
SOFT HOUR

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Editor's Preface

The writing collection in *Soft Hour* was written by my Father during his sunset years. Father's writings represent his character and thinking. He is a very successful example, a great father, and a patient mentor.

Father is a charitable person. He deeply believes in education and is a master of time management. Most importantly, father lives a simple life, has a never give up approach to life, wisdom and financial management.

Wai Ling

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Do Not Be Slave of Medicine

Some people have many kinds of medicines in their pockets with them. It is because they have various illnesses, such as high blood pressure, stomach pain, arthritis, etc. They need to take medicines as regularly as they eat meals. Those people are slaves of medicine. Most medicines contain certain percentage of poisonous ingredients, which, while not fatal, still bring bad effects to our body.

Therefore, it is better not to take medicines to cure our illness. Instead, we eat more balanced diet to prevent illness from happening. It means that in our daily life, we build up a strong defense in our body to resist any kind of illness that may inflict upon us at any time. With our determination, we can have good health without taking any medicine.

Of course, if we want to reject taking any kind of medicine, we have to take care of our daily life very carefully. We have to have ample sleep, balanced food, adequate exercise, and peaceful emotion. By those actions, medicines will be out of our reach.

Those who take medicines often are the middle age and old people. Young men with their energetic and strong bodies have nothing to do with medicine. Middle aged men, if they live a proper life, also have no need of medicine. Only old people whose health have declined day by day need to take medicines to keep their body healthy.

Nowadays when we are sick, we usually go to Western doctors whose medicines are more effective than Chinese medicines.

Serious Mistake

Serious mistake means that such mistake cannot be excused. Recently, in American Oscar Award Ceremony, the announcer misread “La La Land” as the winner of Best Picture, which actually belonged to the film “Moonlight”. This mistake cannot be excused. How could it have happened?

When the announcer announced that “La La Land” was the winner of Best Picture, the director of “La La Land” made a speech saying that it has been his dream for forty years to get a gold medal and now the dream has come true. Right after he said that, his microphone was suddenly snatched away by the announcer. Then, the announcer said that he made a mistake in his previous announcement. The Oscar Award should go to the film “Moonlight”, not “La La Land”. This drastic change astonished the whole audience, and all the members of “La La Land” stood on the stage, motionless, silently, not knowing what to do.

Why such thing happened on this important occasion? It was because the accountant sent the wrong envelop to the announcer by mistake.

We, in our life, should not commit serious mistakes. For instance, if we attend a party as a VIP guest, drinking lots of alcohol, then after the party we drive our car home. It is possible that we could be caught by police, and immediately be sent to a prison. We must be very careful not to break the law driving while intoxicated.

200 Died In Suffocation

According to medical bureau records in England, over two hundred people die every year because of suffocation while eating food. Frequent cases are from those who watched television while eating, especially old people.

Other causes of suffocation are from eating too fast and too much. Once food is stuck in the throat, it is dangerous, you cannot breathe and the chance of dying from that is very high.

In one Japanese movie, an old man was suffocated by food, and the hospital was far away. Under the pressure, a member of his family thought of using a vacuum cleaner to suck the food out from his throat. Of course, this is only a comedy skit.

We sometimes may have fish bones stuck in our throat while eating fish, which is not fatal in many cases. It is because the gastric acids in our stomach can soften the bones, and doctors in hospital have many ways to save us.

But, if our throat is suffocated by chicken bones, it is serious due to the fact that chicken bones cannot be softened by medicine. Many decades ago, there was a retired Chinese senior bank officer living in America. One day a chicken bone suffocated his throat. In spite of all efforts from hospital doctors he still died.

Such accidents happened mostly to old people, who must seriously remember not to watch television while eating. You must be careful by yourself; even doctors cannot save your life if you are careless.

Time, How to Use Time

Time is most fair, giving twenty four hour every day to everyone. You are entirely free to use your time in whatever ways you wish. Some people use their time to build glorious careers and some spend their life drinking and fooling around aimlessly.

We feel a great sympathy for the American, Mr. Steve Jobs who, known all over the world, was the founder of Apple Computer. He died at the age of fifty six, a very young age. It is because he used his time too extremely on computer research. In order to research a new product, he would spend four days and four nights without sleep, thus deteriorating his health tremendously. Consequently, he paid the cost of death.

