
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.

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Do Not Talk About Ghost

Thousands of years ago, our Chinese saint, Confucius said: “Only discuss the life of ordinary people, do not talk about ghost.” He meant that ghost is nothingness, as in a mist in the air, it is not real, but the life of people is real. This is a very realistic philosophy.

For many, many centuries in the past, writers always wrote about ghost, and with monks’ promotion, we ordinary people began to have a deep impression in our mind that there is indeed ghost existing in this world. What the writers wrote about ghost was from their imagination, not from what they have seen. But since they wrote about it again and again, we began to believe in the existence of ghost.

But if we think calmly, there should be no ghost. No one has seen ghost, which is only an imagination from our heart. Actually, after we died, our body simply return to earth becoming materials.

Since it is a fact that there is no ghost and no life after death, we therefore should appreciate our life now, today. Only today can bring us happy life and solid life. Tomorrow is unknown, no one knows what will happen tomorrow. As long as we have breath, we have life, which should be taken care of very seriously. We can only enjoy our life when we have breath. Seize this very moment and only by this moment can we enjoy happiness. Never let it slip away.

Talk About Shakespeare (1)

Shakespeare is a great writer in English history. His plays are known the world over. English people admire him very much. Some teachers are studying Shakespeare very deeply in order to teach it in their class.

To English people, if he is educated, to read Shakespeare is, of course, no problem, but to less educated people, it is difficult to read Shakespeare.

Shakespeare was born four hundred years ago, during the reign of Queen Elizabeth I. Old English was used at that time, but it was not entirely so. At that time there was war between England and Spain. When the Spanish fleet approached English coast, the Queen came to the front and made a famous speech to encourage her soldiers to fight. The English in that speech was not more difficult compared with today's English. However, in the hands of Shakespeare, the English became difficult. The words he used and the way he wrote could only be read by those in high-class society, not for the ordinary people.

It is, of course, difficult for us Chinese to read Shakespeare. Unless we are university students studying the course of foreign language, Shakespeare will become understandable before us. But for most Chinese, we only know a few famous sentences from Shakespeare, to show that we also know Shakespeare. It is true that the words of Shakespeare are difficult and those words are seldom used in our daily life today. It may waste our time to learn those words, but it is still good to read Shakespeare for our English knowledge as well as for our pleasure. We may have some comments on Shakespeare from the Chinese point of view.

To Be Rich, Care Not Others Affairs

It is true that if you want to be rich, you must not care about others affairs. If you only care about yourself, your chance to be rich is much higher. That is because to be rich, you need time. But, to care about others, your time will be used by other people, thus reducing your opportunity to be successful.

Many universities in America, in front of the entrance, there inscribed these words said by one of America's founding fathers, Benjamin Franklin. He said; "Do not squander time, for that is the stuff life is made of."

To interfere with other people's affairs may bring us disaster. An example happened a few decades ago, which should be a clear warning to us not to touch other people's affairs. Many years ago, a Hong Kong tour group went to Singapore for sightseeing. But one member of the tour group was found by the custom officer that he carried drug, and thus he was detained. As the custom officer only spoke English and this suspected drug carrier could not speak English, they could not communicate. At this time, a young girl in the tour group volunteered to be a translator. The consequence was that custom officer suspected the girl to be a member of the drug carriers also, and she was detained. She was put in prison for three years before she was released. It was a true story to educate us not to touch other people's affairs.

If we want to live a peaceful life forever, we should only take care of our own affairs. To interfere with others affairs will only bring us troubles, and maybe disasters.

No Need to Marry a Beautiful Wife

All young men wish to have a beautiful wife. It is human nature, normal in every way. But, in the reality of life, a beautiful wife may cause you more problems to deal with. Problems do not come from your wife, but from outsiders because of the beauty of your wife.

A short story in the Old Testament said that a Jewish person planned to emigrate from his city to another new city for a better life together with his wife. However, as his wife was too beautiful, he was afraid that he could not protect her in a new place where he knew nothing. In order to protect himself and his wife, they disguised as brother and sister on their way to their new life. This is the wisdom of the Jewish people.

