

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 40 (1976)  
**Heft:** [1]  
  
**Artikel:** To live the extra 20 years of your life  
**Autor:** W.R.  
**DOI:** <https://doi.org/10.5169/seals-945090>

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## To Live the Extra 20 Years of Your Life

We often say that a man's life is too short and that he only starts to live when he is called away. However, science has put ten years on everybody's life time in the last ten years and in a further ten years we possibly could expect another expansion added to our life.

We seriously must make plans for this extra time we are going to have. Ask yourself what are you going to do with all this extra time? It could open up a tremendous horizon of possibilities afrent of us.

Nothing ever stands still—"it either moves forward or backward." We could not face to stop after having lived an active life, we simply must keep going, we must continue to lead an active life, or we dis-integrate.

Think of yourself as you were, let's say 15 or 20 years ago and think the same as you were then. I think the first thing you must do is to stop living in the past or you play right into the hands of Father Time and inevitably will hasten the process of aging. We must realise that in the realm of accomplishments a man of full maturity has an advantage over the younger man. Through his greater number of years he has had the opportunity to accumulate more knowledge. His judgment and decisions are based upon ripened thinking.

Think back to the time when you were younger; there were many things which you would have liked but could not afford to have, but now these things are within your reach to have and to enjoy.

Most of us do regard ourselves as being too old to start new things. Why, because we don't live to the old proverb of "as to live as if you would live forever" and neglect our active thinking to help ourselves over many difficult moments. It is not only the new technology that helps us to live longer, it is also our thinking which affects our lifespan.

It is also generally agreed among people who study the effects and cause of aging that people who can continue to do something which they always like to do, do live longer.

There are, of course, many other causes of aging, for instance the right or wrong diet. Most of us need less to eat as we grow older, but we do exactly the opposite, we pile huge amounts of carbohydrates into our system as we should eat protein foods and less cake. Just as important as to live longer is to keep active and agile. It would not be anybody's wish to live longer and fall to somebody's care. Therefore a diet made up of a balance of protein, carbohydrates and minerals are a first step to a happy and long life.

W.R.