

SAYS LIFE'S BEST AGE IS THE PRESENT

Today Best the 'Good Old Times'
in Opinion of Well-Known
Physician

(By George B. Lake, M.D.)

From time immemorial it has been popular cant, with a large proportion of the adult population, when observing children at play, to heave a wistful sigh, roll up the eyes and murmur, "Ah, happy, happy childhood! The most beautiful and sweetest time of life! Would that I might be a little child again!"

Hush and humbug!

Among all the sigh-heavers and eye-rollers there is not one in a thousand—except those perennial children who never grow up, no matter how

long they live—who would exchange the powers and capacities for achievement and for mature enjoyment which come with adulthood, for the narrow and jejune pleasures of the prepubertal period nor for the turbulent and stressful excitements of adolescence.

If, then, neither childhood nor youth is the most desirable period of a man's life, what is the best age?

The answer is as simple, in its essence, as the consensus of human experience; and as complex, in its details, as the variations in human personality.

The best age, for any man or woman who has reached the full stature of physical, emotional and mental adulthood, is the age at which he phenotype—the individual as he stands—finds himself.

To the man of twenty-five, with health, strength and the dawning of a vision of achievement, that is the

ideal age—the time of embarkation upon the sea of his productive life.

The substantial and "coming" citizen of 40, who has tamed his grosser passions to a reasonable degree, learned lessons from his mistakes, and proved his mettle as a player of the "great game," finds that the sense of his ability to do worthy things and, in large measure, to control his destiny, makes that the ideal age.

At three score, the capable adult has made a place for himself in his community, provided for his declining years, reached the pinnacle of his intellectual powers, and sees his children tentatively grasping the throttle of the great engine which we call modern civilization, and his grandchildren coming on to perpetuate his name and the world's progress. With all these things in view, is he not justified in calling the late summer of life the richest and finest of times?

And the octogenarian, who has lived sanely and fully, so that his physical frame is not racked by disease, has sailed beyond the tempestuous breakers of lust and personal ambition; past the shoals of prejudice and bigotry; through the sargasso sea of inertia and discouragement; and dropped his anchor in the peaceful harbor of accomplishment. Knowledge, ripened by experience, has become wisdom; and sympathy, watered by the tears of bereavement and shone upon by the smiles of loved ones, has grown into the great banyan tree of wide compassion. Can any age show such rich fruits as that of the sturdy, keen-minded old man?

The child is free of duties; but he lacks grasp and vision. The youth

lives among sharp and high-flashing emotions; but is full of uncertainty and lack of purpose. He of the middle years has gained power upon the hour and a perception of his goal; but is burdened by cares and responsibilities. The old man sees the great picture whole and smiles, with a tear in his eye; but his physical powers have waned and his vehicle of mundane manifestation is ready to break up.

Every age has its own flowers of joy, and its own thorns among the roses. Every age is the best age, for him who has lived eagerly, freely, happily, unselfishly, one good day at a time.

That is the great secret! Each of us has but one day to live—today! If we do this hour's job as well as we are able, each hour will be the best of our lives; each day the best day; and each milestone along the path of life will indicate the high-water mark—the best of all possible ages.

Llama Temple Dome Shown in Museum

A beautiful painted dome which once hung from the center of the ceiling in one of the halls of a Llama temple of Tibet is on exhibition at Field Museum of Natural History. It is extremely colorful, and the wooden pieces are cleverly fitted together without the use of a nail. In the center of the dome is a circle with a magical significance.



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