

ENGLISH  
CLUB

# Let's solve “ The Roseto Mystery” !



Have you ever heard of Roseto ? Its a town in Pennsylvania (USA). In the 1960's there was something really special about this town: It was full of REALLY healthy Italian inmigrants. Let's see more details.

# Let's solve “ The Roseto Mystery” !



- In the 1960's, heart attacks were an epidemic in the United States. They were the leading cause of death for men under 65 but...
- In Roseto no one under 65 ever died of a heart attack !
- In fact, no one under 65 ever had any type of heart problem or disease.
- People actually lived a lot longer than the rest of the population !
- The death rate from all other diseases was 35% lower !

**Let's think like doctors and scientists  
think: what makes people healthy ?**



**BRAINSTORM**

# Let's think like doctors and scientists think: What makes people healthy ?



- Good diet ?
- Exercise ?
- Genes ?
- Geographical location ?



# Let's look at some surprising data



- Did Rosetans have a healthy diet ? No ! They cooked unhealthy food. They loved Pizza and candy.
- Did Rosetans do exercise ? No ! They smoked a lot. They were also very fat.
- Did Rosetans have good genes ? No ! Family members of the Rosetans that lived in other parts of the United States had a lot of health problems.
- Did Rosetans live in a good geographical location ? No ! Other cities near Roseto had many health problems.

# Let's discover the Roseto story !

## Let's watch a video.

<https://www.youtube.com/watch?v=MnbPzXDco90>



# But wait... There is more ?

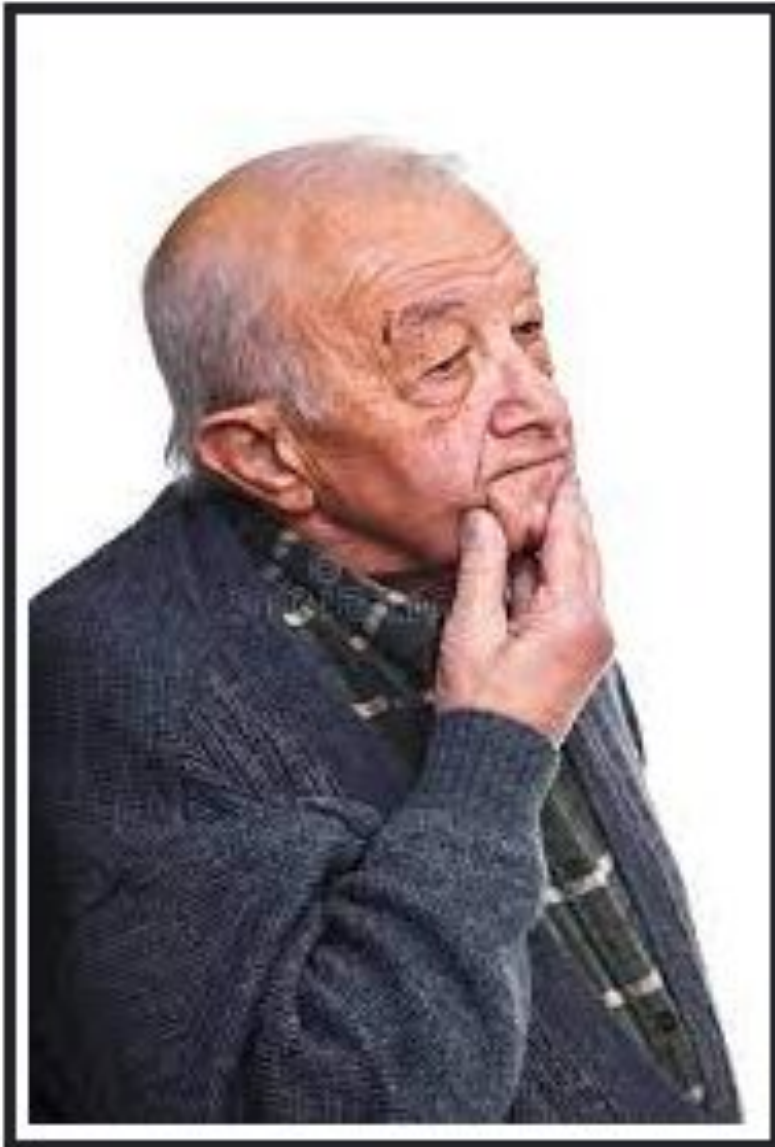


Other mysteries about Roseto :

- There was no suicide.
- There was no alcoholism.
- There were no drug addictions.
- There was almost zero crime.



# Now its time to think like sociologists and philosophers : Why does being helpful, loving and kind make people healthy ?



The Rosetans were very friendly with all the members of their community. Why does this make people healthy ?

The Rosetans had loving homes. They lived all together (three generations) in the same house. Why does this make people healthy ?

