



DEPARTMENT OF THE NAVY
OFFICE OF THE CHIEF OF NAVAL OPERATIONS
WASHINGTON, DC 20350-2000

IN REPLY REFER TO
1700/11
Ser 09G1/2370
26 Sep 86

Dear Chaplain:

General John A. Lejeune penned the following words in his Reminiscences of a Marine:

The young American responds quickly and readily to the exhibition of qualities of leadership on the part of his officers. Some of these qualities are industry, energy, initiative, determination, enthusiasm, firmness, kindness, justness, self-control, unselfishness, honor, and courage.

In 1983, the Chief of Chaplains initiated a program entitled Positive Reinforcement of Values-Naval Service (PROVNS) to underscore these qualities and to create a climate of honesty, integrity and human dignity. The Chaplain Resource Board was tasked to assemble and distribute materials in support of the program. One of the CRB's first products was a collection of quotations for use in PODs, Bulletins, and Newsletters.

Today, the Department of the Navy has placed even greater emphasis on positive moral values through the Personnel Excellence Program. By virtue of our calling, our training, and our experience, we are uniquely equipped to take a leading role in supporting the Chief of Naval Operations in this endeavor.

This present volume of quotations provides you with tools to assist your command in furtherance of the Personnel Excellence Program and to influence the quality of life of your people.

Sincerely,

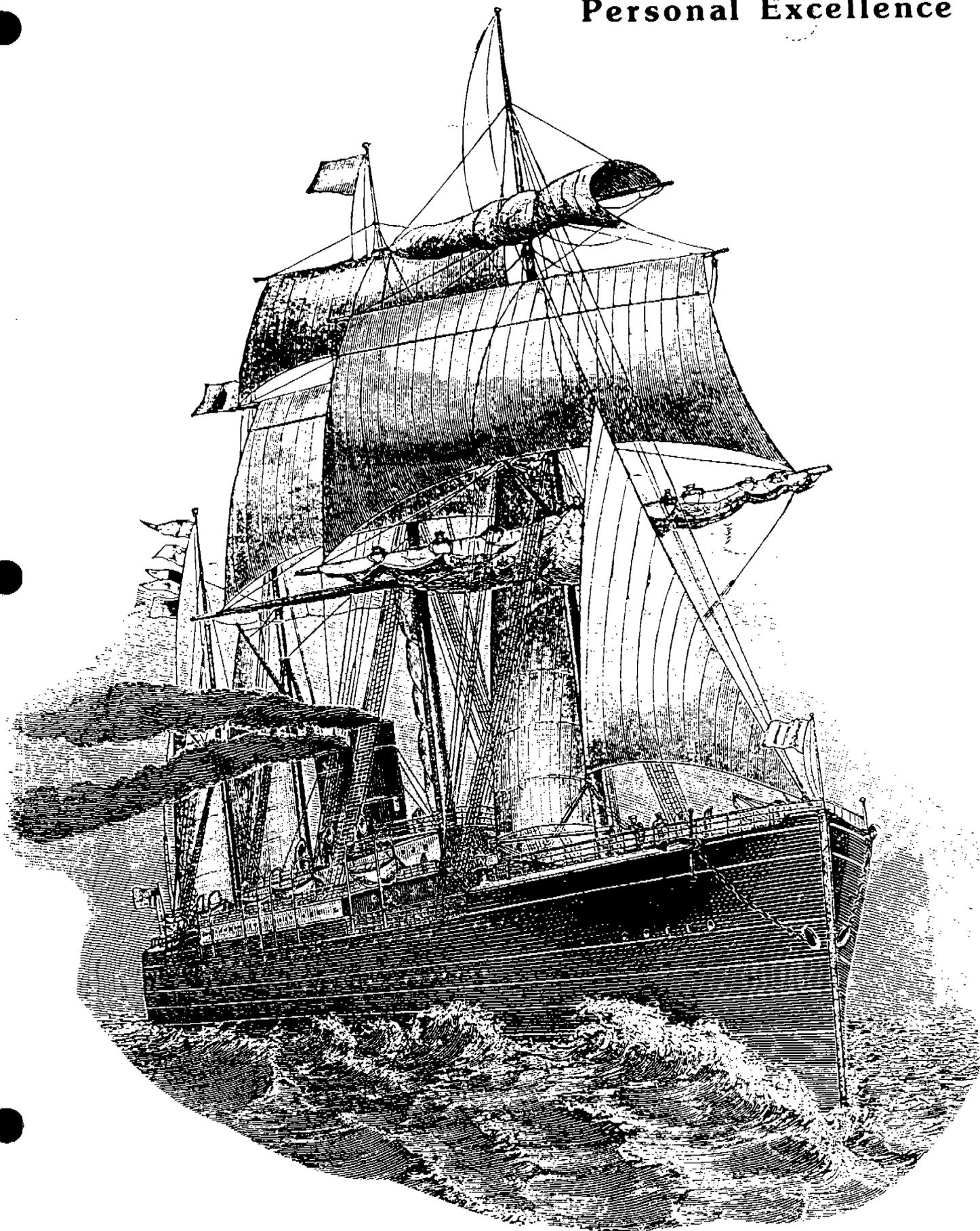
A handwritten signature in cursive script, reading "John R. McNamara", is written over the typed name.

JOHN R. MCNAMARA
Rear Admiral, CHC, USN
Chief of Chaplains

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Personal Excellence



CHARACTER

✓ Always do right. This will gratify some people and astonish the rest.

-Mark Twain

✓ Greatness lies not in being strong, but in the right use of strength.

-Henry Ward Beecher

✓ Sow a thought, reap an act; sow an act, reap a habit; sow a habit, reap a character; sow a character, reap a destiny.

-Anonymous

They're only truly great who are truly good.

-George Chapman

Habit is a cable; we weave a thread of it every day, and at last we cannot break it.

-Horace Mann

✓ Initiative is doing the right things without being told.

-Victor Hugo

They who are of the opinion that money will do everything, may very well be suspected to do everything for money.

-Sir George Savile

✓ The darkest hour in any man's life is when he sits down to plan how to get money without earning it.

-Horace Greeley

People and times change -- but principles -- never.
-Grover Cleveland

A good name is rather to be chosen than great riches.
-Proverbs 22:1

Improve your self-image; for when your self-image improves, your performance improves.
-Seribriakoff

Honesty is the foundation of character, and without it life is sure to cave in.
It is the basis of every worthwhile success.
-Leroy Brownlow

Today you sow. Tomorrow you reap. Plan on it. For the universal law of sowing and reaping is unalterable.
-Anonymous

The men who succeed best in public life are those who take the risk of standing by their own convictions.
-James A. Garfield

In reality, we do not admire a man so much for his success as we do for the qualities he has that makes success possible.
-Anonymous

Perfection consists not in doing extraordinary things, but in doing ordinary things extraordinarily well.
-Angeliqne Arnauld

Circumstances may prevent you from building a fortune, but they have no power to prevent you from building character.

-Anonymous

The most painful wound in the world is a stab of conscience.

-John Ellis Large

Patience is a necessary ingredient of genius.

-Benjamin Disraeli

Nothing is so strong as gentleness; nothing so gentle as real strength.

-St. Francis de Sales

A sound head, an honest heart, and a humble spirit are the three best guides through time and eternity.

-Anonymous

Habits are either bobs or sinkers, cork or lead. They hold you up or hold you down.

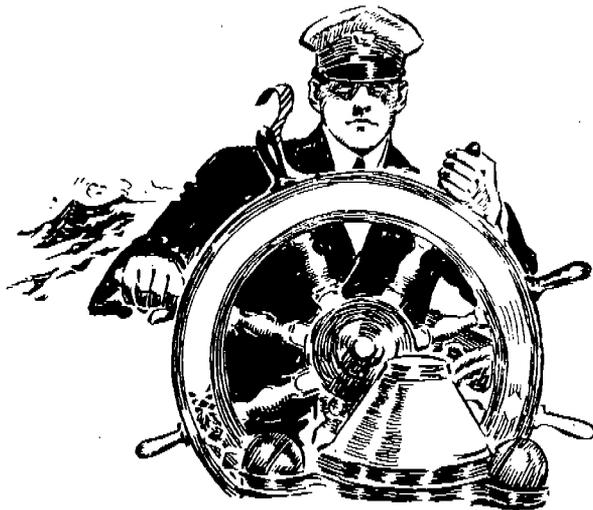
-Anonymous

People are like wine -- some turn to vinegar, but the best improve with age.

-Pope John XXIII

Make yourself an honest person, and then you may be sure there is one rascal less in the world.

-Thomas Carlyle



To be honest with others, one must be thoroughly honest with oneself.

-Anonymous

I believe the first test of a truly great man is his humility.

-John Ruskin

So live that when they check over your footprints on the sands of time, they won't find only the marks of a heel.

-Anonymous

If you tell the truth you don't have to remember anything.

-Mark Twain

Lighthouses don't ring bells or fire guns to call attention to their light: they just shine.

-Anonymous

To be able to rejoice with another who succeeds when you have failed -- that is a mark of real maturity!

-Anonymous

Patience is the ability to keep your motor idling when you feel like stripping the gears.

-Anonymous

Many three-word phrases in our language are powerful or significant or informative; but the one that probably gives the greatest over-all peace of mind is "I was wrong."

-Advocate, Allen, Oklahoma

It is a wicked thing to be neutral between right and wrong.

-Theodore Roosevelt

A sense of values is the most important single element in human personality.

-Anonymous

In any emergency in life there is nothing so strong and safe as the simple truth.

-Charles Dickens

No man ever became extremely wicked all at once.

-Juvenal, Satires

It is not hard to find the truth; what is hard is not to run away from it once you have found it.

-Etienne Gilson

The price of dishonesty is self-destruction.

-Rita Mae Brown

It is curious that physical courage should be so common in the world and moral courage so rare.

-Mark Twain

A person with a bad name is already half-hanged.

-Old Proverb

First a person should put his house together, then his town, then the world.

-Rabbi Israel Salanter

A person's character can be judged by the way he handles three things: his drink, his money and his anger. And some people say by the way he jokes also.

-Babylonian Talmud, tractate

Regret for the things we did can be tempered by time; it is regret for the things we did not do that is inconsolable.

-Sidney J. Harris

You grow up the day you have your first real laugh at yourself.

-Ethel Barrymore



You can easily judge the character of a man by how he treats those who can do nothing for him or to him.

-Anonymous

A person's reputation is a mixture of what his friends, enemies, and relatives say behind his back.

-Anonymous

The cheapest way to have your family tree traced is to run for office.

-Anonymous

When in doubt tell the truth.

-Mark Twain

I hope to be remembered as someone who made the earth a little more beautiful.

-Justice William O. Douglas

Some are born good, some make good, and some are caught with the goods.

-Thomas Jefferson

Speak when you're angry -- and you'll make the best speech you'll ever regret.

-Henry Ward Beecher

No man knows his true character until he has run out of gas, purchased something on the installment plan and raised an adolescent.

-Mercelene Cox

A woman is like a tea bag -- you can't tell how strong she is until you put her in hot water.

-Nancy Reagan

I am always amazed that the people who attack me never ask the first question that a historian would ask: Is it true?

-Arthur Schlesinger, Jr.

To buy off one lie is to give a premium for the invention of others.

-Thomas Jefferson

Truth has no special time of its own. It's hour is now -- always.

-Albert Schweitzer

We lie loudest when we lie to ourselves.

-Eric Hoffer

The great tragedy of life is not that men perish, but that they cease to love.

-W. Somerset Maugham

It does not require money to be neat, clean and dignified.

-Anonymous

Stretching the truth won't make it last any longer.

-Anonymous

A man can be as fast as a plane, as strong as an ox and as bright as a quiz kid. But without character, he won't make a good soldier or sailor.

-General John M. Devine

He who does not prevent a crime when he can, encourages it.

-Seneca

A thief is a thief whether he steals a diamond or a quarter.

-Anonymous

Truth may often be eclipsed, but never extinguished.

-Livy

There would be less sleeping pills sold if more people went to bed at night content with what they are doing to others.

-John W. Gardner



Crime expands according to our willingness to put up with it.

-Barry Farber

A man who carries a cat by the tail learns something he can learn in no other way.

-Mark Twain

Everyone can navigate in fine weather.

-Anonymous

If each one sweeps before his own door, the whole street is clean.

-Anonymous

Most people follow their conscience as a man follows a wheelbarrow -- pushing it along before him the way he wants it to go.

-Anonymous

Courage is the quality it takes to look at yourself with candor, your adversaries with kindness, and your setbacks with serenity.

-Anonymous

Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing had happened.

-Winston Churchill

A crooked path is the shortest way to the penitentiary.

-Anonymous

To really know a man, observe his behavior with a woman, a flat tire, and a child.

-Anonymous

Don't be a carbon copy of something. Make your own impressions.

-Anonymous

It's what you do when you have nothing to do that reveals what you are.

-Anonymous

I wish that people would put a little more emphasis upon the observance of the law than they do upon its enforcement.

-Calvin Coolidge

Never give an excuse that you would not be willing to accept.

-Anonymous

Blessed are those who can give without remembering, and receive without forgetting.

-Anonymous

The world will be a better place in which to live when the "found" ads in the newspapers begin to outnumber the "lost" ads.

-Anonymous

A lie may take care of the present, but it has no future.

-Anonymous

You can't keep folks from having a bad opinion of you, but you can keep them from being right about it.

-Anonymous

A good way to forget your troubles is to help others out of theirs.

-Anonymous

Two half truths do not necessarily constitute the whole truth.

-Anonymous

The value of all things, even our lives, depends on the use we make of them.

-Anonymous

Live so that when the preacher has ended his remarks, those present will not think they have attended the wrong funeral.

-Anonymous

There is a vast difference between putting your nose in other people's business and putting your heart in other people's problems.

-Phoenix Christian Church Newsletter

Rapid promotion and honors cannot fall to every one, and it is a great test of character to accept, even acclaim the good fortune of others, while continuing quietly to do one's own work, to the best of one's ability.

-S. W. Roskill

A good past is the best thing a man can use for a future reference.

-Anonymous

The greatest of faults I should say is to be conscious of none.

-Thomas Carlyle

There are no degrees of honesty. Either you are honest or you are not.

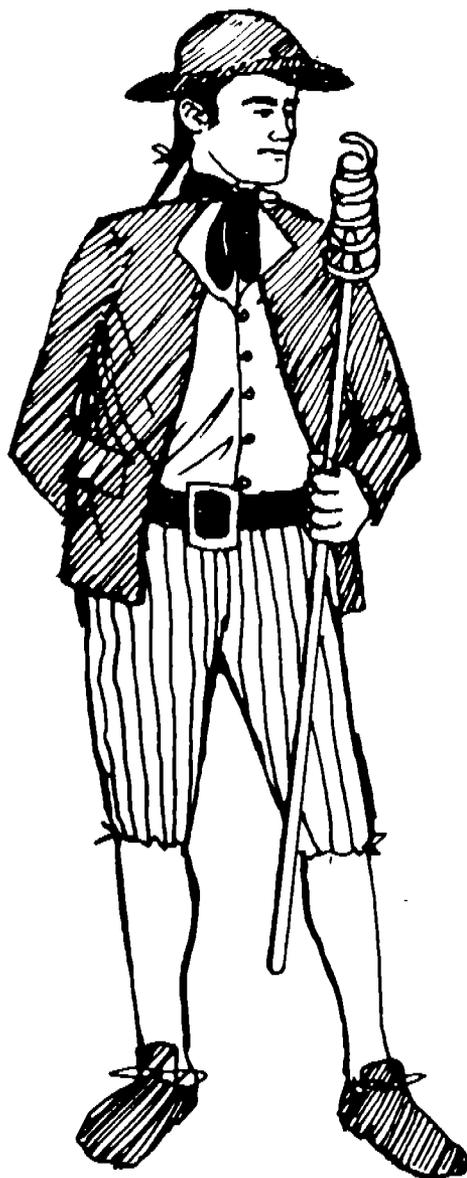
-Anonymous

Sometimes it's difficult to be humble -- like a mortician at a \$10,000 funeral.

