

*I think a man actually spends his life healing from his childhood. (...) It's hard to grow old without being an adult. Jacques Brel (Belgian singer).*

*We only think of death as something future. But the future one day will be the present. You are selfish about yourself, your future self, the person you will become. Fortunately, there are ways to stop this terrible disease of aging. But mankind invests too little effort in it. (...) Perhaps we will be part of the generation of those who will live eternally, or perhaps we will be the generation that will fall forever into oblivion. Bold quote from [4 creepiest mysteries of the body](#).*

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### Theme of the month: The Old Man and the Child

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Some say that the value of life comes from its brevity. And yet children have their whole life ahead of them. Do you see in young people a lack of willpower, a form of boredom? Sometimes perhaps, but less so than in adults.



It is often the same people who also say that if we had a much longer life or a life without limits, we would be affected by a kind of lethargy. Indeed, nothing would be urgent any more. Do you think when you look at our very young fellow human beings in a kindergarten, a playground or in a group outside a café that, because the horizon seems limitless to them, they tend to take everything slowly?

On the contrary, the broad horizon usually contributes to enthusiasm and energy. In fact, would you be more active, energetic and enthusiastic tomorrow if you knew you had only a few weeks to live?

The human being is the only animal to be aware of the inevitability of its end. But [until the age of 3 or 4, children are not at all aware](#) of what death is. Then he or she becomes aware of it, but first of all without realizing that it concerns all humans. Little by little, the child will perceive that death is an irreversible and inescapable phenomenon. However, even after the discovery of inevitability, adolescents see aging as a more than distant future.

Of course even in middle-aged adults this awareness is still relative. This concerns believers who affirm that there is life after death. This also concerns non-believers. This aspect was addressed in a 2010 letter concerning the [Terror Management Theory](#). This theory states that we are so terrified of death that in order to make the idea of death bearable we need to see it as positive, so that imagining how to find a remedy for it becomes null and void; impossible.

Young children thus discover the inevitability of aging and physical death, along with the often ambivalent attitude of their parents. They will often be outraged. This will sometimes enable them to be pioneers in the struggle for longevity.

[Nina Khera](#) is a 13-year-old gifted young scientist from Canada. She studies longevity and genomics and specializes in the fight against senescent cells.

[Laura Deming](#) was 12 years old when she started working. At that age, she travelled halfway around the world from her native New Zealand to join the California laboratory of aging specialist [Cynthia Kenyon](#). Today she is an adult who is convinced of the importance of research and investment in this field.

Laurent Simons, at the age of 9, already wanted to become a scientist and a doctor in order to put an end to aging.

One of the impressive aspects concerning Laura Deming and Laurent Simons is that their ideal was born out of the same concern at a young age: to protect their grandparents.

Laurent Simons declared in a [Flemish newspaper](#): My goal as a scientist is to prolong life. My grandparents are heart patients and I want to help them. And make them live forever.

Laura Deming explained [in an interview](#): I remember once when my grandmother came to visit us. I had never spent time with anyone over 60 years before. (...) for my grandmother, just getting up from a chair was really painful. It hit me. (...) Then I remember asking my parents what the disease was. They told me: she doesn't have a disease, she is old. I asked them what disease it was to be old. They said, "Oh, no, no, you don't understand, it's a natural process. And as a child, you say to yourself: This is stupid. Why is there a natural process that we should all get, a disease that makes us so damaged?"

The youngest people are often the most inclined to be concerned about the fate of the oldest people and to defend them. They have not yet learned to put up with injustices, even if they are those of nature.

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### **This month's news: Coronavirus research and artificial intelligence for antibiotics**

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While concerns about the [SARS-CoV-2-virus](#) (coronavirus) are widespread, two aspects are important and concern the "fight against aging":

- It has been noted that the risk of death is [much greater in the elderly](#). As with any infectious disease, one of the main aggravating factors is age.
- [Archivists have mobilized](#) to ensure that all scientific articles useful in the fight against the new disease are accessible regardless of copyright. They

speak of a moral imperative. They therefore implicitly argue that the right to life takes or should take precedence over the right to profit.

Finally, in another area, this time concerning pathogenic bacteria, for the first time an [antibiotic has been developed using artificial intelligence](#) and machine learning techniques. The new antibiotic, called Halicim, has already proved its effectiveness in mice and human cells.

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**To find out more:**

- See in particular : [heales.org](https://heales.org), [sens.org](https://sens.org), [longevityalliance.org](https://longevityalliance.org) and [longecity.org](https://longecity.org).
- [Source of the image](#).