Treasures on Earth

Put on pajamas, go outdoors
and join the joggers. Do not eat
butter or eggs. Beware of drink.
Avoid extremes of cold or heat.
Abjure tobacco. Watch for lumps.
Get enough rest. Control your fears.
And, barring accidents, you ought
to live for years and years and years.

That is what the doctors told her.
The lady did as she was told.
In return for her exertions,
she knows the joys of being old.

Installed in Sunset Manor House,
she now partakes of such delights
as crosswords, paint-by-number kits
and semi-monthly Bingo nights.

—Alden Nowlan