

Summary writing

Read the following passage and the question that follows.

Worry is a waste of time; it is also dangerous. Try not to worry about the dead past or unborn future. Sir William Osler, one of the greatest doctors who ever lived, said: ‘Shut off the past! Let the dead bury its dead! The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. Shut off the future as tightly as the past-the future is today-there is no tomorrow...’ The best cure for worry is hard work. Bernard Shaw wrote: ‘The secret of being miserable is to have the leisure to bother about whether you are happy or not.

Happiness is the state of going somewhere; have an aim in life. Cultivate friends and concern yourself with other people’s well-being rather than exclusively with your own. Happiness is a by-product of leading a useful life and cannot be found by a deliberate search for it. Try to help others whenever possible, but do so from the inner joy of giving and helping, not in order to earn their gratitude. Gratitude is one of the rare virtues.

Do not be cynical about people, but, on the other hand, do not expect too much of them. Marcus Aurelius. The Roman emperor wrote: ‘I am going to meet people today who talk too much, people who are selfish, egotistic, and ungrateful. But I shall not allow myself to be surprised or disturbed, for it would be impossible to imagine a world without such people. Furthermore, do not expect too much of life and certainly do not allow yourself to feel permanently frustrated if you fail to get what you want.’ The Roman philosopher Seneca said: ‘If you have what seems to you to be insufficient, then you will be miserable even if you possess the world.’

Avoid like the plague the harmful emotions of anxiety, fear, hate, resentment and jealousy. They are a waste of energy; they make you an unpleasant companion to others; and they make you seriously ill. The resentful and jealous or aggrieved person is as Shaw puts it: ‘self-centered little clod of ailments and grievances complaining that the world will not devote itself to making him happy.’

All troubles are psychological; they are never determined by circumstances. ‘Our life is what our thoughts make it,’ said Marcus Aurelius. Furthermore, nearly all depression is a form of selfishness. Alfred Adler the psychologist wrote; ‘It is the individual who is not interested in his fellow men who has the greatest difficulties in life and does the greatest

injury to others. It is from among such individuals that human failures spring.' Lastly, cultivate your religion. Dr. A.A. Brill, a leading psycho- analyst, has said, ' anyone who is truly religious does not develop a neurosis.'

(Adapted from Pears Cyclopedia 65th edition, (Ed) by L. Mary Barker et al)

Question: In about 90 words, what are the rules of happy living according to the passage?