
SOFT HOUR

June 2017

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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Dementia

In recent decades, people who get dementia are now quite high in numbers, but up to now, no medicine can prevent and cure it. If a person gets dementia, he loses all his memory which, once gone is gone forever, will never come back. What he has in his brain is blank, just like a piece of white paper. He does not know who he is and furthermore, he does not recognize any person, even as close as his family members, it is really sad.

Unfortunately, up to now, no medicine can even cure dementia in the initial stage, nor is there any theory that can prevent it from happening. Based on common sense, if we eat less meat, and more vegetables, we can force the fat to diminish from our blood vessels. By doing so, it may be helpful to prevent the growing chance of dementia.

However, most people do not take this seriously to control the food they eat. It is because not everybody will get such illness. In some cases, people over ninety years of age still possess a clear mind, answering questions very logically and clearly. Therefore, it is better to cure by ourselves before the illness happen. That is to get enough sleep, eat less fatty food, do exercise to keep blood in good circulation, keep a good digestion, and lastly, you must keep a peaceful heart, not to be angered by any person in any matters.

Birthday

Many of us like birthday because on our birthday, we can invite a lot of people to come to our birthday party to celebrate. It is good in some sense, but there is consequence afterwards. We may regret that hosting a birthday party is not wise because it costs us too much money and energy for no particular useful purpose.

It is normal that we celebrate our birthday with family members, but to invite outsiders, we need to consider more carefully before sending out our invitation cards. For example, if we invite fifty guests to come to our party, which will surely create a good atmosphere and everyone will be joyful and happy in the process of the party. But considering that every guest has birthday of their own, and they will invite you back to their birthday, in such case, you shall have birthday invitation every week and it will surely make you tired to go to party every week, spending your time, energy and money as well in order to attend the party.

Therefore, the only way that you celebrate your birthday is with your family members, to enjoy your life privately, not with outsiders. Besides, your birthday is your very personal thing and there is no reason to let outsiders know your personal affairs. It will be harmful to you if you leak your personal information too much to others people.

Constipation Gone, Sickness Disappear

If anyone has constipation, he is not a happy person. Constipation will make you uncomfortable, appetite weak, not much interest to eat food.

Why does constipation happen? It happens because we overeat, making stomach unable to digest properly and slowly and slowly the undigested food form a hard lump blocking the passage of the food we eat. Once your intestine is blocked, the food will stay longer in there. Normally, the food we eat today will be digested and eliminated after twenty four hours. But a blocked intestine will keep food four days longer inside the intestine. When food remains in your intestine for four days, surely poison will appear and finally the poison will enter into your blood vessels. Consequently, your body will feel very uncomfortable, weak in energy, thinking unclear, and with your temper out of control. It is all due to the problem of poison in the blood vessel.

There are medicines to treat constipation, but those medicines can only work temporarily. If you want to get rid of constipation once for all, you have to eat less food and drink more water, and you must eat less meat and eat more vegetables. If you can keep such a life style for one month or so, your constipation will surely be gone. Your blood will then be as clean as before and your stomach will be able to digest food properly within twenty four hours.

Wealth

Except young men, most middle aged men are very serious at paying attention to their wealth. It is because if they have wealth at their prime, they can enjoy their golden years after they retire.

Everybody knows that to make money is very difficult, but when you have earned money, to keep it is even more difficult. Therefore, you have to protect your money as the first important thing to do. Once you have lost it, it would be difficult to gain it back.

Through your hard work, you may earn a certain amount of money and you do not know what to do with the money. If you are in your prime, full of energy, it is better to start some business of your own. But in business, there will be competition, and if you are an able man, you may build a big enterprise with small capital or you may lose all your capital which you have saved in the past years.

No matter what position you are in, it is absolutely right to buy a house of your own for you to live in. When you have accumulated a certain amount of money, buy a house with your saving, say thirty percent, and borrow seventy percent from a bank. It is a way of compulsory saving, forcing you not to spend money on unnecessary things.