-Ketner

Don't blame the rule if you don't measure up.

-Anonymous



DISCIPLINE

I don't think much of a man who is not wiser today than he was yesterday.

-Abraham Lincoln

I studied the lives of great men and famous women; and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy, enthusiasm and hard work.

-Harry S. Truman

The shortest way to do anything is to do only one thing at a time.

-Martin Luther

People are very generous with that which costs them nothing.

-Anonymous

No sane man is unafraid in battle, but discipline produces in him a form of vicarious courage.

-George S. Patton

A battle sometimes decides everything; and sometimes the most trifling thing decides the fate of battle.

-Napoleon

Untutored courage is useless in the face of educated bullets.

-George S. Patton

For every day of training in peacetime, we may save weeks and months of war.

-Robert P. Patterson

Ninety per cent of failure is due to lack of organization.

-Henrietta C. Mears

Everyone can do something to make the world better. He can at least improve himself!

-Anonymous

Truth, like surgery, may hurt, but it cures.

-Han Suyin

Whatever is worth doing at all, is worth doing well.

-Chesterfield

If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent.

-Sir Isaac Newton

Great ability develops and reveals itself increasingly with every new assignment.

-Baltasar Gracian

He who refuses to embrace an unique opportunity loses the prize as surely as if he had failed.

-William James

Patience is needed with everyone, but first of all with ourselves.

-St. Francis De Sales

A man never knows how careful he can be until he gets a new car or wears white shoes.

-Anonymous

Batting around at night doesn't help you to hit home runs in the daytime.

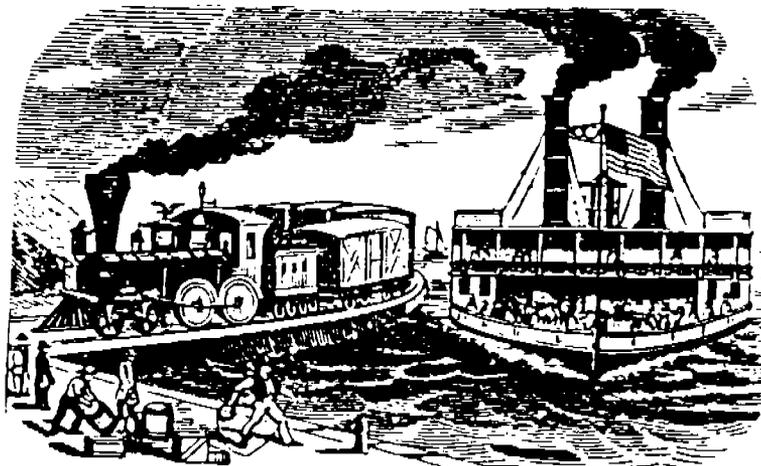
-Anonymous

The hardest thing to learn in life is which bridge to cross and which to burn.

25
-David Russell

If we do more with less, our resources will be adequate to take care of everybody.

-R. Buckminster Fuller



The best way to escape from a problem is to solve it.

26
-Brendan Francis

It is better to obey laws than to appeal for mercy in the courts.

-Charles M. Hayes

X

Waste is a tax on the whole people.

-Albert W. Atwood

The world is not interested in the storms you encountered -- but did you bring in the ship?

-Anonymous

Do not put off till tomorrow what can be enjoyed today .

-Josh Billings

Bad habits are like a comfortable bed; easy to get into, but hard to get out of.

-Rev. Watson C. Black

Changing one thing for the better is worth more than proving a thousand things are wrong.

-Anonymous

The greatest test of courage on earth is to bear defeat without losing heart.

-Robert G. Ingersoll

It takes less time to do something right than it takes to explain why you did it wrong.

-Anonymous

To ignore an insult is the true test of moral courage.

-Anonymous

A stroll down memory lane would be most pleasant if we could detour around a few "rough spots."

-Anonymous

This would be a wonderful world if people showed as much patience in all things as they do in waiting for a fish to bite.

-Anonymous

If you could kick the fellow responsible for most of your problems, you couldn't sit down for two months.

-Anonymous

Self-control is giving up smoking cigarettes; extreme self-control is not telling anybody about it.

-Anonymous

Self-control might be defined as the ability to carry a credit card and not abuse it.

Anonymous

The higher you get in the evening, the lower you feel in the morning.

-Anonymous

If you burn the candle at both ends you are not as bright as you may think.

-Anonymous

A hangover is something to occupy a head that wasn't used the night before.

-Arcadia News-Leader

A reckless driver is seldom wreckless for very long.

-Anonymous

Many of the world's most attractive temptations are like some television commercials: frequently deceptive, and frightfully costly.

-Anonymous

Maturity is the ability to do a job whether or not you are supervised, to carry money without spending it and to bear an injustice without wanting to get even.

-Ann Landers

Problems never faced, never go away.

-Anonymous

There is nothing so fatal to progress than half-finished tasks.

-David George

Ability is important but dependability is critical.

-Anonymous

Satisfaction does not come from indulgence or self-gratification, but from achievement.

-Calvin Coolidge

Good ideas and innovations must be driven into existence by courageous patience.

-Admiral Hyman Rickover

X The price of excellence is time, energy, attention, and focus.

-David Ogilvy

X Confidence, like trust, never completely returns once it has been broken.

-Gerald Ford



AMBITION AND SUCCESS

Many a man gets to the top of the ladder, and then finds out it has been leaning against the wrong wall.

-Lawrence J. Peters

You will never reach beyond second base if you keep one foot on first base.

-Vernon Law

The price of greatness is responsibility.

-Sir Winston Churchill

It takes about twenty years to become an overnight success.

-Eddie Cantor

There is plenty of room at the top, but not enough to sit down.

-Fred Shero

Following the path of least resistance is what makes people and rivers crooked. People seldom drift to success.

-Dick Underdahl-Peirce

People fail through lack of purpose rather than through lack of talent.

-Billy Sunday

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.

-Booker T. Washington

Only in dictionaries does success come before work.

-Anonymous

We know what happens to people who stay in the middle of the road; they get run over.

-Aneurin Bevan

When all is said, the basic question remains: "Will you stare up the steps of success or step up the stairs of success?"

-Anonymous

If you want a thing well done, do it yourself.

-Charles Haddon Spurgeon

You are on the pathway to a successful life when you do more for the community than the community does for you.

-Anonymous

It's almost impossible to succeed if you cannot do what you are told -- or can do nothing else.

-Anonymous

Six essential qualities that are the key to success: Sincerity, personal integrity, humility, courtesy, wisdom, and charity.

-Dr. William Menninger

When you get right down to the root of the meaning of the word "succeed" you find that it simply means to follow through.

-F. W. Nichol

There are two kinds of failures: those who thought and never did, and those who did and never thought.

-William Feather

The difference between failure and success is doing a thing nearly right and doing a thing exactly right.

-Edward Simmons

Before everything else, getting ready is the secret of success.

-Henry Ford

Runyon's Law: The race is not always to the swift, nor the battle to the strong, but that's the way to bet.

-Damon Runyon

Fanaticism consists in redoubling your effort when you have forgotten your aim.

-George Santayana

To know how to wait is the great secret of success.

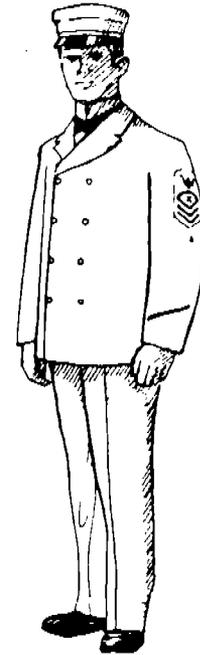
-Franklin

Success is that old ABC -- ability, breaks and courage.

-Charles Luckman

Should you wish to know the road to travel, ask those who have already trodden it.

-Anonymous



If you don't want anyone to know it, don't do it.

-Anonymous

Of all our human resources, the most precious is the desire to improve.

-Anonymous

Man is not born to happiness. He has to achieve it.

-Anonymous

The only thing some people do is grow older.

-Ed Howe

The only man who makes money following the races is one who does it with a broom and shovel.

-Elbert Hubbard

Fear of becoming a has-been keeps some people from becoming anything.

-Eric Hoffer

The fame of great men ought always to be estimated by the means used to acquire it.

-Francois de La Rochefoucauld

People can be divided into three groups: those who make things happen, those who watch things happen - and those who wonder, What Happened?

-Anonymous

Stopping at third base adds no more to the score than striking out.

-Anonymous

The road to failure is greased with the slime of indifference.

-Anonymous

Many people are not failures. They just started at the bottom and liked it there.

-Anonymous

Popularity is a form of success that's seldom worth the things we have to do in order to attain it.

-Anonymous

The price of success is much lower than the price of failure.

-Anonymous

No one has ever yet climbed the ladder of success with his hands in his pockets.

-Anonymous

The most difficult part of getting to the top of the ladder is getting through the crowd at the bottom.

-Anonymous

Think small and you'll remain small.

-Anonymous

Ninety-nine per cent of the failures come from the people who have the habit of making excuses.

-George Washington Carver

Everyone is trying to accomplish something big, not realizing that life is made up of little things.

-G. B. Stern

Use what talents you possess: the woods would be very silent if no birds sang there except those that sang best.

-Henry Van Dyke

While it is well enough to leave footprints on the sands of time, it is even more important to make sure they point in a commendable direction.

-James Branch Cabell

The secret to success is hard work.

-Anonymous

There are times when the ideals of success should be replaced by the ideal of service.

-Albert Einstein

You can't win in life's contest by squandering your energy in hot anger. Anger often leads to defeat.

-Anonymous

Perhaps if there has been one failing within our organization over the years, it is that we haven't tried to dispel the notion that our success comes out of a computer. It doesn't. It comes out of the sweat glands of our coaches and players.

-Tom Landry



HARD WORK

It is important to know that words don't move mountains. Work, hard work, moves mountains.

-Anonymous

When I hear a young man spoken of as giving promise of great genius, the first question I ask about him always is, "Does he work?"

-John Ruskin

If a man can write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, though he builds his house in the woods, the world will make a beaten path to his door.

-Ralph Waldo Emerson

Everything cometh to him who waiteth, so long as he who waiteth worketh like hell while he waiteth.

-Allen Drury

✓ Don't do things by halves. If it is right -- do it. If it is wrong -- don't do it.

-Ancient Proverb

The world is blessed most by people who do things, and not by those who merely talk about them.

-James Oliver

Everything comes to people who hustle while they wait.

-Thomas Edison

Man is like a watch: what he says doesn't amount to anything, if he never moves.

-Anonymous

✓ You can't plow a field by turning it over in your mind.

-Anonymous

✓ Work is the best escape from boredom.

-Eleanor L. Doan

✓ Some people are like blisters, they do not show up until the work is done.

-Anonymous

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in the world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.

-George Bernard Shaw

Those who reason that "the world owes me a living" are likely to discover that the pay days are somewhat irregular.

-Anonymous

Days are like suitcases: all nearly the same size, but some people can pack a lot more into them.

-Anonymous

✓ The world belongs to the energetic.

-Ralph Waldo Emerson

Genius is one per cent inspiration and ninety-nine per cent perspiration.

-Thomas A. Edison

Not enough people realize that the helping hand they always are looking for is at the end of their own wrist.

-Nick Kozmeniuk

All good things will come to the other fellow if you will only sit down and wait!

-Anonymous

Even if you are on the right track, you will get run over if you just sit there.

-Anonymous

Don't go around saying the world owes you a living. The world owes you nothing. It was here first.

-Mark Twain

If you owned the company, would you want someone to do the job you're doing the way you're doing it?

-Bree Smith

Everyone admires a worker. Even a mosquito gets a pat on the back when he starts working.

-Anonymous

The man who does not do more work than he's paid for isn't worth what he gets.

-Abraham Lincoln



It is better to burn the candle at both ends, and in the middle, too, than to put it away in the closet and let the mice eat it.

-Henry Van Dyke

Never turn down a job because you think it's too small; you don't know where it can lead.

-Julia Morgan

Efficiency produces more with less effort.

-Admiral Husband Edward Kimmel

Thunder is good, thunder is impressive; but it is the lightning that does the work.

-Mark Twain

There may be luck in getting a good job -- but there's no luck in keeping it.

-J. Ogden Armour

To do anything in this world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in, and scramble through as best we can.

-Sydney Smith

The man who does his work, any work, conscientiously, must always be in one sense a great man.

-Mulock

An idea isn't worth much until a person is found who has the energy and ability to make it work.

-William Feather

There never has been any thirty-hour week for people who had anything to do.

-Charles F. Kettering

Roos' Law: If there's a harder way of doing something, someone will find it.

-Ralph E. Roos

The only way to enjoy anything in this life is to earn it first.

-Ginger Rogers

In life as in a football game, the principle to follow is: Hit the line hard.

-Theodore Roosevelt

Show me a man who cannot bother to do little things and I'll show you a man who cannot be trusted to do big things.

-Lawrence E. Bell

The haves and have-nots can often be traced back to the dids and the did-nots.

-D. O. Flynn

I'm a great believer in luck. The harder I work, the more of it I seem to have.

-F. L. Emerson

Work gives people more than a living, it gives them life.

-Zig Ziglar

The most practical, workable, philosophy in the world won't work -- if you won't.

-Jerry West

Any person who has a job has a chance.

-Elbert Hubbard

Unless a man undertakes more than he possibly can do he will never do all that he can.

-Henry Drummond

To young people I have but three words of counsel -- Work, work, work.

-Otto von Bismarck

By working faithfully eight hours a day you may eventually get to be a boss and work twelve hours a day.

-Robert Frost

Hard work is the soundest investment.

-Anonymous

The person who picks a tough job won't have much competition.

-Anonymous

The fellow who is up to his ears in work may be lying down on the job.

-Anonymous

Every time a man puts a new idea across he finds ten men who thought of it before he did - but they only thought of it.

-Anonymous

Too many people are ready to carry the stool when the piano needs moving.

-Anonymous

I never did anything worth doing by accident; nor did any of my inventions come by accident; they came by work.

-Thomas Alva Edison

It's amazing how much work is accomplished when no one worries about who gets the credit.

-Anonymous

Ambition never gets anywhere until it forms a partnership with work.

-Anonymous

The harder you work, the luckier you get.

-Anonymous

One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man.

-Elbert Hubbard

The only way to avoid being miserable is not to have enough leisure to wonder whether you are happy or not.

-George Bernard Shaw

A vacation should be just long enough for the boss to miss you, and not long enough for him to discover how well he can get along without you.

-Anonymous



PERSEVERANCE

We will be victorious if we have not forgotten how to learn.

-Rosa Luxemburg

Mistakes are a fact of life. It is the response to error that counts.

-Nikki Giovanni

I was taught that the way of progress is neither swift nor easy.

-Marie Curie

The man who makes no mistakes does not usually make anything.

-Bishop W. C. Magee

Do you remember how small grains of sand are? Yet if enough are placed in a ship, they sink it.

