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Zhang Shuchao, 107, from Southwest China's Guiyang city in Guizhou, credits her long life to positive attitude, her daughter-in-law's good care and healthy eating, Guizhou City News reported on Monday.



Zhang Shuchao. (Photo from Sina Weibo)

Zhang, born in South China's Guangdong province on Nov 2, 1909, speaks fluent Cantonese.

"My mother-in-law smiles and says hello to everyone she meets. The seniors living nearby all like to visit and chat with her," said Jiang Xiuwen, Zhang's daughter-in-law.

Jiang has a tailor's shop and Zhang often volunteers to help with sewing.

"I do not ask her to do the sewing, since I am not sure whether she can do it. But she is proficient in operating the sewing machine," said Jiang.

Jiang added the centenarian likes doing something on her own. She knitted sweaters and hats when she was between 100 and 105. She added that the sweaters and hats she made are beautiful and of quality.

When neighbors and friends came to visit her, the old woman gave them the sweaters and hats as presents. She also receives many presents from the neighbors.

"Zhang's happy life has something to do with her good daughter-in-law," said Zhang's neighbor surnamed Liu.

Liu said: "Though Jiang's family lives on a minimum standard, Jiang tries her best to take care of the old woman. Jiang stews a chicken for Zhang each week, and helps the old woman bathe and put on clean clothes each day. Besides, Jiang never talks back to the centenarian."

The centenarian's good eating habit also contributes to her long life.

Zhang takes small portions at each meal, has five meals every day, with one bowl of rice in each meal. She likes eating vegetables, noodles, and drinking milk and apple juice regularly.

Zhang also enjoys reading newspaper every day and sharing interesting news with others.

"Reading news on a daily basis exercises the old woman's brain. We think that also has contributed to her long life," said one of Zhang's family members.

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## Simple life 'secret' of longevity for Sichuan centenarians

(Ecnscn.cn)



Lin Yongqing, 103, likes counting banknotes in bed. [Photo/scol.com.cn]

The southwestern Chinese city of Pengzhou is known as a home for longevity, with 49 centenarians among its population of 780,000 who seem to share some simple common traits for living longer -- be content and eat coarse grains often.

Located 36 kilometers northwest of Sichuan Province's capital of Chengdu, Pengzhou has a warm, humid climate, abundant water and a beautiful natural environment. Most of those above 100 years old live in its rural areas and have worked at farming for a long time, a hardy existence that built up their health, especially their cardiovascular system.

In Tianpeng town, the seat of the Pengzhou government, seven residents out of a total population of 166,000 have now lived more than 100 years. A brief study of their living habits reveals secrets to a longer life, reported local news portal scol.com.cn.

The aged usually live in peace of mind, enjoy what they have, stay away from being competitive and are ready to help others. Their diets are mainly comprised of coarse grains, vegetables and have lighter flavors. Besides keeping regular diets and avoiding overeating or too much meat, the centenarians also have the habit of sleeping and rising early.

Lin Yongqing, 103 years old, is known as outspoken and likes keeping nothing in his heart. He loves listening to traditional opera and his favorite foods are eggs and meatballs. Surprisingly, Lin eats six times a day, as his wife, also in her 90s, is always around to cook.

Lin worked all his professional life for a bank as a cashier, forming a strong affinity for counting bank notes. He still misses his career, so when lying in bed, his children bring a bundle of money for him to count. Lin sometimes counts the money dozens of times a day. His second hobby is smoking cigarettes.