

# The Recipe for Longevity

I have always been fascinated by the conflicting formulae for a long life offered by senior citizens who have celebrated 90 plus birthdays. The American Medical Association has had for some time a standard recipe for longevity. The approved ingredients are: plenty of rest, a good balanced diet and clean living habits. They assure us that these items can never be adulterated by the "no-nos" of alcohol and tobacco.

But a recent interview of some 7,000 men and women listed by the Social Security Administration as reaching the century mark and more may lead to a revision of this canonized formula for length of days. For many have violated every sanctioned rule of health and have lived to boast of their secret for the good life. Here are some samplings of deviant conduct:

Lee Greer of Pound, Virginia, admits to a regular breakfast diet heavily laden

with cholesterol — 3 eggs, several slices of bacon and at least 2 slices of buttered toast.

Another who has lived it up for a century in Beaumont, Texas, became scrupulous at the age of 97 about his heavy daily smoking habits. He admits that the decision was made to protect his health.

A Mrs. Ida Stillwell of Miami enjoyed poor health until the age of 80 and has been improving ever since. She seems to be recommending: "Be seriously ill early in life and take good care of yourself thereafter".

Pretty women provided the good life and advanced chronology for an Alabama man. And for every one who found sobriety the key to success, two found alcohol the great preservative.

On a deeper spiritual level, age and length of days have been Scriptural themes for years beyond counting. The Book of Genesis records life spans which would throw out of kilter the most carefully de-

vised actuarial tables of our insurance companies. Mathuselah lived to a phenomenal 969 years and has been memorialized as the synonym for longevity. But modern scholarship assures us that this fantastic life span was a deliberate exaggeration — a primitive way of speaking of the strength of a man's relationship with God. The longer a man lived, the more holy and blessed he was in the sight of God. In other words, old age was equated with divine approval.

This, too, is longevity in the Christian sense. For Christ came to give us life and to give it to us in abundance. It is not measured, then, in our earthly span of time. For length of years does not of itself manifest our grasp on life or our vitality. The chronologically young may be corpses unburied and the chronologically old may rejoice in the vibrancy of youth.

For one who lives by faith does not believe in a future life but in eternal life. And if it be eternal, it has already begun and we are now living it, reflecting its beauty and peace in the presence of Him who is our Life and who forever gives joy to our youth.

## The Slot Man

Larry Keefe's centerfold in this issue is on a meeting of Indians at Nazareth College to discuss education, along with



the upcoming Tonawanda Field Day at Basom, N.Y., on Aug. 13. The meeting drew area attention to our country's natives.

Another happening contributing to this was the introduction to Rochester recently of Golden Indian bread. At the luncheon unveiling the product, several stories were told which revealed a trait of the American Indian that we whites have kind of ignored — his sense of humor.

Part of the proceeds from the sale of Golden Indian go to a foundation run by

Indians for Indians. One of the trustees of the foundation is Thomasine Hill, a Crow-Pawnee and a former Miss Indian America. She, and other Indians, travel with the public relations team that brings the bread into new areas.

At one city, Miss Hill or one of her counterparts, stunned the mayor when, in accepting the key to the city, she said:

"Thank you for returning our city to us."

At another city she began her address by remarking:

"Welcome to my country."

Miss Hill, however, is very serious about her people and her country. A pre-law student, she serves on the advisory boards of the Bureau of Indian Affairs, the White House Conference on Youth and the Amer-

ican Revolution, Bi-Centennial Commission.

Though talking about Golden Indian bread she obviously is more interested in more serious public affairs. One unusual idea (for white people, at least) she passed along is the Indian belief that land cannot be owned.

"As you cannot own the air or the ocean you also cannot own the land."

With people such as Miss Hill being heard across the country we white men may yet find out something about our country's heritage — like, for instance, that the Iroquois Confederation of six Nations pointed the way to the federation we came to call the United States.

P.S. The bread tastes good, too.

By Carmen Viglucci

# 'Welcome to My Country'

## Editorial

# Eagleton . . . Maybe Some Good Will Result

If nothing else, the Sen. Eagleton affair revealed so many of the weaknesses of American life, political and otherwise, that it is worth serious pondering.

It most clearly shows that the political method of choosing vice presidential candidates must be changed. Men seeking the presidency are forced to render a rigorous accounting of their qualifications requiring months and even years of public scrutiny. Then the understudy, who, history shows, very often assumes the presidency, is chosen at the last minute as sort of a counterpoint to the head of the ticket, something called "balancing the ticket."

Whether Sen. Eagleton would have been a risk handling the stresses that go with the vice presidency and possibly the presidency is a matter of conjecture. But the incident did point up the people's malaise or distrust of things psychological. Like the unsympathetic joke—"anybody who goes to a psychiatrist ought to have his head examined."

Actually there may be merit in requiring every man seeking one of the two top jobs in the land to have some psychological testing, for his good as well as the people's.

While Eagleton was still trying to explain his background, a newspaper columnist, Jack Anderson, muddied the situation with what turned out to be a totally unsubstantiated charge against the senator. Anderson later had to retract but damage had been done to a man's reputation.

Anderson's action is professionally reprehensible. As he knows, if any young reporter on any two-bit newspaper even unwittingly pulled such a stunt he would be bounced off his typewriter. Further, Anderson's action blackened journalism's eye at the very time the profession is defending itself against those outside the business who would curtail freedom of the press. Anderson handed them a gold-plated excuse.

In 1960, Americans elected their first Catholic president, smashing a prejudice that had existed since the government was established. Now, 12 years later, men are chosen to run as vice president with one of the qualifications that they be Catholic. This sort of reasoning is nearly as faulty as the bigotry that existed before.

Note should also be made that the Nixon camp stayed clear of the mess maybe because the Democrats had concocted such a wretched brew for themselves there was no reason to add salt. Nonetheless, considering a certain unsavoriness of the whole affair, we'd like to give them the benefit of the doubt and regard the hands-off attitude as a gentlemanly act.

All in all it is to be hoped that the Eagleton affair will at least result in some basic and necessary changes in some of our political and social modus operandi.