In ancient China, there were four famous beautiful women, Yang Yuhuan, Diaochan, Xi Shi, Wang Zhaojun. They enjoyed luxurious life due to their beauty, but they all died young of unnatural death.

Of course, we cannot say that to marry a beautiful woman is bad, but based on past record, separation of beautiful women in marriage is higher in percentage than ordinary women are.

Beautiful women are fit to be movie stars, television stars, singers, models and so on. Most of them do not like to be an ordinary wife, working in the kitchen every day all year long. They prefer a life of glory and comfort. Therefore, it may be a blessing to you if your wife is not very beautiful. An ordinary wife will make home more stable and away from outside intruders. Peace will exist all the time at your home.

Run Away Is the Best Tactic

Chinese have a very famous proverb: “Of the thirty six tactics, run away is the best tactic.” In our life, we have many opportunities to use this tactic. When we meet someone with whom we cannot talk agreeably, it is better to leave him as quickly as possible. Especially for most young men when he has an argument with someone, it is better to leave the spot before the argument gets hot. If the argument continues, it may lead to a fight and the consequence is that he may be hurt or he may hurt others, either way it is not good for him. If he is hurt, he will lie in hospital, and if he hurts others, he may be in prison. Why not take the “run away” tactic and go home to sleep, be safe in every way. Whether a person is foolish or has wisdom depends on the decision of this moment.

Weak animals that eat grass are the expert of “run away” tactic. They are on alert twenty four hours a day beware of wild animals. They will escape with very high speed in case meat eating animals come near. “Run away” tactic is the basic rule to protect their life.

If you are in love and find that you do not feel agreeable with your lover, it is better to leave early so that much trouble can be avoided. If you keep your love relationship too long and one day you want to stop it, you may have trouble or even disaster.

In our life, we have to keep relationship with people, but at the same time, we will have troubles from them. If it is so, better to walk away from them to protect yourself.

Every Day Is a New Day

Every day we should live as a new day, we can look forward and memorize our past. Though past is gone, we can apply our past experience to our future life, to avoid past mistakes. We will not repeat same mistakes that we committed in the past.

As long as we have a new day, we can plan many new things for today and the future, leading our life to be brighter and have more happiness in our heart. Nobody will give us happiness, which we have to seek by ourselves. Life belongs to ourselves. Only we, ourselves, can make decision on what we should do and what we should not do. Of course, we have to bear consequence for what we have done whether it is good or bad. Therefore, we should think carefully before we do anything. We should do more things that are useful and avoid doing things that are useless.

In the new day, what is more important is to learn new things. Only by learning can we have progress, to create our energy and motivation, to fulfill our life better.

Success has no definite definition, as long as we keep ourselves in progress, we are people of success, forever. Progress should be our goal in life.

We must treasure today, treasure this very moment. Do what we should do and do not do what we should not do, work hard, play hard, not to waste a day only to regret afterwards. In a new day, we must catch the important points, failing to distinguish them clearly and you will not be a successful person.

Old Men, Never Get Angry

In the reality of our life, in movies, in television, and in books, we always see old people die from stroke because of sudden anger. Why? It is because their blood runs too fast due to their anger and then their blood vessel burst.

Nowadays, many people are taking medicines to lower their blood pressure. Those medicines can soften the wall of your blood vessels, thus prevent your blood vessels from bursting. Such medicines are now very popular in the market.

The anger of old people is mostly from family, especially from children. Most parents love their children very deeply, even when their children are adults already. But, children do not accept the love from their parents, instead, they do something to anger their parents. To keep such anger from happening, it is better for old people to live alone at a separate place to keep distance from family members. Using the system of distance, people will be more polite to each other, thus the chance of anger is much reduced.

But there is difficulty to live separately. First, finance is a problem. The majority of families will find it difficult to support an old man living separately due to financial difficulty. Second, old man cannot take care of himself in his daily life. Third, old man does not like to leave family members due to his sentimental relationship with his family.

If you have to live with family, you must be prepared psychologically; you must not care too much about your family members. Their problems are theirs, you do not need to settle their problems for them. You can only live to take care of yourself, it is the only way for you to live a longer life.

