

# **THE ART OF LIVING LONG**

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The Art of Living Long by Luigi Cornaro & Joseph Addison & Francis Bacon

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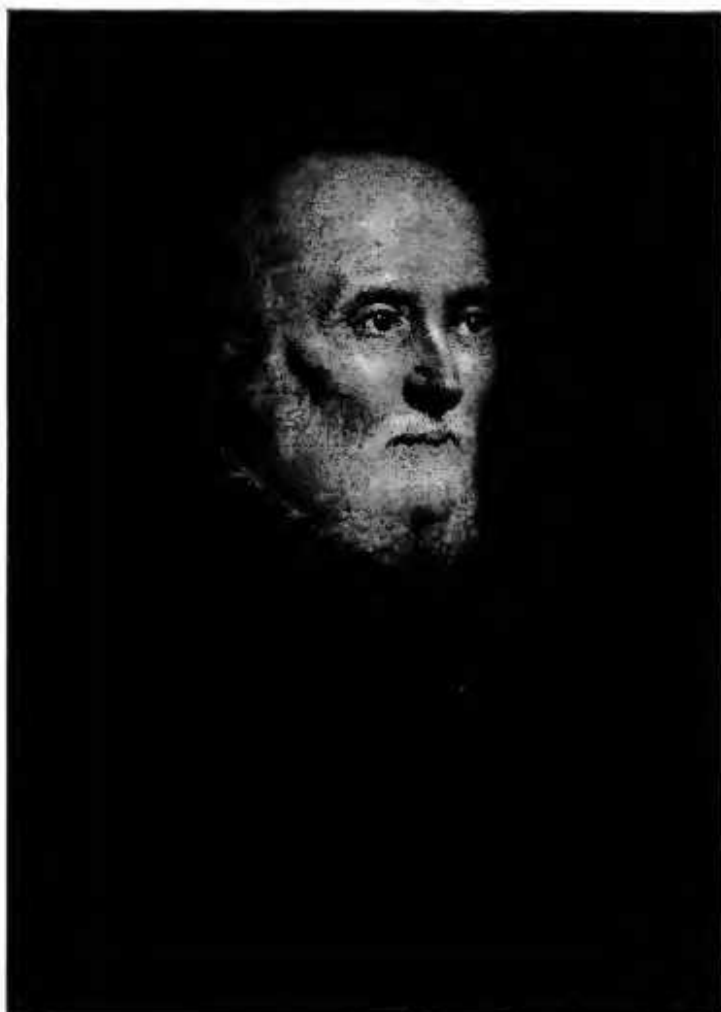
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**LUIGI CORNARO & JOSEPH ADDISON & FRANCIS BACON**

# **THE ART OF LIVING LONG**





LUIGI CORNARO

1454-1566

From the painting by Tintoretto

Pitti Palace Gallery, Florence

Painting photographed by Fratelli Alinari, Florence

The Art of  
**LIVING LONG**

A NEW AND IMPROVED ENGLISH VERSION  
OF THE TREATISE BY THE

CELEBRATED VENETIAN CENTENARIAN

**LUIGI CORNARO**

WITH ESSAYS BY  
JOSEPH ADDISON, LORD BACON, AND SIR WILLIAM TEMPLE

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*He was not of an age, but for all time. — Ben Jonson.*

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MILWAUKEE  
WILLIAM F. BUTLER  
1917



THE CORNARO COAT OF ARMS

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## PREFACE

*Against diseases known, the strongest fence  
Is the defensive virtue, abstinence.*

—Benjamin Franklin.

FOR a people of whom less than a two-hundredth part of one per cent. reach an age that Nature intends all should pass,\* the words of the aged author of "*La Vita Sobria*" possess a deep import. To them this volume is addressed.

Luigi Cornaro's own account—written toward the close of more than a century of life—of the means of his complete restoration from an almost hopeless complication of bodily infirmities, to the happy state he continued so long to enjoy, may be said to form a life story, which, in its peculiar significance, is without a parallel in history.

Not

*"By showing conclusively and clearly  
That death is a stupid blunder merely,  
And not a necessity of our lives,"*

but by demonstrating, in a manner most decisive, that the condition of perfect health—maintained to the full limit of life ordained by Nature—is a blessing within the power of every human being to realize, and by indicating the path by which all may attain it, did this excellent man earn his unique position

\* See Note A



## THE ART OF LIVING LONG

among the benefactors of mankind. Let us hope that our positive and practical age, ever ready to judge a proposition by its degree of usefulness, will perceive that a rule of life which effected the recovery of a dying man, and enabled him to retain entire mental and bodily vigor beyond his hundredth year, is of incontestable merit.

While there are some, who, though of the number of Cornaro's most zealous pupils, regret that he permitted wine to form a portion of his abstemious diet; yet, when his position on this question is contrasted with the prevailing custom of his country and age, his life is none the less recognized by all, as one of the most salutary examples of a truly temperate career the world has yet witnessed.

A carefully revised version of his celebrated treatise, made by able translators, is here presented. As a result of painstaking researches among ancient documents in the archives of Venice and Padua, historical matter relating to Cornaro and his family is also placed before the reader. Much of this is not to be found in any previous edition of his works, in the various languages into which they have been rendered.

Of the other eminent writers whose teachings on the subject of longevity we have included in this volume, little need here be said. One of them, not many years after the famous centenarian had passed away, emphasized to the world, in the Latin tongue, the substantial advantages Cornaro had reaped from the habit of complete self-restraint to which he had accustomed himself in early manhood, and from which, for the remainder of his days, he had never deviated. A century after Bacon, in the graceful tribute which Addison — one of the most practical philosophers of his age — pays to Cornaro, we have an introduction to the work of the illustrious Venetian that is truly worthy of his theme.

Acknowledgment for valuable assistance is gratefully made to Conte Comm. Filippo Grimani, LL. D., the honored Mayor of Venice; Cav. Prof. Angelo Serinzi, Ph. D., Director of the Venetian Civic Museum, and Dr. Ricciotti Bratti, his associate;

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as well as Dr. Prof. Andrea Moschetti, Director of the Civic Museum of Padua. Thanks are due, also, to Dr. Prof. Emilio Lovarini, of Bologna, and Signor Michele Danesi, Editor of "*L'Arte*," Rome, for their kind revision of the translation of "*The Villas Erected by Luigi Cornaro*," and for their consent to its publication. To Cav. Dr. Enrico Ridolfi, Director of the Royal Galleries and National Museum of Florence, and to the photographers Signori Fratelli Alinari, of the same city, this work is indebted for the copy of the Tintoretto painting of Luigi Cornaro. Credit is accorded, for many helpful courtesies, to Miss Ida M. Street, author of "*Ruskin's Principles of Art Criticism*," and Messrs. Willard G. Bleyer, of the University of Wisconsin, and John G. Gregory, of Milwaukee.

WILLIAM F. BUTLER.

Milwaukee, January, 1917.

*Bosom up my counsel;  
You'll find it wholesome.—William Shakespeare.*

*Deign, reader, to be taught,  
Whate'er thy strength of body, force of thought,  
—David Garrick.*

*Know, prudent, cautious, self-control  
Is wisdom's root.  
—Robert Burns.*

*Wouldst thou enjoy a long life, a healthy body, and  
a vigorous mind, and be acquainted also with the won-  
derful works of God, labor in the first place to bring  
thy appetite to reason.—Benjamin Franklin.*