

AGING GRACEFULLY - BIRTH TO DEATH

By: Harold Gene Mathews

A healthy lifestyle of eating good foods, hard work, taking care of my health, and living the Gospel, learned in childhood and practiced through adulthood, is what has enabled me to age gracefully.

When I was young, I worked in the orchards of the Yakima Valley with my father, which gave me plenty of exercise, fresh air and sunshine. Living in orchard country, I had plenty of good fruit to eat and there were also vegetable farms in the area which sold fresh vegetables, melons, grapes, and berries. Dad raised rabbits, chickens and goats for our meat. My brothers hunted squirrels and pigeons. Once in awhile we had beef. With these ingredients, mom made some very tasty, delicious and healthy meals like her homemade noodle dish which smelled wonderful also. The food included home-made bread, chocolate cake, fruit pies, and other pastries like cinnamon rolls. This work and diet kept me lean, strong and healthy.

During my childhood, I had an innate curiosity to learn about many subjects, and that trait has stayed with me into adulthood. I study subjects like physics, chemistry, biology, physiology, psychology, personalities, religion and many other subjects. My studies have led me to work on a magnetic invention. I enjoy a variety of hobbies which includes baking, drafting and leathercraft. All of these have helped me to keep my mind active and alert.

Being raised in a loving and caring home has helped me to keep my emotions alive. I am not afraid to express my feelings and show my emotions. This reduces stress and anxiety in daily living. As a boy, I believed in God and tried to live the teachings found in the Bible. To live the Ten Commandments, to practice the Golden Rule, to love my fellow man and to live a good and right life. This gives me peace of mind and a clear conscience.

That is why I do not need pills and a lot of medicine to stay alive, and why my health is still good in my 66th year of life. I strive to practice all of the ideas, precepts and lessons today, which I have learned through my life, which I believe, helps me daily, to age, gracefully.