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Autor: [s.n.]
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Poems and Quotes

Getting Old

At a luncheon, we Senior Citizens were amused by a guest speaker telling us ... "How do you know you are getting old?"

- Everything hurts; what doesn't hurt doesn't work.
- The gleam in your eye is from the sun hitting your bifocals.
- You feel like the morning after the night before and you haven't been anywhere.
- Your black book only contains the names beginning with Dr.
- You get winded playing cards or bingo!
- Your children begin to look middle-aged, and you join a health club and don't go.
- A dripping tap causes an uncontrollable urge.
- You look forward to a dull evening.
- You need glasses to find glasses.
- You turn out the lights for economy, rather than for romantic reasons.
- You sit in the rocking chair and can't make it go.
- Your knees buckle but your belt won't.
- Your back goes out more than you do.
- You sink your teeth into a steak and they stay there.

An expert is someone called in at the last minute to share the blame.
- Sam Ewing

Ten ways to endear yourself to people ...

- 1 Speak to people. Speak to everyone, especially to those whom you don't know. There is nothing quite so nice as a cheerful word of greeting.
- 2 Smile at people. It takes 72 muscles to frown and only 14 to smile. Your smile is one of your finest assets. Use it!!! It doesn't cost a thing!
- 3 Call people by name. The sweetest music to any person's ears is the sound of his or her own name. If you don't know the person's name, introduce yourself and likely the person will respond with his or her name.
- 4 Be friendly and helpful. If you want friends, learn to be a friend. Everyone needs them. No one has too many.
- 5 Be cordial. Try to speak and act as if everything you do is a genuine pleasure.
- 6 Be genuinely interested in people. Try to like everybody and everybody will like you. Do not limit yourself to a few friends when there are so many likable people about you.
- 7 Be generous with praise. And be just as sparing with criticism.
- 8 Be considerate of the feelings of others. Usually, there are three sides to a controversy : yours, the other person's, and the right one. Try to see them all.
- 9 Be alert to give service. What we do for others counts most in life. Try giving yourself away. It's fun!
- 10 Develop a sense of humour. To this good sense of humour, add a generous dose of patience and a dash of humility. Then get ready to receive many blessings. They're sure to come!

Get it off your Chest

Articulating your problems often takes you half the way to solving them.

Share your feelings and problems with someone else and you will feel more peaceful.

Decide carefully, exactly what you want in life, then work like mad to make sure you get it!

*Hector Crawford (1913-1991)
Australian television programme maker.*

The best way to future happiness is to be as happy as is rightfully possible today.
*Charles W Eliot (1884-1926)
English educator*