**Middle Age**

**You’ve heard of the three ages of man: youth, middle age and “you’re looking wonderful!” *(Cardinal Francis Joseph Spellman)***

**Middle-age begins, one authority suggests, whenever you start thinking less about how much time has passed and more about how much you have left. *(L. M. Boyd)***

**Husband: "I can't believe we're almost middle-aged now! Sigh..." Wife: "Oh, honey! We're half-past middle aged!" Husband: "Look, as long as we live to be 100, we're still not middle-aged." *(Chris Browne, in Raising Duncan comic strip)***

**Middle age is when you choose your cereal for the fiber, not the toy. *(The American Legion magazine)***

**A middle-age woman was trying out her new cosmetics purchases, which were guaranteed to make her look years younger, for a sarcastic friend. “How old do I look?” she asked the friend. “Judging by your skin, 20,” said the friend. “From your eyes, 18, from your lips, 25.” “That’s wonderful!” the woman said. “Wait, I haven’t added them up,” said the friend. *(Rocky Mountain News)*  
You’ve reached middle age when you’re not inclined to exercise anything but caution. *(Sam Ewing, in The Saturday Evening Post)***

**Grandma: “I guess we have to accept the fact that our bodies are changing, John. We have to be more careful now.” Grandpa: “I hate the words 'middle- aged." I don’t feel middle-aged. I’m exactly the same person I was when I was 30!.” Grandma: “No you’re not! You’re more mature, more confident, more experienced -- you’re better. We’re both better!” Grandpa: “We are the only products that tend to improve while the packaging deteriorates.” *(Lynn Johnson, in For Better Or For Worse comic strip)***

**You know you've reached middle age if you can remember when your favorite movie couple burst into song instead of jumping into bed. *(Marguerite Whitley May, in The Wall Street Journal)***

**You know you have reached middle age when your weightlifting consists merely of standing up. *(Bob Hope)***

**Middle-age wisdom:**

**\* You're getting older when you're sitting in a rocker and you can't get it started.**

**\* You're getting old when you wake up with that morning-after feeling and you didn't do anything the night before.**

**\* The cardiologist's diet: If it tastes good, spit it out.**

**\* Doctor to patient: I have good news and bad news. The good news is, you're not a hypochondriac.**

**\* It's hard to be nostalgic when you can't remember anything.**

**\* You know you're getting out when you stop buying green bananas.**

**\* Last Will and Testament: Being of sound mind, I spent all my money. *(Rocky Mountain News)***

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