But when you are old, you had better keep cash in the bank. It is because your remaining years are not very long, inflation cannot eat your cash value too much. Money is still something worthy in value.

Living Creature

Living creature is something with life. We humans are living creature and the animals too. However, human has soul, brainpower, and know how to think, not only just to live on food only. We need to enjoy many things in our life. But, animals do not. They have no souls. What they want is to eat only, to find food all the time when they are awake.

We cannot understand living creatures in this world. There are insects ten times smaller than ants, they have eyes, legs and can climb very fast to anywhere they like. On the other hand, there are giant ocean creatures, such as whale, weighting over one hundred tons. As they are too big, they can only live in the ocean, no place on land to let such big creature to live.

No matter whether they are giant whales or tiny insects, they have one thing in common, and that is freedom. Whale can swim from South Pole to North Pole, without boarder of any country. Tiny insects are even more free and can climb to anywhere they like. We humans are different. We have to obey law, to live our life within the law, unable to do anything we like to do. It is because human heart is evil and if there is no control by the law, society will not be in peace, and weak people will be harm by the strong. But with law, they can have some protection, to a certain extent.

Limit

In our life, whatever we do, there is a limit which is so important that we must watch very carefully, failing which we may have disasters or trouble, depending on the case we encounter.

Many athletes, in order to achieve good results and to surpass fellow athletes, always exercise over their physical limit. In such a case, they damage their body by over exercise. As a consequence, when they get into old age, their old wounds will appear and many kinds of illness will be with them frequently. Most athletes cannot live a long life.

Many decades ago, there was a very famous runner in America, who wrote a book describing running as the best exercise for human to get oxygen. But one day when he was running on the street, he fell down and died due to him exceeding his limit in running. Therefore, when we exercise, we must watch our limit carefully. We all know that life depends on exercise, but we must control ourselves not to exceed the limit to avoid tragedy, which may fall upon us if we are not careful.

Another thing, apart from exercise, that we have to watch is food. We must not overeat food, more than what our stomach can handle. Once our stomach is damaged, we will suffer pain the rest of our life. We should watch alcohol consumption very seriously. If we drink alcohol every day, we may develop liver illness, or even worse, we can have liver cancer, which we should prevent from the very beginning.

Natural Cycle

In simple words, natural cycle is the rotation of day and night, which is forever and everlasting; day gone, night comes, night gone, day appears, endlessly. We are human, a traveler in this natural cycle. We were born as a baby and died as an old person, turning our body into ashes.

Since we are human, we have flesh and blood, and soul as well. We shall live in happiness, and also in painfulness in the course of our life. No matter what kind of life we live, we will fade away one day.

We shall have different kinds of life in different ages. When in childhood, we go to kindergarten, and then to university when we grow up. Finally, we become a matured man, going to work in society and take responsibility to build a family. Age is a very clear boundary to live our life in different spheres.

Therefore, we must catch the natural cycle, which is time actually, doing what we should do, not doing what we should not. If we want to enjoy our beautiful life, we have to do the right thing during the day and night. That is to work hard during the day and take good rest in the night, failing which our life will be miserable.

To say simply, if we want to live best in the natural cycle, it is to live seriously at this very moment. That is today, we shall never waste our time today. Yesterday is gone, gone forever, never coming back, and tomorrow is unknown, knowing not what will be tomorrow. But today is in our hands and we can use this very minute in whatever way we like to live our comfortable life.

Greatness of Trees

Among our constructions, trees contribute a big part to modernize our world. In ancient time, all materials of temples at the top of high mountains were from trees. They used enormous human power to cut huge trees into pillars to build their temples, keeping shape unchanged for over one hundred years or more.

Trees are independent and strong. They grow from tiny saplings to huge trees and form forests for thousands of years. They live in soil and grow by rain and sun. Once they grow up, they do not fear any storm, fierce sun or awful rain.