Many Japanese who, in order to seize time, also suffer ill health. Decade ago, employees of large Japanese enterprises in Tokyo usually went to bar to drink after work at company's expense. It is because they could not go home earlier. Their neighbors would think they are low position employees if they go home early. They would drink late and go back home at midnight, but the next morning they have to go to the office on time. Thus, their health were deteriorated due to lack of sleep.

We have to seize time, but not to waste on meaningless things, the most important thing is to keep in good health, otherwise any success will not be meaningful at all. Therefore, we have to use our wisdom to use time. That is to do important things first, less important ones can be postponed or even dropped.

Don't Die In Ignorance

In China today, the dying age of average people is around seventy to ninety years of age. People died at seventy should be considered as young, eighty as normal, and ninety to be at old age. This is today's situation in China.

Nowadays some people died before age seventy, which is not the average age to die. Therefore, most of those people died in ignorance. If they have wisdom, they should not die so early.

The factors of early death are decided by our daily life. If we work too hard and lack sleep, it will cause an early death. At young age, it is not a problem, but when we reach middle age, bad effects on our body will appear. Another group of people whose life have been spent on fooling around, drinking, gambling, nightlife every day. They do not care about their own life until someday sickness attack them, but by then it is too late.

Those people are the two groups that cannot live up to seventy. Many died around fifty, mostly due to sickness of cancer, heart attack, high blood pressure and so on. Surely they want to live, but they have no power to reject the invitation card from the death devil.

In mainland China, due to high growth of industries and commerce, many people get rich very quickly away from their poor life. With their riches coming too suddenly, they spend money crazily, buying big houses and cars, it is common to see more than five cars in one house. Every day they drink alcohol in restaurants, and fooling with girls in nightclubs. Finally, their kidneys were damaged and no doctor or medicine can cure them even though they have too much money. Death is their only solution.

Himalaya Monkey

Himalaya Mountain is world famous. Near Nepal, somewhere in the middle part of the mountain lived a huge group of monkeys. Below this, there lived a village of few thousand villagers. Monkey and human lived amicably together. Monkeys never came down to steal food from the village and villagers never went up the mountain to cut trees. Such kind of life lasted many, many decades.

One day there came an old man who looked quite gentle and educated. This old man, seeing the village being very quiet and beautiful, intended to stay for a while. The villagers accepted his intention and rented a house to him. He then dwelled in the village and taught children knowledge to get some allowance for his living. One day, he told the villagers that he could teach them, free of charge, the knowledge of turning stone to gold by reciting some special words. The villagers were, of course, crazily delighted. He said the important thing is, when reciting the words, they must not think of the monkeys in the Himalaya.

All of them tried, but all failed. It is because they cannot get rid of their thought about the monkeys. The villagers did not blame the old man; they know it is because they kept thinking about the monkeys, nothing to do with the old man. What the villagers did not know was that the old man was a magician by profession. Later, the old man left, leaving a forever unrealizable dream to the villagers.

From here we can see that human, due to greed, will blind his eyes and judgement, thinking that there is the possibility of turning stone into gold. Therefore, there are many crooks today cheating those people who are greedy and ignorant.

Follow the Sun

If we can have the thought of following the sun to live, we shall surely be healthy and happy, making our life of eighty to ninety years peacefully and comfortably. Sun is forever and everlasting, and is fair to everybody, just like time. It shines forever. When we come to the world, it will protect us unconditionally.

In the natural world, sun is the master and others, such as moon, rain, stars, wind, cloud, which are also important elements to form the world, are secondary. Sun is the guidance. If we follow the sun to live our life, we shall never be wrong. When sun is up, we start to work, to read, to do anything that is useful. Even bad people shall not do bad things under the sun. Sun gives us positivity and hope, and to do bad things shall be against our conscience and soul. Besides, if we live our life under sunshine, our health shall be strong. We will not have nightlife. With long habit of no nightlife, we are strong and healthy, and in the world, whether it is past or present, only the strongest can be master in the field of all walks of life. Without health, we are nobody in this world.

Therefore, we do not have to say big words or make big plans, we just follow the sun to sleep early and rise early, learning the regularity of the sun. To learn from the sun is not difficult, and it gives us enormous power to fight in our life. In everything, we shall not give up, but going forward, to reach our goal that we set up in our beginning.

How to Eat

We all know eating is so easy. As long as we open our mouth and put in food, the work is done. But, we can see that some look healthy and have good looking face, while some with thin body and weak bones, looking sickly in appearance even though they eat the same good food. Why? It is because their way of eating is different.

