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**Autor:** W.R.  
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"A HUNDRED TIMES EVERY DAY I REMIND MYSELF THAT MY INNER AND OUTER LIFE DEPEND ON THE LABOURS OF OTHER MEN, LIVING AND DEAD, AND THAT I MUST EXERT MYSELF IN ORDER TO GIVE IN THE SAME MEASURE AS I HAVE RECEIVED AND AM STILL RECEIVING." — Einstein.

"I am not as young as I used to be." This popular expression is heard almost every day and no doubt may be true, but it could also be a most discouraging thought. It could lead a man into a line of thinking which could easily hasten his mental age, because a man is only as old as he thinks he is. A good formula to follow is to live as though your life would go on for ever.

Naturally your life will not go on for ever, but if you can live as though you would, many advantages would accrue in our favour. We would actually live longer, we would act younger and think more progressively; planning more things would keep us busy and we would not have time to think about old age.

We owe to mankind that we give back some of the good things we have received in the past and we will receive in the future, and for this reason it is our duty to contribute as much, and as long as we can, to pay our debt for what we received without working for it. I have heard once from a man in his late forties that he would not plant any more trees, because he wouldn't get the benefit from them. A most selfish thought indeed because he must have forgotten about the abundance of fruit he freely received as a child and all through his boyhood until he was able to earn his living.

—W.R.