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`Dr M a fine example of healthy living'

KUALA LUMPUR, Mon. - Prime Minister Datuk Seri Dr Mahathir Mohamad has been singled out as a "fine example" of a man whose active lifestyle is attributed to a healthy diet that includes vitamin pills and abstinence from cigarettes.

American Academy of Anti-Aging Medicine chairman Dr Robert Goldman made this assessment when he was in town recently to speak at a lecture attended by members of the Society of Anti-Aging Medicine.

"Malaysia cannot afford to be a nation of nursing homes. The country will benefit greatly from a very healthy group of older people who continue to contribute to society," he said.

Dr Goldman was quoted in a Press statement as saying there was perhaps no better example of a highly productive senior citizen than Dr Mahathir.

"At the age of 77, he still conducts a daily diary that would severely challenge many Malaysians half his age," Dr Goldman said.

When the Prime Minister was in Seoul recently, he was asked how he maintained his youthful appearance in the face of his hectic schedule involving international travel.

Dr Mahathir had replied that it was "due to a diet that includes vitamin pills, a healthy lifestyle and abstinence from cigarettes".

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