The difference in eating makes their health different. For instance, some people go to restaurants to eat hot bowl food. They eat very hot food and at the same time, they drink cold, iced beverage. It is smooth to swallow, but when hot food and cold liquid come down to the stomach, a big hurt to the stomach thus happened. If you only do that one or two times, it would be no problem. But if you eat frequently hot and cold together, one day you will get serious trouble and even stomach cancer.

In China there is a slang: “If hot rice eaten with cold water, doctor cannot cure even when he is your father.” This tells us very clearly that we should never drink cold water and eat hot rice together, or else the heat in rice will hurt your stomach so seriously that it can never be cured.

Then how to eat? It is better in the morning to drink a cup of water to clean your stomach first. Second, eat your breakfast any style you wish, but do not eat too much. Lunch is important for your afternoon work at a fixed quantity. Finally, dinner is regarded as main meal all over the world, but never forget to eat only seventy percent full before bedtime.

Where Dreams Come From

Up until now, no specific scientific authority has published a report to the public about how dream is formed. What we know today is only from private opinions of individual people. Dream is dream, nothing to do with reality.

However, in ancient times, kings paid much attention to their dreams. A special minister was tasked to explain the dreams. In the Bible, there was a king who had a dream in the night. He immediately called the minister of dream to come, but when he arrived, the King forgot the dream. Ironically, the king ordered the minister to chase back the dream for him.

In the reality of life, we do not know where dreams come from. Actually, we forget when we awake. Dreams that we can remember forever are very few in our life.

Whether dreams are good to us or not good, we do not know. But, if we have to decide, we can say that dreams can be good to us because if we have dreams, that is proof that we have deep sleep. If we are in shallow sleep, we cannot have dream.

Some dreams we have in the night are like a drama, with a good story. We were involved in it with happiness or sadness. This strongly proves that we were in deep sleep. Some people may have only shallow dreams. It shows that they were not sleeping well which is not good to their health in the long run. Even though we do not know why we have dreams, when dreams come, we must enjoy the dreams in whichever way dreams can give us.

Human Cruel To Fish

Fish is a kind of food to human; therefore, no mercy is needed. However, some human behaviors toward fish are very cruel in nature.

From a television documentary, we see that when fishermen catch a shark from the sea, they will pull it up to their ship, immediately they will cut off the shark's tail, the soft fins on its back and fins on other parts of its body. After cutting, the fishermen throw the crippled shark back to the sea. Every day, thousands and thousands of sharks die in such a way.

In Japan, there are some seafood restaurants serving only live fish. They put swimming fishes inside big glass boxes and when a customer select one particular fish, they kill the fish immediately and serve it to the customer. But they do not cut off the nerve in the fish head, the fish is served whole on an wooden rack and place on your table. When you eat the fish's body, its eyes are still moving, watching you, a desperate goodbye to you, a cruel human.

In China at Jiangsu providence, there are many restaurants that have the same style. They serve by frying the fish's body but leave the eyes still moving. A whole fish is in front of you, but when you eat the fish's meat, you are still exchanging eye contact with the fish. Still, many people go to such restaurants to enjoy such style.

From here, we can see that most human are cruel. But, we should not be cruel, instead we should be kind. Our kind heart will bring us peaceful mind, which will bring us good health, good health to long life.

Learn Philosophy from Zeng Guofan

Zeng was an important person in the later stage of Qing Dynasty. He organized a new army from his own native land and with this army he defeated the rebellion armies that threatened the existence of the Qing Dynasty. He was very successful in military career and in political field. He was also a scholar in Confucianism as well as in home education.

What was his philosophy? In behavior, he strongly adopted the mindset that if he did something wrong, he would immediately correct his mistake. As far as his thinking is concerned, he was extreme. He can only accept “Black” or “White”, there is no gray area or “In Between”.

When the rebellion armies attacked Qing Dynasty and almost occupied two third of Qing’s territory, Zeng was promoted to train a new army to fight the rebellion armies, and his mission was successful. He defeated the entire rebellion armies in a few years and he was promoted to a very high position at that time. Zeng’s philosophy was that when he made a mistake, he would remedy it immediately, not one minute delay. He also believed strongly in the philosophy of extreme. He used this philosophy even in his military career. He did not show any mercy to the rebellion armies. In his opinion, you can only be a good person or a bad one, no in between.

Such philosophy also applies to our life; we are either to be good or to be bad. Of course, we will surely select to be on the good side. In work or study, we can only be diligent or lazy. We should go to the extreme on the good side, no excuse. Therefore, take a strong attitude toward ourselves, be a good person only.

