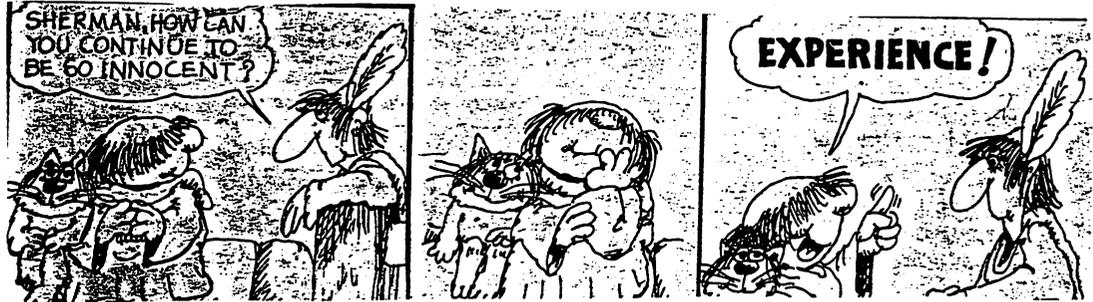


YOU KNOW YOU'RE GETTING OLDER WHEN . . . Everything hurts, and what doesn't hurt, doesn't work. The gleam in your eyes is from the sun hitting your bifocals. You feel like the night before, and you haven't been anywhere. Your little black book contains only names ending in M.D. You get winded playing chess. Your children begin to look middle-aged. You join a health club, and don't go. You decide to procrastinate, but never get around to it. Your mind makes contracts your body can't meet. You know all the answers, but nobody asks you the questions. You look forward to a dull evening at home. You're turning out lights for economic rather than romantic reasons. Your knees buckle and your belt won't. The best part of your day is over when the alarm goes off. Your back goes out more than you do. A fortune teller offers to read your face. The little gray-haired lady you help across the street is your wife. You've got too much room in the house and not enough room in the medicine cabinet. You sink your teeth in a steak, and they stay there.

Getting old is very rarely living in a luxurious house in Florida, eating ice cream and exchanging funny lines:



Everybody wants to live long, though nobody wants to be old. La Rochefoucauld. . . . Weather forecasting has been speeded up, but it's still several hours behind arthritis.

At 80, Archibald MacLeish said, "You have to begin to look ahead." Douglas MacArthur evaluated his life on his 75th birthday, saying: "Nobody grows old merely by living a number of years. People grow old by deserting their ideals. Years may wrinkle the skin, but to give up interest wrinkles the soul. In the central place of every heart, here is a recording chamber; so long as it receives messages of beauty, hope, cheer, and courage, so long are you young. When the wires are all down and your heart is covered with the snows of pessimism and the ice of cynicism, then, and only then are you grown old."

“Men are like wine. Some turn to vinegar, but the best improve with age.”

Pope John XXIII (1881-1963)

OPEN AND READY TO LEARN The Roman scholar Cato started to study Greek when he was over 80. Someone asked why he tackled such a difficult task at his age.

Cato said, "It's the earliest age I have left," and continued to study.

INTERIOR AND EXTERIOR AGE In his extreme old age John Quincy Adams was slowly and feebly walking down a street in Boston. An old friend accosted him and shaking his trembling hand asked, "And how is John Quincy Adams today?"

The ex-president replied, "Thank you. John Quincy Adams is well, quite well, I thank you. But the house in which he lives at present is becoming quite dilapidated. It is tottering upon its foundations. Time and the season have nearly destroyed it. Its roof is pretty well worn out. Its walls are much shattered, and it trembles with every wind. The old tenement is becoming almost uninhabitable, and I think John Quincy Adams will have to move out of it soon. But he himself is quite well, quite well."

2500 Anecdotes For All Occasions