-St. Augustine

The greater the obstacle, the more glory and pride in overcoming it.

-Moliere

Never bear more than one kind of trouble at a time. Some people bear three -- all they have had, all they have now, and all they expect to have.

-Edward Everett Hale

We can do anything we want to do if we stick to it long enough.

-Anonymous

Defeat never comes to any man until he admits it.

-Anonymous

One never knows what he can do until he tries.

-Anonymous

More people fail through ignorance of their strength than fail through knowledge of their weakness.

-Anonymous

The function of fear is to warn us of danger, not to make us afraid to face it.

-Anonymous

When you don't succeed after you've tried again, you might read the instructions if they are still around.

-Herald, Meeker, OK

A journey of a thousand steps begins with one.

-Chinese Proverb

In an old print shop there hangs a sign which reads: "Life is a grindstone and whether it grinds a man down or polishes him up depends on the stuff he's made of."

-Anonymous

The life of a man is a journey; a journey that must be traveled, however bad the roads or the accommodations.

-Oliver Goldsmith

When you get into a tight place and everything goes against you, till it seems that you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

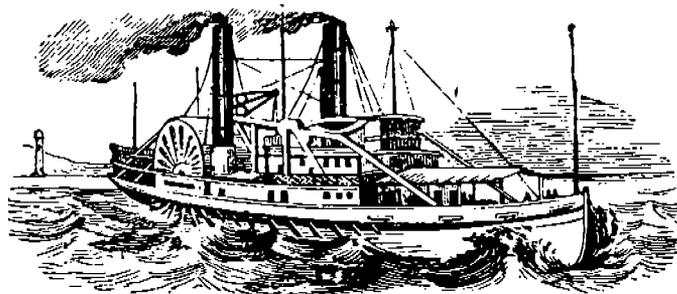
-Harriet Beecher Stowe

Consider the postage stamp: its usefulness consists in the ability to stick to one thing until it gets there.

-"Josh Billings" (Henry Wheeler Shaw)

Diamonds are pieces of coal that stuck to their jobs.

-Anonymous



Persistent people begin their success where others end in failure.

-Edward Eggleston

All things come to him who waits -- provided he knows what he is waiting for.

-Woodrow Wilson

When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which never happened.

-Winston Churchill

Growing is like running a twenty-six mile marathon. If we give up on the twenty-fourth mile, we will never know what it feels like to finish the race.

-Anonymous

Always remember that no matter what the problem may be, there is an infinity of solutions.

-Marion Weinstein

Our greatest glory consists not in never failing, but in rising every time we fail.

-Oliver Goldsmith

The gem cannot be polished without friction, nor a person perfected without trials.

-Chinese Proverb

Life will give you what you ask of her if only you ask long enough and plainly enough.

-E. Nesbit

There is no failure except in no longer trying.

-Elbert Hubbard

Great works are performed, not by strength, but by perseverance. He that shall walk, with vigor, three hours a day, will in seven years, walk a distance equal to the circumference of the world.

-Johnson

Don't worry if you stumble. Only worms can't fall down.

-Anonymous

He who never made a mistake, never gained experience.

-Anonymous

Controlling waste is like bailing a boat -- you have to keep at it.

-Lyndon B. Johnson

The person who hesitates is last.

-Mae West

You don't learn to hold your own in the world by standing on guard, but by attacking and getting well hammered yourself.

-George Bernard Shaw

✓ It's pretty embarrassing to watch the boss do something you said couldn't be done.

-Anonymous

The ideal has not been tried and found wanting. It has been found difficult, and left untried.

-G. K. Chesterton

There are two ways of meeting difficulties: You alter the difficulties, or you alter yourself to meet them.

-Anonymous

One of life's big disappointments is discovering that the man who writes the advertising for a bank is not the same guy who makes the loans.

-Anonymous

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.

-Seneca

It is the man that gets up after he is knocked down that wins. One can't climb while flat on his back.

-Anonymous

Others can stop you temporarily -- you are the only one who can do it permanently.

-Cromer

The real secret of patience is to find something else to do in the meantime.

-Anonymous

Life is like a train. You expect delays from time to time, but not a derailment.

-Willie Stargell



ATTITUDE

Worry is interest paid on trouble before it falls due.

-William Ingle

A person has the right to criticize who has the heart to help.

-Abraham Lincoln

"I can't help it" . . . that's what we all say when we don't want to exert ourselves.

-Eva Lathbury

Genius is the power of lighting one's own fire.

-John Foster

Most folks are about as happy as they make up their minds to be.

-Abraham Lincoln

The best lessons in life are learned from negative experiences that are turned into positive ones.

-Art Linkletter

A pro is a man who can do his best at a time when he doesn't particularly feel like it.

-Alistair Cooke

Things turn out best for the people who make the best of the way things turn out.

-Art Linkletter

A man should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser today than he was yesterday.

-Alexander Pope

You gain nothing by being too proud to admit that you are wrong. If you are subject to error you ought to be responsive to correction. If you can't be corrected, you can't get smarter, you can't get better, you can't advance -- your condition is hopeless.

-Leroy Brownlow

When someone says something can't be done, it only means he can't do it.

-Anonymous

Nothing is a complete loss. There is experience and learning even in the most disappointing events.

-Anonymous

The person who says, "It can't be done," is liable to be interrupted by someone doing it.

-Anonymous

Everything should be made as simple as possible but not simpler.

-Albert Einstein

The reason that some people come late is that we don't give them a reason to come early.

-Anonymous

You're either helping solve the problem -- or you're part of the problem.

-Bernard Edinger



If you are satisfied just to get by, step aside for the person who isn't.

-Anonymous

The art of being a woman can never consist of being a bad imitation of a man.

-Olga Knopf

If you think you cannot succeed, you are probably right!

-Anonymous

Suspicion is about the only thing that can feed on itself and grow larger all the while.

-Anonymous

Flattery is to be used like perfume -- smell and enjoy it, but don't swallow it.

-Anonymous

When fate hands us a lemon, let's try to make lemonade.

-Dale Carnegie

The only people who never fail are those who never try.

-Ilka Chase

If the creator had a purpose in equipping us with a neck, he surely meant us to stick it out.

-Arthur Koestler

Yesterday's hits won't win today's ball game.

-Anonymous

Laugh and the world laughs with you. Cry and you simply get wet!

-Anonymous

The one who complains the loudest is generally he who contributes the least.

-A. G. Sertillanges

An optimist is a driver who thinks that the empty space at the curb won't have a hydrant beside it.

-Changing Times

A pessimist is a person who looks both ways before crossing a one-way street.

-Laurence J. Peter

The game of life is not so much in holding a good hand as playing a poor hand well.

-H. T. Leslie

The longer I live the more beautiful life becomes.

-Frank Lloyd Wright

We can destroy ourselves by cynicism and disillusion just as effectively as by bombs.

-Kenneth Clark

The man who tried his best and failed is superior to the man who never tried.

-Bud Wilkinson

We cannot do everything at once, but we can do something at once.

-Calvin Coolidge

The process of living is the process of reacting to stress.

-Stanley Sarnoff

Absolute calm is not the law of the ocean. And it is the same with the ocean of life.

-Anonymous

The difference between stumbling blocks and stepping stones is the way a person uses them.

-Anonymous

It takes both rain and sunshine to make a rainbow.

-Anonymous

Don't let life discourage you; everyone who got where he is had to begin where he was.

-Richard L. Evans

The dinosaur's eloquent lesson is that if some bigness is good, an overabundance of bigness is not necessarily better.

-Eric Johnston

It's not the load, but thinking about it that makes you tired.

-Anonymous

It does not matter so much where we serve, but it does matter mightily how we serve.

-Leonard Wood

Life may not be beautiful but it is interesting.

-Sir John Robert Seeley

No man needs sympathy because he has to work . . . Far and away the best prize that life offers is the chance to work hard at work worth doing.

-Theodore Roosevelt

We think of tolerance as a virtue, but there are times when people speak of tolerance, and the word they ought to use is apathy.

-Robert J. McCracken

The reason why worry kills more people than work is that more people worry than work.

-Robert Frost

When I've had a rough day, before I go to sleep I ask myself if there's anything more I can do right now. If there isn't, I sleep soundly.

-L. L. Colbert

Those who complain about the way the ball bounces are often the ones who dropped it.

-Anonymous

A lot of people go through life standing at the complaint counter.

-Anonymous

Everyone thinks of changing the world, but no one thinks of changing himself.

-Leo Tolstoy

Do the best with what is in your power, and take the rest as it happens.

-Epictetus

It is the nature of all people to believe every calamity happening to them is a trial, and every one happening to others a judgment.

-Anonymous

If you don't know what to be thankful for, be thankful for all the trouble you haven't had.

-Anonymous

Life's heaviest burden is to have nothing to carry.

-Anonymous

Enthusiasm is infectious -- and so is the lack of it.

-Anonymous

Revenge is often like you biting a dog because the dog bites you. If revenge is sweet, why does it leave such a bitter taste?

-Anonymous

When the grass looks greener on the other side of the fence, it may be that they take better care of it over there.

-Cecil Selig



The way to be nothing is to do nothing.

-Anonymous

Too many of us complain that our days are few while acting as if they will never end.

-Anonymous

In your hands, you hold the seeds of failure or the potential for greatness.

-Howard Hughes

Don't live with a problem -- face it honestly and correct it. Excuses interest no one.

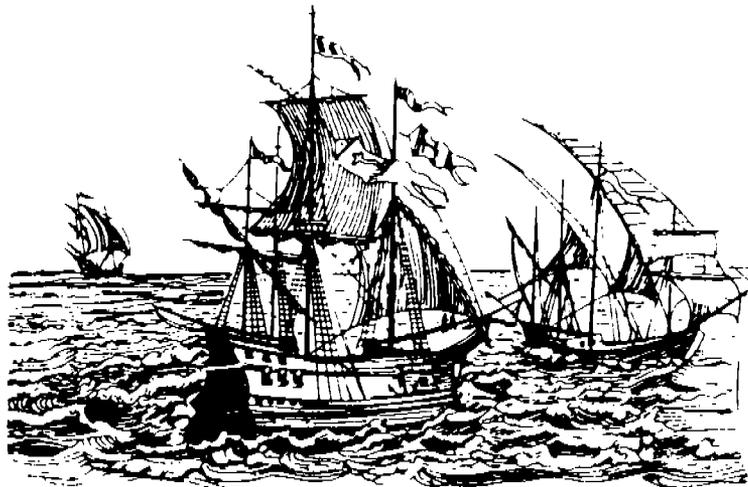
-Jerry Dealer

If you count the happy and sad days through a year, you will find that the happy days are predominate.

-Ovid

The stupid and the dead never change their opinions.

-James Lowell



SELF ESTEEM

A mistake at least proves somebody stopped talking long enough to do something.

-Anonymous

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps.

-David Lloyd George

It takes courage to step out and be somebody. However, the rewards of a renewed sense of purpose, making a difference, and self respect are worth the effort.

-John Kotten

The grand essentials to happiness in this life are something to do, something to love, and something to hope for.

-Joseph Addison

✓ If you think nobody cares if you're alive, try missing a couple of car payments.

-Earl Wilson

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.

-Admiral Richard E. Byrd

It is better to wear out than to rust out.

-Bishop Richard Cumberland

It isn't how much you know, but what you get done that the world rewards and remembers.

-Donald Laird

The reward of a thing well done, is to have done it.

-Ralph Waldo Emerson

The people who try to do something and fail are infinitely better than those who try to do nothing and succeed.

-Anonymous

Very little is needed to make a happy life. It is all within yourself, in your way of thinking.

-Marcus Aurelius

I find the great thing in this world is not so much where we stand, as in what direction we are moving.

-Oliver Wendell Holmes

When you can do the common things of life in an uncommon way you will command the attention of the world.

-George Washington Carver

Conscience warns us as a friend before it punishes us as a judge.

-Stanislas I

Be a live wire, then people won't step on you.

-Anonymous

God never puts any person in a place too small to grow in.

-Anonymous



Unless you try to do something beyond what you have already mastered, you will never grow.

-Anonymous

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.

-Eleanor Roosevelt

Possibly the greatest source of human happiness is in personal achievement.

-Herbert Hoover

Everything of importance in the world was begun by one man or one woman.

-Channing Pollock

He is truly great in power who has power over himself.

-Charles Haddon Spurgeon

It is better to have clean hands and a pure heart than to have clever hands and a smooth tongue.

-Anonymous

Don't fret over what you'd do with your time if you could live it over again . . . get busy with what you have left.

-Martin VanBee

It only takes one person to change your life -- you.

-Ruth Casey

Everyone has talent. What is rare is the courage to follow the talent.

-Erica Jong

If your life is ever going to get better, you'll have to take risks. There is simply no way you can grow without taking chances.

-David Viscott

Life is constantly providing us with new funds, new resources, even when we are reduced to immobility. In life's ledger there is no such thing as frozen assets.

-Henry Miller

They always say that time changes things, but you actually have to change them yourself.

-Andy Warhol

The fellow who worries about what people think of him wouldn't worry so much if he only knew how seldom they do.

-Anonymous

Shallow men believe in luck, wise and strong men in cause and effect.

-Ralph Waldo Emerson

Everyone has a chance to be as great as he wants to be.

-Jeremy Collier

All of us, at certain moments of our lives, need to take advice and to receive help from other people.

-Alexis Carrel

We fail far more often through timidity than by over-daring.

-David Grayson

If you do not believe in yourself, do not blame others for lacking faith in you.

-Brendan Francis

If one is really a superior person, the fact is likely to leak out without too much assistance.

-John Andrew Holmes

The closest to perfection a person ever comes is when he fills out a job application form.

-Stanley J. Randall

If you would not be forgotten as soon as you are dead, either write things worth reading or do things worth writing about.

-Benjamin Franklin

A man can fail many times, but he isn't a failure until he begins to blame somebody else.

-Anonymous

We are always more anxious to be distinguished for a talent which we do not possess than to be praised for the fifteen which we do possess.

-Mark Twain

The man who has done his level best, and who is conscious that he has done his best, is a success, even though the world may write him down as a failure.

-B. C. Forbes

A liberated person is one who feels confident, is happy in what they are doing and has a sense of self.

-Betty Ford

A person must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them.

-Anonymous

Don't be afraid of asking a dumb question! That's better than making a dumb mistake.

-Anonymous

Every man has an equal chance to become greater than he is.

-Anonymous

Don't criticize the other fellow's plans unless you have better ones to offer.

-Anonymous

Don't mind criticism. If it's untrue, disregard it; if it is unfair, keep from irritation; if it is ignorant, smile; if it is justified, learn from it.

-Anonymous

Criticism should always leave a person with the feeling he has been helped.

-Anonymous

Don't brag; it isn't the whistle that pulls the train.

-Anonymous

Try to be like the turtle -- at ease in your own shell.

-Bill Copeland

Self-respect is the fruit of discipline; a sense of dignity grows with the ability to say no to oneself.

