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## Old Age Getting Older, That's Fact

**T**WO FACTS of life are that if you stick around long enough you will become an old-timer and if you want to live a long time you must be willing to grow old. These may be hard for some to accept.

There was a time when a person of 50 was regarded as an older person. Gradually this point in life has increased until now average life expectancy is somewhere in the 70s and the 1980 census showed more than 32,000 Americans past 100.

Scientists are predicting that within the next half century, average life expectancy may be increased to 120 years and the maximum may be prolonged to 150 years.

More than that, the Census Bureau projects that the number of Americans past 65 will more than double by 2033. When at least one of every five persons is past 65 some changes in the way people live, work and play are bound to occur.

Unfortunately, long life is just one ache and pain after another for some. This could put a damper on fast living and dissipation for peo-

ple wise enough to consider they might be around for another 40 to 60 years.

They might be more careful about following recommended rules of diet, sleep, exercise, work and recreation, smoking and drinking.

Because of the increasing costs of paying pensions for additional decades and the frequent need of health care for people who live longer, reconsideration of plans seem to be imperative for business, government and the individuals involved.

The Social Security Administration and government officials, faced with depleted funds and higher assessments for workers, have been talking for years about raising the age for retirement. It looks like it may be done eventually and younger taxpayers may favor it.

Millions of retirees have discovered that they can't fish every day, can't play golf or bridge all the time, can't read or watch TV, or even do nothing continually. Older people need activities.

That is bringing to the forefront proposals about people having two

or three careers during longer work lives, taking up new trades or professions in sequence. A new industry may develop, taking up new trades or professions in sequence. A new industry may develop, that of re-training folks for doing something else they wanted to try.

Women presently outlive men by about eight years, on the average, and one might wonder if this is to become more of a "woman's world." Women outnumber men, they are gaining new prestige annually, and forecasters are talking about a woman president, perhaps an older one.

It has been said that if a person speaks mainly of the past, he is old. If he talks of today, he is middle-aged. If he talks about the future, he is young no matter what the calendar shows.

Regardless of age, William Arthur Ward, Fort Worth author and speaker, phrased the matter of enjoyable living beautifully when he observed:

"Every sunrise is a new message from God, and every sunset his signature."