Soup: Does Not Make Muscle

We all like to drink soup, which is delicious and easy to drink. But, soup can only bring us nutrition to live on, it cannot make muscle to keep our body strong.

If you are an old man, drinking more soup in your daily life is acceptable. If you are a middle aged person, it may not be good to drink soup and ignore other food ingredients, doing so may leave you with no strength to deal with more laborious work.

Drinking soup is the same as drinking water, which does not stay in our stomach very long, not enough time for other organs in our body to absorb the necessary ingredients to build muscles.

We should drink soup before our meal, to clean the stomach first in order to have more space for our food to digest. In this way, we can have good benefit in our health.

If you are a middle aged man and wish to have muscle, you must eat more food that will stay in your stomach longer to help you build muscles. Animals only eat meat and, of course, no soup. Consequently, what they eat become muscles in every part of their body and muscles make them strong to survive in the wild.

Muscle is important to us. Without muscles, we are easy to get sick and our whole body will be weak, unable to do heavy labor work. But, how are muscles made? First, it is from food, the ingredients that make us strong. Second, it is from exercise. We have to do exercise to turn the ingredients into becoming muscles to build our body's resistance.

Is Old Age Sad?

“Is old age sad?” The answer is affirmative, it is sad. But this is the rule of nature that no one can break. All living creatures in the world have to face this destiny.

Between humans, we have the difference of poor and rich, noble and lowly, wise and foolish. Principally, human is not equal.

However, under the law of nature, every human is equal whether you are powerful or weak. When the time comes, you will turn to ashes if you are old, everything is gone with the wind.

Our life in the golden years is dependent on health. Without health, there will be nothing real, everything will be like a cloud in sky, or a moon in the river with vainglory. If we are in the middle age, health can be under our control, but once we reach old age, health is no longer in our hands, we can do nothing anymore.

When we are old, we shall have no productive power. Instead, the people who have productive power have to support us to live on. If a country has too many old people, it is a big burden on society. But, there is no solution to settle this problem.

What old people can do is to take more serious care of their own health in order to reduce the weight on the society to care for them. Old people can have a more happy life if they can take care of themselves in many ways.

My Son, The Best

Every parent wishes for their son to be the best of all. It is natural to think that way as far as parent is concerned. But in reality, many sons are against the wishes of their parents. They are not the best.

In human society, we have to grow through competition no matter what position we are in. Once we are in competition, we find our opponents are so strong that it is so difficult to be the best. In spite of the fact that, through hardships and endless struggles, you finally reached the goal of success. But that is not the end, it is the beginning. Many people will be jealous of your success and will do something hurtful to destroy your success and pull you down from the top to the ground.

What shall we do? Shall we do nothing and let ourselves stay at low position? If it is so, then our life will be dull and meaningless.

Even when danger is ahead of us, we shall go on to fight once we set our goal. But, we must not be too disappointed if we fail at the end. We may not be the winner. Should we fail to be the winner, our heart must still be positive, and try to find another way to suit our way of existence. We must know: "There is life, there is hope." The world is so big, we may not build our success on one side, but we will be successful on the other side. Never give up.

If we cannot be a big tree, we had better be a tiny grass. Big tree may be blown down by typhoon, but tiny grass is soft enough against the force of typhoon. Grass will survive forever as long there is soil.

How to Be Ten Years Younger

To be ten years younger, it can be done. But, you have to be very careful in your daily life, to keep a good habit in sleeping, eating, exercising, and peaceful mind.

All females are always in fear of getting old. It is because God gives special favor to females in term of beauty. The world would be dull without beautiful girls. But, the beautiful period of female is not very long. Over forty, their skins begin to get loose and their faces appear a little wrinkled.

Today, female products such as makeup, perfume, handbags, shoes, dress and so on, are in big demands. Big commerce centers in big cities are all in selling women's commodities to earn big profit.

It is true that a fifty years old woman can look forty with the help of perfume and makeup. Of course, it is only in appearance. Now, we can turn ourselves from looking fifty into forty. This can be done. Fifty is a very awkward age. If you are not careful, you will look as if you are sixty, but if you are careful, you will look like forty.

Therefore, if you wish to look forty when you are actually fifty, you have to live a very careful life, to have enough sleep, to eat a balanced diet, to exercise regularly and you have to keep a very peaceful mind. We cannot expect to have a younger look living a crazy life. A decent life brings you decent look. That is for sure.

