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Life Shortening Habits and Rejuvenation: I. The Ten Chief Life Shortening Habits, II. The Rapid Ageing of Women, III. Rejuvenation (Classic Reprint)

Arnold Lorand

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Excerpt from Life Shortening Habits and Rejuvenation: I. The Ten Chief Life Shortening Habits, II. The Rapid Ageing of Women, III. Rejuvenation

This book saw the light of the world under the roof of an 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! I 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.

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