

## Sleeping Like a Log

The saying, “sleeping like a log,” is one I have heard throughout my life, and probably so have you. Sleeping soundly is a trait that many persons display. A newspaper article published in February 1972, however, showed the depth of one man’s habit.

A 61-year-old gentleman from Burns, Oregon, suffered the misfortune of having his car stall just as he began to cross the railroad tracks. He couldn’t get his car to start, so – because a cold wave had set in that morning and he was very sleepy – he wrapped himself in a blanket and went to sleep in the car.

(Hold on! You’re getting ahead of me. And you are right.)

While he was snoozing, a freight train hit the car. Although extensive damage was caused to the car, the sleepyhead was found unharmed, wrapped in his blanket and still asleep when the authorities arrived.

The writer of the Book of Proverbs cautions: *Love not sleep, lest thou come to poverty.* Proverbs 20:13

Although rest is very important in reacting to the demands placed on us in the service of our residents in Life Care, Century Park and Life Care at Home, we shouldn’t be sleeping our lives away. Instead of loving and coveting sleep, we need to be awake and alert in the fulfillment of our daily responsibilities. We are to be busy and active as we go through the life God has given us.

--Beecher Hunter