Trees have to live in the soil, but at the same time soil has to depend on trees to solidify itself. Without tree roots to grab hold of the soil, it is easy to get landslide during rainy season and crack during dry season. But if there are trees, soil can be fully protected by the roots of the trees, in a form of a soft stone.

In television, we often see scenes of landslide, with soil, flood and even big stones coming down from high mountains during time of long rainy season. But, we seldom see landslide happen in areas where there are many trees. It is because tree roots can hold soil together and rain cannot dissolve it. Human can build houses or buildings on mountains where it is full of trees. Upon such areas, there has been no accident happened.

We human should learn from trees, to progress silently, to do anything independently, to live a life without any argument with anyone, and to enjoy our life within our sphere.

Keep a Little Hungry

In the world of animal, except grass eating animals, all meat eating animals are always in a state of hunger. It is because to catch grass eating animals is not so easy, which keep on alert twenty four hour a day to run away in case of emergency.

In Africa, animals like lion, leopard, and wolf are all meat eating animals, and those that eat grass are buffalo, zebra, and deer. Lion kills leopard and wolf to reduce competition in hunting, but they never eat the meat of leopard and wolf. The reason is unknown.

Grass eating animals live together in groups to have more security, both practically and psychologically. Buffalo and zebra are big in size, bigger than that of lion. Lion has to use tactics to catch them, not to attack blindly, otherwise the power of zebra's legs can wound lion seriously and the horns of buffalo can kill lion instantly. However, meat eating animals are stronger in strength because they are hungry most of the time.

For us humans, it is better to keep ourselves in a state of hunger, which will help our health in many ways. First, we will not be fat if our eating is controlled, reducing the chance to have illness. Second, by eating less, we will be slim all the time and the burden on our stomach is much lessen, making blood circulation running smoothly. If we apply "a little hungry" policy, we shall be certain to have less illness in our life.

Sleep

Everybody knows that sleep is very important to a person's health. If we sleep well at night, we shall have high spirit the next day, but on the contrary, if we do not sleep enough, we will feel fatigue tomorrow.

Lack of sleep will cause many kinds of illness, lower our body's immunity, lost appetite, and health condition getting worse, For young people, they will have less concentration at work, for middle aged men, they will age faster, and finally for old men, they will shorten their lifespan.

Therefore, we must pay attention to sleep very seriously, but good sleep is not easy to obtain, there are many reasons why we cannot sleep well. Different age has different reasons for losing sleep. Once we cannot sleep as we should, we must take sleep medicine to help us sleep. But by taking sleeping pills for a long time, it will harm our heart and kidney or some other organs in our body. In addition, we have to increase the quantity of pills over time in order to keep good quality sleep. Losing sleep for longer period will harm our nervous system, causing our memory to decline. Watch sleep carefully every night to avoid tragedy in our life.

To have good sleep, we must live our life properly, go to bed early, get up early, have enough exercise, eat balanced diet, smooth digestion, all of which are necessary factors for good sleep.

Idioms

In Chinese language, idioms are frequently used in our writing. It is true that idioms are concise in character, usually four characters to form an idiom, but the meaning is so wide, covering a great area of what you wish to say. In our daily life, we always use idioms in our conversation, which can shorten the length of time in speaking. Therefore, idioms help us a lot in the way of our life.

To learn idioms, we mostly need to learn from books, which can teach idioms at high standard. If we learn from street conversation, idioms are mostly of low quality.

Chinese idioms are all from ancient days, comprise of our ancestor's experience, representing meaning in concise way, condensing idea in four characters, which has proved so useful and practical in our life. If you are well educated, you can use idioms in a more advanced way. By using idioms, we can find out a person's standard, whether he is educated or uneducated.

Idioms are really beautiful phrases by which you can use to write a good article if you know how to combine idioms together. It is not easy to do, so only a learned person is capable to do such task.

