

Pass the Century Mark? Easy in the Philippine!

Undeserved ill fame is so characteristic of the Philippines that it even involves the climate. Actually one of the pleasantest and most salubrious in the world, this climate is reputed one of the most malignant. The climate is blamed for mere human carelessness: the simple fact doesn't seem to register, that, as man thrives in the islands, so will his parasites, against which due precaution must be taken. So it happens that among a people numbering about 12 million there are some 230,000 deaths a year; most of them, however, among infants helpless against the deficient and infected diet they are fed.

Even children in the Philippines, given approximately good care, thrive like guinea pigs. It is the experience of Americans, and of Filipino families where the mother has been tutored moderately in the care of children, that the climate is benignant for children, yet precisely the opposite of this is the general impression outside the islands. It seems inevitable that people believe the worst about the islands, when it would be far more sensible, especially for Americans, and even more profitable, to believe the truth.

The heat prevailing on the coast where Manila is situated is, during the period from March to October, often uncomfortable during the day, and very rarely at night, since of nights there is a pleasant moderating breeze and sleep is sound and refreshing. In this period, too, from May to October, first daily showers, then the monsoon rains relieve the daylight heat. Many old residents prefer the rainy season to the dry, which prevails from November to May.

There is but rarely an instance of sunstroke in the islands, and sun helmets are not commonly worn. This contrasts favorably for the islands with the neighboring countries of Asia, where fatal sunstroke is common. The Philip-

and malaria. The first mentioned will be the first to go, but the other will yield in time; and meantime it is helpful against the blood diseases

persons died in the Philippines who were 100 or more years old. Others lived on. Surely there are few countries in which the century mark is so frequently reached by the aged, but this is but a part of the story; for in the same year 5,561 persons died above the age of 70

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which work such havoc in temperate countries and comparatively so little in the Philippines. The fever accompanying malaria kills the spiro-

and under 75, and 3,710 above 74 and under 80, and 5,031 above 80 and under 85, and 2,532 above 84 and under 89, and 2,461 above 90 and under 94, and 1,482 above 94 and under 99. The total approximates 23,250, about 10% of all deaths for the year, and represents those who more than lived out their allotted span of three score years and ten. The record seems at least comparable with those for other countries. Centenarians are so common in the Philippines that nothing is thought of it; it isn't news for a man to pass his 100th birthday, shriveled and bent but still quite alive.

August is the most unhealthful month of the year in the Philippines, and November the most healthful. The hottest months, March, April and May, are little more devastating than November, one of the coolest, which ushers in four months of a season of invigorating sunlight and stimulating cloudless nights that still awaits due appreciation by the poet, the philosopher and the traveler.

A dapper young man from Baler -
For politics had a great flair
Till a chap from New York
Got him going on pork
And left him quite up in the air.

The JOURNAL announces with sorrow the death in May of W. P. G. Elliott. A member of the firm of Hair and Elliott, brokers and stock exchange members, Mr. Elliott had been contributing to this review a timely monthly review of the stock and bond market. He had had a long career in the orient. He was the President of the Manila Stock Exchange. Condolences to surviving relatives are sincerely expressed.

When other arrangements shall have been made, the reviews of the market will be regularly published again.

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pine peasant wears a broad sunshade in the field, advisedly, both women and men; but for others such precautions are quite unnecessary. The sun's effect is to stimulate the action of the skin in getting rid of inimical matter, and to banish, with its ultraviolet rays, a number of diseases, principally those provoked by deficient nourishment of the bones.

The Philippines have, in fact, but a few maladies to overcome, when they will be reckoned what they really are now for persons hygienically inclined one of the most healthful of countries. The maladies lingering on because of popular ignorance and prejudice are, notably, beriberi

chete, yet does not always kill the patient.

The natural salubrity of the Philippine climate is readily demonstrable from the mortality records. These show, in the first place, a preponderance of deaths during the age of infancy and early childhood from easily preventable diseases—deaths among the peasants, deaths due to parental ignorance and the want of medical and hospital care. In the second place, they show the remarkable age to which adult life is often prolonged.

The latest health service report off the printing bureau press is for 1926. In that year 2,571