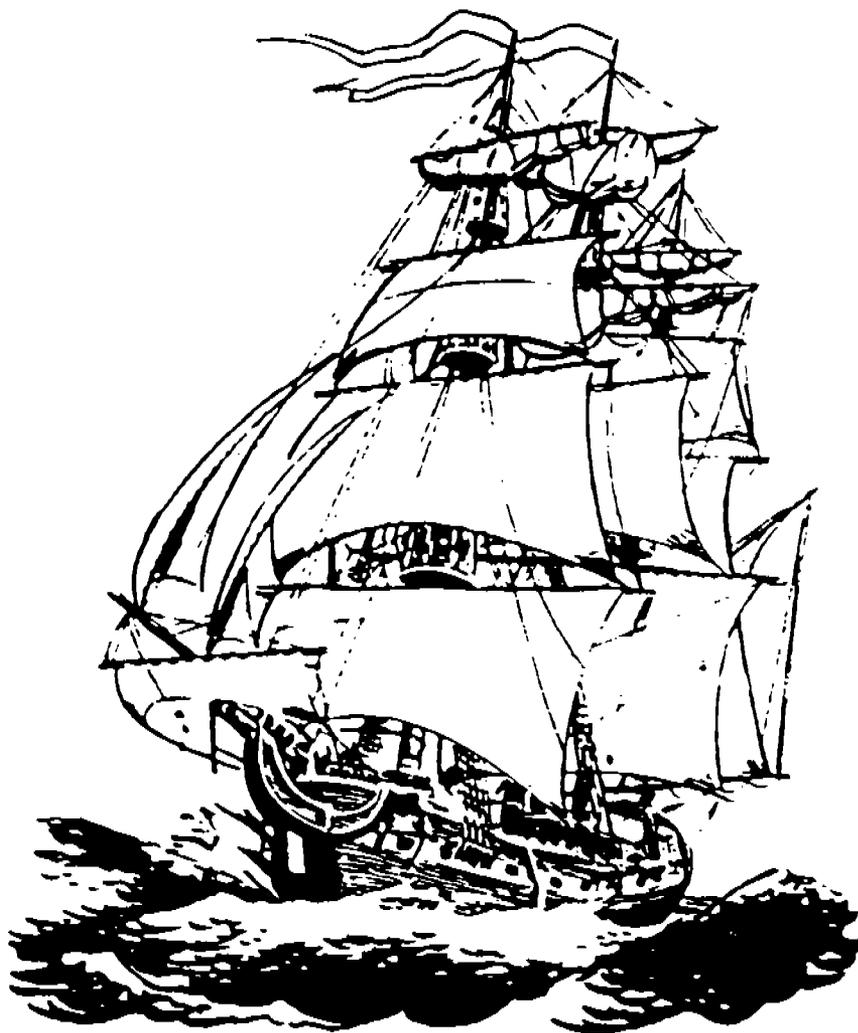
-Abraham Joshua Heschel

Lack of confidence is not the result of difficulty; the difficulty comes from lack of confidence.

-Jonathan Crow

To please everybody is impossible; were I to undertake it, I should probably please nobody.

-George Washington



LEADERSHIP

Rank is given you to enable you to better serve those above and below you. It is not given for you to practice your idiosyncrasies.

-General Bruce Clark

No man is worth his salt who is not ready at all times to risk his body, to risk his well-being, to risk his life, in a great cause.

-Theodore Roosevelt

It is not fair to ask of others what you are not willing to do yourself.

-Eleanor Roosevelt

Limited expectations yield only limited results.

-Susan Laurson Willig

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

-Max Ehrmann

What man dislikes in his superiors, let him not display in the treatment of his inferiors.

-Ancient Proverb

The less people think of their greatness the more we think of it.

-Francis Bacon

I will go anywhere, provided it be forward.

-David Livingstone

Great men are meteors designed to burn so that the earth may be lighted.

-Napoleon Bonaparte

You cannot antagonize and influence at the same time.

-John Knox

If we are to continue to lead, then we must be prepared to pay the costs that leadership requires.

-Edmund Muskie

If we falter in our leadership we may endanger the peace of the world, and we shall surely endanger the welfare of the nation.

-Harry S. Truman

The best leader is the one who has sense enough to pick good people to do what he or she wants done, and self-restraint enough to keep from meddling with them while they do it.

-Theodore Roosevelt

When you feel too important, remember, the weather determines the size of your funeral.

-Will L. Ketner

Who has not served cannot command.

-John Florio

The first step in solving a problem is to tell someone about it.

-General John Peter Flynn

The fellow who's on his toes doesn't usually have any trouble keeping other people from stepping on them.

-Anonymous

You can't expect people to see eye to eye with you if you look down on them.

-Anonymous



When two people in business always agree, one of them is unnecessary.

-William Wrigley, Jr.

Greatness does not depend on the size of your command, but on the way you exercise it.

-Marshall Ferdinand Foch

For every person who brags about being bright, there are a dozen ready to polish him off.

-Anonymous

If you want to get a job done, give it to an individual; if you want to have it studied. give it to a committee.

-Anonymous

If you don't know where you are going, then you are lost before you start.

-Anonymous

Efficiency is the ability to do a job well, plus the desire to do it better.

-Paul H. Gilbert

The leader is the man who can train assistants more capable than himself.

-Andrew Carnegie

The fellow who keeps looking back will soon find himself going that way.

-Anonymous

If you haven't learned to follow, you can't lead.

-Henrietta C. Mears

Others follow in your footsteps quicker than they follow your advice.

-Anonymous

He is great who inspires others to think for themselves.

-Elbert Hubbard

If a man is not great when it doesn't matter . . . he will not be when it does!

-Richard C. Halverson

Willing obedience always beats forced obedience.

-Xenophon

The badge of rank which an officer wears on his coat is really a symbol of servitude -- to his people.

-General Maxwell D. Taylor

The greatest leader in the world could never win a campaign unless he understood the people he had to lead.

-General Omar N. Bradley

Spoon feeding in the long run teaches us nothing but the shape of the spoon.

-E. M. Forster

To a very high degree the measure of success in battle leadership is the ability to profit by the lessons of battle experience.

-General Lucian K. Truscott

Leaders must be readers.

-Donald Laird

A reflective reading of history will show that no man ever rose to military greatness who could not convince his troops that he put them first, above all else.

-General Maxwell D. Taylor

The person who commands efficiently must have obeyed others in the past, and the person who obeys dutifully is worthy of being some day a commander.

-Marcus Tullius Cicero



People seldom improve when they have no other model but themselves to copy after.

-Oliver Goldsmith

A tactful leader must overlook as well as look over the work of his associates.

-Larry Ward

Any leader worth following gives credit easily where credit is due.

-Franklin J. Lundberg

One reason the big apples are always on top of the basket is that there are always a lot of little ones holding them up there.

-Anonymous

A strong leader knows that if he develops his associates, he will be even stronger.

-James F. Lincoln

No matter what happens in this world there will always be room at the top and there will always be room for the pioneer.

-Anonymous

An efficient leader may, through his knowledge of his job and the magnetism of his personality, greatly increase the efficiency of others.

-Anonymous

Reason and judgment are the qualities of a leader.

-Tacitus

You can take my steel mills, my banks, my money, but leave me my people and I will build it all again.

-Andrew Carnegie

If you insist on sticking to your guns in any situation, be sure they are loaded.

-Anonymous

When a man has equipped himself by thought and study for a bigger job, it usually happens that promotion comes along even before it is expected.

-P. G. Winnett

Politeness to superiors is duty -- to equals, courtesy -- to inferiors, nobleness.

-Benjamin Franklin

Those who tell you it's tough at the top have never been at the bottom.

-Joe Harvey

Hasty climbers have sudden falls.

-German Saying

You cannot climb a ladder by pushing others down.

-Anonymous

Let no man presume to give advice to others that has not first given good counsel to himself.

-Seneca

No man is fit to command another that cannot command himself.

-William Penn

Those who make the worst use of their time are the first to complain of its shortness.

-Jean De La Bruyere

No matter how great a warrior the big chief is, he can't do battle without his Indians backing him up.

-Anonymous

It is ridiculous for any man to criticize the works of another if he has not distinguished himself by his own performances.

-Addison

Unreasonable haste is the direct road to error.

-Moliere

As you from this day start the world as a man, I trust that your future conduct in life will prove you both an officer and a gentleman. Recollect that you must be a seaman to be an officer; and also that you cannot be a good officer without being a gentleman.

-Admiral Lord Nelson

Behind an able man there are always other able men.

-Chinese Proverb

Leadership should be born out of an understanding of the needs of those who would be affected by it.

-Marian Anderson

In the simplest of terms, a leader is one who knows where he wants to go, and gets up, and goes.

-John Erskine

If there is anything that a man can do and do well, I say let him do it. Give him a chance.

-Abraham Lincoln

The officer should realize that every punishment awarded can in a sense be marked up as a failure of leadership somewhere along the line.

-S. W. Roskill

Leadership is the art of getting others to want to do something you are convinced should be done.

-Vance Packard

Treat people as if they were what they ought to be and you help them to become what they are capable of being.

-Johann W. von Goethe

Loyalty is the one thing a leader cannot do without.

-A. P. Gouthey

Do not assume that the other fellow has intelligence to match yours. He may have more.

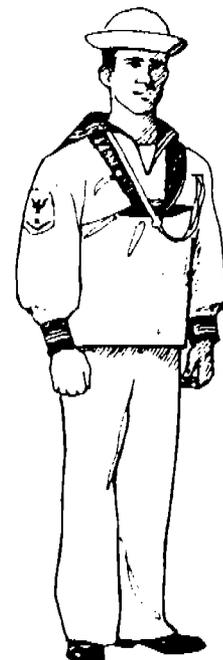
-Terry Thomas

A good leader is a person who isn't worried about his own career but rather the careers of those who work for him.

-H. S. M. Burns

True leadership must be for the benefit of the followers, not the enrichment of the leaders.

-Robert Townsend



You don't lead by pointing or telling people where to go. You lead by showing the way.

-Ken Kesey

Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots.

-Frank A. Clark

The world needs leaders who have seen the worst but still believe the best.

-Anonymous

When you get to the top of the long ladder of success, remember that it took a good many people to hold the ladder.

-Anonymous

I sit here all day trying to persuade people to do the things they ought to have sense enough to do without my persuading them. That's all the powers of the President amount to.

-Harry S. Truman

It is important that people know what you stand for; it is equally important that they know what you won't stand for.

-Anonymous

The business of a leader is to turn weakness into strength; obstacles into stepping stones, and disaster into triumph.

-Anonymous

One of the best tests of leadership is the ability to recognize a problem before it becomes an emergency.

-Anonymous

A leader affects eternity; he can never tell where his influence stops.

-Henry (Brooks) Adams

You get the best out of others when you give the best of yourself.

-Harvey Firestone

People are motivated by example and behavior more than by words or techniques.

-George Riddick

A good plan executed right now is far better than a perfect plan executed next week.

-General George Patton

People do not dislike work. If they understand mutual objectives, they will perform with unbelievable excellence.

-Anonymous

A leader must always have infectious optimism and a vision for the future.

-Anonymous

The best petty officers are the ones whose people want to get up in the morning and work for them. The secret is making it clear that you care and that you're really interested in them, their efforts, and their accomplishments.

-Commanding Officer

Every man is capable of being something better than he is.

-Roy L. Smith

You can have all of the material in the world, but without morale it is largely ineffective.

-General George C. Marshall

Patriotism



SAILOR AND SOLDIER

The patriot volunteer, fighting for his country and his rights, makes the most reliable soldier upon earth.

-General Thomas "Stonewall" Jackson

Guard zealously your rights to serve in the Armed Forces, for without them, there will be no rights to guard.

-John F. Kennedy

The headline usually goes to the missile, the satellite, or the bomber. But it is the sailor . . . the pilot . . . the soldier . . . and all the backup and support that makes the security system work.

-General George S. Brown

✓ A smooth sea never made a good sailor.

-Anonymous

The nation today needs people who think in terms of service to their country and not in terms of their country's debt to them.

-General Omar N. Bradley

A great advantage for our forces is the extent to which we can depend upon, and trust, the judgment of our people.

-General George S. Brown

No matter how much we spend on weapons and equipment, it is all wasted without good people, adequately trained and properly led.

-General George S. Brown

✓ Patriotism is not a short and frenzied outburst of emotion but the tranquil dedication of a lifetime.

-Adlai Stevenson

However fine the weapon, however adequate the equipment, neither represent any more strength than the hearts of the people who use them.

-General Matthew B. Ridgway



✓ God grants liberty to those who love it, and are always ready to guard and defend it.

-Daniel Webster

The moral quality of integrity in people is a prerequisite to the physical integrity of a ship and its equipment.

-Admiral George W. Anderson

For every \$2 we spend in outer space, we spend one thin dime to help the American Merchant Marine compete on the sea lanes, the Inner Space of this earth.

-Rear Admiral R. K. James

He who controls the sea and the air above, controls the destinies of the world.
If we lose the control, we lose all.

-Fred Korth

The above average sailor who goes the extra mile and does more than expected,
never has to worry about promotion or job security, it comes automatically.

-Lou Scott

The adequacy of any military establishment will be tested by its ability to
preserve the peace.

-Henry Kissinger

In no other profession are the penalties for employing untrained personnel so
appalling or so irrevocable as in the military.

-General Douglas MacArthur

Arms alone are not enough to keep the peace. It must be kept by men and women.

-John F. Kennedy

In war there is no second prize for the runner-up.

-General Omar N. Bradley

The time for taking all measures for a ship's safety is while still able to do
so.

-Admiral Chester W. Nimitz

The winds and waves are always on the side of the ablest navigators.

-Edward Gibbon



NATION

The probability that we may fail in the struggle ought not to deter us from the support of a cause we believe to be just.

-Abraham Lincoln

It's a great country, but you can't live in it for nothing.

-Will Rogers

Our nation can be strong abroad only if it is strong at home, and we know that the best way to enhance freedom in other lands is to demonstrate here that our democratic system is worthy of emulation.

-Jimmy Carter

America's first goal is and always will be peace with honor. America must remain first in keeping peace in the world. We can remain first in peace only if we are never second in defense.

-Gerald R. Ford

We dare not allow America to become weak and defenseless, because if we do, the day could come when we would not be divided into hawks and doves -- just pigeons.

-Ronald Reagan

It is clear that we can never cope with Communism simply by fearing it and hating it. We must recapture our own national sense of purpose, our devotion to a great cause, and a vital faith.

-Billy Graham

Those who expect to reap the blessings of freedom must undergo the fatigue of supporting it.

-Thomas Paine

Eternal vigilance by the people is the price of liberty, and . . . you must pay the price if you wish to secure the blessing.

-Andrew Jackson

A communist is like a crocodile. When it opens its mouth you cannot tell whether it is trying to smile or preparing to eat you up.

-Winston Churchill

Whenever anything has happened, or has threatened to happen, we have needed the Navy and used it promptly. All this is so obvious that many people are inclined to forget it, or take it for granted.

-Fred Korth

The Navy-Marine Corps team is unique in history because its mobility and versatility permit it to make a contribution in virtually every medium of warfare: land, sea and air.

-John S. McCain

It is fundamental that the more heavily your regular forces are committed -- the thinner they are stretched -- the more essential it is that one has a ready and effective Reserve.

-D. C. Lyndon

A strong Reserve is like a parachute to an aviator or a sand wedge to a golfer -- you hope you won't have to use it, but you can't afford to be without it when the need arises.

-David L. McDonald

A nation's greatness resides not in her material resources but in her initiative, imagination, individuality, and independence.