Definition of Friend

In our life, we must have friends who, in some cases, will help us to solve problems that, we ourselves, are unable to deal with. On the other hand, friends will also need our help. That is the definition of friendship.

We have to be careful when making friends. Human heart is very mysterious. Even as mighty as God, He is also unable to know human heart. Good friends can help us to be successful, but bad friends can destroy us as well.

How to make friends? We have to build up friendship slowly, too rushed to build friendship is not advisable, especially friendship between male and female. Young men and young women must take special precaution to make friendship. It is because they have the aim to get married, to live together forever. If they make haste decision in marriage, they will not be happy for the rest of their life.

Almost in all cases, when a man and a woman first meet, they are both in disguise to appear perfect in every way. They pretend to be nice in their behavior and in conversation. Only as time goes by will they find out the good points and the bad points of each person. Time is needed to understand each other.

Indeed, selecting friend is so important. Some bad friends may destroy us if we are not careful. It is better not to get too close with a new friend. We should have patience to understand that person through the course of time. Rome was not built in one day and friendship between each other is the same.

Do Not Guarantee

It is foolish and dangerous to guarantee for someone who borrowed money from bank. In life, we do not know what will happen to us tomorrow. How can we guarantee for the future of other people!

To guarantee for someone is to put our destiny at the hands of other people. If others failed due to financial difficulty, you will be held responsible for whatever amount you guaranteed. You have to pay all debts of the person whom you guaranteed.

In our life, our children, relatives, or friends may borrow money from bank. In many cases, those people will ask us to make a guarantee. In such case, it is better not to guarantee. Instead, help them with some amount of cash, which will give you no consequence afterwards.

Guaranteeing for someone is terrible due to the unknown consequence it may bring us. So even those who are as close to us as our children, it is better not to guarantee for them. If you do not help, it will actually do some good for them, making them strong in independence. But if you help, their abilities will be weak, similar to building a house on loose sand, which will be blown away by wind at any time during a storm.

When somebody buys a house, the bank still needs a guarantor. You may think to guarantee under such condition is of low risk due to the value of the house. However, it is actually not so. First, property price may drop below the borrowed amount. Second, the borrower may fail to pay installment and, after two month of failure in payment, the bank will auction off the property at very low price, thus causing you to pay the difference between borrowed amount and auction value.

Celery Cures High-Blood Pressure

Nowadays, many people take medicine to control high blood pressure. But, if we eat food, it can also have the same effect to control high blood pressure.

It is very simple. If we buy half a pound of celery, boil it with water and drink it every day, we can very quickly keep our blood pressure at normal condition. Taking medicine has side effect, more or less, but drinking celery soup has no side effect at all. But, you have to buy a blood pressure monitor to check your blood pressure every day.

One true fact proves the medical effect of celery. An old man, on certain Wednesday evening, tested his blood pressure. To his big surprise, his blood pressure was 202, which is very dangerous as he could have a stroke or faint in the street. But he did not go see a doctor, instead he asked his maid to buy one pound of celery from supermarket and boiled it with water. He drank the celery soup and went to bed.

Next morning, he measured his blood pressure again. It was 177, which was lower than last evening, but still high. His normal reading was 150. He again drank celery soup for the whole day. Then on Friday morning he checked again and, also to his surprise, his blood pressure came down to 137. He could not understand how his blood pressure can fall from 202 to 137 just by drinking celery soup in 36 hours. But this is a real fact and he experienced it himself.

Walk With Weight, Long Life

Last year one university in America published a new medical research report indicating that by putting some weight on wheelchair patients, the patients can start to walk. The method is simple. It is to put ten pounds of weight on the shoulders of a wheelchair patient and ask him to walk while leaning against the wall. Every day the patient will practice thirty minutes and in the course of ten days, the patient can walk a short distance without any support.

It is because the weight forces the patient to grow muscle, with which the patient is able to walk independently. It is not an important discovery in the medical field, but as this is a research by a university, the news appeared in the newspapers, thus known all over the world.

Muscles are very important to our body. If we have muscles, we will not be sick, and of course, no threat of death. Young men will not be sick because they have muscles and middle aged men will be less sick also due to their muscles. Old men, who have little muscles, are easier to get sick and even die.

It is not too late to remedy. If you are an old man, carry a ten pound bag. Wherever you go, you must carry a ten pound bag with you. After months of persistency, you will find your muscles start to increase. As a result, you shall have less illness or even no illness. But you must do it every day. It is only by your persistence that you will have the power to live on for another ten years or even more. Turtle has long life and to carry a bag on your back is to learn the way of a turtle.

