



## In Bounds

By Jack MacKenzie, CGCS  
North Oaks Golf Club

Man, oh man, do I hate to be sick. Ever since giving up the booze eight years ago, and thus eliminating my propensity for looking, acting and feeling like a beaten dog the day after my bouts, I have developed intolerance for illness. Sickness equates to down time and I don't have time in my life to be down.

In fact I am the kind of guy who declines the friendly hand shake in church and at social gatherings during the flu season. And nor will I share a cold. Typically I don't swap skin with a vendor or an acquaintance while I am harboring a pathogen, that is unless I don't like them.

When I was a youngster I used to get the flu, a twenty-four hour bug that purged my system of all liquids and made me eligible for a 7-up and Saltines diet. Today I get a flu shot, a pre treatment which in theory reduces the likelihood of two weeks of chills, high fever, runny nose, achy body and loss of appetite. And as a bonus if I am good, I receive a sticker announcing to the world that once again I was duped into giving up more biographical information to the government. It is all a conspiracy, you know! And why does the flu last thirteen days or more, longer than it did when I was a kid?

Will I still get sick? Who knows, but I guarantee you that at the first sign of a cold I will be reaching for my Zicam. This material, placed into the nasal passage as a spray or gel, has, for me, limited the duration of influenza. And for the last year I have been extremely impressed with the Zicam program.

During a visit to my chiropractor in February of 2003, an advertisement caught my eye. A product, Zicam, touted limiting the effects of colds. Having suffered a long bout of the flu the previous October, I was curious and read the literature. Although I found it interesting, my primary mission of the day was to get my butt massaged to reduce sciatic pressure down my leg.

Two weeks later however both of my children brought a "nasty" home with them from school. Of course in short order I too was developing a slightly runny nose and just a shadow of a throat tickle. "Damn," I thought, "I am getting a cold." Hating to be sick, and remembering the Zicam ad, encouraged me to go immediately to the pharmacy and purchase some. I chose the gel and promptly began the therapy.

The following two days my cold symptoms became progressively worse. A strong cough, headache, nausea and general rotten feeling nagged me for 48 hours. And through it all I continued to take my Zicam. On the morning of the third day my cold was regressing and on the fourth day it was gone and I was back to my normal unusual self.

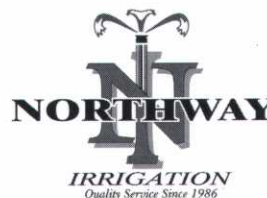
A miracle? I doubt it. Psychosomatic? Perhaps, but I really didn't care. I had found my magical mystery cure. A one time fluke? Not hardly.

Last fall, two day before heading to Madeline Island with my family for a mini-

retreat, I got a sniffle. Again I purchased some Zicam and found relief just two days later after suffering a "micro-cold." Indeed once again the Zicam reduced the duration of my malady.

No I am not invested in the company that produces Zicam. Rather I just hate to be sick and am selfish when it comes to my health. If by sharing this information my peers can limit their colds, my exposure and potential to become sick will be reduced as well.

So please don't be offended if I choose not to shake your hand or violate your personal space when I see your nose running or hear phlegm trying to escape up your throat. For you see, I am a hypochondriac and I just don't have time to be sick. - JM



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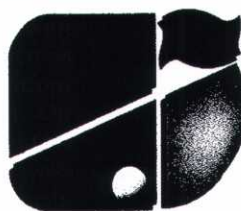
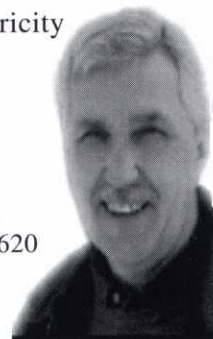
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