

# HOW LONG WILL YOU LIVE?

## Take this important new longevity test

By RITA AERO



This Longevity Test will give you an idea of how many years you can expect to live, given your current life-style. There are, of course, many variables at work that this test cannot take into account; it should, therefore, not be interpreted as an *absolute* prediction of your life expectancy. The factors that determine your score can help prolong your life by showing you what aspects of your behavior or circumstances are working against you, so you can take some action to make changes in those areas. To begin the test, find your present age on the Life-Expectancy Table (below, left) and select the corresponding life expectancy for your sex. For example, if you are a 37-year-old female, your life-expectancy index number is 78.9. Enter the life expectancy for your age and sex in the box at the top of the questionnaire. Take the test and place the number appropriate to your answer in the + or - box to the right of each question. If a question does not apply, leave the answer column blank.

LIFE-EXPECTANCY TABLE

Age	Male	Female	Age	Male	Female
20	71.0	78.2	50	74.2	80.1
21	71.1	78.3	51	74.4	80.2
22	71.2	78.3	52	74.6	80.4
23	71.3	78.4	53	74.9	80.5
24	71.4	78.4	54	75.1	80.7
25	71.5	78.4	55	75.4	80.8
26	71.6	78.5	56	75.6	81.0
27	71.7	78.5	57	75.9	81.2
28	71.8	78.5	58	76.2	81.4
29	71.8	78.6	59	76.5	81.6
30	71.9	78.6	60	76.8	81.8
31	72.0	78.6	61	77.2	82.0
32	72.1	78.7	62	77.5	82.3
33	72.2	78.7	63	77.9	82.5
34	72.2	78.8	64	78.3	82.8
35	72.3	78.8	65	78.7	83.0
36	72.4	78.9	66	79.1	83.3
37	72.5	78.9	67	79.6	83.6
38	72.6	79.0	68	80.0	83.8
39	72.7	79.0	69	80.5	84.1
40	72.8	79.1	70	80.9	84.4
41	72.9	79.2	71	81.4	84.7
42	73.0	79.3	72	81.9	85.1
43	73.1	79.3	73	82.5	85.4
44	73.2	79.4	74	83.0	85.8
45	73.4	79.5	75	83.6	86.2
46	73.5	79.6	76	84.2	86.7
47	73.7	79.7	77	84.8	87.1
48	73.9	79.8	78	85.4	87.6
49	74.0	80.0	79	86.1	88.1

Compiled from statistics of the Metropolitan Life Insurance Company, 1976

• The complete Longevity Test was compiled from many resources, including statistics from the U.S. Bureau of Census, the World Health Organization, the Surgeon General of the United States, and information from the Food and Drug Administration and the American Heart Association.

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### AVERAGE LIFE EXPECTANCY

1. If for most of your life you have been neither overweight nor underweight by more than four pounds, enter 1 in the + column.

2. If you are between five and nine pounds underweight, enter 1 in the + column.

3. If you are between 12 and 14 pounds underweight, enter 1 in the - column; if 15 or more pounds underweight, enter 2 in the - column.

4. If you are overweight by five pounds or more, enter 1 in the - column for each five pounds over your proper weight.

5. If you do not regularly eat two or three meals, including breakfast, at the same times every day, enter 1 in the - column.

6. If you skip meals frequently or swallow your food without chewing, enter 1 in the - column.

7. Enter 1 in the - column for each of the following types of food you frequently eat: saturated fats (butter, animal fats, etc.), junk foods and refined sugar. (Maximum possible, 3.)

8. If you eat at least one meal a day containing foods from all the basic food groups, including fresh vegetables, enter

9. If you take a multiple vitamin daily or extra Vitamins A, C or E, enter 1 in the + column.

10. If you do not eat a high-fiber food every day, enter 1 in the - column.

11. If you are a moderate drinker of alcohol (one to three glasses of wine, or one to three shots of hard liquor most days), enter 1 in the + column. For every additional two drinks of wine or hard liquor, enter 2 in the - column instead.

12. If you do not drink at all or drink less than moderate amounts (one to three glasses of wine or one to three shots of hard liquor most days) enter 1 in the - column.

13. If you drink, are between the ages of 15 and 30, and have a valid driver's license, enter 1 in the - column.

14. If you sleep fewer than five hours or more than nine hours frequently, enter 2 in the - column. If you sleep more than nine hours each day, enter 4 in the - column.

15. If you smoke more than two packs of regular cigarettes a day, enter 8 in the - column; between one and two packs a day, enter 6 in the - column; between half and one, enter 3 in the - column; less than half a pack, enter 1 in the - column. Make appropriate *To page 54*

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adjustments for low-tar-and-nicotine cigarettes or filtration devices.