Love Can Only Move Forward

When young couples are in love, they always quarrel, almost frequently, and finally they separate, never together again. It is fine if they are only friends, not officially married. However, once they are married, through solemn ceremony, under protection of law, they should live together in harmony. If they still quarrel and quarrel, it is not good to their family life. Eventually, such continuous quarrel will result in separation of their marriage.

Nowadays, the ratio of divorce in big cities are quite high, ranging from forty five to fifty percent, mostly from young couples, under the age of thirty in average. From reality point of view, if couples are quarreling with each other all the time, it may be better to separate, freeing themselves to let them live their life in their own way.

If the couple has a child, the one that is going to suffer is the child. In most cases, the child will be taken care of by the mother, and when the father takes his suitcase to leave, the child will ask: "Papa, where are you going?"

For some couples, after several years of divorce, they found out that they are both still single. In such cases, some couples will come to be reunited. But, according to record, nine out of ten reunited couples will still end up separating again within one year. It is because love can only move forward. It can never turn back. So, when you have a family, you must tolerate and respect each other to keep family in a peaceful atmosphere. Never divorce.

Knock, Knock, Are You In

This is the name of a song that was very popular in Taiwan two decades ago. This song is very beautiful, especially the music, which is from the dance music Cha Cha Cha. This dance is suitable for young, middle age, and old age to dance, not very difficult to learn. If you learn one hour, you can dance with the music in your own way, even if you are a little off beat.

For dancing, if you learn for one week, you will feel you are a good dancer, but if you learn for three months, you will feel it is so difficult to dance in a nice posture.

Here is to introduce some knowledge of dancing, which is now so popular all over the world. Today, the dancing center is in a small town called Blackpool in England, where it hosts a world competition every year. In May, all the world's best dancers will go to Blackpool to compete against each other. Only champions from this competition will be recognized the world over as the best dancers in the dancing world. It is a big competition. Thousands of dancers fly to England to show their dancing skills.

Nowadays, dancing is divided into two classes. One is Ballroom, which includes Quick Waltz, Slow Waltz, Tango, Foxtrot, and Slow Step. Another class is Latin, which includes Cha Cha, Rumba, Jive, Samba, and Pasodoble.

To learn to dance is very costly, and very time consuming. Therefore, not too many men will learn to dance. Only women in older age will learn dancing since they have time and money. This is the situation in the dance world so far.

God Help You Get in the Queue Again

The average life expectancy of Chinese people is now around eighty. Near eighty, you have to get in queue for going into the grave, but some people, by God's grace, were pick up by God from the queue and put at the back of the queue again. That means he can live another ten years or more.

From the reality point of view, this is of course the result of the person taking exceedingly good care of his health throughout his life. It means that he does not touch any kind of alcohol, or smoke, or develop any bad habits that affect his health. To live a long life, you need sufficient sleep, balanced diet, adequate exercise, a peaceful and broad mind, stable finance, and no worrying about living in his old days. If you possess such conditions, you will surely prolong your life.

Long life is good, but you have to be healthy, and be able to take care of yourself by yourself, then you will live very happily and comfortably. If you have to depend your living on other people, it will be painful in many ways.

From seventy to eighty, it is an age, for most people, which they are able to take care of themselves. But, over eighty, you may need other's help if your health condition is weak. Of course, over ninety, you have to ask people to take care of you, otherwise you will live your life in danger every day.

Therefore, no matter how old you are, you have to possess good health, without which your life is in danger every moment. God will not help you to put you at the back of the queue again if you are too weak.

Gambling Makes You Broke

Everyone knows that if you are addicted to gambling, your life will be destroyed, it is true in every respect. You shall never touch gambling if you wish to live your life peacefully.

In Las Vegas, America, and in Macau, China, many beautiful buildings, which are all casinos, are everywhere in the city. Where does the money come from? It is from the pockets of gamblers. But the casinos do not cheat you, they gamble with you fairly. What they gain is the commission from each game you play. They get at least five percent or ten percent on each of your play. If you play long, surely you will lose all your money, no matter how rich you are. The more you play, the more you lose.

