

attracted by the plants' beauty, purchased a few and before long, the retired executive had established a thriving 'business'.

Retirement is only the end of one chapter and the beginning of a new one. It should be spelled 're-tyre-ment'. You put on a new tyre and become involved with fulfilling new activities and relationships.

Some people misinterpret retirement as a loss of stature. Others refuse to retire out of mere greediness. Nothing is ever enough for them. They amass their first million and fulfil their initial aim but do not stop there. They then promise to retire 'when I have got my second million' but keep on postponing until it is too late to enjoy their wealth, as in the process of acquiring it, the stress ruined their health. For them it is well to recall the story of Pyrrhus and the sage. When Pyrrhus, the famous king of Epirus, told the sage that he was about to conquer Sicily, the sage asked Pyrrhus what he intended doing after that. 'Then I shall conquer Africa,' Pyrrhus replied. 'And after that?', the wise man now wanted to know. 'Then I'm going to conquer the world!' 'And then?', the sage further inquired. 'Then' said Pyrrhus, 'I shall rest and be happy,' to which the philosopher challenged him, 'Why not rest and be happy now?'

Happiness is not something which other people bestow on you. You yourself give – or deny – it. You do so not least by the manner and use of your retirement. You may be able to thank God for the fullness of your years and the richness of your days.



Facing old age

The ageing process brings with it certain changes. Faculties slow down, names are forgotten and aches and pains, unknown before, come and go. All this is the price you pay for being fortunate enough to reach old age.

Whether it proves a burden or a blessing depends largely on your attitude. If you adopt the right perspective, you will not give disproportionate attention to losses and failures, the inevitable result of advancing years, and become preoccupied with your body.

You have every reason to be grateful to live at a time of phenomenal progress in treating geriatric disabilities. Many ailments which, not so long ago, proved beyond help, and deteriorations that could not be halted, are now conquered. This is something which might well happen with what is troubling you at present.

Make up your mind that you will have to live with certain conditions that are part of ageing and learn to adjust to them. Count your blessings and think of the people who are worse off than you. Cultivate new friends. Keep active and busy. Take up pursuits and hobbies that until now you have had no time for. Keep on having a future instead of merely a past.

You need not be counted among those of 'old age' but be admired as one 'well aged' and young at heart.

