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We will live for **1,000 years**

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How long do you expect to live? One hundred years ago, people died at the age of about 50. These days, people often live for 90 years or more, and doctors predict that most teenagers alive today will live to be over 100. But one scientist, Dr Aubrey de Grey, thinks that medicine will soon allow people to live to the age of 1,000.

Dr de Grey says that most people die from old age, or rather from a disease that old people's bodies are unable to fight. But, he says: 'I think we're close to keeping people so healthy that at the age of 90, they'll wake up every day in the same physical state as they were at the age of 30.' Dr de Grey believes that doctors can look after the human body in the same way that we look after things like old cars. Scientists have invented drugs that can completely repair old or damaged parts of our bodies. Their research suggests that people who take these drugs aren't going to get old or die from common diseases. Their bodies are going to stay healthy – and young. De Grey's plans mean there might be a lot more people on the planet, but de Grey says that doesn't matter, because our priority should be health not population. 'We still need to give people the best healthcare that we can,' and de Grey is going to continue to do exactly that through his research. However, Dr de Grey warns that people won't live for ever. Although people won't die from the diseases of old age, they'll still have accidents, such as car crashes.

Many scientists disagree. All through history, scientists have predicted that we will live for ever, says Professor S. Jay Olshansky. A Chinese scientist, Ko Hung, said 1,700 years ago that eating very little would help people to live for ever, but he died at the age of 60. The English scientist Roger Bacon thought we could live for ever by eating gold, but he died aged 78. There's a long list of promises, says Professor Olshansky, but there's no evidence that people will ever live for 1,000 years.

Comments (43)

I don't believe this. Anyway, who wants to live that long? Life will become very boring after a few hundred years!
Simone, Peterborough, UK

People love the idea of living for ever, but I think it's impossible. I'm going to look after my own health, and forget about Dr de Grey.
Hannah, Sydney, Australia

Dr de Grey is probably right. I think I'll find out more about these drugs! But millions of people die every year from cancer, for instance, and we can't even cure that yet. Let's cure cancer first!
Damian, London, UK

READING

1 **Read the news report and the comments quickly. Who agrees with Dr de Grey?**

- ○ Simone from Peterborough, UK
- ○ Hannah from Sydney, Australia
- ○ Damian from London, UK

LIVEWORKSHEETS

2 Match the highlighted words in the article to the meanings.

1	medicines	●	drugs
2	an illness	●	disease
3	broken, hurt	●	alive
4	the opposite of *dead*	●	damaged
5	say something will happen	●	predict

3 Read the news report again and answer the questions.

1. How has the length of human lives changed in the past 100 years?
2. How does Dr de Grey think the length of human lives will change in the future?
3. What do most people die from today?
4. Why does Dr de Grey compare human bodies with cars?
5. How might Dr de Grey's ideas affect the human population?
6. What will people die from if they don't die from disease?
7. What do Ko Hung and Roger Bacon have in common?
8. What is Simone's opinion about living for ever?
9. What would Damian prefer scientists to work on?

TALKING POINTS

What do you think of Dr de Grey's ideas? Do you agree or disagree with Professor Olshansky? Why? / Why not?

Would you like to live to be 1,000? Why? / Why not?

LIVEWORKSHEETS

READING

1 **Read the article quickly and tick (✓) the ideas that are mentioned.**

1 what to do if you hurt yourself ☐
2 taking the right medicines ☐
3 preparing your body before you exercise ☐
4 how important your mind is ☐
5 eating the right foods ☐
6 getting into good habits when you are young ☐

TEENAGE MAG

ABOUT WHAT'S NEW CONTACT US

BODY AND MIND

Everybody knows that exercise is good for you. But what about exercise for the mind – how can that help you? *Teenage Mag* spoke to Dr Bathurst, a yoga teacher, about the benefits of yoga.

TM: Many people think that yoga is a slow, boring activity. Tell us why it isn't.

DR B: Well, yoga is about body and mind. Your mind and your body are working together, and it can be quite fast too. You can't always see that though. You stretch your body – you know, make it longer – and you do the same with your mind. In yoga, you have to get your body into some difficult positions, for example, standing on one foot and moving your whole body forward. Your mind can help you do this. If you look at one place and just think about that, then it's easier. This is something you can learn to do. For young people who enjoy sport, yoga can help them think – you know, concentrate. In football, for example, people are always shouting at you and telling you what to do. If you can concentrate, then you have a better chance of scoring a goal. Yoga can help with concentration for your school studies too.

TM: And can it help if you're ill? If you break your arm, or if you get toothache?

DR B: Well, then you have to go to the doctor or the dentist, but if you know how to take it easy, you'll get better faster.

TM: And yoga can help you avoid some injuries, can't it?

DR B: Yes. That's perhaps more important with older people, but it's good to get used to stretching when you're younger. Before you exercise, you should always warm up. This is so that your body is warm and you can stretch more without hurting yourself.

