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Try to be Cheerful

The cheerful live longer in years and afterwards, in our regards. Cheerfulness is the offshoot of goodness. "Cheerful looks make every dish a feast; and it is that which crowns a welcome," says Massinger.

Every one of us must have felt sometime or another that a cheerful friend is like a sunny day which sheds its brightness on all round; and most of us can, as we choose, make of this world either a palace or a prison.

Is cheerfulness something we were born with, or which we have learned?; as it looks that it comes to some quite naturally, to others it requires some efforts to be so. I think we cannot give our youngsters a better piece of education of home discipline than never to tolerate a sullen gloomy attitude to any problem in life. To encourage a child to face any problem with a smile. To make knowledge valuable in life, one must have the cheerfulness of wisdom. Goodness smiles to the last. This is an asset to give our children, which surpasses all others in importance.

And if we are, or should be grown-ups, and by any chance due to a lack of proper up-bringing you find yourself looking at the world and its problems with a habitual gloom, let's change into the habits of looking for the silver lining of the cloud, and when you have found it, continue to look at it, rather than at the leaden grey in the middle. It will help you over many hard places and eventually face the world and its bitter occurrences with a smile.

Every situation has two sides, a bright one and one not so bright. One that looks at it habitually from the bright side trains himself to ignore or at least to overlook the bad and take comfort from the bright.

What about making this your 1975 New Year resolution?

W.R.