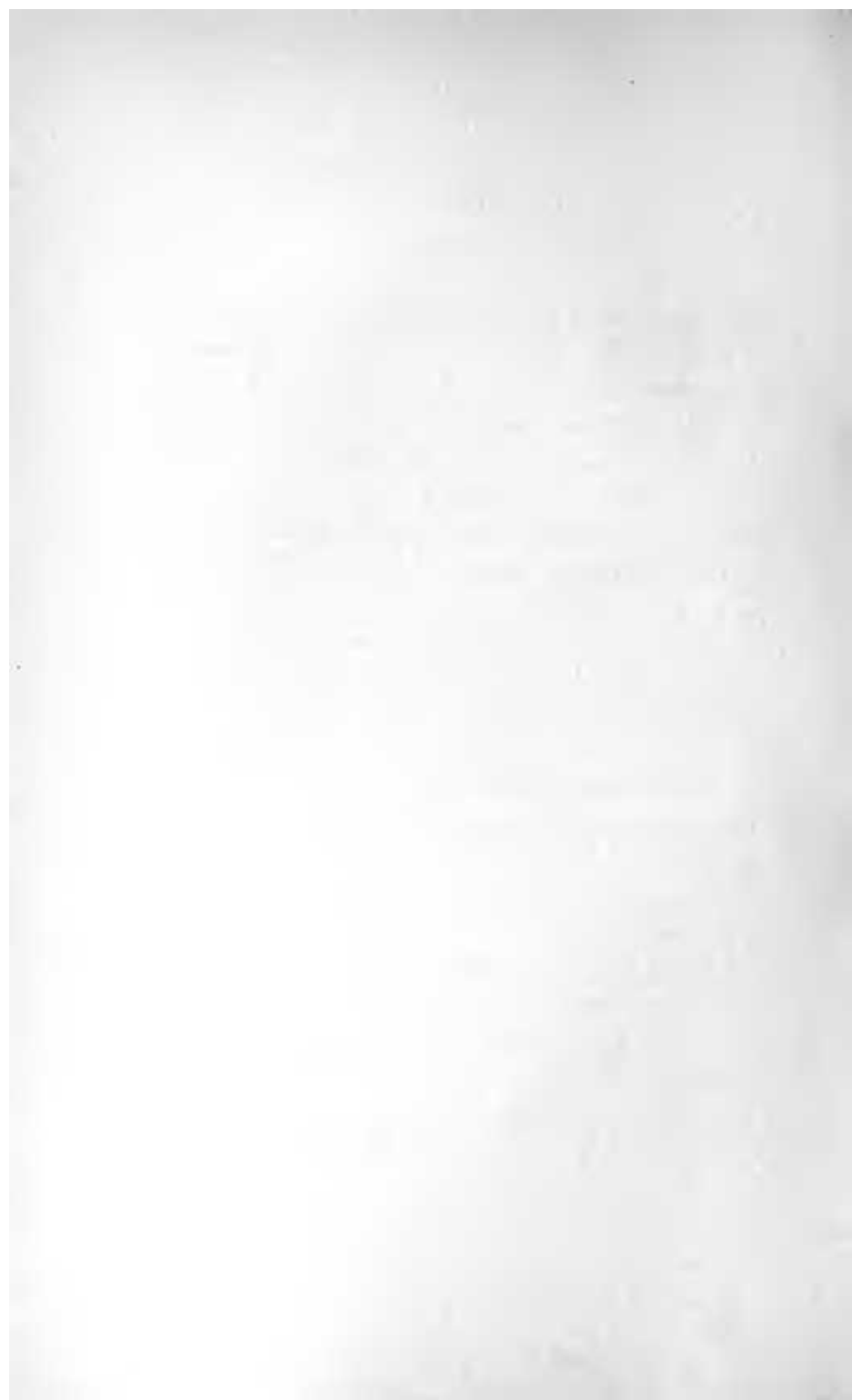
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PART I

The Ten Chief Life Shortening Habits



INTRODUCTION

TO PART I

THIS book saw the light of the world under the roof of an old convent in Vienna, the monastery of the Capuchin fathers, who offered me hospitality and gave me board and shelter during the last two years of the World War and for a few months after its termination.

After performing my daily duties as a medical officer it was here that I retired for the evenings and nights. It was a quiet place, an isle of silence in the midst of a noisy city, and just the place for contemplation and literary work. And very silent neighbors I had, indeed! Below me in the deep vaults of the convent lay, in sarcophagi of silver and copper, the bodies of all the emperors, empresses, archdukes, and archduchesses of the imperial and royal house of Austria-Hungary who had died in the preceding four centuries, including that of the son of the great Napoleon, from his union with the Austrian princess, Maria Louisa.

Looking out of my window into the courtyard, I faced a skull bearing an imperial crown of iron which formed the top of the mausoleum of the great Empress Maria Theresa.

My mind, moreover, was far from cheerful, as

Introduction

I had been the witness of so much misery and had besides lost my personal fortune, the savings of many years of hard toil, in consequence of the war. But then, there were millions who fared far worse than I: Those who lost their lives or had bodily wounds inflicted upon them; and far greater, I think, than the loss of life or bodily wounds of many thousands is the moral mischief that resulted from the late war and which has been poisoning the minds and souls of untold thousands.

A huge wave of materialism has spread over the world. It seems as if all idealism and altruism had been effaced in the average man. There is a general unwillingness to do work of any kind, and instead of working the more in order to build up what was lost through the war, on the contrary people are working less, yet unwilling to renounce the benefits that should be reaped only by those who are working the hardest. Besides, there has arisen an enormous over-valuation of crude physical labor at the expense of the more subtle and far more important work of the brain, thus exposing the brainworkers to hardships and poverty. This means, indeed, the triumph of the body over the mind! There also has arisen a general craze to enjoy in full measure the pleasures of the moment, regardless of the unfortunate after-effects and dire consequences.