

# KEY TO LONG LIFE

Content, Says Dr. **Pawlicki,**

Must Have Heart in Work.

**Patriarch, 90, Talks**

Venerable Physician Has Lived Here  
57 Years and Aided Many



DR. LADISLAS  
PAWLICKI

Work as hard as you wish, as many hours a day as you wish, providing your heart is in your work. If it is not, take up a career in whatever appeals to you most.

Be moderate in all things but the desire to be of service to those who need it, for in serving others lies contentment, and contentment is one of the roots of long life.

These are the thoughts of one of the most signally favored of San Franciscans, Dr. Ladislas Pawlicki of 2396 Pacific avenue. This patriarch physician and surgeon

**S. F. Resident  
For Fifty-  
Seven Years**

can look back over a residence in San Francisco covering a period of fifty-seven years. They included many of the active years of his youth, the years of struggle in building up a large practice, the years of courtship, marriage, parentage, the years of success through which he has marched up the hill to his prime and marched down again to the point where he now finds himself in the twilight of his usefulness. They were spent in service, in ministering to the wants of others, and not only because he wasted none of them, but because he could spend them in San Francisco. Dr. Pawlicki, who yesterday celebrated his ninetieth birthday, is content.

His coat draped over his shoulders, Continental fashion, the doc-

tor came out of the auditorium in the convent of the Holy Family yesterday after-

noon, his twinkling eyes reflecting the gaiety of the children who had been entertaining him.

"My life hasn't been the past ten years what it was in the more active years before," he smiled. "About ten years ago, when I retired from active practice, certain of my friends in medicine examined me and said I should make a few sacrifices. I gave up meat, for instance, and I gave up the glass of wine I had had with my meals. I was 70 when I gave up smoking. The glass of wine and the tobacco, however, haven't tended to cut short my life.

"Before that I worked continuously. I never spared myself and

**Loved Work  
And Never  
Spared Self**

Dr. Pawlicki, a veteran of the Crimean war, was a surgeon on the Russian ship Rynda when he first saw San Francisco in 1862. Two years later, when the Rynda was ordered home, he left the service and stayed in California. He married here in 1870 and has two sons, Dr. C. F. Pawlicki and T. E. Pawlicki, an attorney, both of this city.

**Meets Visitor  
With Merry  
Eye Twinkle**

because I loved my work, the hard work didn't injure me—didn't though I never was very rugged.