

Dr M: Criticising leaders makes you healthy
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Former premier Mahathir Mohamad said that one of the things which helps to keep him mentally active and healthy despite his mature age, is the pleasure he gets from ribbing present leaders.

Mahathir said this while delivering his very lively keynote address at the fifth Malaysian Healthy Ageing Conference in Kuala Lumpur yesterday, a mere hop away from the Umno headquarters in PWTC, where the Malay-based party's Supreme Council were gathering for an afternoon meeting, many of whom has felt the lashing of his caustic tongue.

"I never really retired from politics, my interest in it is still there... and because we are better than others, we criticize them. That is what keeps me young," he said to the general outburst of laughter from the 200-strong audience.

"It is also very enjoyable," he punch-lined, to more applause.

He explained that the human mind will vegetate if left idle, advising those who wants to follow in his sprightly "and not quite his age" footsteps not to rest their brains, but to find avenues of interest to exercise their mental capacities even in retirement.

mahathir ikmal presidential lecture 290410Mahathir (left) urged retirees to find something that they are passionate about and stick with it to hone their minds to keep its keenness.

"When I was still a doctor, the first piece of advice I would give to those newly retired is for them to find something to do and keep themselves occupied. Write, read or whatever.

"Sometimes the newspapers won't cooperate and refuse to publish what you write, well you can tell them that they must publish your article because you are doing this to try and stay young," said Mahathir tickling the crowd further.

However he added that the refusal of newspapers to publish is no longer a stumbling block, as the age of the internet has brought blogs into our midst, opening up the possibility of being published to most people.

"I have a blog. And whatever I write will appear on the screen... even it is a bunch of nonsense," Mahathir deadpanned to more laughter.

Mahathir stressed that a healthy lifestyle and a positive outlook and disposition will do wonders both to soothe wrinkles and to make life more amenable when one has reached the "golden age".

The key to keeping a youthful appearance and an active mind, in addition to ribbing national leaders, according to the former Umno president, is in the attitude and discipline.

The counting game

kubang pasu division meet 090906 mahathir siti hasmahAlways smile, because it will make you look young, he said, reminding the audience to find ways to laugh and smile. He told of a game he used to play with his wife when they have nothing to say to each other.

"You count. You say 'one', you wife 'two', then you say 'three' and your wife 'four'... after a while you will laugh at each other, because you are playing a game," Mahathir related to the bemused crowd.

But to keep up the attitude, the former medical doctor told the audience that the body must also be willing. To make sure of which, one must abstain from "violent sports".

"I know I sound like I am anti-sports... especially to the chairperson of the Malaysian Olympic Council who is here...But it is bad to engage in violent sports like squash... badminton. It can cause damage to your joints."

"But if you plan to win a medal in the Olympic, don't follow my advice," he said.

More importantly Mahathir said, we must refrain from overeating, smoking and drinking alcohol as these are activities which is not required for humans to survive and are in fact harmful to our health.

NONE"As my mother told me, stop eating the moment you start to enjoy your food... you will have a smaller stomach and won't need to eat too much... The amount you eat may be small but it is enough for you to lead an active and healthy life... You will also build up your willpower as it is not easy to stop when you are enjoying something." he added.

As if to prove his theory, Mahathir broke his silence over recent events at a press conference later proceeded to sound the horn over Prime Minister Najib Abdul Razak's (left) "unfinished business" in the dealings with Singapore, the misadventures in MIC and the sports betting license recently issued by the government.

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