

News from Senator

BOB DOLE



(R - Kansas) SH 141 Hart Building, Washington, D.C. 20510-1601

FOR IMMEDIATE RELEASE
WEDNESDAY, FEBRUARY 4, 1987

CONTACT: WALT RIKER,
DALE TATE (202) 224-3135

TIPS FOR LONG LIFE
BICENTENNIAL MINUTE: PHYSICIAN OF CONGRESS

WASHINGTON -- Senate Republican Leader Bob Dole (R-KS) today read the following statement on the Senate floor, urging his colleagues to heed the timeless advice of a former Capitol physician. This is just one of Senator Dole's "Bicentennial Minutes" commemorating the 100th anniversary of Congress, brief statements on the history of the United States Senate.

THIRTY-SIX YEARS AGO THIS WEEK, IN 1951, THE NEW YORK TIMES MAGAZINE FEATURED A STORY ENTITLED "DOCTOR OF LAW MAKERS". THE ARTICLE WAS ABOUT DR. GEORGE W. CALVER, THE CAPITOL PHYSICIAN, AND HIS PROGRAM TO INDOCTRINATE FRESHMEN MEMBERS OF THE 82ND CONGRESS ON THE HEALTH DANGERS THAT LAY IN WAIT FOR THEM AS THEY BEGAN THEIR NEW CAREERS.

DR. CALVER SPOKE FROM CLOSE-HAND KNOWLEDGE. HE HAD BEEN THE ATTENDING PHYSICIAN OF CONGRESS FOR TWENTY-THREE YEARS. THE OFFICE OF ATTENDING PHYSICIAN WAS ESTABLISHED IN 1928 AT A TIME WHEN MEMBERS WERE DYING AT THE APPALLING RATE OF ALMOST TWENTY A YEAR. THE OFFICE WAS THEN, AND IS STILL, STAFFED BY NAVY PHYSICIANS DETAILED TO THE CAPITOL.

AMONG DR. CALVER'S TIPS TO THE NEW LEGISLATORS WERE THESE: "DON'T LET YOURSELF GET OFF-BALANCE, NERVOUS, AND DISTURBED OVER THINGS," AND "STAY OUT OF THE WASHINGTON SOCIAL WHIRL -- GO OUT AT NIGHT TWICE A WEEK AT THE MOST." DR. CALVER ALSO DREW UP THE "NINE COMMANDMENTS OF HEALTH," WHICH HE HAD PRINTED IN LARGE PLACARDS AND DISPLAYED IN CLOAKROOMS, ON ELEVATORS, AND IN OTHER CONSPICUOUS PLACES ABOUT THE CAPITOL. THE PLACARDS READ:

- I. EAT WISELY
- II. DRINK PLENTIFULLY (OF WATER)
- III. ELIMINATE THOROUGHLY
- IV. EXERCISE RATIONALLY
- V. ACCEPT INEVITABLES (DON'T WORRY)
- VI. PLAY ENTHUSIASTICALLY
- VII. RELAX COMPLETELY
- VIII. SLEEP SUFFICIENTLY
- IX. CHECK UP OCCASIONALLY

ALTHOUGH ISSUED MORE THAN THREE DECADES AGO, THIS ADVICE FOR SENATORS IS INDEED TIMELESS.

###