Many, many decades ago, there was a famous actor in Hong Kong who was very successful in his career, and he became very rich. He owned many properties as well as a film company. One day, he went to Macau to gamble, and starting from that time, he stayed in the casino, gambling day and night. Finally, he sold all his properties and lost all his money on the gambling table. Such things happen everywhere every day. Many people destroy themselves by becoming addicted to gambling. Therefore, you must not gamble, away from which will protect your life safely all your life. Be sober and keep your money safely in your pocket. Never go to casino where it is the place to destroy you. You must earn your money by your own labor, not hoping to win other people's money without working.

Keep Your Personae

Personae is a religious term. In our life, our personae is to fulfill our duty, that is to say, do what we are asked to do, and to complete anything on which we have been authorized to do.

As far as duty is concerned, only old people and children can be exempt from duty. For all adults, duty is a solemn thing placed on their shoulders. They have to fulfill their duty at any cost. On trivial matters, duty may not be serious, but on major events, duty may involve human lives. For example, a street cleaner cleans the streets every day, and occasionally he may neglect to clean one part of the streets. This is not a serious negligence on duty. But if you are an inspection engineer checking plane engines, or any part of the plane before flying, you have a serious responsibility. If you overlook a faulty part on the plane during inspection, it can cause an accident in the air due to your negligence. It is so serious that it can cause the loss of a few hundred human lives.

Driving after drinking is also a serious offence that will cause people to be wounded or dead. You shall never do that. Therefore, we should be very careful in handling our life to protect ourselves and not to hurt other people. Take duties that we are assigned to do seriously. Successful people are those who fulfill their duties completely and win confidence from other people, those who fail in their life are not responsible persons.

Everybody Busy for Himself

Our life is independent and we have the right to do what we like to do as long as we act within the boundary of the law. That means we can use our twenty four hours freely according to our own free will. There are only a few people who do not know to whom they are busy for, but most of us are busy for ourselves.

We have to be careful in our busy direction. Good direction will lead us to a better life, but wrong direction will bring us troubles that we must not ignore.

In the 1930s, a famous Chinese writer Lin Yutang was invited by American writer Pearl S. Buck to America, and from that time onwards he lived in America. As he was excellent in English, he started to write novels about Chinese society and literature in English. His novels were very much welcomed by American readers. He became rich. But, at that time he started another career, studying the invention of Chinese typewriting. He invested so much money that he almost exhausted his wealth. Finally, his debt to other people was so high that he was forced to stop his invention.

From here, we can see that before we do anything we must be very careful in selecting a direction. A wrong direction will not only cause us to waste time, but also make us fail in our finance. Once we make a mistake, if it is serious, it will be difficult to remedy since time waits for no one. Even if we want to try again, time is gone, and we are no longer young.

Think Before Action

We are human and we have thoughts. Thoughts lead us to do good things or bring us to do evil things. Whether we do good things or evil things, we must have a thought beforehand. By thinking, someone does good deeds, and also by thinking, someone does bad things.

Thinking is a choice made by individuals. It is not that educated people are good, uneducated bad. But in general, educated people commit less crimes and uneducated people commit more. It may be because educated people usually have more income, which makes it unnecessary to make more money illegally, but those who are not well educated need more money to support their life by engaging in illegal activities.

We all have fundamental ideology that we follow; we shall never break the law, never kill, and never cheat. As long as we work hard and live legally, we can live our whole life safely and peacefully.

Thoughts belong to us privately and we can think whatever we like. Of course, we must not have the thought to hurt other people. Therefore, reading more books is essential. Only from books can we learn profound knowledge to deal with problems that fall upon us daily. We shall then be able to distinguish what we should and should not do. We adults have stubborn character, keeping our ideas unchanged regardless of whether the ideas are good or not. But, through knowledge from books, we may change our foolish ideas into decent ideas.

You Are the Cheater

If somebody told you that he was cheated, it is not important to listen to his story of being cheated. Instead, you should study the person's character. He must possess a character of taking advantage of others. It was his weakness in character that cheaters can come into his life to cheat him.

