

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>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

Download PDF: 19.08.2025

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>

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 afront 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.