

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 40 (1975)
Heft: [1]

Artikel: Try to be cheerful
Autor: W.R.
DOI: <https://doi.org/10.5169/seals-945666>

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. 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. [Siehe Rechtliche Hinweise.](#)

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. [Voir Informations légales.](#)

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. [See Legal notice.](#)

Download PDF: 27.05.2025

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

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.