

Good Humor

Henry Ward Beecher, the great preacher, once received an anonymous letter containing only one word, "Fool."

Mentioning it to his congregation, he remarked: "During my lifetime, I have received many letters from people who forgot to sign their names. But this is the first time that anyone ever signed his name and forgot to write the letter."

A sense of humor. How drab life would be without it. With a sound sense of humor, we can keep life on an even keel and ride out the swelling tides of any trial or abuse.

A good-natured attitude is to be cultivated, and it is much admired when we find it in others.

It's especially true in the centers of Life Care and American Lifestyles and in the work of Life Care at Home. The hectic pace of the workplace -- the daily routines, the regulations, the paper work, the demands on our time, close schedules that must be kept, many activities clamoring for our attention -- can overpower us if we view life's occurrences, and ourselves, too seriously.

We can live with ourselves, and with others, if good humor becomes a part of our makeup.

--Beecher Hunter