

Avoid the Whelks

Eating is certainly high on my list of enjoyable things to do. Perhaps the No. 1 hobby that my wife, Lola, and I have is finding new and delightful places to eat. I am not a picky eater, and I like most dishes set in front of me – particularly seafood. That does not include oysters. I just don't care much about them.

Have you ever noticed an entire oyster shell without an oyster in it? If so, you may have wondered, as I have: How did the oyster get out? You might look for a very small hole in the top of the shell. Such a hole is made by a whelk. This little ocean creature has an appendage that works somewhat like an auger. With it, the whelk bores into the oyster shell and then sucks the oyster through the hole, little by little, until it has devoured it all. Though small, a whelk can do great harm. The oyster would certainly think so.

Quite often, we allow another person's angry outbursts, their critical remarks or their cynical comments to bore a hole into our good nature and rob us of an otherwise sunny disposition. If we are not careful, we can become irritated to the point where genuine anger and bitterness begin to seethe inside us. When that happens, we are in danger of both physical and emotional deterioration, such as disease, disharmony and discord.

The best recommendation is to avoid those individuals whom you find irksome, continually critical or habitually angry at life, as well as those who appear to delight in needling you. In other words, stay out of the way of whelks. You will be healthier and happier for it.

The company you keep will determine the trouble you meet.

--Beecher Hunter