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NEW YORK

November 6, 1937.

Miss Ida M. Tarbell,  
Bethel, Conn.

Dear Miss Tarbell:

I see by the newspapers that you are going to celebrate your eightieth birthday and I want to send you my congratulations. Your life has been useful and distinguished - a life well worth living.

I am just a year younger than you, but I am sure I feel doubly old.

I have become interested in the general subject of old age. This was caused by reading a book *SENESCENCE*, by G. Stnaley Hall. It is not a new book, but it excited my curiosity. I find that a great many books on old age have been written, - most of them interesting, but worthless. I concluded that I would make a brief research into longevity among women I have known who are over seventy. The list extended, until now I have sent out two hundred letters and I have discovered that the most interesting cases of longevity are those women who have lived beyond ninety. Women of seventy, in these days, never think of pausing in their work, but go ahead until they are well into the eighties.

I hope you will allow me to include you in my list. Of course, I am giving no names to the public, nor am I divulging any secrets that are told manor telling the ages of the women who have answered.

It is my intention to sum up the answers and send my findings to those who have made reply. My "cases" are of women only and are confined to those women who have done worthwhile things in the world, no one of whom is under seventy. I am particularly anxious to know whether each woman thinks her advanced age is due to inheritance, which most doctors say is the cause of longevity, or if it has been induced and stimulated by interest in causes or opportunities in life. I find that most of the women reply quite indignantly that their age is not unusual and no woman under eighty-five considers that she is anything more than a bit elderly. The research has been extremely interesting.

Enclosed is a questionnaire and if you are inclined to fill it in, I shall greatly appreciate the assistance.

May I say, in passing, that I hope you will continue to live joyfully and usefully until you have rounded out the century. I do not think that is a miracle any longer, although I have on my list only one woman who is over one hundred.

Sincerely yours,

*Carrie Chapman Catt*