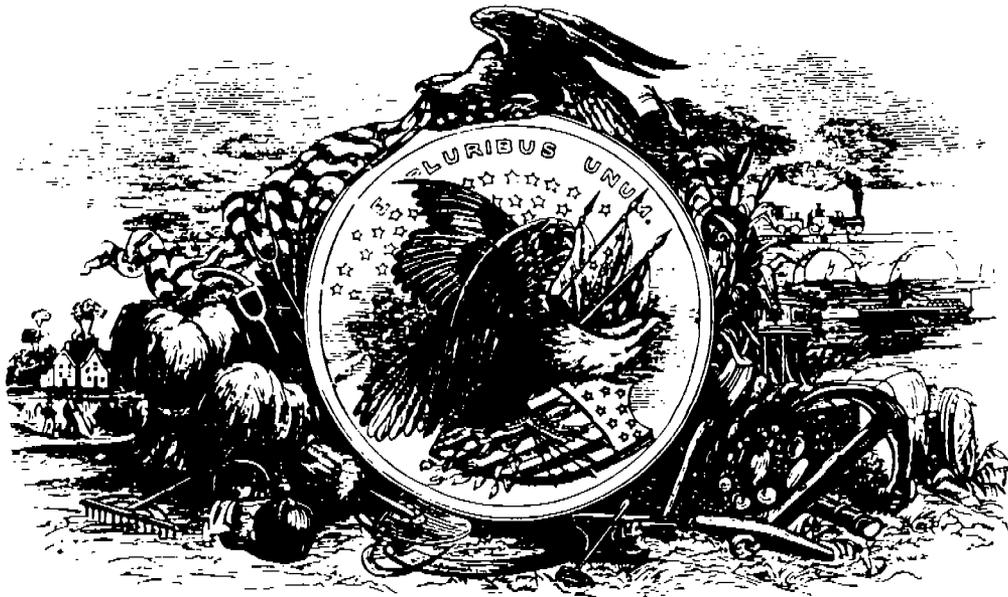
-Anonymous

Freedom of speech is of no use to a man who has nothing to say.

-Franklin D. Roosevelt

Nobody will ever deprive the American people of the right to vote except the American people themselves -- and the only way they could do that is by not voting.

-Franklin D. Roosevelt



No defense is so strong that it requires no further strengthening and no attack is so unlikely or impossible that it may be ignored.

-Franklin D. Roosevelt

Peace, like war, can succeed only where there is a will to enforce it, and where there is available power to enforce it.

-Franklin D. Roosevelt

X It is a striking coincidence that the word "American" ends in "I can."

-Anonymous

The first requisite of a good citizen of this republic of ours is that he shall be ready and willing to pull his own weight.

-Theodore Roosevelt

A nation gets into trouble when people expect government to give them more than they deserve.

-Anonymous

Too bad that all the people who know how to run the country are busy driving taxicabs and cutting hair.

-George Burns

A real patriot is the fellow who gets a parking ticket and rejoices that the system works.

-Bill Vaughan

There's one beneficial effect of going to Moscow. You come home waving the American flag with all your might!

-Mary Tyler Moore

This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in.

-Theodore Roosevelt

The impersonal hand of government can never replace the helping hand of a neighbor.

-Hubert H. Humphrey

A society of sheep must in time beget a government of wolves.

-Bertrand de Jouvenel

In the truest sense freedom cannot be bestowed, it must be achieved.

✓
-Franklin D. Roosevelt

Our Constitution is colorblind and neither knows nor tolerates classes among citizens.

-Justice John Marshall Harlan

The American, by nature, is optimistic. He is experimental, an inventor and a builder who builds best when called upon to build greatly.

-John F. Kennedy

Our destiny to serve mankind can only be achieved through the maintenance of our ideas of liberty.

-General John J. Pershing

Again and again we have owed peace to the fact that we were prepared for war.

-Theodore Roosevelt

Freedom is indivisible and when one man is enslaved, all are not free.

-John F. Kennedy

Voters do not decide issues. They decide who will decide issues.

-George F. Will

Conservation does not mean the locking up of our resources, nor a hindrance to real progress in any direction. It means only wise, careful use.

-Mary Huston Gregory

Liberty is the only thing you cannot have unless you are willing to give it to others.

-William Allen White

A nation is molded by the tests that its people meet and master.

-Lyndon B. Johnson

There are 3 R's of citizenship -- rights, respect and responsibilities.

-Earl J. McGrath

I like to see a man proud of the place in which he lives; and so live that the place will be proud of him.

-Abraham Lincoln

Here is our difference with the Communists -- and our strength. They would use their skills to forge new chains of tyranny. We would use ours to free men from the bonds of the past.

-Lyndon B. Johnson

No government is better than the men who compose it.

-John F. Kennedy

Peace and freedom do not come cheap.

-John F. Kennedy

The things that will destroy America are prosperity-at-any-price, safety-first instead of duty-first, the love of soft living, and the get-rich-quick theory of life.

-Theodore Roosevelt

In a democracy, the people have to want to do what must be done.

-Lyndon B. Johnson

We need to recognize that no nation grows stronger by striving constantly for more leisure and less work.

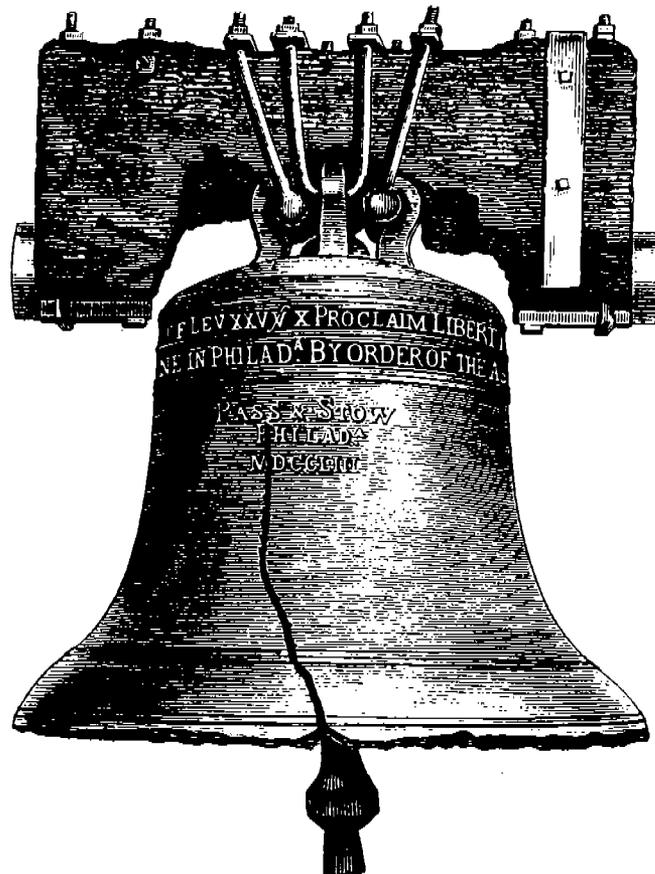
-Herbert V. Prochnow

No matter what other nations may say about the United States, immigration is still the sincerest form of flattery.

-Pathfinder

The worth of a country is measured by the worth of the individuals composing it.

-John Stuart Mill



DUTY, HONOR, HEROISM

The brave man, inattentive to his duty, is worth little more to his country than the coward who deserts her in the hour of danger.

-General Andrew Jackson

In the cause of freedom we have to battle for the rights of people with whom we do not agree; and whom, in many cases, we may not like . . . If we do not defend their rights, we endanger our own.

-Harry S. Truman

I had rather men should ask why no statue has been erected in my honor, than why one has.

-Marcus Porcius Cato

No one was ever honored for what he received; honor is the reward for what he gave.

-Anonymous

You ask, what is our aim? I can answer in one word: Victory -- victory at all costs, victory in spite of all terror, victory however long and hard the road may be; for without victory there is no survival.

-Sir Winston Churchill

I long to accomplish a great and noble task, but it is my chief duty to accomplish tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

-Helen Keller

In doing what we ought we deserve no praise, because it is our duty.

-St. Augustine



Bravery is the capacity to perform properly even when scared half to death.

Omar Bradley

A hero is no braver than anyone else; he only is brave five minutes longer.

✓
-Ralph Waldo Emerson

No statue was ever erected to the memory of a man or woman who thought it was best to let well enough alone.

-Anonymous

Only those who dare, truly live.

-Ruth P. Freedman

Whether or not we get the credit for some achievement, we have a duty to do our best.

-Joffre

The ordinary man is involved in action. The hero acts. An immense difference.

-The Books In My Life, 1952

Courage is doing what you're afraid to do. There can be no courage unless you're scared.

-Eddie Rickenbacker

Fame comes only when deserved, and then is as inevitable as destiny, for it is destiny.

-Henry Wadsworth Longfellow

It is easy to be brave from a safe distance.

-Aesop

They never fail who die in a great cause.

-Byron

Courage consists, not in blindly overlooking danger, but in seeing and conquering it.

-Richter

No capable person who is conscientious, willing and industrious will remain unnoticed for long. The outstanding person is too precious a quantity to be disregarded.

-Admiral Claude Ricketts

Courage is not the absence of fear; it is the mastery of it.

-Anonymous

Dignity does not consist in possessing honors, but in deserving them.

-Aristotle



✓ Bravery is being the only one who knows you're afraid.

-Franklin P. Jones

Liberty does not consist in mere declarations of the rights of man. It consists in the translation of those declarations into definite actions.

-Woodrow Wilson

We must be willing to pay a price for freedom, for no price that is ever asked for it is half the cost of doing without it.

-H. L. Mencken

Duty is the sublimest word in the language; you can never do more than your duty; you should never do less.

-Robert E. Lee

If our country is worth dying for in time of war let us resolve that it is truly worth living for in time of peace.

-Hamilton Fish

✓ The right sort of father is always a hero in the eyes of his boy.

-Jesse R. Grant

Our destiny to serve mankind can only be achieved through the maintenance of our ideas of liberty.

-General John J. Pershing

Science is important to the preservation of our republican government, and it is also essential to its protection against foreign power.

-Thomas Jefferson

In short, we must be constantly prepared for the worst and constantly acting for the best -- strong enough to win a war and wise enough to prevent one.

-Lyndon B. Johnson

Peace is our goal but preparedness is the price we must pay.

-General Omar N. Bradley

You may favor peace, but did you ever see anybody escape a tornado by merely favoring good weather?

-Lion

✓

We can't all be heroes because someone has to sit on the curb and clap as they go by.

-Will Rogers

You must give some time to your fellow men. Even if it's a little thing, do something for others -- something for which you get no pay but the privilege of doing it.

-Albert Schweitzer

Many people spend more time trying to dodge duty than would be required to discharge it.

-Anonymous

Pain nourishes courage. You can't be brave if you've only had wonderful things happen to you.

-Mary Tyler Moore

Success without honor is an unseasoned dish; it will satisfy your hunger, but it won't taste good.

-Joe Paterno

A ship in harbor is safe -- but that is not what ships are for.

-John A. Shedd

We have substitute hair, substitute food, substitute leather, and substitute snow. Let's be sure we don't try to substitute for duty, honor, and country.

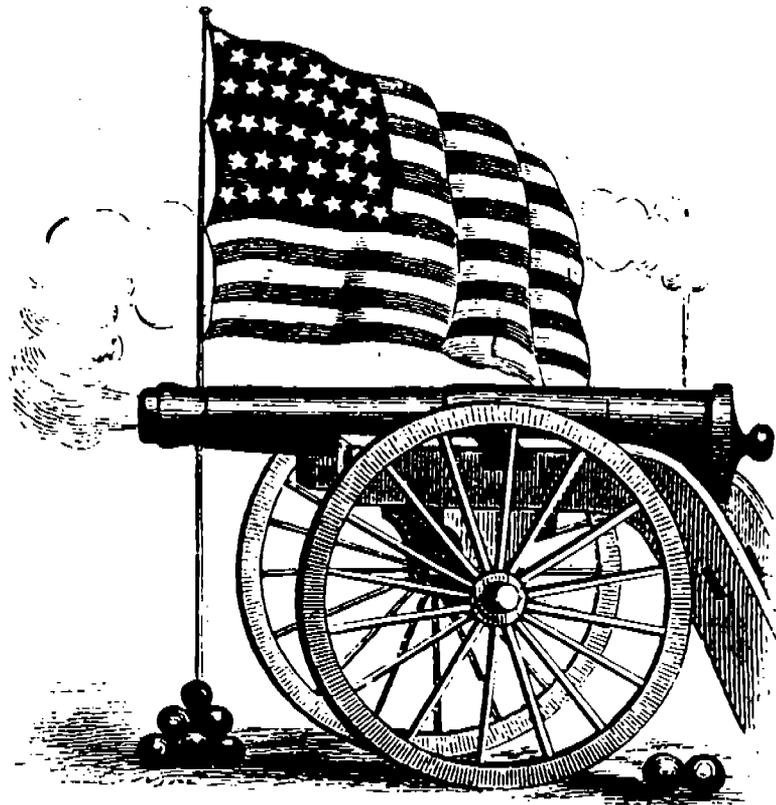
-Ketner

A man who is good enough to shed his blood for his country is good enough to be given a square deal afterwards.

-Theodore Roosevelt

. . . many, who should know better, think that wars can be decided by soulless machines, rather than by the blood and anguish of brave men.

-General George S. Patton

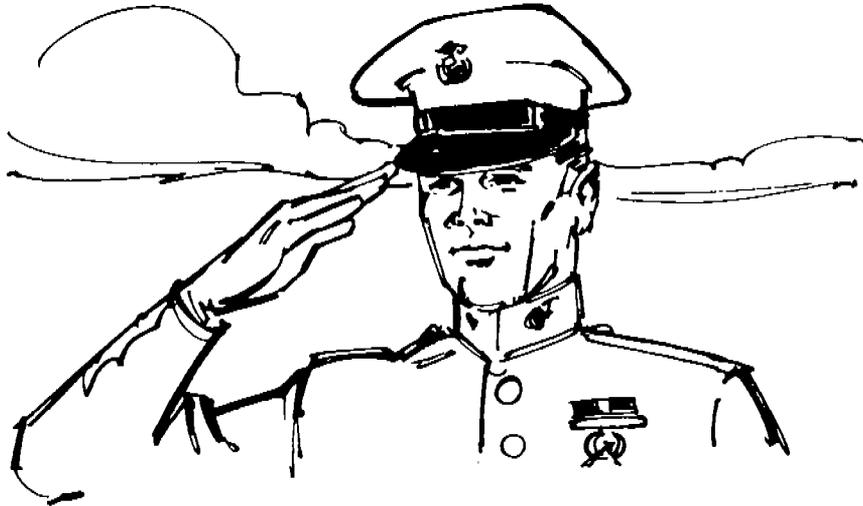


God is a writer and we are both the heroes and the readers.

-Isaac Bashevis Singer

The world goes on because a few men in every generation believe in it utterly, accept it unquestioningly, underwrite it with their lives.

