Joe drives at $v = 50$ mph for 60 years. How much "extra life" does he gain?

$$v = 50 \text{ mph} * \frac{1609 \text{ m}}{\text{mile}} * \frac{1 \text{ hour}}{3600 \text{ s}} = 22.3 \frac{\text{m}}{\text{s}}$$

$$\gamma = \left(1 - \frac{v^2}{c^2}\right)^{-1/2} \cong 1 - \left(-\frac{1}{2}\right)\frac{v^2}{c^2} \cong 1 + \frac{1}{2}\frac{v^2}{c^2}$$

$$= 1 + 2.8 \times 10^{-15}$$

So

$$\Delta t_{Joe} = \frac{1}{\gamma} \Delta t_{normal}$$

$$= \Delta t_{normal} \left(1 + 2.8 \times 10^{-15}\right)^{-1}$$

$$\cong \Delta t_{normal} \left(1 - 2.8 \times 10^{-15}\right)$$

Now, $\Delta t_{Joe} = 60 \text{ years} = 1.89 \times 10^9 \text{ s}$

$$\Rightarrow \Delta t_{Joe} \cong \Delta t_{normal} - 2.8 \times 10^{-15} \Delta t_{normal}$$

$$\left(\Delta t_{normal} - \Delta t_{Joe}\right) = \text{"extra life"} \cong 2.8 \times 10^{-15} \left(\Delta t_{normal}\right)$$

$$= 2.8 \times 10^{-15} \left(1.89 \times 10^9 \text{ s}\right)$$

$$= \underline{5 \text{ microseconds}}$$