Treasure Today

Nowadays, whether you are young, middle aged or old, many people are not happy with what they have. They do not live happily today. This is not good thinking. Actually, today is the best day of our life. If we miss today, we shall accomplish nothing in our life.

Yesterday was gone. Whether we had very high glory or we suffered very sad life, it became history. We cannot live in such memory, looking at sky with a sigh, feeling time has gone by so quickly and filling our face with wrinkles. We cannot get happiness from past memories.

Tomorrow is more uncertain because we do not know what will happen to us tomorrow. Many years ago, a big earthquake happened in Sichuan China. While many unlucky people slept in the midnight at home, the ground of their room suddenly cracked and in a matter of seconds, they fell thousands of feet to the bottom below. They died instantly; even they might have thought they were in a dream.

Therefore, we cannot depend fully upon tomorrow. Even though the sun will rise as usual, but to us humans, our destiny is entirely in the hands of God. We must appreciate today. One philosopher said: “We should work hard today, and plan for tomorrow, but we shall not worry about tomorrow”. We must be satisfied with what we have today, enjoying what we have now. Do not be greedy to get more and more. So, treasure today.

Justice Theory

In our life, we must be fair to everybody in spite of the fact that many people are not fair. A lot of people argue with each other and even lead to violence. It is because they are not fair to each other.

Even though many people may not be fair to us, we must be fair to them. It is true that sometimes you may suffer a loss, but if you want to be a man of success, you must have a broad mind to accept a loss even when it comes against your wish.

Still, even if we are prepared to take some unfair losses, we must have the power to protect our heart. A little scratch on our hand or leg from others is not important, but our heart shall never be hurt by anybody. As once our heart is hurt, it can never be remedied.

We cannot live alone in the forest. We have to live with people together. Once we mix with people, there is a chance to get hurt in our daily life. Therefore, we must have wisdom to strike a balance with people whom we associate. We shall not hurt any people, and at the same time, we shall protect ourselves at any cost.

We are living our life in reality under the protection of law, which is fair in every respect. We must obey the law, away from violence, and live peacefully with anyone in the society. Therefore, we must hold the concept of justice toward everyone. Never, never break the law that is protecting us under any circumstance of our life.

Forget Your Help

In this society, most people easily forget what you have done to help them, whether such help was given voluntarily on your own or by request. It is quite normal in the human world. The only thing you will feel uncomfortable is that when you need some help from those people whom you have helped before, they refuse to help you, giving you one reason or another. You will feel very much disappointed.

Therefore, before we help, we must not have such idea that someday they will help us back when we need it. To help is just like the wind, once gone is gone forever.

For a small example, you may help some poor student to go abroad to further his education. Maybe a big amount of money is involved. But, this student never writes you a letter of thanks or send you a card on your birthday. He just forgot your help. Such is a general situation in this world. Therefore, many people become selfish and do not like to help other people.

But, if you want to help, you must think of helping as a kind of enjoyment and show that you are a man of power.

You have the freedom to help or not to help, it depends entirely on your philosophy and on your financial power. Bible says “to give is better than to receive”. To help is a virtue, which you will feel happy once you have done something to help others.

Everything Balanced

In our life, we have to find a balance in human relationship, things in daily life, and in our own life. To find a balance with human is not easy. If we fail to strike a good balance with human, we will be isolated from society. We have to learn with our wisdom.

To achieve a balanced relationship with friends requires a deep knowledge. If we are too close with friends, we may have trouble with each other, but if we are too distant from friends, we cannot build our friendship. Therefore, we have to keep a good friendship, and on the other hand, we shall have no argument whatsoever.

Even as close as husband and wife, we also need a good balance with each other. If not handled well, there will be argument between husband and wife and even come to separation. You have to learn how to live smoothly between husband and wife.

As to how to balance things in your daily life, you first need to control your time. If you know how to handle your time, you can then deal with things that come to you every day.

The main thing in balancing your personal life is to watch your health. Why many people suffer cancer illness nowadays? It is because they do not balance their life well. They smoke and drink alcohol without control and spend their time on nightlife too much. Consequently, cancer falls upon them. It is the most important thing to balance your life on health, without which your whole life will be destroyed.

Character Cannot Change

Scenery can change, but character never. Scenery means habit, and character refers to our action in daily life. Habit can be changed slowly, but character is inherited from the day of birth, which will be kept our whole life until we die.