In our life, we have many chances to be cheated. But as long as we do not take advantage of others, nobody can cheat us. Nowadays, cheating has become a business that is not carried out by just one man, but by a group of people, making it difficult for us to discover. Therefore, we have to be careful in making friends, who could be a cheater that can hurt us.

You need wisdom to protect yourself, to face all kinds of people, and to deal with anything that comes to you. You must know how to protect your wealth. Do not trust people too easily. Do not lend money to other people who, in most cases, will not return the money back to you, and at the same time, you also lose a friend. Live your life in a simple way, which is essential to avoid cheating by others.

To conclude, if you can build a character of not taking advantage of others, you can be sure that cheaters will not come near you. This is the principle you must hold. Tell your children that the outside world is so complicated and that you have to keep a character of generosity in order to live peacefully all your life. If you are greedy, you are a cheater already, and as a result, you will be the person to suffer losses in the end.

We Were Born Selfish

We all deny that we are selfish, but actually everybody is selfish. It is normal to be selfish as long as we do not harm other people. Selfish to protect ourselves is our right.

Every country always declare that they do things in order to protect the core interests of their country. Therefore, it is right to be selfish to protect ourselves. However, many people, for their own benefits, are selfish to hurt other people. That is real selfishness. We live our life amicably with each other in society based on fairness. Argument will happen if fairness is not applied. Law exists to keep fairness, and the court is the place to enforce the law.

Actually, we act selfishly in many ways in our daily life. We are human whose character likes to compare with each other. If someone's performance is better than us, we will not be happy and wish to surpass him. If we cannot surpass him, we may say something bad about him. That very clearly show our selfishness in a bad way. To be selfish is also to harm ourselves. Our heart will not be peaceful, which indirectly hurt our health.

Many people who wish to take advantage of others in everything are the obvious ones who are selfish. Those are not successful people. They get less friends to help them when in need because they are selfish. We should guard our position firmly and deal with things fairly with each other.

Find Happiness by Yourself

Everybody wishes to be happy, but you cannot enjoy happiness by yourself alone. You have to find a person to share your happiness or to do something that can give you happiness.

First, we have to build the idea of happiness in our heart, which we can then go into action to pursuit it. We shall be happy if we have dinner with friends with whom we can talk about whatever we like. But, we can also have happiness by ourselves alone, and that is to keep a peaceful mind all the time. We shall enjoy happiness with a mind of peace.

We are all individual persons and we cannot depend on others to give us happiness. We have to seek happiness on our own. As long as we have a peaceful mind, we shall be happy every minute. We enjoy our happiness alone and do not have to depend on others. We can reminisce about beautiful things in the past and we can also look forward to our bright future. We can imagine flying to the blue sky or swimming to the bottom of the sea six miles below. Happiness is in our mind, we do not need others to help us.

Many people are not happy, saying that they are lonely. It is true in some respects, considering the reality is that a huge number of people in this world are lonely. You have to resolve it by yourself, nobody can help you.

Afraid To Be Fat

We are all afraid to be fat. It is because being fat makes us look ugly, and it deteriorates our health. Besides, our reaction will be slow in our daily movements. Therefore, we shall not be a fat person under any circumstance.

But to keep from becoming fat is not easy. First of all, we need to watch our mouth, which is the entryway to making us fat. Then we need to eat less in every meal. Exercise cannot prevent us from getting fat, only by controlling what and how we eat can we not be fat.

We can see from the life of wild pigs and domestic pigs. Wild pigs run fast with swift action, but domestic pigs walk slowly and move clumsily. It is because their life background is different. Wild pigs have to find food by themselves while domestic pigs are fed by human. Wild pigs eat less and move more, contrary to domestic pigs, which eat more and move less.

We, human, are also like pigs. We should do more exercise and eat less so that we will not be fat. Exercise cannot reduce fatness, only mouth control can. Therefore, we have to eat less and exercise more to make our muscle strong and body swift. Fatness is really a nuisance and unhealthy, especially to old people who will easily have a stroke if they are fat.

Staying fit is lifelong work. You have to watch your mouth every day and in every meal, especially at dinner, which can make you fat easily if you eat too much at dinner.

