

Measured Words

President Calvin Coolidge, the 13th president of the United States, was a reserved man with a dry sense of humor. He was also known for the fact that he spoke very little.

A reporter once attempted to interview him, and the conversation went as follows:

Reporter: *Do you wish to say anything about the war threat in Europe?*

Coolidge: *No.*

Reporter: *About the strike in the clothing factories?*

Coolidge: *No.*

Reporter: *About the League of Nations?*

Coolidge: *No.*

Reporter: *About the farm production problem?*

Coolidge: *No.*

As the reporter rose and walked toward the door, Coolidge unexpectedly called back to him and said, "Don't quote me."

That is a humorous dialogue, but it contains truth for us in Life Care, Century Park and Life Care at Home. Never let yourself feel pressured into saying something you don't want to say or saying something when you don't feel like talking. Silence is not a "lack" of communication. It is a form of communication, and it can be a very effective one at that.

Measure your words carefully, and be sure to say what you mean and mean what you say. This rule is especially important for leaders.

Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer every one (Colossians 4:6).

– Beecher Hunter