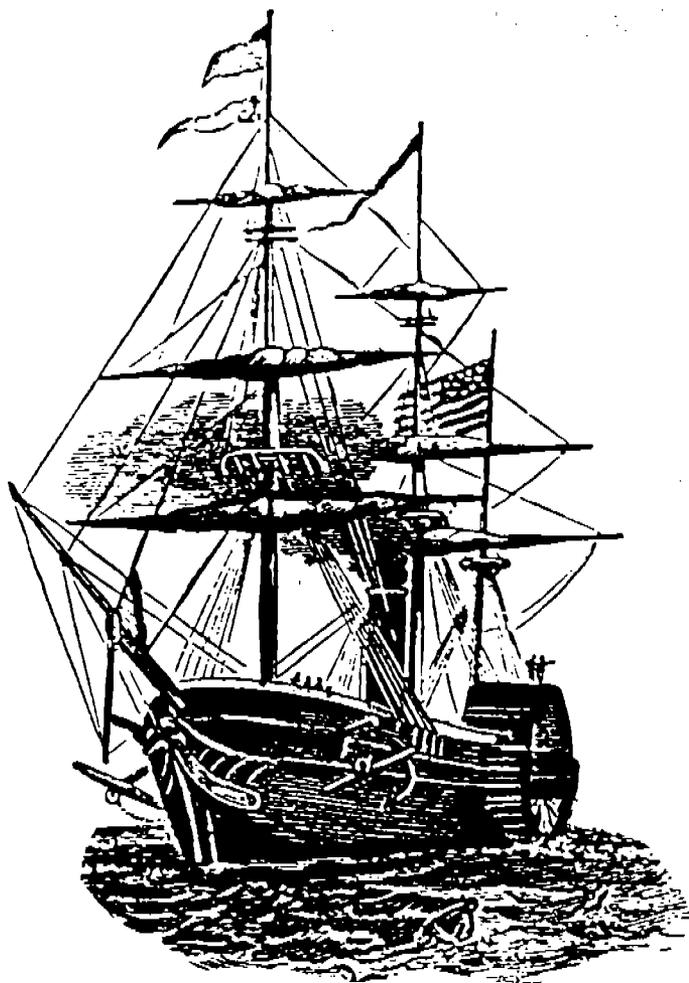
-Henry Miller



I don't believe in heroes, heroic deeds are chance. The hero is the person who has the courage to make a good thing of his whole life.

-Georges Simenon

Education



SCHOLARSHIP

If you think education is expensive, try ignorance.

-Derek Bok, President of Harvard

Anybody can cut prices, but it takes brains to make a better article.

-Philip D. Armour

To avoid old age keep taking on new thoughts and throwing off old habits.

-Anonymous

Not all educated men are college graduates, nor are all college graduates educated men. An educated man is one who is useful to humanity, his profession or trade, and to himself.

-Financial Management

It is impossible for one to learn what he already thinks he knows.

-Anonymous

Most people take better care of their automobiles than their brains -- they seldom put cheap fuel in their cars.

-Roscoe Brown Fisher

Those who have but little business to attend to, are great talkers. The less men think, the more they talk.

-Charles de Secondat Montesquieu

The human mind is like an umbrella -- it functions best when open.

-Walter Gropius

Education makes a people easy to lead, but difficult to drive: easy to govern,
but impossible to enslave.

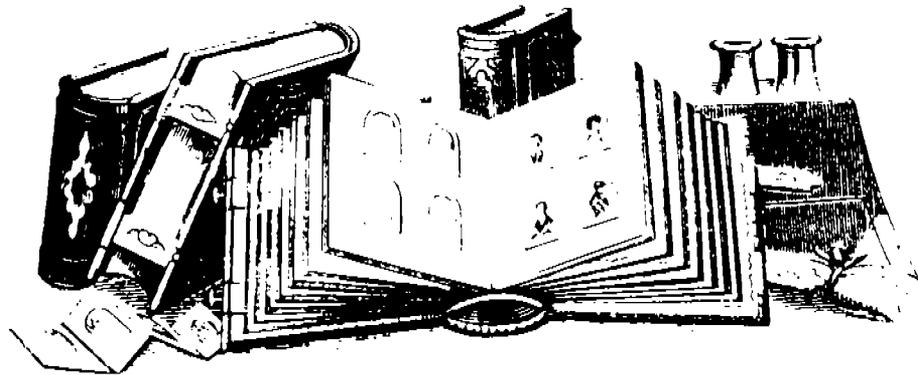
-Lord Brougham

A man cannot leave a better legacy to the world than a well-educated family.

-Thomas Scott

There is something that is much more scarce, something rarer than ability. It
is the ability to recognize ability.

-Robert Half



A man with little learning is like the frog who thinks its puddle is a great
sea.

-Burmese Proverb

What you don't know won't hurt you, but it will amuse a lot of people.

-Anonymous

Anyone who stops learning is dead whether this happens at twenty or at eighty.

-Anonymous

A little learning is a dangerous thing, but
a lot of ignorance is just as bad.

-Bob Edwards

Inventing is a combination of brains and
materials. The more brains you use, the
less material you need.

-Charles F. Kettering

Thinking is the hardest work there is,
which is the probable reason why so few
engage in it.

-Henry Ford

Experience is a hard teacher because she gives the test first, the lesson
afterwards.

-Vernon Law

Being educated means to prefer the best not only to the worst but to the second
best.

-William Lyon Phelps

Thinking is like loving and dying. Each of us must do it for himself.

-Josiah Royce

I am always ready to learn, although I do not always like being taught.

-Sir Winston Churchill

Genius is the ability to put into effect what is in your mind.

-F. Scott Fitzgerald



The books which help you most are those which make you think the most.

-Theodore Parker

The greatest undeveloped territory in the world lies under you hat.

-Anonymous

We cannot learn without pain.

-Aristotle

Travel opens the mind; but so does reading; and reading is the cheapest mind opener there is.

-John Cotton Dana

We who do not improve ourselves today are bound to grow worse tomorrow.

-Proverb

One of the reasons mature people stop learning is that they become less and less willing to risk failure.

-John W. Gardner

A young person can consider himself educated, not when he receives a diploma for completing school, but when he arrives at that point in life where he stops answering questions and begins questioning the answers.

-Anonymous

One of the strongest characteristics of genius is the power of lighting its own fire.

-John Watson Foster

The true object of education should be to train one to think clearly and act rightly.

-Anonymous

Education can't make us all leaders, but it can teach us which leader to follow.

-Anonymous

Education is not "received." It is achieved.

-Anonymous

Experience is one thing you can't get on the easy payment plan.

-Anonymous

Experience is what prevents you from making the same mistake again in exactly the same way.

-Anonymous

An idea unrecorded is an idea often lost!

-Anonymous

Learn to take good notes. No one is smart enough to remember everything.

-Zig Ziglar



Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not. This is the first lesson to be learned.

-Thomas H. Huxley

It isn't what people think that is important, but the reason they think what they think.

-Eugene Ionesco

It is nonsense to say there is not enough time to be fully informed . . . Time given to thought is the greatest time-saver of all.

-Norman Cousins

Only through asking of the right questions are we led sometimes to a solution.

-Plato



KNOWLEDGE AND WISDOM

It is difficult to retain the knowledge one has acquired, without putting it into practice.

-Pliny the Younger

A wise man changes his mind, a fool never.

-Spanish Proverb

Wise people believe only half what they hear -- wiser ones know which half to believe.

-Anonymous

Wisdom is knowing when to speak your mind and when to mind your speech.

-Anonymous

The wise man doesn't expect to find life worth living; he makes it that way.

-Anonymous

It is not knowing much, but what is useful, that makes a wise man.

-Winston Churchill

Honesty is the first chapter of the book of wisdom.

-Thomas Jefferson

The wise man is smart enough to get the best advice available before attempting a job. Maybe this is why good luck blesses the wise and bad luck haunts the fool.

-Anonymous

I find that a great part of the information I have was acquired by looking up something and finding something else on the way.

-Franklin P. Adams

Wisdom consists in knowing what to do with what you know.

-Anonymous

Investment in knowledge pays the best interest.

-Anonymous

Wisdom consists not so much in knowing what to ultimately do as in knowing what to do next.

-Herbert Hoover

The work of the wise is to repair the work of the well-intentioned.

-Anonymous

Wisdom can never be communicated. It has to be experienced.

-Anonymous

At a certain age some people's minds close up. They live on their intellectual fat.

-William Lyon Phelps

Experience is what you get when you didn't get what you wanted.

-Anonymous

What you don't know doesn't hurt you -- until you find out someone else is getting paid for knowing what you don't.

-Anonymous

The trouble with today's problems is that we can't turn to the back of the book for the answers.

-Anonymous

Beware of the man who knows the answer before he understands the question!

-Anonymous

Knowledge is knowing a fact. Wisdom is knowing what to do with that fact.

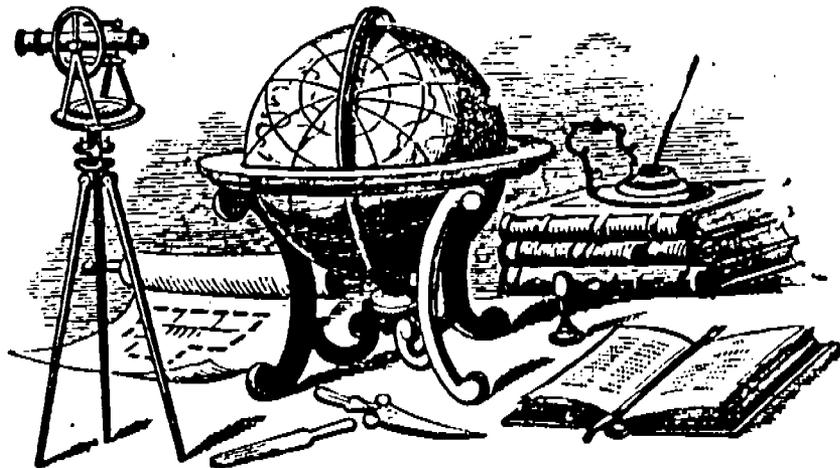
-Anonymous

Wonder is the beginning of knowledge.

-Anonymous

The best way to overcome evil is to foresee it and flee it. Keeping away from the mire is wiser than wading through it.

-Anonymous



DECISION MAKING AND COMMON SENSE

Whenever you face a decision you have three choices: Do what you please; do what others do; or do what is right.

-A. Banningism

The rarest gift that God bestows on man is the capacity for decision.

-Dean Acheson

Making decisions is simple: get the facts; seek God's guidance; form a judgment; act on it; worry no more.

-Charles E. Bennett

We learn how to make decisions by making decisions.

-Ancient Proverb

Nothing is so exhausting as indecision, and nothing is so futile.

-Bertrand Russell

The Horsepower of our cars is increasing about 10 per cent faster each year than the horse sense of our drivers.

-Anonymous

Of the six senses, the most important is common sense.

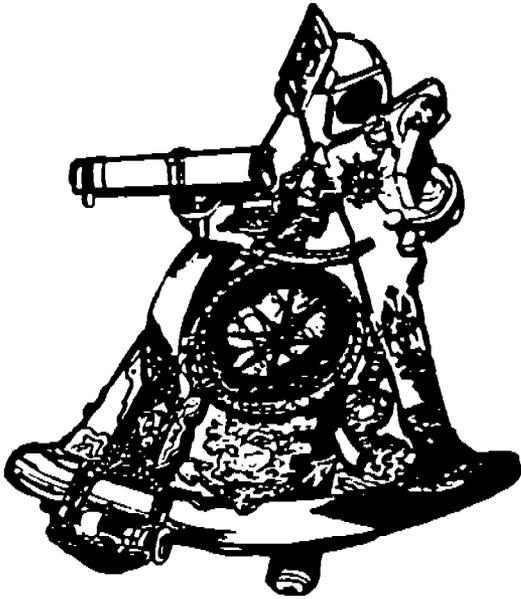
-Anonymous

There's a mighty big difference between good, sound reasons and reasons that sound good.

-Burton Hillis

Most people spend more time and energy in going around problems than in trying to solve them.

-Henry Ford



Be careful that victories do not carry the seeds of future defeats.

-Ralph W. Sockman

Nothing astonishes men so much as common sense and plain dealing.

-Ralph Waldo Emerson

To define a problem is to begin to solve it.

-Anonymous

A fanatic is one who can't change his mind and won't change the subject.

-Sir Winston Churchill

To define a problem is to begin to solve it.

-Anonymous

A contract is a document in which the large print giveth and the small print taketh away.

-Anonymous

Facts do not cease to exist because they are ignored.

-Aldous Huxley

Most people have good common sense, but many of them use it only in an emergency or as a last resort.

-Anonymous

If fifty million people say a foolish thing, it is still a foolish thing.

-Anatole France

"I must do something" will always solve more problems than "Something must be done."

-Anonymous

Few people make a deliberate choice between good and evil -- the choice is between what we want to do and what we ought to do.

-Anonymous

If you're going to pull decisions out of a hat, be sure you are wearing the right hat.

-Anonymous

Nothing is ever accomplished by a committee unless it consists of three members, one of whom happens to be sick and the other absent.

-Hendrik van Loon

It is good to put down on paper a clear statement of the problem, it will help you see how to solve it.

-A. C. Benson

Sometimes if we discuss choices and decisions with trusted friends, we can avoid stupid mistakes.

-Anonymous

Common sense is genius dressed in its working clothes.

-Ralph Waldo Emerson

Common sense is the sixth sense, given by the Creator to keep the other five from making fools of themselves -- and us.

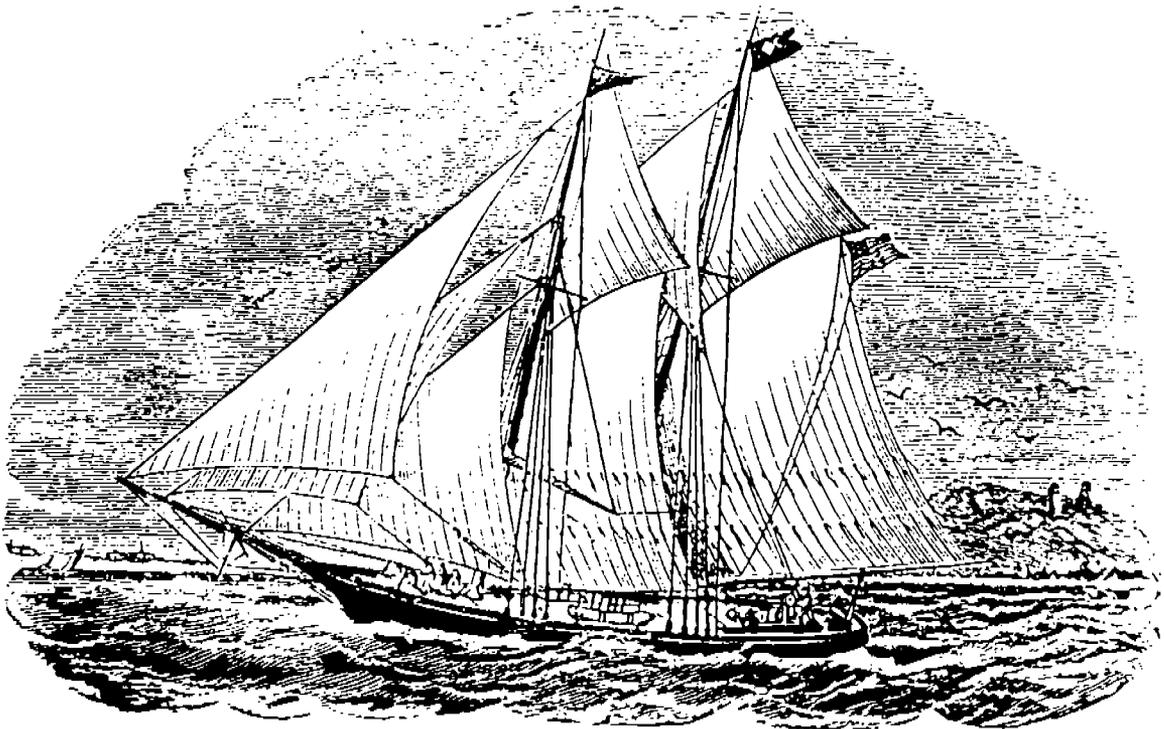
-Anonymous

Common sense isn't as common as it used to be.

-Will Rogers



Friendship



TRUE FRIENDSHIP

You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.