The Rosetans got together very often. Roseto had twenty-two organizations (sports, social, cultural, etc). Why does this make people healthy ?

The Rosetans were not individualistic. The community always helped members with problems. Why does this make people healthy ?

# Topic of the day: Happiness



Happiness is an emotional state characterized by feelings of joy, satisfaction, contentment, and fulfillment. While happiness has many different definitions, it is often described as involving positive emotions and life satisfaction.

# Let's make a happy list !



- We are now going to think of three things that make us happy. These things can be related to our hobbies, career, objectives in life, family, friends, etc. Share these things with the rest of the group !
- Together we are going to create a list. We will call this list the “Modern happy list”.

# Culture, history and happiness. Does it matter ?



This is Leonidas. He is a good model of a happy Spartan citizen.

Values: He likes to be disciplined, obedient and brave. He loves the state.

Objectives in life: He wants to be a great soldier and go to war.

Lifestyle: Strict, no luxuries and a lot of sport.



# Would Leonidas be happy in Las Vegas ? Why ?



# Culture, history and happiness. Does it matter ?



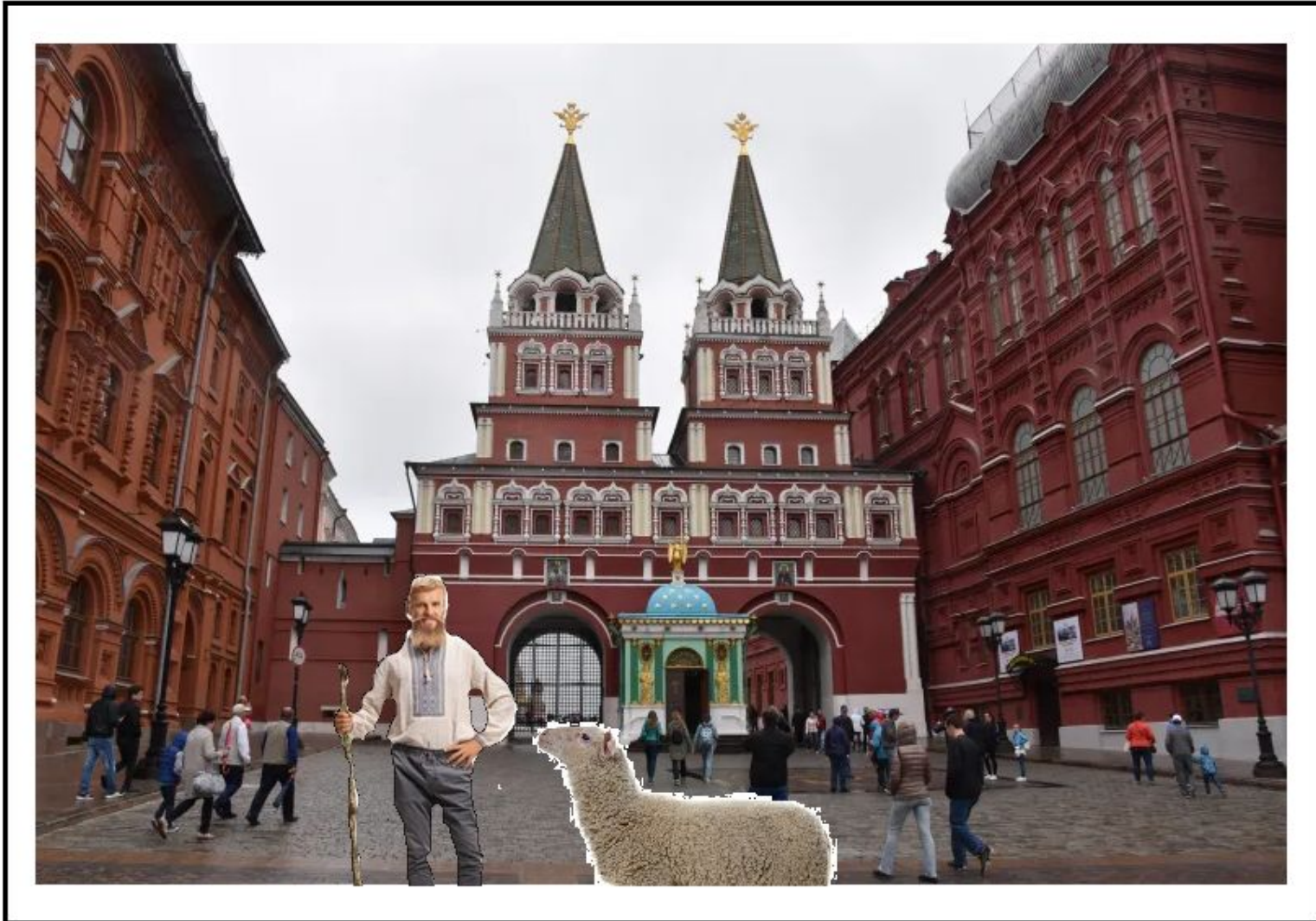
This is Kochi. He is a good model of a happy pastor (takes care of sheep and goats).