16. If you do not smoke, but live or work with a regular smoker, enter 1 in the - column.  (+)  (-)
17. If you exercise for half an hour or more at least three times a week, enter 2 in the + column. (Only strenuous exercise counts: jogging, running, swimming, dancing, etc.)  (+)  (-)
18. If you are physically active outside of work (e.g., walk an hour a day or more), but do not engage in strenuous exercise, enter 1 in the + column.  (+)  (-)
19. If you are completely sedentary outside of work, and do not engage in any exercise or physical activity, enter 2 in the - column.  (+)  (-)
20. If you lead a mentally active life (i.e., pursue a number of interests and/or engage in creative activities), enter 1 in the + column. (Do not include watching TV!)  (+)  (-)
21. If you engage in risky sports (e.g., skydiving, scuba diving, snowmobiles, motorcycles in dirt) enter 1 in the - column.  (+)  (-)

22. If you are often bored or depressed, enter 2 in the - column.  (+)  (-)
23. If you are basically happy and content with your life, enter 1 in the + column.  (+)  (-)
24. If you are often tense, worried or guilty, enter 1 in the - column.  (+)  (-)
25. If you are frequently in stressful situations, outside of your job, enter 1 in the - column.  (+)  (-)
26. If you are calm and easygoing, enter 1 in the + column.  (+)  (-)
27. If you are aggressive, competitive, or easily irritated, enter 1 in the - column.  (+)  (-)
28. If your job is highly insecure (e.g., advertising, entertainment, politics), enter 2 in the - column.  (+)  (-)
29. If your profession demands a high degree of responsibility and attention to detail (doctor, pilot, pharmacist, etc.), enter 2 in the - column.  (+)  (-)
30. If your job involves strenuous physical activity (e.g., farming, construction work, labor, heavy housework, mothering young children), enter 2 in the + column.  (+)  (-)

31. If your job is not challenging, enter 1 in the - column.  (+)  (-)
32. If your job involves very little physical activity, enter 1 in the - column.  (+)  (-)
33. If you earn over \$45,000 a year, or less than \$12,000, enter 1 in the - column.  (+)  (-)
34. If you enjoy your work, enter 1 in the + column.  (+)  (-)
35. If you work in a polluted environment (e.g., quarry, mine, construction site, chemical plant) or live on a busy street corner, enter 2 in the - column.  (+)  (-)
36. If you live in an urban environment, enter 1 in the - column.  (+)  (-)
37. If you are a college graduate (four years), enter 1 in the + column. If you have an advanced college degree (e.g., M.A., Ph.D.), enter an additional 1 in the + column. If you have graduated from high school, but not from college, do not enter any points. If you have not graduated from high school, enter 1 in the - column.  (+)  (-)
38. For each of your grandparents and parents who lived to the age of 80 or beyond, enter 1 in the + column. In addition, if both of your parents have

- CONTINUED

- lived past the age of 80, enter another 1 in the + column.  (+)  (-)
39. For each grandparent and parent who died of heart attack or stroke before the age of 50, enter 2 in the - column. For each of the above who died of a heart attack or stroke between the ages of 51 and 60, enter 1 in the - column.  (+)  (-)
40. If you have any brothers or sisters who died of a heart attack or stroke before age 50, enter 2 in the - column. If any died between 51 and 60, enter 1 in the - column. (Maximum possible, 3.)  (+)  (-)
41. For each case of diabetes, thyroid disorder or cancer among parents or grandparents, enter 2 in the - column.  (+)  (-)
42. If your blood pressure is 130/90, enter 1 in the - column; 140/95, enter 3 in the - column; 150/100, enter 5 in the - column. (Normal = 120/80.)  (+)  (-)
43. If your blood cholesterol level is 200 or higher, enter 1 in the - column.  (+)  (-)
44. If you do not know your blood cholesterol level and are over age 30, enter 1 in the - column.  (+)  (-)
45. If you take any drugs with known serious side effects (e.g., birth-control

- pills, cortico-steroids, diet pills, barbiturates) on a prolonged basis, enter 2 in the - column for each kind.  (+)  (-)
46. If you frequently take drugs for recreation, enter 2 in the - column.  (+)  (-)
47. If you are a woman and give yourself a monthly breast examination, and see your doctor once a year for a breast examination and Pap smear, enter 1 in the + column.  (+)  (-)
48. If you are a man over the age of 40 and go for an annual medical checkup including a proctoscopic examination, enter 1 in the + column.  (+)  (-)
49. If you keep your house ventilated and the temperature below 68° inside, enter 1 in the + column.  (+)  (-)
50. If anyone in your immediate family has died violently, enter 1 in the - column.  (+)  (-)
51. If you have suffered serious injury or narrowly escaped serious injury two or more times in the past five years, enter 2 in the - column.  (+)  (-)
52. If you have contemplated suicide in the past two years, enter 2 in the - column.  (+)  (-)
53. If you are happily married or living contentedly with someone else (a child

- or roommate), enter 2 in the + column. If you live with someone unhappily, enter 1 in the - column.  (+)  (-)
54. If you live alone, but have a pet, enter 1 in the + column.  (+)  (-)
55. If you live completely alone, enter 1 in the - column; enter an additional 1 in the - column for every 10 years you have lived alone since age 25.  (+)  (-)
56. If you have a satisfactory sex life, enter 1 in the + column.  (+)  (-)
57. If you are unemployed, retired or plan to retire within the next year, enter 1 in the - column.  (+)  (-)
58. If you plan to take this test with the firm intention of improving your life expectancy, enter 1 in the + column.  (+)  (-)

When you have finished the test, add all of the numbers in the + boxes to the number that you wrote in the Average Life Expectancy box at the beginning of the test on page 38. Then, subtract all of the numbers in the - column from this result. This final number that you now have is your personal life expectancy.

If the final number exceeds the number you originally wrote in the box by five or more years, you have a very good chance for a longer than average

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