

Like an aspirin

and an energy drink

If I wake up and take an aspirin to relieve a headache so that I can work, have I taken a performance-enhancing drug? Did a quarterback who takes a hit, can't lift his arm, gets a shot and goes back into the game take a performance-enhancing drug? Did all the players who took "greenies" in the 1960s and '70s so they could handle the grueling Major League Baseball schedule take performance-enhancing drugs?

Do all the kids who drink Red Bull so they can go out and stay up all night take performance-enhancing drugs? How about the guys in the Viagra commercials: performance-enhancing drugs?

Every substance that anybody takes to relieve an ache, stay awake or have a better performance is a performance-enhancing drug. Picking on Mark McGwire, who admitted last week to using steroids, is wrong. He still had to hit a baseball. It's natural to want to heal faster when injured. He sure had a lot of injuries.

Steroids in baseball are illegal. Back then they weren't. Let's move on and win the pennant in 2010.

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