Like to Say “I”

When we talk to other people, most of us like to say “I” frequently. But if we say “I” too much in conversation with others, it is not the art of talking. People will dislike us if we say “I” too often.

Talking to people is a knowledge we have to learn. We must let others talk more and we ourselves speak less. By doing so, friends will like to talk to us more amicably because we say less “I”. If you work in a big organization, your superior will like subordinates who speak less. Your boss will not like you if you talk too much.

In the Bible, it says that you have two ears and one mouth. That tells us very clearly to listen more and speak less. Besides, people who talk too much cannot win confidence from others.

An old Chinese saying says: “Silence is gold.” It does not mean that we do not talk. It means that we should only talk when necessary, but in general, silence is better.

To talk adequately, we need wisdom, which we can only learn from books. By reading books, which are the records of our ancestors, we will make fewer mistakes. Of course, we have to select good books to read, not to read any books that come to our hands. Good books will keep us away from troubles and disasters. Good books will help us speak properly and bring our life to be successful. Indeed, good books will bring us a good destiny that we desire our whole life.

Manage Money: The Important Point

We all know earning money is difficult, but to keep money is even more difficult. Many people who made money in the beginning lost all their money in the end. It is because they do not know how to manage money.

If a young man does not know how to manage money, it is not so important. At his young age, he can use all the money he has earned; he can earn money again because he is young. At the age of thirty, it can still be excused if you do not know how to manage money, but if you are at forty, you must be able to keep what money you have earned. At forty, if you cannot keep your money, money will not come back so easily. If you are at fifty, you absolutely have to keep your money. Once your money is gone, it is like a river of no return. Money is gone forever.

To manage money is not easy. You can invest in gold, but unless there is war, you cannot make profit from gold because gold price is very steady. Stock is something you can invest in, but you must be aware that price of stock is very volatile. You can be rich in the morning and poor in the afternoon if you are a speculator, this is a high risk investment. For example, recent news from America about United Airline violently forcing one passenger out of a plane angered the public. As a result, the stock value of this airline dropped seven billion in one day. For investors who bought shares in United Airline, this was a terrible loss. Therefore, you have to learn how to manage your money for financial security in your old age.

How to Be Master of Money

Money is not all mighty, but also not all evil. It is a tool we need in our life. We cannot live without money. In the reality of our life, we need money to support our daily life whether we live in peace or in war. Money is the only thing we can depend to live on.

In a poor family, husband and wife have more chance to quarrel, even to divorce. Of course, such thing will easily happen in a very poor family. But for a family, even if they are poor, they can still live peacefully as long as their incomes and expenses are balanced.

Though money is so important, still, two things cannot be bought with money. That is “time” and “love”. Time is the cruelest. Once time is gone, it is gone forever and it never come back. A million dollars cannot buy one minute back. Money cannot buy love, but with money, you can build love with the help of time.

The ability of every person to make money is different due to various circumstances in destiny. However, we can make adjustments ourselves. If we make more money, we can spend more, or if we make less, spend less. We must be master of money, not slave of money.

After we made money, we must lock it up like a prisoner. Money is such a strange creature. If you do not keep watch, it will escape. Be aware that once money is gone, in most cases you will have difficulty gaining money back.

Never Give In

In anything, we must have the spirit that we shall never give in. That is to keep moving forward in spite of difficulties lying ahead. We cannot guarantee one hundred percent that, even thru hard struggle, we will for sure reach the goal of success. But if we do not struggle, success will never come. Therefore, when we set a goal, we must keep the principle not to give up, but to go forward and forward. If we fail, we shall try again. We must remember, “No pain, no gain”.

We all know that to persist is the only way to be successful, but most of us will give up when some difficulty, even a minor one, lie ahead of us. Such people are people of failure. They do not know success comes from the last thrust.

In term of study in any field, only the best person can win glory. He must be the person that spends years and years in his search. Lazy people will surely be out of his way.

The glory of competition belongs to the champion, but there is only one champion. You need some luck to achieve championship. A clear example is from the swimming competition in the Olympic Games. In most cases, the champion defeats the second place by only the length of one finger. It is by luck. But, once you become a champion, glory comes to you and the entire world knows your name. However, he who finishes second will have no glory, but to leave the spot silently.

