

What I Believe In

Howard Brady

I believe in savoring each day as if it were my last. I always feel that today is the day that I shall remember forever.

If in death I should find no present and no future, then I should like to think that I lived each day to its fullest. Only in this one way can I feel that I have a defense against slipping into the constant depression that overtakes many of the people of today. I believe that I do not have the time to consider all my troubles on one day and hold back all my good times for some day in the future when these troubles are all resolved. To taste the best of every hour and to spend it wisely is my desire.

The greatest difficulty in finding happiness is not so much in looking for joy as in taking pleasure in the tasks of each day. I believe that if a man works with happiness as a goal, he will never find it. The man who is happy with his lot is content, and therefore he need not search any longer.

I know well the price of happiness. Honesty and hard work are the two mediums of exchange. Honesty is the price I pay my conscience for peace of mind. Hard work is the price I pay for my right to happiness. Peace of mind cannot be wrenched from another. Happiness cannot exist if it is exacted from the use of another man's pleasures.

The living of each day is like an accountant's totaling of sums for debit and credit. Each of us pays with his physical labors for the foods of the body. Charity, on the other hand, alone cannot bring contentment to the soul. Neither is it well to be totally passive. It is good to say of a person that he has hurt no one. However, if he has helped no one, his life is sterile. Only if I am satisfying to family, friends, and associates, can I ever hope to be satisfied within myself. If in the final tally of each day, goodness may be marked in black, I can take that day and live in the memory of it for an eternity.