difficult to calculate. Therefore, a further study addressing this issue would be useful.

References

TRADITIONAL CHINESE WISDOM
On longevity and health

The teacher, Ch’i Po, answered Huang Ti, the Yellow Emperor of China, “In the most ancient times the teachings of the sages were followed by those beneath them; they said that weakness and noxious influences and injurious winds should be avoided at specific times. They [the sages] were tranquilly content in nothingness and the true vital force accompanied them always; their vital (original) spirit was preserved within; thus, how could illness come to them?

“ They exercised restraint of their wills and reduced their desires; their hearts were at peace and without any fear; their bodies toiled and yet did not become weary.

“ Their spirit followed in harmony and obedience; everything was satisfactory to their wishes and they could achieve whatever they wished. Any kind of food was beautiful (to them); and any kind of clothing was satisfactory. They felt happy under any condition. To them it did not matter whether a man held a high or a low position in life. These men can be called pure at heart. No kind of desire can tempt the eyes of those pure people and their mind cannot be misled by excessiveness and evil.

“(In such a society) no matter whether men are wise or foolish, virtuous or bad, they are without fear of anything: they are in harmony with Tao, the Right Way. Thus they could live more than one hundred years and remain active without becoming decrepit, because their virtue was perfect and never imperiled.”

Huang Ti said: “I have heard that in ancient times there were the so-called Spiritual Men; they mastered the Universe and controlled Yin and Yang [the two principles in nature]. They breathed the essence of life, they were independent in preserving their spirit, and their muscles and flesh remained unchanged. Therefore they could enjoy a long life, just as there is no end for Heaven and Earth. All this was the result of their life in accordance with Tao, the Right Way.”

From The Yellow Emperor’s Classic of Internal Medicine, 2697-2597 B.C.

The Yellow Emperor’s Classic of Internal Medicine describes health and longevity in terms of balance, as a result of following Tao, “the way”, the balance of nature’s duality, yin and yang. It emphasizes on balance and harmony as a means of living a long and healthy life. Following Tao meant living with moderation, equanimity and proper conduct.

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