A foreigner, even if he is so good in Chinese literature, cannot use our idioms freely and properly, because he does not know our life in a wide and deep way.

Old

Young people never think about the word “old”, even in their dreams. They only feel that they are forever young, thinking time is going too slow, delaying their desire to grow up quickly. But when you reach the later stage of your middle age, you feel the shadow of old age getting closer. The period of your youth is gone; energy not so active as before, small illness appears from time to time. Winter of life is coming.

When a person arrives at the age of fifty, he begins to feel that he is no longer young, and autumn in his life is in motion. But, in today’s world, people at fifty years of age are still very active, able to do many things, especially on the heavy responsibilities which their families and society require of them. Such age period is their golden time, the best time of their life.

Then what is the age we can call old age? Generally speaking, it should be at seventy years old. From this age, we feel our physical condition is getting weaker, unable to do things which require more labor. Our appetite is not so good as before, digesting slower, causing more stomach trouble.

At the age of eighty, men at this age are all unhappy. It is because they know the beautiful world belongs to them no more. They have wealth but they cannot use their wealth in a way they desire. It is the situation of old people mostly.

Brain

Brain is human's computer. Human's body is hardware, brain software. If there is no brain, human cannot do anything. Brain is the headquarters that instruct our body to do everything. Therefore, we have to protect our brain as the top priority in our life. Without a brain, we shall be a fool.

Nowadays, many old people have dementia. It is because their brains do not work anymore. They cannot remember past things, and even worse, they do not recognize their closest relatives, even those as close as their children. They do not feel any pain themselves because they are already senseless, but to their family members it is so sad to their daily life.

To make brain active and clear, we must keep good and smooth blood circulation in our blood vessel. Therefore, we have to eat less meat and instead, more vegetables should be our main food. It is the only way for old people to reduce the chance of having dementia.

Some people in car accidents, their brain received shock, causing them to lose memory temporarily, not knowing who they are. In real life, such cases happen frequently nowadays.

Therefore, we have to protect our brain, not only with food, but also avoid doing dangerous things, in order to minimize our chance of getting hurt. Drinking less alcohol is also a key important thing to do to keep a good brain.

Do What You Said

In this world, there are three kinds of people. One is the kind of person who only says but never does what he has said. Another kind is to do silently by himself without telling others what he is doing. The last kind is the person who will pronounce to everyone what he is going to do in the near future.

We understand that the first kind of person is not respected by society, and we can even say that he is the kind of person despised by all the people he knows. The second kind of person is acceptable to the society because he works silently. If he fails in what he is doing, it is only known to himself. He does not need to tell anyone about his failure, but if he is successful, he can announce his success. Therefore, his way of life may be advantageous to him, who will be regarded as a person of stability.

The last kind of person says to others what he will do in the near future. Once he speaks out, he will have a responsibility for what he said, and many people will watch him for his performance. Such person is more respected by many people if he can complete things that he has announced. Therefore, there is only a thread of separation between honor and disgrace. If he does as he promised, he will be respected, but if he fails, he will be called a disgraced person. Be careful not to speak anything before you do, but once you speak out, you must do it as a man of honor.

Powerful Stomach

We all know that heart is extremely important to our life. If heart stopped, our life is gone. But stomach is different. Even when our stomach is hurt, we can still live on, and slowly, stomach function will go back to normal. It is proof that stomach is powerful.

In spite of the fact that stomach is powerful, we have to pay much attention to the maintenance of the stomach. It is because stomach works twenty four hours a day, which is still working while we sleep, digesting food we ate during the day.

In a documentary film, we saw a huge snake swallowing a wild pig into its mouth, slowly moving it into its stomach. After the snake swallowed the whole pig, it could not move anymore. The snake had to lie on the spot where it was. It took a few months for the snake to digest the whole pig before it could move away.

