

**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*