

The Man Who Lived 152 Years

He Married at 80 & Was Still Working on His Farm at 130

British farmer Thomas Parr ate a frugal diet of sour milk, cheese and vegetables — and lived to an incredible 152 years, says an expert.

He married for the first time at age 80 and was punished by his church for fathering an illegitimate child at age 100.

And he was still threshing corn on his farm at age 130, according to historical records.

But when a curious King Charles I summoned him to court in London in 1635, rich food, wine and city pollution killed Parr in less than two months.

The evidence indicates quite conclusively that Parr did live until the very late age of 152 years and 9 months, said British historian Robert Hume.

In fact, the amazing oldster became famous.

He was honored at court, outlived 10 English monarchs and was even painted by the most famous artists of his time, Rubens and Van Dyck.

Known as Old Parr, he was

Toothpaste Makes Your Orange Juice Taste Bitter

If your orange juice sometimes tastes bitter in the morning, your toothpaste could be to blame, says an expert.

A chemical found in toothpaste reduces your ability to taste sweet things and adds a strong bitter taste to acidic foods, such as orange juice, for 10 to 15 minutes after brushing, says Linda Bartoshuk, taste researcher at the John B. Pierce Foundation of Connecticut Inc.

born in 1483 near the village of Alberbury in the county of Shropshire, the son of a tenant farmer. He was married for the first time at age 80 and sired two children, who both died in infancy.

At age 100, Old Parr had a child out of wedlock by a local girl.

And he was forced to do

penance by standing on the steps of Alberbury Parish Church wearing only a white sheet.

His first wife died when he was 112.

He married again at age 122, and at age 130 he was still working around his farm.

Old Parr ate a natural country diet with a heavy emphasis on homegrown vegetables, sour milk and cheese, and very little meat



AMAZING OLDSTER Thomas Parr is seen in an engraving as he looked when he was about 150 years old.

news of his astounding longevity reached the ears of King Charles I, who then summoned him to London.

The ancient farmer was actually carried the 150 miles to London on a litter and treated as a celebrity at court.

But life in London quickly proved fatal for Old Parr.

In those days, the city streets were full of household garbage.

Rats, flies and disease were rampant, and the air was filled with smoke from heating and cooking fires. Old Parr started eating the rich food of the city folk.

He went downhill very quickly.

Said Hume:

"He died in 1635. Old Parr was buried in Westminster Abbey, where many of England's kings, queens, statesmen and literary figures lie."

— BRIAN WALKER

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