Feet Get Old First

If a person can walk fast and speedy, it shows that his feet are very young. He cannot walk fast if his feet are getting old. To keep the feet young, you must have muscles to protect leg bones tightly. With strong muscles attaching to your bones, you can walk very fast and do any movement whatever you like, but if you have no muscle, you cannot do any action as you wish to do. You cannot walk fast if your muscle is weak.

To make strong muscle, you need to exercise for a long time. It will take you a few years of hard training, not a few months. Only steady exercise can protect your bones. Strong muscles can also protect your organs in your body. With good resistance in your body, you will have less chance to get sick, away from minor sickness. You can then live your life without illness.

If you have strong muscles in your legs, you can walk long distance without feeling fatigue, producing a good effect in your health. As long as you walk every day, your muscle will never disappear.

Why do people get old? It is, of course, a natural cycle, with the passage of time, everybody gets old. Still, a person who cannot walk will get old very quickly. Therefore, walk everyday whenever you can, it is the only way to prolong your life if you are old.

It is sometimes difficult for an old man to walk due to lack of energy. Once an old man sits down on a sofa, he does not like to move. This is why old man cannot walk straight, only bending his body to walk.

Live Steadily Stay Alert

In our life, we should stay alert all the time to face any change or unexpected thing that may bring danger to our life. It means that when we are under sunshine, we should prepare for rain. Many people wish to live a comfortable life today, with no preparation for disaster tomorrow. Good weather can change into storm at any time, so can our life.

We Chinese have the custom to store grain in preparation for famine. It is a kind of “live steadily stay alert”, which is surely correct. We have job and have income, but we should not use it all. We must keep certain amount of money as savings in order to meet emergency, otherwise we shall be in trouble because of not having cash on hand.

“Live steadily stay alert” not only apply to money matters, but it can also apply to other things in our life. That is, to expect the best but prepare for the worst. We cannot have good weather every day.

Therefore, everybody must have the awareness of “live steadily stay alert”. As long as you have such preparation, you will live a comfortable life without fear.

From example of animals, we can see from animal documentary film that deer in the forest always keep alert day and night. When predators are approaching, they immediately run away as fast as possible to escape from the jaws of predators, for if they do not keep themselves alert, they will die almost any time, any day.

People Forget Gratitude

In this world, many people are inclined to forget the help you gave them. People will return you with nothing for your help. Therefore, when you help others, do not expect a return, otherwise you will feel very much disappointed.

To help others, even when it is a big help, they will remember your kindness only for a short time. After a certain time, they will forget what you did for them. On the contrary, they may do something to make you unhappy.

Decades ago, there was a Hong Kong woman who came from Shanghai and lived in Hong Kong. She worked hard and earned some money. She had a brother in Shanghai, who wanted to buy a house, but did not have enough money. He asked his sister to help and she sent all her savings to help her brother. Years later, she went to Shanghai and stayed at her brother's home. To her surprise, his brother's wife treated her very coldly and rudely, forcing her to move out to stay in hotel. She was so sad that even with so close a relationship as she had with her brother, that they would treat her in this way, forgetting what she did for him to buy the house.

Therefore, if you do not want to expect other's gratitude, the best way is to pay money for service. That is why today the AA system is so popular. No one owes anyone in anything. With such system, you will feel more peaceful in your life.

How to Prevent Illness

None of us likes to be sick, so we have to take necessary precaution if we do not want to be ill. First, we need to have good blood circulation, which will prevent any sickness from happening, especially cancer. We know that streaming water from the mountain to the river is so clean that we can drink it as drinking water, but on the contrary, water inside a pond is so dirty. Germs of every kind are in the water because pond water is not in motion.

To prevent illness, we must build good habits in our daily life. Uncontrolled drinking, over-eating and crazy nightlife will cause you to suffer many kinds of sickness in your life. It is essential to avoid such bad habits in your daily life.

