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Mahathir-Health
DR MAHATHIR'S SECRET TO GOOD HEALTH

By: Openg Onn

BANDUNG, Feb 6 (Bernama) -- Former Prime Minister Tun Dr Mahathir Mohamad today revealed his secret to good health -- moderation in all things, including food.

Actually, he said there was no need for supplements for a healthy living.

"Many people ask me how to be healthy. The fact is that, they are not interested in the `how' but in the `what' to be healthy. They want to know what pills I take," he said during a dialogue session with some 100 Malaysian students from Universiti Padjadjaran (UNPAD) and Institut Teknologi Bandung, here.

One student had wanted to know from Dr Mahathir his secret to vitality in spite of his age. He is 78 years old.

Dr Mahathir, accompanied by his wife Tun Dr Siti Hasmah Mohd Ali, is here to receive an honorary doctorate in economic development from the UNPAD in a special convocation here today.

He recalled an incident when he went to a supermarket in Kuala Lumpur recently where he was approached by a Chinese woman. She wanted to know whether it was true that he spent RM5,000 a day for a type of slimming pills.

"I told her if I were to spend RM5,000 a day, I would go bankrupt. Actually, if I may say here, (the secret) is healthy living, moderation in all things, including food," he said.

He said he still held steadfast to his mother's advice to stop eating while still enjoying the food, a tough advice to follow.

Another thing, he said one should not have the tendency to get angry easily because anger would increase blood pressure which is not good for health.

Dr Mahathir said he had cut down on sporting activities except horse riding because he did not have much time to spare, even getting

complaints
from his wife for doing enough physical exercise such as walking or
working
out on the treadmill.

On what he did after retiring as prime minister on Oct 31 last
year, Dr
Mahathir said he accepted invitations to give talk in various parts
of the
world.

"I also turned down quite a number of invitations because of
time
constraint. The problem is I have to write everything on my own and
it
takes a lot of my time," he said.

He said many people also asked him if he was writing his memoir.

Because of the many invitations he got, he said he still could
not find
the time to do it.

Dr Mahathir will leave for home tomorrow.

Asked by another student on how his successor, Datuk Seri
Abdullah
Ahmad Badawi was doing, Dr Mahathir said Abdullah was doing well in
governing the country.

There was nothing to worry about Abdullah's government because
there
was no major problem which the prime minister did not handle, he
said.

"Perhaps our styles differ a bit. Mine was said to be rough,
harsh and
so forth. He is more gentle, that is his style. But the policy is
the same,
so the governance is the same," he said.

Tomorrow marks 100 days of Abdullah in office as Malaysia's
fifth Prime
Minister after taking over from Dr Mahathir on Oct 31 last year.

-- BERNAMA

OPP NER AHH ABG