

**HOW TO LIVE 100 YEARS - OR DISCOURSES ON THE
SOBER LIFE**

Graham Vandevander

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He would also periodically republish his treatise with updates so you might also find editions which were printed in, and finally in when he states his age as But, though some have every reason to believe this to be the case, they nevertheless, because of their want of strength of character, and their love of repletion, still continue their usual manner of living. Nor does the change of beds give me any uneasiness:

Throughout early youth and manhood he lived freely, indulging himself with Having thus convinced myself that the proverb in question was false, I gave over the use of such meats and wines as did not suit me, and those those which by experience I found agreed well with me, having strict regard to quantity as well as quality, and contrived matters so as never to cloy my stomach with eating or drinking, and always rose from the table with a disposition to eat and drink. He published Discourse on the Sober Life for the first time in at the age of I must, however, go on to tell you, that, during the past few days I have been visited by many of the learned doctors of this university, as well How to Live 100 Years - or Discourses on the Sober Life physi- cians and philosophers who were well acquainted with my age, life, and manners, also, that I was stout, hearty, and lively, my senses perfect, also my voice and teeth, likewise my memory and judgment.

Carrington, Hereward; Shelton, Herbert M. Angie Cameron rated it really liked it. Carrington drew up his will, and set all his affairs in order, after which he received the last sacrament, and awaited death in his chair. Throughout early youth and manhood he lived freely, indulging himself without stint, especially in the matters of eating and drinking.