## SCIENTIFIC AMERICAN PRESENTS

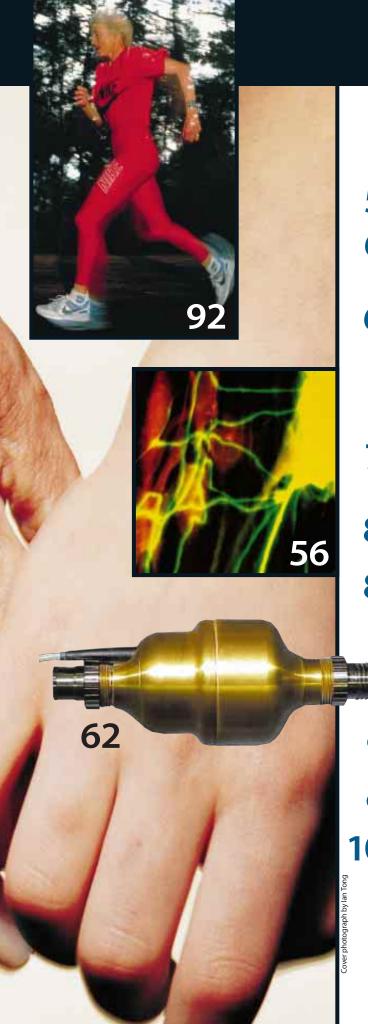
Summer 2000 Volume 11 Number 2 THE QUEST TO BEAT **(** T introduction When Life Knows No Bounds Mark Fischetti and Gary Stix, issue editors Postponing death changes the meaning of life. getting ever older How Long Have You Got? Kathryn Brown To 120 years old and beyond. Plus: World's Oldest Creatures **Design for Living** Polly Shulman 18 Centenarians can teach us how to age gracefully. 22 From Baby Boom to Geezer Glut J. R. Brandstrader By 2030 one in five Americans will be a senior. 26 **Social Insecurity** *The Editors* Don't count on retiring at age 65. the battle against aging **Living Longer: What Really Works?** 30 Robin Marantz Henig Science has yet to do much better than snake oil. Plus: Fountains of Youth 38 A Radical Proposal Kathryn Brown At the molecular level, we all rust like the Tin Man of Oz. **The Famine of Youth** *Gary Taubes* 44 Would a starvation diet give you a few more years? Plus: Four Square Snacks a Day

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**50** 

Counting the Lives of a Cell Evelyn Strauss

The attempt to turn back the clock for cells in decline.





Mother Nature's Menders Mike May Stem cells might build new hearts, livers—even brains.

**Spare Parts for Vital Organs** *David Pescovitz*Melding advanced materials with cell cultures may do away with transplants.
Plus: **The Cryonics Gamble** 

**Of Hyperaging and Methuselah Genes** Evelyn Strauss The search is on for genes that lengthen life span—or cut it short.

## major killers

72 Preventing Good Brains from Going Bad Mia Schmiedeskamp New hope in the fight against Alzheimer's and Parkinson's. Plus: Coping with Alzheimer's

Stopping Cancer Before It Starts Ken Howard
Finding it early may prevent this scourge of the elderly.
Plus: Reduce Your Risk of Cancer and Early Cancer Detection

Saving Hearts That Grow Old Delia K. Cabe
Studying everything from baldness to bacteria is helping to unlock the mysteries of atherosclerosis.
Plus: Ticked Off: Anger Can Knock You Dead

## quality of life

Promised Land or Purgatory? Catherine Johnson Whether old age is worth living depends on mental health. Plus: The Dangers of Overmedication and A Right to Die?

**Cults of the Undying** *Compiled by Eugene Raikhel* Visions of endless life from Gulliver to cyberpunk.

**104 It Smells of Immortality** *Steve Mirsky* Socially speaking, long life might stink.

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