-Dale Carnegie

The real friend is the person who is still your friend when you don't deserve a friend.

-Anonymous

A real friend laughs at your jokes when they aren't very funny, and sympathizes with your problems when they aren't very serious.

-Anonymous

In the pursuit of happiness half the world is on the wrong scent. They think it consists in having and getting, and in being served by others. Happiness is really found in giving and serving others.

-Henry Drummond

Real friends are those who, when you've made a fool of yourself, don't feel that you've done a permanent job.

-Anonymous

Advice from friends is like the weather: some of it is good; some of it is bad.

-Arnold Lobel

Being a good friend means being able to share ideas, activities, and feelings without being owned or judged.

-Dolores Curran

It is possible to buy intelligence and muscle. But you cannot buy loyalty; it can only be earned.

-Anonymous

You can only extend the hand of friendship; you cannot force the other fellow to grasp it.

-Anonymous

Until you corner a skunk, you don't know lonesome.

-Hank Ketcham

Someone who thinks the world is cheating him is right -- he is missing that wonderful feeling of trust in someone or something.

-Andrew V. Mason, M.D.

To make friends is sometimes to be vulnerable. There is no such thing as a no-risk friendship.

-Anonymous

When you betray somebody else, you also betray yourself.

-Isaac Bashevis Singer



PEER PRESSURE

Show me the kind of man you honor, and I will know what kind of man you are, for it shows me what your ideal of manhood is, and what kind of man you long to be.

-Thomas Carlyle

It is smart to refuse a close association with those who would lead you into unfulfillment and forlorn hope. Life can be too meaningful to allow the wasters of mankind to waste it.

-Leroy Brownlow

Every time you pick an associate you could be picking a little chunk of your own destiny. For there is power in associations. Evil associates corrupt good morals and destroy bright futures.

-Anonymous

We need to learn to set our course by the stars and not by the lights of every passing ship.

-Omar Bradley

Associate with men of good quality if you esteem your own reputation; for it is better to be alone than in bad company.

-George Washington

It is not best that we should all think alike; it is difference of opinion that makes horse races.

-Mark Twain

A friend that you have to buy won't be worth what you pay for him, no matter what that may be.

-G. D. Prentice

If you want to be original, be yourself. God never made two people exactly alike.

-Anonymous

It is better to walk straight, even though alone, than to stagger in the "best" of circles.

-Anonymous

If things go wrong don't go with them.

-Roger Babson

It is better to fail in doing right than to succeed in doing wrong.

-Anonymous

There is no right way to do a wrong thing.

-Anonymous

The surest way of subjecting yourself to be deceived, is to consider yourself smarter than others.

-Rochefoucauld

"Thou shalt not get found out" is not one of God's commandments; and no man can be saved by trying to keep it.

-Leonard Bacon

To poison a man's mind is a worse sin than to poison his food.

-Roy L. Smith

You are never so easily fooled as when you are trying to fool someone else.

-La Rochefoucauld

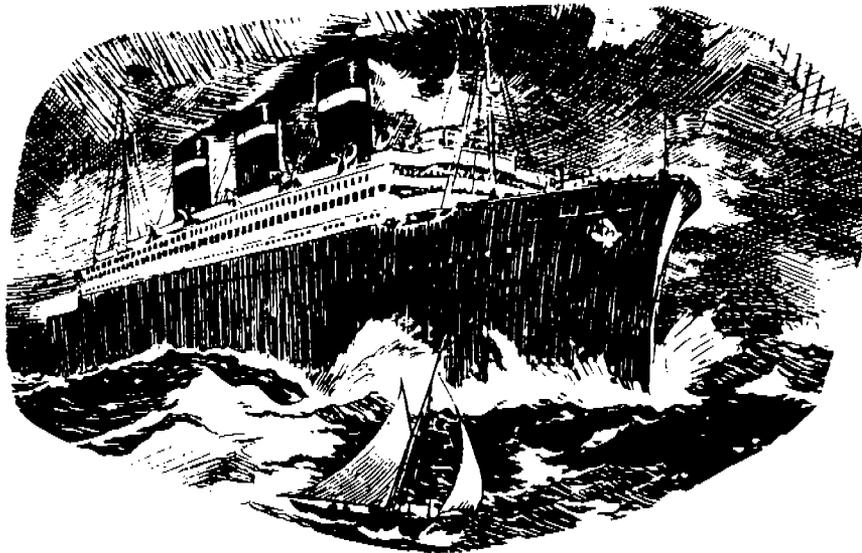
GOSSIP

It is with a word as with an arrow -- once let loose it does not return.

-Abd-il-Kader

A small leak will sink a great ship.

-Thomas Fuller



Three may ~~keep~~ a secret, if two of them are dead.

-Benjamin Franklin

Blessed are they who have nothing to say, and who cannot be persuaded to say it.

-James Russell Lowell

Think! Don't let your tongue go faster than your brain. Think twice before you speak, and your speech will be twice as good -- and maybe more than twice as brief.

-Leroy Brownlow

When inclined to exaggerate, talk only to yourself.

-Anonymous

Someone has said that a gossip is one who talks too much about others. A bore is one who talks too much about himself. A wise man is one who talks little but says much.

-Anonymous

It is better to be thought a fool than to open one's mouth and remove all doubt.

-Anonymous

Nature has given men one tongue, but two ears, that we may hear from others twice as much as we speak.

-Epictetus

A lot of trouble in this world is caused by combining a narrow mind and a wide mouth.

-Anonymous

It does not mean that man has lost an argument when he is silent. He may be silent because he has won.

-Anonymous

One receives only that which is given. The game of life is a game of boomerangs. Our thoughts, deeds and words, return to us sooner or later, with astounding accuracy.

-Florence Scovel Shin

One reason why a dog is such a lovable creature is that his tail wags instead of his tongue.

-Anonymous

Learn to be careful of what you say. That which goes out of your mouth goes into someone's ear.

-Anonymous

Open eyes and a closed mouth never did anyone any harm.

-Proverb

Believe only half you hear, but be sure it's the right half.

-Anonymous

People should keep their mouths shut and their pens dry until they know the facts.

-Anonymous

Digging for facts is much better than jumping to conclusions.

-Anonymous

Getting the facts is only half the job; the other half is to use them intelligently.

-Anonymous

A rumor is about as hard to unspread as butter.

-Anonymous

Some people will believe anything, if you tell them it's a rumor.

-Anonymous

Wise men are not always silent but they know when to be.

-Anonymous

Some people are like blotters. They soak it all in, but get it backwards.

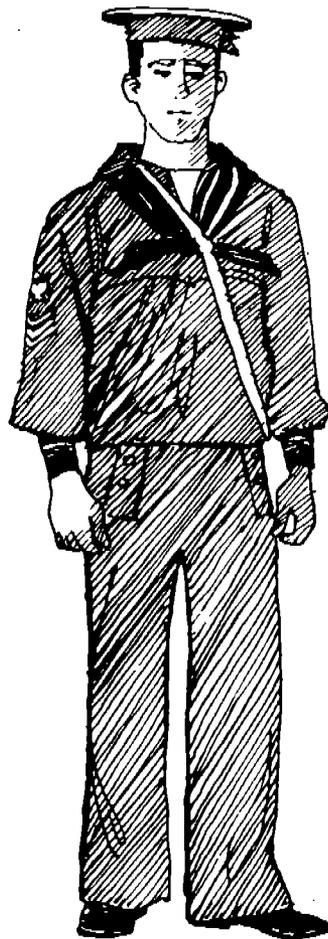
-Anonymous

Some people are so busy telling the world what is wrong with it, they haven't time to improve it.

-Anonymous

People don't always believe everything they hear, but often repeat it just to be on the safe side.

-Anonymous



MANNERS, COURTESIES AND EXAMPLE

A smile is the shortest distance between two people.

-Victor Borge

Unfaithfulness in the keeping of an appointment is an act of clear dishonesty. You may as well steal a person's money as his time.

-Horace Mann

Kindness is a hard thing to give away. It keeps coming back to the giver.

-Ralph Scott

Modesty is a wonderful thing; it doesn't cost a cent and makes you look like a million.

-Anonymous

No one is useless in this world who lightens the burden of another.

-Charles Dickens

Ceremonies are different in every country, but true politeness is everywhere the same.

-Anonymous

An ungrateful man is like a hog under a tree eating acorns, but never looking up to see where they came from.

-Timothy Dexter

There is no tranquilizer in the world more effective than a few kind words.

-Pearl Bailey

The bee is more honored than other animals, not because she labors, but because she labors for others.

-St. John Chrysostom

If you love yourself too much, nobody else will love you at all.

-Ancient Proverb

The wise course is to profit from the mistakes of others.

-Terence

It is useless to pray, "Deliver us from evil," while we park our car just outside the door of it.

-Anonymous

Do unto others as though you were the others.

-Anonymous

Some folks escape criticism by doing nothing.

-Ralph Brewer

Example is not the main thing in influencing others. It is the only thing!

-Albert Schweitzer

Good example has twice the value of good advice.

-Anonymous

We can often do more for other people by correcting our own faults than by trying to correct theirs.

-Anonymous

What you dislike in another, take care
to correct in yourself.

-Thomas Spat



Conscience is the inner voice that
warns us that someone might be looking.

-H. L. Mencken

The person gives everyone a piece of
his mind ends up with a vacuum.

-H. V. Prochnow, Jr.

Rudeness is a weak person's attempt at strength.

-J. Matthew Casey

You can't help a person uphill without getting closer to the top yourself.

-Anonymous

Before you get hot about somebody else's faults, take time to count ten -- of
your own.

-Anonymous

The greatness of a man can nearly always be measured by his willingness to be
kind.

✓
-G. Young

Kindness is never wasted. If it has no effect on the recipient, at least it
benefits the bestower.

-Anonymous

Some people pay a compliment as if they expected a receipt.

-Kin Hubbard

It's bad manners to talk when your mouth is full or your head is empty.

-Anonymous

No one is more confusing than the fellow who gives good advice while setting a bad example.

-Anonymous

A polite man is one who listens with interest to things he knows all about, when they are told to him by a person who knows very little about them.

-Anonymous

It is getting harder and harder to find a courteous person who isn't trying to sell you something.

-Anonymous

Every time you turn green with envy you are ripe for trouble.

-Anonymous

What the world wants is not advice, but examples. Most any fool can talk.

-Anonymous

Better a little kindness while living, than an extravagant floral display on the grave.

-Anonymous

Be careful how you live. You may be the only Bible some person ever reads.

-Anonymous

It's hard to say who brags more, the reformed smoker or the guy whose car gets 30 miles to the gallon.

-James Alexander Thom

ENEMIES

You cannot shake hands with a clenched fist.

-Indira Gandhi

Hating people is like burning down your house to get rid of a rat.

-Harry Emerson Fosdick

The people to fear are not those who disagree with you but those who disagree with you and are too cowardly to let you know.

-Napoleon Bonaparte

No matter how much you nurse a grudge, it won't get better.

-Anonymous

He that cannot forgive others breaks the bridge over which he must pass himself; for every man has need to be forgiven.

-Thomas Fuller

Hate is a prolonged form of suicide.

-Johann Christoph Friedrich Von Schiller

An apology is a good way to have the last word.

-Janet Macgregor

People who fight fire with fire usually end up with ashes.

-Abigail Van Buren

Neglect a personal grievance for forty-eight hours and it will die of starvation.

-Anonymous

Be careful about criticizing a person when he is down, he may get up.

-Anonymous

One good thing about an enemy is that he never asks for a loan or your endorsement on his note.

-Anonymous

Always forgive your enemies -- nothing annoys them so much.

-Oscar Wilde

Without forgiveness life is governed by an endless cycle of resentment and retaliation.

-Roberto Assagioli

Friends may come and go, but enemies accumulate.

-Thomas Jones

Do not fear when your enemies criticize you. Beware when they applaud.

-Vo Dong Giang

A retentive memory may be a good thing, but the ability to forgive and forget is the true token of greatness.

-Elbert Hubbard

The only safe and sure way to destroy an enemy is to make him your friend.

-Anonymous

Do unto others as though you were the others.

-Anonymous

People are not born bastards, they have to work at it.

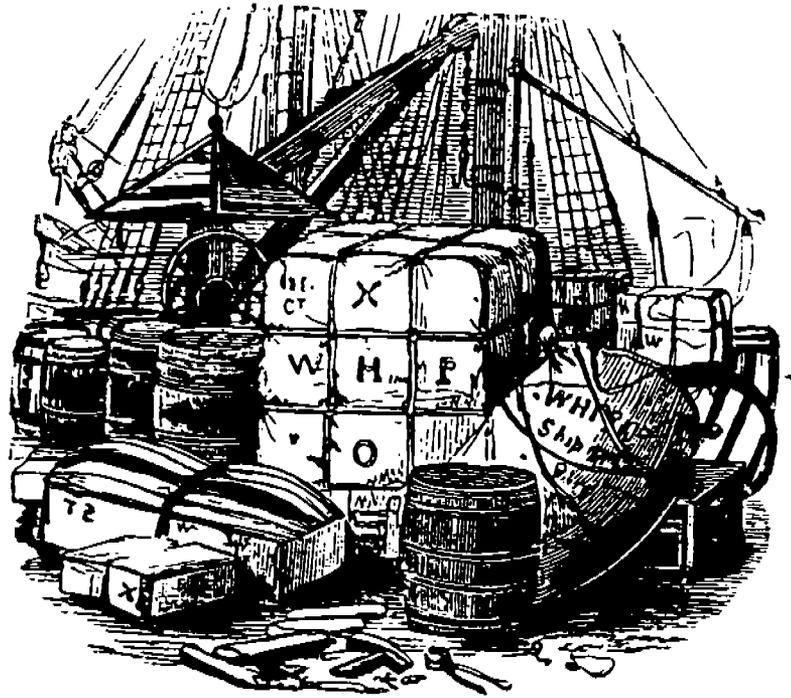
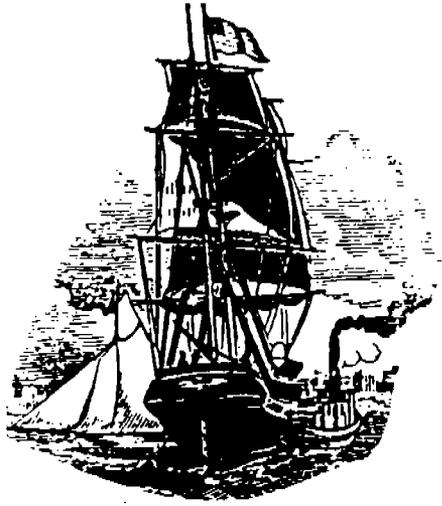
-Frank Dane

If you are ready to give someone a piece of your mind, be sure you can get along on what you have left.

-Anonymous



Marriage and Family



LOVE

If love does not know how to give and take without restriction, it is not love, but a transaction.

-Emma Goldman

The best proof of love is trust.

-Dr. Joyce Brothers

Love is not a matter of counting the years -- it's making the years count.

-Wolfman Jack

Just a little more loving and a lot less fighting and the world would be all right.

-Mae West

There is in the world far more hunger for love and appreciation than there is for bread.

-Anonymous

I am not one of those who do not believe in love at first sight, but I believe in taking a second look.

-H. Vincent

There are more people who wish to be loved than there are people who are willing to love.

-S. R. N. Crenshaw

Love does not not die easily. It is a living thing. It thrives in the face of all life's hazards, except one -- neglect.

-James D. Bryden

We are shaped and fashioned by what we love.

