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MINE IS LONGER THAN YOURS

This paper was intended for presentation at the open session but my editors bumped me into the dead of winter on the night of the lowest attendance.

On Super Bowl Sunday, when the Saints meet the Colts, your Senior member will be 79 years old, described by one of my doctors as a skinny, healthy, well developed male. I was born during the height of the depression and as Charles Dickens said in A Tale of Two Cities, it was the best of times, the worst of times. I will turn back the clock, re-write the script and add some priceless years to your life. Come along with me on our journey.

Ben Sherwood, in his best seller, The Survivors Club describes the human factors in survival. Why do some people live and other die? How do certain people make it through the most difficult trials while others don't? Why do a few stay calm and collected under extreme pressure when others panic and unravel. How do some bounce back from adversity while others collapse and surrender? Why are some of us short changed?

This paper attempts to answer those questions. It shares true stories

of regular people who have been profoundly tested by life, men and women who have been beaten down. It explores how ordinary folks somehow manage to pick themselves up, again and again.

Aging use to be thought of as an inevitable process. Now doctors and scientists alike think of aging as something that can be slowed down and sometimes reversed. Regenerate your skin, muscle, hair and bones and other body parts to their former youthful levels. Increase your energy and endurance levels immediately. Increase your lean body mass and enhance the quality and duration of your life immediately.

This paper unlocks the secrets of who lives and who dies and shows how you can improve your chances in virtually any crisis.

As a super fit daredevil, I have skimmed the ocean by para-sailing at Acapulco, run the class V rapids in the lower Zambezi; took the last train to Boreno, tread the grounds where Sir Edmond Hillary launched his ascent of Mount Everest from Katmandu, and observed the mating dance of the Blue Footed Boobies on Galapagos Islands.

Dust off those converse sneakers and hit th trail. Data from a long term study at Stanford University show jogging slows the effects of aging. We know we wont live forever, but as long as we are of sound mind and body, most of us would like to stick around as long as we can. Go to

livingto100.com to figure out your life expectancy. Sip a glass of cheap red wine. The Stanford study show that the runners did not have higher rates of osteoarthritis and total knee replacements. And the onset of disabilities appeared 12 to 16 years later in the runners group. Imagine living independently or delaying the use of a cane for an extra decade or more. The longevity effect was a big surprise. Yes, run for your lives.

As Michael Kinsley pointed out in an article in the New Yorker, of all the gifts that life and luck can bestow- money, good looks, love, power, - longevity is the one that we seem least reluctant to brag about. In fact, they routinely claim it as some sort of virtue- as if living to ninety were primarily the result of hard work rather than good genes and never getting run over by a dump truck. Maybe the possibility that the truck is on your agenda for later tonight makes the bragging acceptable. The longevity game is one that really isn't over till its over.

Between what your parents gave you to start with-genetically or culturally or financially- and pure luck, you play a small role in determining how long you live. And even if you add a few years through your own initiative, by doing all the right things in terms of diet, exercise, sleep, vitamins, and so on, why is that to your moral credit? Extending your own

life expectancy is the most selfish motive imaginable for doing anything. Do it by all means but don't take a bow and expect applause.

Recent life expectancy at birth in the US reveal that we have 77.8 years. That's 75.2 years for males, and 80.4 years for females. In Katha Pollitt's book of essays, "Learning to Drive", there is a vicious one called "After the Men are Dead". Married men live longer than single men, but married men are a lot more willing to die.

When you make your next plane trip, try to sit within five rows of an exit. Memorize an escape plan and perhaps most important, try to relax. After all, your risk of a stress-induced heart attack in the air is far greater than your chance of dying in a crash.

Captain Chesley Sullenberger, Flight 1549, January 15, 2009, US Airways, successfully carried out an emergency ditching in the Hudson River, saving the lives of 155 people. Yet all 248 101st Airborne Soldiers and flight personnel died in 1985 on a chartered DC-8 flight which crashed at Gander, Newfoundland.

