

# Things in Motion ...

All things are in motion and nothing is at rest...you cannot go into the same (river) twice. --Heraclitus (540?-480?)B.C.

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*OLD AGE DRAGONS*

**W**hen old age creeps quietly upon us, it may bring baggage that we do not initially see, and we are often unpleasantly surprised much as I was in the fall of 2007 and again in the early days of 2008. My wife and I had for almost the entire thirty years of our marriage enjoyed robust good health, so when she was hospitalized twice with pneumonia in the fall of last year and again in February of 2008, it came as a surprise, indeed a shock to both of us and we were sadly unprepared when this particular dragon first appeared. By the third appearance, we were better prepared to chase the monster from our door, but again we were both surprised by the unusually slow pace of her recovery. Two of the doctors who tended Jean during her visits to

the hospital cautioned us that her full recovery could well extend to six months—a time frame that both of us found hard to accept. As the days passed with seemingly no improvement in strength for Jean, she was beginning each new day with disappointment because she felt no stronger than she had the day before. I was disappointed for her, too, and frustrated that she felt no better day after day. February went by and March was in its latter days before she began to have short spells when she felt a discernible increase in energy. By the time April arrived, she might feel good for as long as half a day; it was now clear to us both that she was steadily improving in both strength and enthusiasm. The mood in our house lightened in direct proportion to the improvement in Jean's health, and it was wonderful to see her regain interest in the sewing group to which she belonged. As for her full recovery, it may well be that the expertise of our physicians far exceeds that of our own, so we doff our hats to both of you, and thank you for your patience in ministering to two old timers who now accept that our days of invincibility have flown. Being old is still, at least for the time being, better than the alternative. #

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Throughout this toilsome world alas!  
Once and only once I pass;  
If a kindness I may show,  
If a good deed I may do  
To a suffering fellow man,  
Let me do it while I can.  
No delay, for it is plain  
I shall not pass this way again.

--Anonymous