We are human, but we also should not eat too much in order to keep the function of our stomach in proper way. Suppose we are at the age of eighty, it means that the stomach has worked for us eighty years already. If we are not careful, the stomach will surely not function well and cause us to have many illnesses in one way or another. Live our life properly and eat food in a balanced way. Never drink too much alcohol, which will definitely hurt our stomach if we overdrink alcohol for a long period.

Everything According to Our Wish

All of us wish that in our life, everything went according to our wish instead of against. But in most cases, many things went against our wish and we have to live our life with disappointment. Therefore, we have to have a philosophy to face anything calmly in case something falls upon us unhappily.

Sometimes, we are sure of our plans to be successful, but in the end, they fail. We do not know why. To remedy our philosophy, we have to hope for the best, and at the same time, we prepare for the worst. If we are successful, we will surely be happy, but if we fail, we shall not be too disappointed, and we shall then start again to continue on to achieve our plans.

For things in the world, we should prepare for the worst. If we only wish to win, and not prepare to lose, we will surely face serious disappointment most of the time. Many successful people whom we envy their success are those who suffered many setbacks on the way of their fighting toward their goal. They failed and failed, but finally reached the goal of success.

Actually, no matter what field we are in, we can only do our best. Let everything go naturally, regardless of what the result will be. If good, we are happy, if not good, try again. It is not the end of the world. “Where there is life, there is hope.” This proverb should be our guide in life to deal with everything.

Who Cares About You

If you wish for others to take care of you, you are wrong. In this world, except your parents, no one will care about you. Somebody cares about you is because he can get benefit from you. Therefore, you have to build your independent thinking, not to depend on anyone under any circumstances.

It should be a principle of our life that we live ourselves powerfully, not to seek any help from others. Of course, we can use money to get services from others on a fair basis.

Someone says, “I am very lonely and no one cares about me”. It is absolutely wrong for such a person to say such words. This proves that this person has a weak character as well as ignorant. Every human is an individual body of his own and there is no reason for others to care about you since you are an individual human.

You must be strong to take care of yourself. First, plan to live a simple life by which you will then build a foundation for taking care of yourself. Second, actually is more important than the first, that you keep good health on your own at any moment. Without good health to support behind you, you can do nothing, for an ill health person is a useless person in life.

To conclude, if we want to be a powerful and independent person, we must take care of our health as the number one important thing in our life.

Dream

Regarding dream, there are many kinds in nature, such as terrible dream, exciting dream, sweet dream or any nonsense dream. What we do not know is what we will be dreaming tonight.

Somebody with good philosophy will have no dream. But this is only a saying, it has not been proven so far. As long as we are human, dream is natural. Even animals have dream too as we can see from their reactions while they are sleeping.

In the Old Testament Bible, many kings pay attention to their dreams very much. In the court, there is a minister to analyze dreams from the king.

In the 19th century, there was a philosopher called Kipling who said that you could have dream, but you must not think that dream was your master. It tells us very clearly that dream is only a dream, not reality. Many dreams are mostly nonsense in their nature. It is meaningless and you will not remember what the content is after you wake up.

If you use your dream to decide your future, you are a fool. Dream is empty and is meaningless. It is nothing to be connected with your real life.

So far, scientists cannot find out why there is dream. There is no medicine to cure, as dream is not a kind of sickness. The only thing we can do is to take sleeping pills, which may reduce dreams to a certain extent.

Money

Money is a necessity in our life. Without money, we cannot stay alive. Therefore, we have to earn money by hard work to maintain our living in this world.

Money is lovely, but also awful. Friends, due to argument about money, become enemies and hostile to each other. Brothers and sisters, for the sake of their parents inheritance, fight against each other and finally go to court for a settlement.

In the society, some bad people committed murder because of money. Therefore, most people in the prisons are those who broke the law because they got money illegally.

We need money, but we have to make it by labor, forbidding ourselves to get money illegally. Simple life is the way to keep us from doing illegal things. It is because simple life does not need so much money to support our living.