Only young people need not take care of their health too seriously. They have strong resistance in their bodies to fight off illness. People under fifty are basically still strong, and if they take good care of themselves, they are also not easy to fall ill. From sixty onwards, body has a little sign of weakness and from seventy, if he is not strong, many small sickness will appear one after another frequently. From eighty, it is the age for most people to die. It is the cycle of life for every human. Very few people live to ninety. Of course, there are someone who live to one hundred or more, but very rare.

After Success, Failure Begins

It is not a rule, but in many cases, people who have achieved success start to go downward in their business. The reason is due to him thinking he is a man of excellence, and then he relaxes his mind to fight further, thus leading him to failure.

Anyone, as long as he is diligent, should have a chance to be successful in his life. But most people do not want to work hard, and as a result, successful people are few.

The definition of success is to work hard continuously, non-stop. If one day you stop working hard, your business will then go down and disappear. Therefore, you cannot rest until the day you retire, which is the period for you to take full rest and relaxation.

Example from Japanese enterprises show that in majority, an enterprise only lasts thirty years. After that period, enterprise begins to show weakness and slowly is wiped out by competition. It is because founder of an enterprise, after thirty years of hard work, will show fatigue in his health. He cannot work energetically as he did before. He passes his business to his son. His son, in most cases, due to the good foundation built by his father, will not work as hard as his father did. Finally, this enterprise will slowly diminish in less than a decade. It is a trend everywhere in this world.

Pay Bill First

In Europe, there is a saying: “Pay bill first, then we eat.” which actually means that we must have no debt to other people. To say simply, to have no liabilities.

It is true that we must not live a luxurious life if we owe a lot of money to other people.

Nowadays, credit card is so popular that many young people use their money beforehand by getting money from credit card. They do not use their money in proper way, spending on things that are not necessary to their life. When the bill is due, most of them find no money to pay, thus causing them a lot of troubles as a consequence.

With the exception of doing business, you shall not borrow money from bank. In personal life, you shall never use money beforehand if you have no money. You must not borrow. You must earn money by your labor and spend money within the limit of what you have earned. If you do it this way, you shall live a beautiful life forever.

Besides, if you make money by your own labor, the money will stay with you forever. On the contrary, if you make money by luck, say you win a sweepstake, then you shall never keep the money, which will be gone very quickly. Instead, the money may bring you disaster.

Avoid Argument

To avoid argument, we need to keep a polite manner in our everyday life. Human to human, we usually start to argue on small things and then, if not controlled, small argument may lead to big trouble, even disaster. Therefore, we must build a philosophy of not arguing with anyone whether the matter is minor or large. Many young men, on a small matter, would start to argue with someone and even lead to violence. The result will be hurting other people or being hurt. Both are the things not fit for a wise person to do.

How to prevent argument? It is necessary for us to keep a polite manner all the time with everyone we associate with. We must keep a modest appearance even though our heart is strong. We shall never give anyone a chance to argue with us. This is the best way to protect ourselves in our life.

But, even though we are so careful in not arguing with anyone, trouble may still fall upon us accidentally. Then, we should adapt another way to escape, and that is to leave the trouble spot immediately. “Run away” is the best policy to get away from trouble whether it is small or big. Always remember that soft attitude is the best method to deal with anyone, even when he is a rude person. Do not take advantage of anyone. By keeping such principle, you shall be a person of no trouble or disaster all your life.

Dog and Human

The peculiar character of a dog is to love and obey human. Therefore, sentiment between dog and human is usually very close to each other. The good point of a dog is that dog never reveals your secret to others because it cannot talk, but it can listen and is able to take its master's instruction, which is the main reason why human love dogs.

We human, of course, have love, but our love is not as simple as dog. We love others conditionally. We love and we need return. Human's love is only to love our children unconditionally, to others, not.

We also have a character to obey. In our childhood, we obey our parents, when we grow up to work, we obey our superiors, and soldiers obey orders. Only old people need not to obey anyone, but to obey religious belief, following religion to live the rest of his life. If an old man has no religion to follow, he must obey his life cycle, be careful to live his life according to his age. He cannot live his life in the style of young people, or he will die very quickly before his time.

Another good point of a dog is that it loves its master whether the master is rich or poor, faithful to its mater twenty-four hours a day, in a loving attitude. That is why people love dogs very deeply.