

# Forever Young?

BY HIDEKO TAKAYAMA

① **VERY MORNING SEIRYU TOGUCHI RISES AT 6 O'CLOCK** washes his face and performs exercises in the lush front yard of his home in Okinawa. He prepares a breakfast of rice and miso soup with spinach and egg. Then he tends his nearby farm, where he grows carrots, cabbage and other vegetables. At 5 p.m., he takes a hot bath and cooks homemade radish with pork for supper. His wife passed away a few years ago and his children live in other cities. But he is a lot more self-sufficient than many Japanese men. He reads newspapers and magazines, does his own laundry and sewing, and when he gets cravings for brown-sugar doughnuts, he takes a bus to the nearest town to buy them. In his spare time, he plays the *sanshin*, a traditional three-stringed instrument. It's nothing out of the ordinary—until you consider that Toguchi is nearly 100 years old.

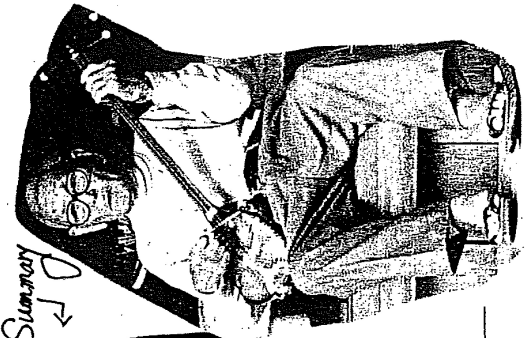


**BEAM UP, NOT BURGERS:** Toguchi plays the *sanshin* in his spare time (left), schoolkids eat traditional dishes like papaya with carrots

countries, they take on the same arterial disease risk as those in their adopted land. The book, which prescribes a plan for healthy eating, says: "If Americans lived more like the Okinawans, 80 percent of the nation's coronary care units, one-third of the cancer wards, and a lot of the nursing homes would be shut down."

④ But increasingly, Okinawans are living more like Americans. That means less bean curd and walking, more burgers and stress. The island's children aren't expected to live nearly as long as their grandparents. Heart disease, cerebral hemorrhage and lung cancer are all on the rise. Okinawan women now face a higher than average risk of uterine cancer, and mortality rates are climbing. Worst of all, the latest government survey, released last month, found that Okinawa fell in the ranking of male life expectancy to 26th among Japan's 47 prefectures, down from fourth in 1995 and first in 1985. No one is more concerned than Suzuki. "Most Okinawans like to think that they will live long simply because the islands have been known for it," he says. "They should learn the reasons for the famous longevity: when they grow up in other

Okinawa has the highest proportion of centenarians in the world. But the islands' next generation may not live so long.



Summary

# Young?

① **How old is Mr. Toguchi?**

② **Find the word ~ 自給自足**

③ **1. 長命の村と知られてゐる飲み物の材料は?**

④ **2. Find the word ~ 百才以上の人**

⑤ **1. What is the secret of the longevity of Okinawan people?**

⑥ **2. 心臓病、乳がん、前立腺がんが少発するのはなぜ?**

⑦ **1. American way of living means?**

⑧ **2. Find the word ~ 長生き、長命**

⑨ **1. What is the cause of the current health crisis?**

⑩ **According to experts, it is**

⑪ **1. What is "Healthy Okinawa 2010" aiming at?**

⑫ **\* Let's translate**

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