Values: He likes to wake up early (4am). Loves nature and relaxing mountains. He loves his animals more than anything.

Objectives in life: He wants accumulate as many sheep and goats as he can.

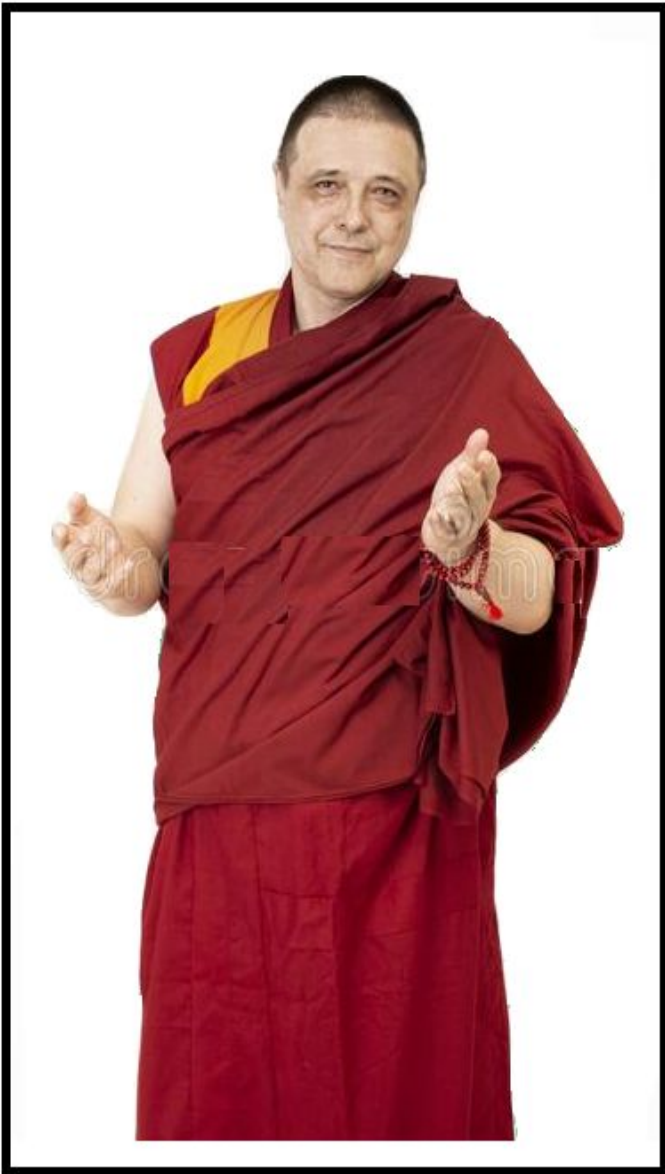
Lifestyle: Relaxed, no rushes, do every day the same thing.

# Would Kochi be happy working in the Kremlin ? Why ?





# Culture, history and happiness. Does it matter ?



This is Erden. He is a good model of a happy Buddhist.

Values: He respects life a lot (never eats animals). He also does not drink alcohol. He avoids pleasures.

Objectives in life: He wants to reach Nirvana. Find the true meaning of life.

