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Louis Cornaro's 16th century book, Discourses on the Sober Life, has also been alternatively titled, How to Live 100 Years. It is one of the greatest books ever written on hygiene. Cornaro was a Venetian nobleman who was born in 1464 and lived to the ripe age of 102, dying in 1566. Like the majority of young gallants of his day, he lived a reckless and dissipated life; the result was that he completely broke down at the age of forty, and was given up by his physicians to die.

Louis Cornaro's Discourse on the Sober Life | Men & Women ...

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Alvise Cornaro, often Italianised Luigi (1467 or 1464 - 8 May 1566), was a Venetian nobleman and patron of arts, also remembered for his four books of Discorsi (published 1583-95) about the secrets to living long and well with measure and sobriety.

Luigi Cornaro - Wikipedia

Graham, Sylvester, 1794-1851: Discourses on a sober and temperate life : wherein is demonstrated by his own example, the method of preserving health to extreme old age / (New York : M. Day, 1833), also by Luigi Cornaro (page images at Hathitrust) Graham, Sylvester, 1794-1851: Eine vorlesung für junge männer über keuschheit. Zugleich warnungs ...

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