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DISCARDING AND REPLACING IDEAS

JUST because we are getting on in years there is no necessity for us to think that that is too late for us to change our views and ideas. Of course, there is always a tendency as we grow older to become set in not only our ways, but also our thoughts and our outlook on life. In other words, too many of us mentally stagnate when we begin to grow old.

Irrespective of our age, creed or temperaments, what about taking a new outlook on life and things about us, and see what a difference it makes to ourselves, relatives and friends! The first thing we must learn is how to discard and reconstruct; we can discard many ill-founded prejudices and dislikes that our children and our friends consider as being old-fashioned, for we must recognise that even our nearest and dearest become impatient with us if we grow "stodgy". What we have to ask ourselves is: "Is it really necessary to persist in doing the same thing the same way year in, year out, without trying to improve upon it?"

Unconsciously most of us develop the habit of thinking along the same lines, retaining the same views and holding the same opinion for years, even sometimes all our lives. That does not mean that we are altogether wrong, but we can become mentally stagnant and become a hindrance to ourselves and those about us.

But while we can discard one way, we can reconstruct another. Upon the old foundations of loyalty, courage and honesty, we could help to build a better world, for if we all did our share what a difference it would make! Every individual has his or her moral responsibility to the world. Even if we cannot do anything positive to correct the wrong we see being done, we can at least speak bravely out against it, for public opinion, if strong enough, can do a lot.

Another thing we can do is to impress upon our children a better sense of values in a world that places mundane things first. Let us not just impress upon them a greater sense of the value of money, but also of people, and try to instil into them (as well as ourselves) what a fortunate people we are. Here we are free from persecution for our religious or political beliefs, and there is food and work in plenty for us all, and if we fail to value and protect these things, we will find there are millions of others waiting to take over from us.

Finally, let us try to show a little more appreciation toward those who are doing their best, for we have noticed that the most caustic criticism comes from those who are doing nothing themselves. Let us show a bit of enthusiastic thanks for those kindly little deeds that are showered upon us, and by recognising such small deeds show our appreciation of kindness so that it will spread. In most ways we have much to be happy and content about in this world of ours.—Progress