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Ridge Mountains have been applying this to their own and animal skins for years for any imaginable ailment. It's two ounces for nine bucks, which is serious bucks for a serious product.)

If you urgently awake more than once during the night, senior status is yours.

You know you are a senior if a) you can't sleep; b) you sleep in 90 minute shifts; or c) you are now addicted to a sleeping pill. But who cares? At this age, sleep is more important than addiction;

If you awaken in the early ayem and can't get back to sleep and watch QVC-TV marketing and find your garage slowly filling with useless purchases from that shopping network, you know you are a senior. (Anyone want a couple of three-bladed windscreen wipers that really clean? Except they're so noisy that the Wabash Cannonball could be bearing down and you'd never hear it. Or how about a clone of the Nordic Track for less than half the price? Comes fully unassembled. An M.I.T. engineer charges \$100 to assemble.)

If cocktail parties are beginning to sound like this: "Yes, we have met before. You tell me about your by-pass and I'll go next with my angioplasty." Or, "You, too Harry? That damned Coumadin is going to cause me to bleed to death some day. That's how it got its start you know, as a rat poison."

If you belong to the Can't Remember Stuff Club. This may be the worst and most telling sign. Friend Jim Murray calls it Irish Alzheimer's, as in "I can't remember anything but my grudges," or "I'd like to introduce you to my friend, but I can't. What did you say your name was, honey?"

If you are no longer irked by the greeting, given in a surprised tone, "Boy! You really look good!" We all know that is part of a code. Left out but easy to decode, the remainder of the salutation "...for a guy your age who kept Glenlivet working nights and has more new parts than a '37 Chevy."

You Are a Senior if...

Y'know, I really didn't expect this, this senior living. When I reached official status, and not that PGA senior kid-stuff 50, many old friends could hardly wait to tell me what to expect in my future:

Parts were wearing out, energy would evaporate by mid-afternoon, there would be a self-induced diet change, including the banishment of mother's-milk single-malt tranquilizer.

What all this meant, I deduced, was a dependency on medicine's Western Auto parts department, via far more frequent visits to my doctor. Poo-poo, I poo-pooed, that's nonsense. Now, only five years later, I find I have a Medical Team Taylor: cardiovascular doc, heart doc, chemo doc, general surgery doc and my main man, the handyman doc.

The very first warning of the coming lifestyle change came from the late and beloved Bob Drum, The Drummer. He was an absolute medical marvel to make it to the near-80 mark as he was an abused adult. He was the abuser. (Or abusee?)

"You don't think I have always walked this way, do you, pally?" he admonished once after I teased him about his Tim Conway shuffle. "Edema's got me in the feet." Ah yes, you know you are in seniordom if you are taking a diuretic. With apologies to the South's newest philosopher, Jeff Foxworthy, *You Know You*



Are a Senior...

If, no matter where you are, you immediately become aware of the nearest bathroom. At Churchill Downs I thought I had gone to heaven when I found one nearby with standing room for 48.

If panic sets in when your massage therapist takes a long weekend.

If you spend several mornings a month looking for

dime-sized Tectonic magnets that invariably are in the toes of socks worn the night before. (More on magnets later.)

If you now own a cane and have used it, if only once. Don't get excited because you can get on airplanes first, however; that cute stewardess you are mentally lusting over will be overly solicitous because of the cane and your obvious advanced age.

If you have at least three types of arthritis and/or use any ache balm whose odors drive bats out of your attic and contain references to veterinary or equine use. They contain such snake-oil staples as wintergreen, eucalyptus, camphor, cloves, spearmint, menthol, witch hazel, wormwood, iodine, goldenseal, white cedar, golu kola, yarrow, calendula, comfrey and lobelia. They are all suspended in Aloe Vera (I dated a girl named by that name in high school).

(The latter seven ingredients are found in my latest discovery called "Wounded Warrior," and you know I couldn't make this name up. The folks in the Blue

The definitive welcome to the senior world came from my very bright and beautiful daughter. Knowing I had been struggling with my laptop computer she said, "Dad, I'm taking this home, and when I bring it back I'll have a simple program for you to follow instead of the 40,000 pages written by propeller heads." (Propeller heads were those guys in school who wore beanies, carried briefcases and always wanted to answer teacher's questions first.)

"And how will you devise my new program?" I asked. "Oh, I'm not going to do it," she replied, "Jennifer (14, granddaughter) is going to get you out of Jurassic Park. If Katy (7, granddaughter) can understand her instructions, we will know you will, too." Can't argue with that logic.

Finally, if you can identify with just one of the previous items, you know you are a senior. Welcome. Now go take your aspirin, Lasix, Procardia and Isordil.

As promised, more on magnets. When first Jim Colbert, then Bob Murphy, then Donna Andrews all forged comebacks from debilitating, career-threatening aches and pains, and announced it was all due to magnets, I got some. Murph also had some expert medical help.

These fine people needed useful bodies for a living, and our two senior guys have certainly proven the efficacy of magnet therapy. The three golfers travel with girdles of magnets and magnetized mattress covers. All three were contemplating retirement from golf; Murph already had, to the TV tower, until he got his rare arthritis under control.

I'm not on anyone's endorsement program. I just want others who hurt to know this works. Eight years ago I made a shambles of my left ankle and it had been hurting and stiff since. Magnets have gotten me back on the golf course, even if it's just for nine holes. Sanity saved.

Nothing technical about this. These powerful little babies come in various

sizes. The dime-sized magnets can be taped to any sluggish portion of the body (don't get ribald; almost any sluggish area) to increase blood circulation.

I have a dear friend who uses them for arthritic feet. This can get tricky as they come loose with a lot of motion. She has found lost magnets on the buckle of her dog's collar and on the TV channel-changer.

I have spoken to the magnet peo-

ple and have yet to talk them into a magnetized blazer or golf gloves, although they do have magnetized insoles for your shoes.

Incidentally, if you have read this far, you know you are a senior. ■

Dick Taylor, who resides in Pinehurst, North Carolina, is one of golf's most honored journalists.

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