Of course, if you are a man of unhealthy character, gambling and drinking as part of your life, you will surely fall into debit. In such case, you will make money in whatever way you can, even to break the law.

If you want to be rich, you have to save money from small amounts. As years go by, you will then accumulate money slowly and one day for sure you will be a rich man. Rome was not built in one day. Therefore, start building your Rome today.

Life

We only live life once and cannot live once more. Life is stubborn, but also weak. We may live up to eighty or ninety if no accident happen to us, or we may die at any moment due to some accident. Whether you are rich or poor, surely you wish to live as long as you can. Chinese has a saying: “Better to live ugly than to die gloriously.”

In one documentary, we saw thousands and thousands of sea turtles swimming to the beach of one isolated island. At that beach, they laid their eggs and buried them in a hole under the sand. Then, they swam again to the sea, leaving their eggs underground without paying further care to them. After a certain time, small turtles appeared from sand holes and rushed to the sea. The baby turtles were so large in number, tens of thousands crowding on the beach. Many were eaten by animals waiting by the side of the beach. Of course, there were still a great number escaped to the sea.

From here we can see that whether it is human or animal, life is precious and it is very difficult for life to survive. Therefore, we should be very careful to keep our life in good condition. Live our life decently, away from unhealthy life, such as over drinking of alcohol and gambling or anything that can shorten our life.

Human Heart

Most human hearts are greedy, we need everything more and more, never satisfied. Greed is human's weakness, creating a great deal of troubles between people. For example, when we help people, most of them will not appreciate us for helping them. Instead, they want more in terms of money. It is because you are rich. To them, they feel you helped too little in comparison to your wealth. Such things frequently happen among your friends and relatives.

Therefore, when we help, we must not expect payback, that someday they will help us back. Actually, you should not need thanks from them. It is because in most cases, people do not remember gratitude.

It is true that human heart is greedy, including ourselves, but greed is really not good, and in the end we ourselves will be the loser if we are greedy. If we do not want to be greedy, we must live a simple life. It is because simple life does not need much money. Only luxurious life will require large amount of money. As long as we do not need to spend more money in our simple life, greed will be away from us.

In spite of the fact that human heart is difficult to understand, and we do not know how to face them, if we keep ourselves in a life of simplicity, it will be difficult for people to hurt us and we, therefore, can live a peaceful life.

Body Weight

When you reached middle age, you will need to watch your weight more seriously. If not careful, you will have high blood pressure, and if you are an old man, you will have more chance to have a stroke.

If you have high blood pressure, you will have more illness, especially easy to have a stroke. Therefore, if you are old, you should measure your blood pressure every day to avoid any accident that may happen to you.

However, to lose weight is not easy. The quickest way is to keep yourself in hunger, which is extreme but you will get fast result, you can lose two pounds in one day. You can apply another way to lose weight, and that is not to eat rice, eat food only, and of course, eat less meat. By this method, you may lose a few pounds in a month, and will not hurt your health. But to fulfill your goal, you must have a spirit of persistence.

If you do not watch your weight, you will slowly become a fat man. Once you get fat, to lose weight will be more difficult. A fat man is slow in action, and minor illnesses will fall upon him frequently. You will feel tired to do any exercise because of your fatness.

Anger

“Anger” should be very carefully controlled. If a young man cannot control his anger, he may commit crime by hurting other people, or others may hurt him. Therefore, before you get into anger, you must consider the consequence at the last moment.

From movies and television, we see old men suffered a stroke when they get angry. It is very important that old people must keep a peaceful mood all the time.

Anger is absolutely harmful to your health. It makes your blood pressure going higher and your heart beating faster. But we are human, and when somebody harms us, we surely will fall into anger. The best way to avoid anger is to go away from the spot in case somebody hurts us unreasonably. But still, we should try to keep our mood peacefully when facing any unhappy event, which may fall upon us unexpectedly.

