

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 27 (1964)  
**Heft:** [7]

**Artikel:** Just One of those mornings that ought to be sunny [...]  
**Autor:** [s.n.]  
**DOI:** <https://doi.org/10.5169/seals-942312>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 09.01.2026

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

## Self - Control

*A survey of the 160,000 adult inmates of the penitentiaries of the United States discloses the startling fact that ninety-two per cent of those unfortunate men and women are in prison because they lacked the necessary self-control to direct their energies constructively.*

*It is a fact that the majority of a man's grievances come about through lack of self-control. If we neglect to exercise it we are not only likely to injure others, but we are sure to injure ourselves.*

*To fly off the handle, as the Kiwi says, may give us a temporary relief for our pent-up emotions but it sure will be the cause for regrets after.*

*To get the best out of life we must cultivate self-control; well developed self-control does not indulge in hatred, envy, jealousy, fear, revenge, or any similar destructive emotions. A person with a well developed self-control does not get over-enthusiastic over anything or anybody, a person with self-control will not hate those who do not agree with him, he will endeavour to understand the reason for their disagreement and profit by it. A person with well-developed self-control will never say unkind things about others or seek revenge for any cause whatsoever.*

*"The command of one's self is the greatest empire a man can aspire unto, and consequently, to be subject to our own passions is the most grievous slavery. He who governs himself is best fitted to govern others. He who reigns within himself and rules his passions, desires and fears is more than a King."—Milton.* —W.R.

**JUST ONE** of those mornings that ought to be sunny, when other folk laugh at what doesn't seem funny. When you mean to be nice and good tempered and cheerful, but snap at those near you and say something fearful. Just one of those times you'll regret by and by, but cannot say "sorry" however you try.

Well, ring up at lunch time and say something nice, a word or two over the 'phone will suffice for the one left behind, just to brighten the hours. And take home a book or a posy of flowers.

We all feel as you did some time or another and growl at a sister, a wife or a mother. But so long as the day isn't ended as yet, you can make some small gesture to honour the debt. —Progress