Even animals have different characters from birth; cat likes to catch rats, dog chewing bones, panda eating bamboo, ox eating grass, tiger and lion only eat meats. Such are the rules of their life and it will never change.

When we were born, our appearance will also decide our character. If we are strong and stubborn, we will go toward the work of heavy labor. But if we were born weak, we may go toward more education, and spend life in the field of knowledge.

Some are greedy, and some are satisfied with what they have. Some speak rudely, easy to hurt people, some lazy, never be able to work positively. All of such are formed by characters, which are impossible to change. That is why we need law. If people have character to hurt other people, law will put them in prison and punish them. They shall be imprisoned and have no more freedom to hurt members of society.

We are human in this world, but we are just like ants, so tiny that we can do nothing. But we have character. As long as we do not break the law, we have the right to keep our character, which cannot be changed whether it is good or bad. Then we had better enjoy our character since life, while in appearance is long, is actually short. Why not enjoy our life as long as we have breath.

Beauty and the Beast

This is a movie now showing in many theaters. It is a movie that is acceptable to all ages for entertainment. The movie tells the love story between a beautiful girl and a beast looking man, which attracts many people to see. Although this movie is based on a novel, in real life, a true story that happened twenty years ago bears a striking similarity to the movie.

It was twenty years ago at a certain town in Europe. A couple of lovers appeared in a street coffee shop enjoying their coffee relaxingly. The age of the couple were around twenty. The young woman was a beautiful white girl, but the young man looked like an ape, with hair covered his face and his body like an ape. But he was a man, in his mannerism, in conversation, and in knowledge, just the same as we are. Their appearance roused interests from reporters and pictures of them were published in newspapers, thus known all over the world. Strangely, the girl did not like normal looking white boys, but love this ape looking boy. Reporters asked her for a reason. She said that the ape looking boy only looked different in his appearance from the other white boys, but he has a good heart, willing to help others, not selfish and also has many good virtues that we normal human have. There was nothing strange for her to fall in love with him.

From here, we can see that if we have deep communication with someone, we can surely build a close relationship with the person we socialize with, whether this person is male or female. If you are a young man in love, show your sincerity with open heart. As time goes on, you will surely win her heart of love.

Keep Personal Secret

We all know that government secrets cannot be revealed to the public, so are our personal affairs. It is important that we keep our family secrets to ourselves and not disclose them to anybody who is not a member of our family. Every family has a story of its own, and it is foolish to tell family secrets to outsiders.

Some people may have quarrels among her own family members, who in order to express her own sentiments, tells these family arguments to her good friend whom she thinks is trustworthy, but instead, her friend reveals everything to outsiders. It is not wise to let others know about our family affairs regardless of whether they are good or not.

If you are a famous person, your personal affairs may appear in newspapers, which will describe your personal life by adding some untrue comments in order to attract more readers to read.

We are human and it is proper to keep our own affairs private. As long as we do not break the law and do not hurt other people, it is our right to keep our privacy. We have the right to enjoy our privacy. Unfortunately, nowadays some small newspapers are trying very hard to dig up personal story of famous people so that those newspapers can make more money by telling untrue stories.

Therefore, when we have arguments among our own family members, we shall never tell anything to outsiders. We may make mistakes, but such mistakes should remain in our home, we can treat them as tea in a teacup and can laugh about them later for our own enjoyment.

Who Steals My Heart

If someone can steal your heart, you shall be a happy person. It is because you have someone to take care, to love. The most pitiful person is the one who has no one to love and no one to love him.

Some women love dogs very much because they have no one to love and no one to love them. They then turn themselves to love dogs who in turn also love them with full heart. Dogs can make them happy and win their hearts.

In the story “A Tale of Two Cities”, a young lawyer in London, at one party, met the wife of a French nobleman. During the French Revolution, the nobleman was caught by revolutionists and sent to prison. The lawyer told the wife of the French nobleman that he would risk his life to save her husband. Why he wanted to do so? It was because he had one-sided love toward the nobleman’s wife, who stole his heart.

For us ordinary people, it is better to have someone who can steal our heart. If it is so, we shall have someone to take care, to worry, and to love. Our life will then be much fuller and happier. That is why we need a family. A family for us to love, to care, and to take responsibility with any problem the family may encounter. At the same time, members of our family will also care for us. Our happiness will then be built on equal care and love, which is necessary to enjoy our daily life. But, dogs are different. If you give food to a dog, it will think you are the master and love you full heartedly.