If you want to keep a peaceful mood, you had better learn from turtle. We always see many different kinds of animals fighting together, but we never see turtle fighting. Besides, turtle’s life is very long, living to over one hundred years mostly, provided no accident happen to it its whole life.

Therefore, old people should particularly watch themselves not to be angered by anybody under any circumstances, especially their own children. It is usually the fact that old people are angered by their own children, outsiders cannot anger old people easily.

Delay Aging

Everybody will be old and will die. This is the natural cycle of life which no one can resist. But still we find that some die at seventy and some live up to ninety and even more. What is the reason? It is because we have different ways of living individually. Some live a decent life, and some live a crazy life. Different styles of life decide whether the person live long, or die early.

We cannot stop aging, but we can delay aging. In such case, we have to pay the price in efforts and persistence in order to delay aging. First, we need ample of sleep every day, as good sleep can help to recuperate our body from fatigue after our daily labor. Once we have recuperated our body, we will feel refreshed again, ready to make a beautiful life the next day. Second, we need to eat healthy food, to eat balance and nourishing food. It does not need to be expensive food. Inexpensive food can be good to our health too.

Exercise is important to our health and to delaying our aging. It is because exercise makes our blood circulate and good blood circulation, which is like mountain stream, drives away many illnesses from us.

To delay aging means you will look younger compare to others at the same age. Of course, you will have to take great care in your daily life. Remember: “No pain, no gain.”

Snake

We all fear snake, which has poison in its teeth. If we are bitten, we may die. But if you do not hurt it, a snake will not attack you.

Snake has no family. When mother snake lay down many eggs, it will wait by egg's side until the baby snakes break out from eggshells. Then, the mother snake will leave the baby snakes and go to somewhere unknown alone. Baby snakes will also go to different directions blindly without saying goodbye to brothers and sisters. That is the life and destiny of snakes.

In the cave of snakes, there are so many snakes crowding together, but they are not families. They all come from different places, just to live together in the snake society.

There is one kind of snake, called King Snake, which eats other snakes as its food. It is not very big in size, but with big strength. King Snake can easily kill other snakes because of its big strength.

Snakes do not have many natural enemies because other animals are afraid of their poisons. But, in North America, there is a special kind of animal, called badger, which is not afraid of poison and eats snakes as its food.

Many farmers like snakes in their fields to reduce the number of rats that eat their crops. With snakes in their fields, the number of rates drops sharply.

Autumn

The best season in a year is autumn. Spring is still cold and wet, summer is too hot, and winter is full of snow and ice. But autumn, the weather is good, neither too hot nor too cold, temperature lower from the nineties during hot summer to the sixties. In the morning, we will feel a little chilly, but very comfortable to our body temperature.

In autumn, leaves fall down from trees, a deserted scenery slowly appearing in the air. We see broken branches from trees spreading everywhere. Red flowers and green leaves are gone with the wind. It is just like a middle aged man going into the early stage of old age. But, in autumn, it is fit for us to travel. It does not rain as in springtime, no fierce sun as in summertime, and no snow as in wintertime. We can just take light luggage and go to anywhere we like, enjoying the scenery of the world that we have planned to see.

For most countries that are in the cold climate zone, autumn is the only time to visit them because spring still freezing, summer too hot, and winter too cold. But you can move freely to see any scenery in autumn. Still, even though autumn is a good season to travel, it only applies to young and middle aged people. It is not fit for old people, who will not be accustomed to eat the food in different countries. The best policy for old people is to stay in their own country, unmoved, like a turtle, whose life is always in a motionless manner.

Watch Real Estate Market

In the past three years, Hong Kong real estate market has increased about twenty percent. This is a big increase. Government, in order to contain property price, has increased the transaction tax up to fifteen percent. Therefore, in total, property price has increased by thirty percent. As the price is too high now, it is possible that the price may drop instead of increasing further.