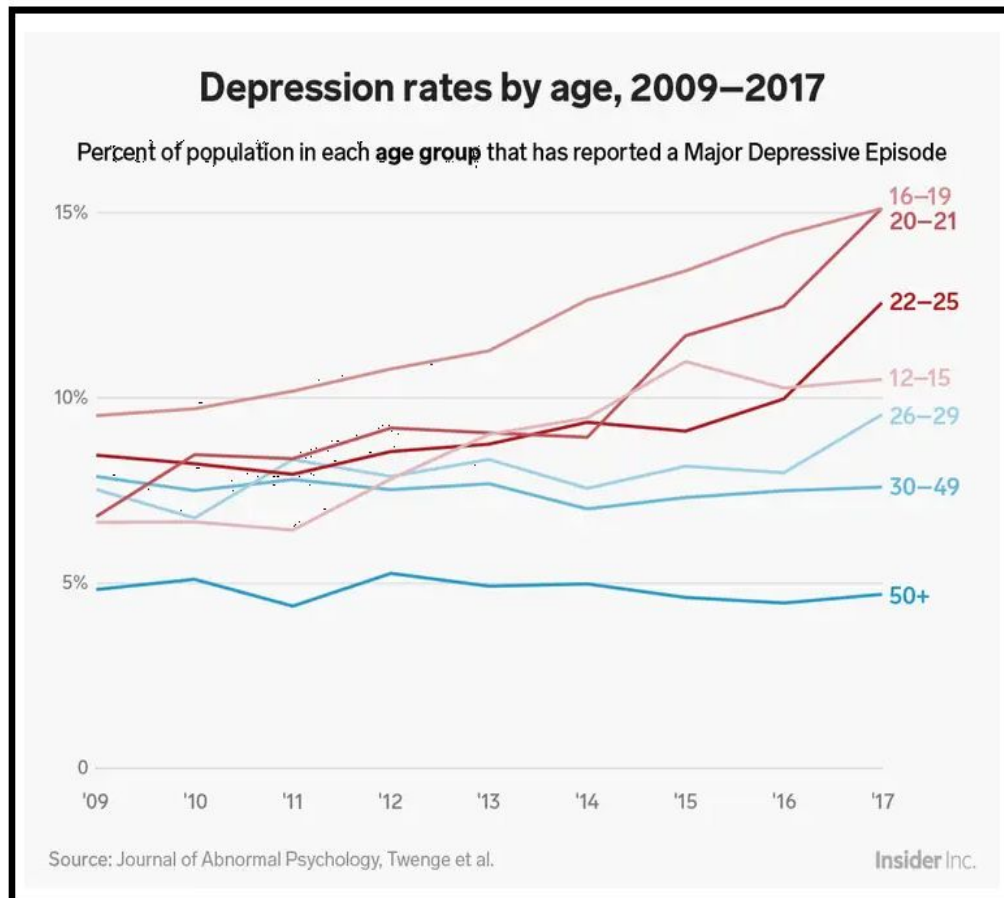
Lifestyle: He eats very little, does a lot of meditation and prays to Budha all day.



# Would Erden be happy working in Wall Street ? Why ?



# Happiness in our culture. Is our youth getting sad ?



- What is a good model of a happy person in our time ? What do we see in TV, Instagram and social media ?
- Is our modern model of “happy people” realistic ? Is it real ?
- What happens when young people see all those happy rich super models on social media ? How do they feel about themselves ?
- Are these standards of happiness (being super rich and attractive) difficult to achieve in our culture ?

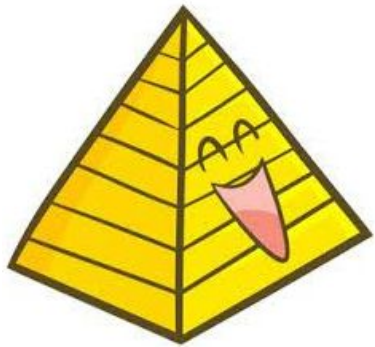
# Can you be happy with an empty stomach ? Let's discover Maslow's Pyramid !

[https://www.youtube.com/watch?v=O-4ithG\\_07Q](https://www.youtube.com/watch?v=O-4ithG_07Q)





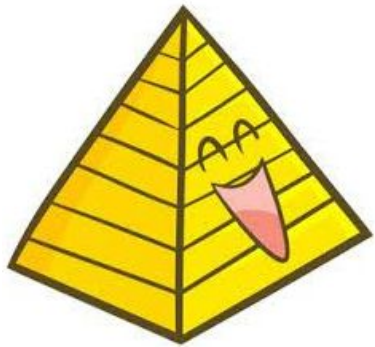
# Maslow's Pyramid. Let's start with an easy task.



- You are very hungry because you have not eaten in 3 days (you were lost in the desert). Suddenly you see 2 doors: On the left door there is a bottle of water and a sandwich. On the right door there are some photos of your family. Which choice would make you happier ?

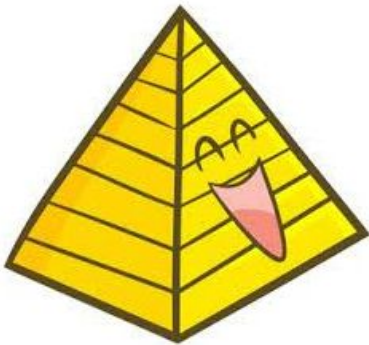


# Maslow's Pyramid. Is food really very important for happiness ?



You will spend the rest of your life locked in a room. You can choose one of two rooms: In the left room you will have all kinds of nice food and a nice bed to sleep. In the right room you will have all the people that you love (family)... but you will only eat once a day (very little) and you will sleep on the floor. What choice would make you happier ?

# Maslow's Pyramid. Can we “get to the top” with an empty stomach ?



John is painting the best painting of his life. He calls it “*the mystic chihuahua*”. It's his master piece but it's not finished. However, there is a problem. He recently lost his job, now he has no food and he lives in his car (because he has no house). His artistic talent will : Get worse / stop ? Or it will Improve ?

# The End