Where Shall I Go

Everybody, in different age, will think, “Where shall I go”. To say it simply, it is because everybody has a different goal in different age. To say more simply, to reach our goals is to catch important key points in our coming life.

In our childhood, our parent will supervise us to study. When we grow to a young age and enter society, we start to work and lay the foundation for our future success. At middle age, our responsibility is to take care of our family and strengthen our career. At old age, it is important to take care of our health. Those are the things and goals at different age that we are to face.

“Where shall I go” means where are the key points of our life, now and in the coming life. We must think carefully and deeply. We need a profound plan that will bring us a beautiful and happy life, failing which we shall float our life in the boundless sea going nowhere aimlessly. In life, you are the master who plan your own future. No one will care and plan your future for you, this you must clearly understand.

“Where shall I go” is so important to young people who, like a piece of white paper, are pure and clean. If they find the right way to go, their whole life will be comfortable and happy, but if they select the wrong way, their whole life will suffer in one way or another. We live our life only once, so we must be very cautious in selecting our goals as best as we can.

Books Are Like Ocean

In ancient Europe, all the royal families, as well as noblemen and rich people, they all had big libraries at their homes with thousands of books on the bookshelves, to show that they were learned persons. But actually, they were busy hunting, dancing, drinking, paying absolutely no attention to reading. Library was only there as decoration.

But in ancient China, government people were all learned persons. Only people with good knowledge from books could attained high positions in the government. That is why getting knowledge from books has been the Chinese philosophy. There is a slang: “Read, read, you will find gold from books. Read, read, you will have beautiful girls from books.”

To put it simply, it is surely beneficial to you if you read more books. In ancient time, to be an officer in the government you must read many good books, contents of which would be tested in the examination. Today we have textbooks in primary school for our basic education. We learn our knowledge from those books, which are to be used in our whole life.

However, we should read more books by ourselves after graduating from school. Since there are so many books, which is like ocean in this world, we should have the wisdom to select what kind of books we should read. The most useful books for us to read are history books. History will teach us things that happened in the past, and through history, we can learn how to guide our life in the future.

Being Afraid, Is Wisdom

Some people have the character of not afraid to do anything. That means they will do anything without deep consideration beforehand. Such people are dangerous. They will have more failure than success.

We must build a character of “being afraid”, of anybody, of anything, even of ourselves. If we are afraid, we will be careful in handling things that fall upon us. Being afraid is not a weakness, it is carefulness, which helps us sail our lifeboat safely forever.

But, “being afraid” is only a tactic. When we face something important, we are not afraid to do it. In such case, we shall use more forceful words to handle things, “we do not fear”. For example, if we want to cross a mountain, but in this mountain there are tigers. Of course, we would not go into the mountain to face the danger of being eaten by the tigers. But, we do not fear. We can ask people to help us, with weapons and other noisy instruments to scare the tiger away. We are now safe to cross the mountain.

“Afraid” is only a word to remind us that in everything we must think before we do. An English proverb says: “Look before you jump.” Therefore, in your life, you must keep a heart of “being afraid”, but you must not “fear”, so that you will think carefully toward everything. Once you have decided and planed, you shall have a philosophy of “do not fear”, and go forward until completion.

Success Needs Patience

Everybody wishes to be successful, but success is difficult to achieve. You have to put in a great deal of effort and hard work to achieve it, and in addition, you need patience and persistence. Especially when you are close to reaching success, you will face more difficulty than ever. In such case, you will require much patience and persistence to reach the final goal of success.

Patience means persistence, which is essential in our journey in life. Without patience and persistence we cannot achieve anything in our life. Patience is the virtue of our life. That is why all great people have possessed the virtue of patience and persistence.

Few hundred years ago in Japan, there was a warlord. His name was Tokugawa Ieyasu, who was a small warlord in one part of Japan. At that time, Japan was divided into small countries. As long as you had armed forces, you could occupy a place as your own. In order to survive, Tokugawa submitted to a powerful warlord to whom he obeyed for almost forty years. Finally, Tokugawa became a powerful warlord himself and united Japan as one country. Tokugawa was a pioneer of patience.

We do not like dark night, but we have to be patient to pass the night. We do not like winter, but we have to be patient to pass the winter. In our life, we have to be patient in everything. Only by this way, we can live a comfortable and beautiful life; otherwise, we shall be unhappy every day.