Why does property price increase so much? It is, of course, due to supply and demand. But population has not increased by thirty percent in the past three years. So the abnormal increase is caused by speculators, not by real demand. But Hong Kong is a free trade market, if demand is below supply, the price will drop automatically. The question is when will the market drop? We do not know the answer.

In economic theory, a quick increase, like tide, will also fall quickly. It is a basic rule. We can see from the attitude of the banks, who will only lend money against the value of property at forty percent of market value. Banks attitude is showing us that market will be down in the future. But when? We do not know.

For many decades, Hong Kong is short of land, which is the main factor in high property price. But now, MTR is extending its railway to the suburb. One day, more people will move to the suburb. At that time, property price may calm down to a stable situation.

Life Is Not a Dream

Writers always write that life is a dream in their books. But in reality, life is not a dream. We cannot live in whatever ways we like. We have to work hard and obey the law. We have to deal with people politely. We have to manage our finance carefully, spend less than our income. We have to take care of our health all the time in order to live healthily.

Because life is not a dream, we have to build a right philosophy to live our life. A young man, when he is at eighteen, is by law at the age of independence. He does not have to live under his parents' orders. He can have his own ideals to be a President or to be a bandit. He can decide to do anything he likes and face the consequence on his own.

We have received our basic knowledge from school, but such knowledge cannot form our life philosophy. We have to learn from different sources of knowledge to make the direction we are heading.

Generally speaking, everybody is clever, but clever does not represent wisdom. If we need wisdom, we need to learn from our ancestor's experience, which will guide us to go forward in the right direction. Many people started ten years ago to work hard to build a career they desired, but ten years passed, and they are still at original place without any progress. It is because they have no wisdom. They wasted their time and energy at wrong places and on wrong goals.

Today, Tomorrow

We live at the present moment, which is today. Yesterday is gone and will never come back. Tomorrow is unknown and we do not know what will happen tomorrow. But today is real. We will only feel hungry today, not yesterday or tomorrow.

But, today's continuity is tomorrow. What we do today will affect tomorrow. We all hope tomorrow to be better. But how much better tomorrow will be depends on hard work today. If we do not sow today, how can we have harvest tomorrow?

Our lifestyle today, accumulated over time, will decide our fate in the future. If we drink alcohol heavily every day, it is for sure that we will have liver illness, or even worse, liver cancer. If we eat too much meat every day, we will then have higher chance to have blood vessel blockage. Of course, if we do regular exercise, we shall have good health and long life as a reward.

Therefore, we should be very careful with anything we do today, not to hurt ourselves in future. Especially middle aged man, he should take greater care of his health. A long life needs good care of health every day. Watch your lifestyle today, only good care will prolong your life.

But today is so short, it quickly turns into tomorrow. Therefore, do what you should do today, not putting aside things to tomorrow. Tomorrow is another day.

Animal Center

Westerners love animals more than Asians do. Some of them love animals too crazily, treating animals like their own children, caring them with full heart, even sacrificing their sleep time.

In Australia, there was a kangaroo center, specialized in caring for orphaned kangaroos whose parents were dead for various reasons. The person in charge plunged his full efforts into the kangaroos, together with them twenty four hours a day, eating and sleeping together, like a family in his life. This person was single, and spent all his life in the center, no Sunday, no holiday. To him, kangaroo was his life.

In America, there are animals rescue centers whose duty is to rescue animals that are abused by their owners. Some families, they bought dogs and cats as their pets. In the beginning, they love them very much, but later on, they do not take care of them. Neighbors may report such situation to the rescue center, who will come to take the animals away.

The policy of animals rescue centers is very clear. They take the animals, dogs and cats mostly, and they clean and treat them. Afterwards, they will let those dogs or cats be adopted by people who love animals. If those animals are not adopted after three months, they will be euthanized in a humane way.

July 1st 2015 – June 30th 2017 “Soft Hour” author Lone Turtle

“To study old, new knowledge will be discovered.” – Chinese proverb

“Old soldiers never die. They only fade away.” - MacArthur