Alive is the astonishing saga of a plane crash in the Andes Mountains and the passengers who endured 72 freezing days on a glacier. In 1972, a rugby club were flying from Uruguay to Chile and for unknown

reasons, their twin engine plane clipped a peak in the Andes Mountains and crashed onto a glacier. Of the 45 passengers on flight 571, 12 died on impact, 5 others perished the first night in the freezing cold at twelve thousand feet.

Parrado, a lanky 21 year old college student, lay for 3 days unconscious in a coma. His head was cracked open in 4 places. The other survivors had given up on him, dragging his body to a pile of the dead. Later, when he opened his eyes, Parrado was puzzled. Why am I so cold, why does my head ache? He soon learned his Mother and sister died from their crash injuries.

After sixty days on the glacier and facing slow starvation and death, Parrado and two others embarked on an expedition to save themselves. With only primitive tools scavenged from the fuselage, they scaled a 17,000 foot mountain and discovered they were no where near civilization. The plane had crashed in the middle of the mountains. They somehow managed to backtrack and walk 45 miles through frozen wilderness. Finally, they came upon a man on horseback. "I come from a plane that fell in the mountains."

Later, at the hospital, Parrado's father asked "How did you survive?".

We had no choice- we decided to harvest and eat the flesh of those who had perished. Without flinching, his father said, "You did what you had to do."

The three real questions at the heart of this paper are these: (1), What does it take to survive? (2), What kind of survivor are you? And (3), Does the will to live make a difference?

How can a 145 pound grandmother lift a 3450 pound Chevy Impala off her son? How did a French woman who smoked and ate chocolate every day manage to survive to the age of 122? How can a 16 year old girl survive after being buried for 15 days in the earthquake rubble in Port-Au-Prince, Haiti? Why do right-handers live longer than lefties?

There's a tipping point that we are approaching here. A nexus of opposites- like the yin and yang- that is throttling us forward into a new age of health. You are crippling your immune system, and running your body ragged long before its expiration date.

To live longer, you need to eat the correct food- a low fat diet with plenty of greens and fish five times a week. Read again, Bill Watson's Obesity Paper. You need a wide variety of foods to ensure that you have all the correct vitamins, minerals, omega 3 and protein to fight off disease.

In 49 years, fish has never been served at the Atheneum Society dinners.

Run to the Y and exercise your body into a longer life. Play tennis and don't smash any rackets over losing! This will lower your blood pressure, improve circulation, lower the risk of a stroke, strengthen your immune system, prevent muscle and bone atrophy.

Life is short... or maybe not. Harvard researchers said that Red Wine is the Holy Grail of aging research. Powerful Red Wine extract holds the secret to living a longer, healthier and more vibrant life. Pour out that cheap, white wine. Life is short- Drink the good wine first.

Improve concentration and memory. Increase life expectancy. Learn the lesson of the 100 year olds. Don't stress out. While it is true that those who reach 100 have many family members who also lived to be 100. One striking commonality is also present in the subject- namely they generally seem to have a low tendency towards stress. Relaxed individuals who seem to take life as it comes. So the moral of the story is that if you want to live a long life, then you should try to avoid stressful situations or at least learn to deal with stress in a measured and controlled way.

Malcom Gladwell in his recent book, Outliers, described the longevity of the Italian clan that settled in Pennsylvania. With a strong sense of

community, the Roseto Italians had no heart attacks, and were not stressed out even though they thrived on rich food, pasta and red wine.

The Roseto Mystery? "These people were dying of old age, that's it."

The Irish poet, William Butler Yeats once wrote of a friend "We dare to dream that he would comb grey hair". Senator Ted Kennedy eulogized his nephew, John F. Kennedy, at a private mass by stating, "Every gift but length of years".

Here in Kentucky we don't want to mend our ways and old habits. We continue to smoke and drink our bourbon, and die before our time. Live fast- die young- leave a good looking corpse. Yes, mine is longer than yours. As Mark Twain once said, "When the end of the world comes, I want to be in Kentucky, because everything there happens 20 years after it happens anywhere else".

.....and that is the long and short of it!

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