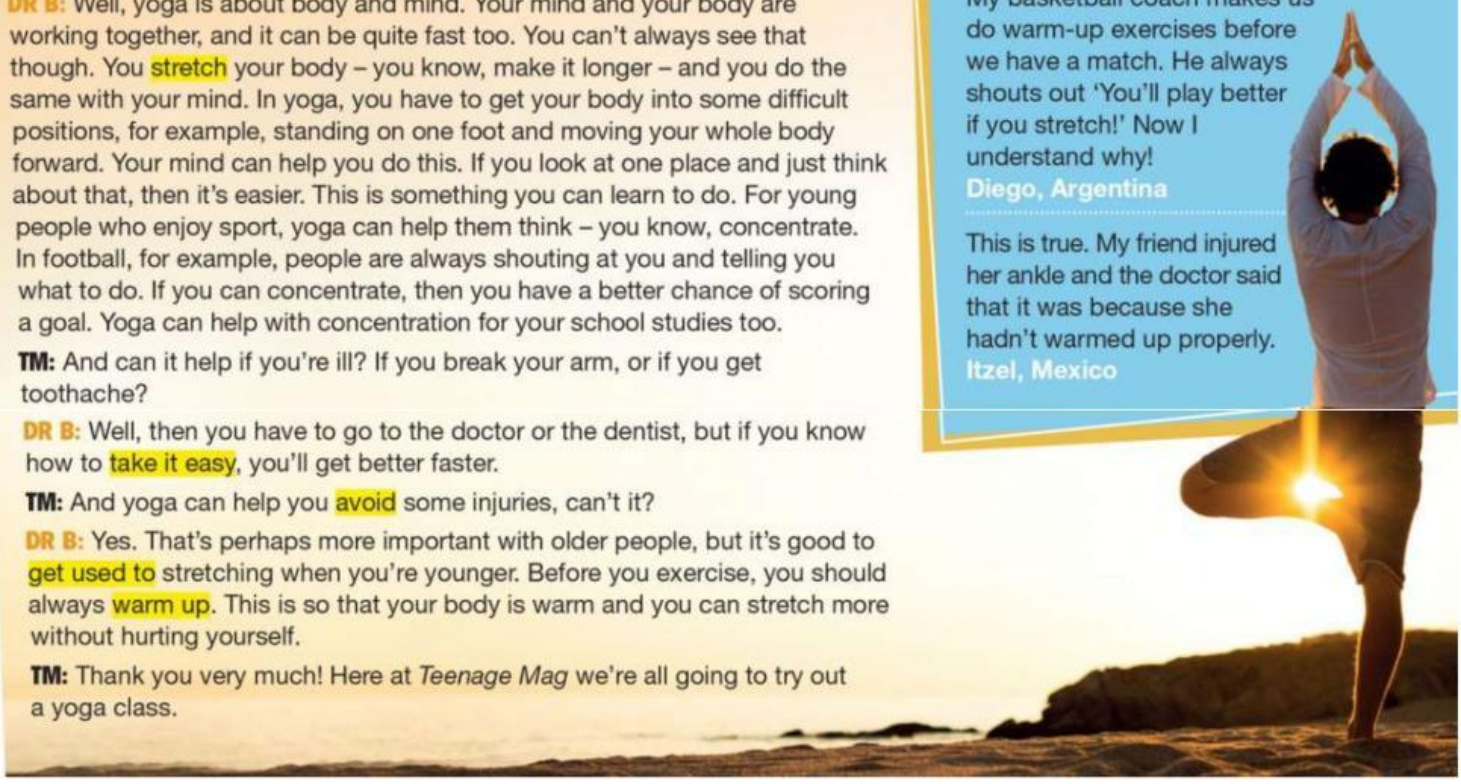
TM: Thank you very much! Here at *Teenage Mag* we're all going to try out a yoga class.

COMMENTS

I love yoga, or any of these kinds of activities. It's really important to be able to concentrate.
Celine, Switzerland

My basketball coach makes us do warm-up exercises before we have a match. He always shouts out 'You'll play better if you stretch!' Now I understand why!
Diego, Argentina

This is true. My friend injured her ankle and the doctor said that it was because she hadn't warmed up properly.
Itzel, Mexico



2 **Read the article again and choose the correct word.**

1 Dr Bathurst is a *yoga instructor / dentist*.
2 Yoga is *not as slow as / slower than* people think, according to Dr Bathurst.
3 He says people who do yoga *learn how to concentrate / are good at sports*.
4 People who do yoga may *get well sooner / take longer to get well* than people who don't.
5 Yoga can help you because you *prepare your body / test your body* for activity.

LIVEWORKSHEETS

3 Who mentions these things in the comments? Write *Celine*, *Diego* or *Itzel*.

1 something that happened to somebody else .....
2 preparing for sport by exercising first .....
3 enjoying activities that are similar to yoga .....

4 Match the highlighted words in the article to the meanings.

1	get used to	**a**	make your body, or part of your body, longer and straighter
2	stretch	**b**	relax and not worry about something
3	take it easy	**c**	get to know something so it is no longer unusual
4	avoid	**d**	do gentle exercise to prepare for harder exercise
5	warm up	**e**	stop something from happening

LIVEWORKSHEETS