-Goethe

It is not love that produces jealousy -- it is selfishness.

-Mr. Justice Wallington

If you love a person, you love him or her in their stark reality and refuse to shut your eyes to their defects and errors.

-John MacMurray

Love is the triumph of imagination over intelligence.

-H. L. Mencken

Love doesn't make the world go 'round. Love is what makes the ride worthwhile.

-Franklin P. Jones



MARRIAGE

The best of all possible marriages is a seesaw in which first one, then the other partner is dominant.

-Dr. Joyce Brothers

The great secret of a successful marriage is to treat all disasters as incidents and none of the incidents as disasters.

-Harold Nicolson

Marriage is a lot like the Navy; everyone complains, but you'd be surprised at the large number that re-enlist.

-James Garner

Grief can take care of itself, but to get the full value of a joy you must have somebody to share it with.

-Mark Twain

A house is not home unless it contains food and fire for the mind as well as for the body.

-Anonymous

A house is built by human hands, but a home is built by human hearts.

-Anonymous

Forgiveness . . . is absorbing the hurt of a broken relationship.

-Ray Robbins

When two elephants fight, it's the grass that gets hurt.

-Kenya Proverb

A truly happy marriage is one in which a woman gives the best years of her life to the man who has made them the best.

-Anonymous

A successful marriage requires falling in love many times, always with the same person.

✓
-Mignon McLaughlin

Success in marriage is more than finding the right person; it is a matter of being the right person.

-Anonymous

A wife who receives love gives love in return; if she receives anger, she returns anger with equal measure.

-Roland Gittelson

The secret of happy marriage is simple: just keep on being as polite to each other as you are to your best friends.

-Robert Quillen

The one word above all others that makes marriage successful is "ours."

-Robert Quillen

Common sense would avoid many divorces and also quite a few marriages.

-Anonymous

A tip-off to an abusive family system is a situation in which nobody ever apologizes.

-Karen Shaud

To keep your marriage brimming with love in the loving cup, whenever you're wrong, admit it; whenever you're right, shut up.

-Ogden Nash



Husbands who have the courage to be tender enjoy marriages that mellow through the years.

-Brendan Francis

All work and no play makes Jack a dull boy -- and Jill a wealthy widow.

-Evan Esar

Marriage is a lottery in which if you lose you can't tear up the ticket.

-Helen Rowland

All marriages are happy. It's the living together afterward that causes all the trouble.

-Raymond Hull

Many a man has fallen in love with a girl in a light so dim he would not have chosen a suit by it.

-Maurice Chevalier

Marriage is not just spiritual communion and passionate embraces; marriage is also three meals a day and remembering to carry out the trash.

-Dr. Joyce Brothers

A marriage is like a long trip in a tiny rowboat; if one passenger starts to rock the boat, the other has to steady it; otherwise, they will go to the bottom together.

-Dr. David R. Reuben

An ideal husband is one who treats his wife like a new car.

-Dan Bennett

Husbands are like fires. They go out when unattended.

-Zsa Zsa Gabor

Marriages may be made in heaven, but people are responsible for the maintenance work.

-Changing Times

Many marriages begin with sexual attraction rather than friendship. Unfortunately, some couples never become good friends.

-Anonymous

Healthy families are our greatest national resource. It is in them that we find our meaning, our strength, and our future.

-Dolores Curran

Marriage counselors say that the most common complaints are: "He won't talk to me," and "She doesn't listen to me." Lack of communication is one of the major causes of divorce.

-Virginia Lewis



COMMUNICATION

The most difficult thing of all, is to keep quiet and listen.

-Ancient Proverb

Some people can't argue. They can batter you with irony, cut you with sarcasm, smear you with acid, and blister you with anger, but they can't argue. They are good at appealing to prejudice, but poor at appealing to logic. And when they lose, they call you names.

-Leroy Brownlow

Few men have ever repented of silence.

-Patrick Henry

The difference between the right word and the almost right word is the difference between lightning and the lightning bug.

-Mark Twain

Every story has three sides -- yours, mine and the facts.

-Anonymous

Anybody can become angry -- that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way -- that is not within everyone's power and is not easy.

-Aristotle

For good or ill, your conversation is your advertisement. Every time you open your mouth, you let me look into your mind.

-Bruce Barton

It takes courage to stand up and speak out. It takes even more courage to sit down and listen.

-Anonymous

X Ultimately the bond of all companionship, whether in marriage or in friendship, is conversation.

-Oscar Wilde

The most valuable of all talents is that of never using two words when one will do.

-Thomas Jefferson

The real danger is not that computers will begin to think like men, but that men will begin to think like computers.

-Sydney J. Harris

The real art of conversation is not only to say the right thing in the right place but to leave unsaid the wrong thing at the tempting moment.

-Dorothy Nevill

The best way I know to win an argument is to start by being in the right.

-Lord Hailsham

The big trouble with communication today is the short supply of those willing to be communicated with.

-Don Fraser

It takes two to make up after a quarrel.

-Anonymous



It is not necessary to understand things in order to argue about them.

-Beaumarchais

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

-Anonymous

Anger is that feeling that makes your mouth work faster than your mind.

-Anonymous

No matter whether you are on the road or in an argument, when you see red, STOP!

-Anonymous

One of the sorriest spectacles imaginable is the anger of two people who have gotten into an argument over something that neither of them know anything about.

-Anonymous

Sometimes when you are arguing with a fool, he is doing the same thing. .

-Anonymous

A good idea poorly expressed often sounds like a poor one.

-Anonymous

Blessed is the man who does not speak until he knows what he is talking about.

-Anonymous

The squeaking wheel doesn't always get the grease. Sometimes it gets replaced.

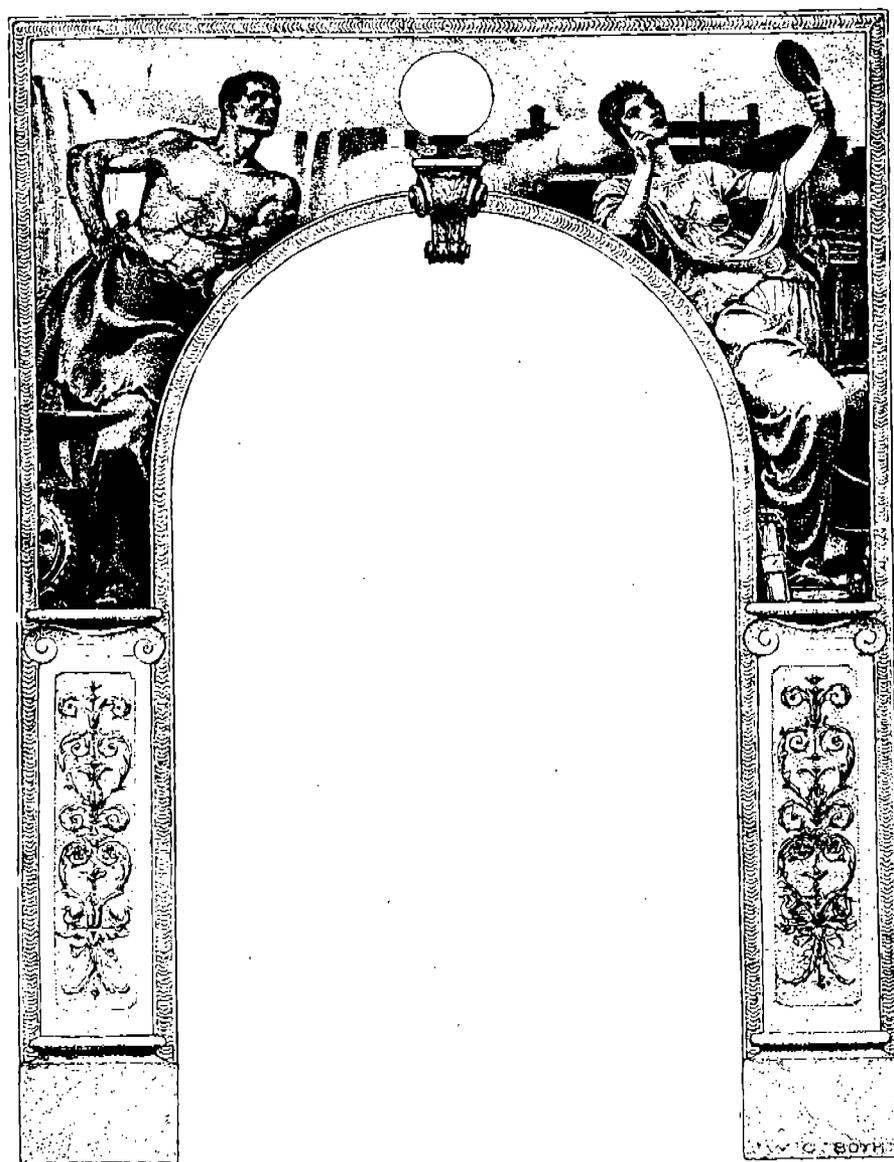
-Anonymous

Restoring family relationships often starts with a card, a letter, or a phone call.

-Anonymous

Healthy families communicate, affirm, support, and respect one another.

-Anonymous



FINANCES

Credit buying is much like being drunk. The buzz happens immediately, and it gives you a lift . . . The hangover comes the day after.

-Dr. Joyce Brothers

Whatever you have, spend less.

-Samuel Johnson

Economy is half the battle of life; it is not so hard to earn money as to spend it well.

-Charles Haddon Spurgeon

Contentment consists not in great wealth but in few wants.

-Epictetus

If you live within your income you'll be without many things, the most important of which is worry.

-William Ward Ayer

A man's treatment of money is the most decisive test of his character, how he makes it and how he spends it.

-James Moffatt

It is good to check up once in a while, and make sure you have not lost the things that money cannot buy.

-George Horace Lorimer

A rich man is one who isn't afraid to ask the clerk to show him something cheaper.

-Anonymous

Most people spend money they don't have to buy things they don't want to impress people they don't like.

-Will Rogers

Money, money, money. The top ten stresses in the family all have to do with money. Money may not be the root of all evil, but it sure is the root of all stress.

-Anonymous

You are a careful buyer if you have made the merchandise outlast the payments.

-Anonymous

You never realize the things you can do without until the installment payments come along.

-Anonymous

When you try to get something for nothing, you can't complain about the quality.

-Anonymous

Meeting your bills isn't as hard as dodging them.

-Anonymous

Nothing makes your car run better than finding out how much cash you need to buy a new one.

-Anonymous

The safest way to double your money is to fold it over once and put it in your pocket.

-Frank McKinney Hubbard



Money won't buy happiness, but it will pay the salaries of a large research staff to study the problem.

-Bill Vaughan

One of the benefits of inflation is that kids can no longer get sick on a nickel's worth of candy.

-Journeyman Barber

Nowadays, two can live as cheaply as one large family used to!

-Joey Adams

There is no dignity quite so impressive, and no independence quite so important, as living within your means.

-Calvin Coolidge

When you let money speak for you, it drowns out anything else you meant to say.

-Mignon McLaughlin

The waste of money cures itself, for soon there is no more to waste.

-M. W. Harrison



If your outgo exceeds your income, then your upkeep will be your downfall.

-Anonymous

People will buy anything that's one to a customer.

-Sinclair Lewis

Before borrowing money from a friend decide which you need most.

-American Proverb

Remember way back when you wished you could earn as much as you do now so you could save.

-Anonymous

What you don't owe won't hurt you.

-Anonymous

If money is your hope for independence, you will never have it. The only real security that a man can have in this world is a reserve of knowledge, experience and ability.

-Henry Ford

One of the weaknesses of our age is our apparent inability to distinguish our need from our greed.

-Anonymous

The worst place in all the world to live is just beyond our means.

-Anonymous

Creditors have better memories than debtors.

-Anonymous

A bargain is usually something that's so reasonable they won't take it back when you find out what's wrong with it.

-Anonymous

One of the most obvious facts about grownups to a child is that they have forgotten what it is like to be a child.

-Randall Jarrell

Heredity: Something you believe in when your child's report card is all A's.

-Dr. L. Binder

We can foretell what our children will believe -- what they will say and do, what they will praise and condemn -- just by examining what is being planted in their minds by means of books, periodicals, television and radio.

-Frank C. Laubach

I finally found a Mother's Day card that expressed my feelings for my mother in real terms. It said, "Now that we have a mature, adult relationship, there's something I'd like to tell you. You're still the first person I think of when I fall down and go boom!"

-Nothing But Winners, Williams and Hussar

The footsteps a boy follows in are apt to be those his father thought he'd covered up.

-Franklin P. Jones

To bring up a child the way he should go, travel that way yourself once in a while.

-Josh Billings

Being a healthy parent means being firm but nurturing, giving children a decent sense of the boundaries along with lots of unconditional love.

-Karen Shaud

If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could be better changed in ourselves.

-Carl Jung

Children have never been very good at listening to their elders, but they have never failed to imitate them.

-James Baldwin

Shouting to make your children obey is like using your horn to steer the car -- and you get about the same results.

-Burton Hillis



Eighty per cent of our criminals come from homes with no love.

-Hans Christian Andersen

A man who gives his children good work habits provides for them better than by giving them a fortune.

-Whately

If this world affords true happiness, it is to be found in a home where love and confidence increase with the years, where the necessities of life come without severe strain, where luxuries enter only after their cost has been carefully considered.

-A. Edward Newton

The conscience of children is formed by the influences that surround them; their notions of good and evil are the result of the moral atmosphere they breathe.

-Richter

Raising kids is part joy and part guerrilla warfare.

-Ed Asner

Too many of today's children have straight teeth and crooked morals.

-High School Principal

You cannot teach a child to take care of himself unless you will let him try to take care of himself. He will make mistakes; and out of these mistakes will come his wisdom.

-H. W. Beecher

When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much the old man had learned.

-Mark Twain

God could not be everywhere, and therefore he made mothers.

-Old Jewish Saying

Never teach your child to be cunning for you may be certain that you will be one of the first victims of his shrewdness.

-Josh Billings

You hear it said that fathers want their sons to be what they feel they cannot themselves be, but it also works the other way. A boy wants something very special from his father.

-Sherwood Anderson

I believe that faith is the biggest gift any parent can give a child -- and it's more valuable than anything money can buy. Build your faith together.

-Gene Autry

Children need love, especially when they do not deserve it.

Harold S. Hulbert

In bringing up children, spend on them half as much money and twice as much time.

-Harold S. Hulbert

The only time a woman wishes she were a year older is when she is expecting a baby.

-Mary Marsh

You know children are growing up when they start asking questions that have answers.

-John J. Plomp

Children don't want to be told; they want to be shown. It takes years of telling to undo one unwise showing.

-Eileen M. Haase

Just about the time a woman thinks her work is done, she becomes a grandmother.

-Edward H. Dreschnack

The family is a system like a spiderweb. When you pluck one strand, the entire web is affected.

-Dr. Charles Figley

The reason parents no longer lead their children in the right direction is because the parents aren't going that way themselves.

-Kin Hubbard

You don't raise heroes, you raise sons and daughters. And if you treat them like sons and daughters, they'll turn out to be heroes, even if it's just in your own eyes.

-Walter Schirra, Sr.

It never occurs to a boy that some day he will become as dumb as his father.

-Laurence J. Peter

Build me a son, O Lord, who will be strong enough to know when he is weak, and brave enough to face himself when he is afraid, one who will be proud and unbending in honest defeat and humble and gentle in victory.

-General Douglas MacArthur

Children usually do as their parents tell them until they are around fourteen. After that they usually do as their parents do.

-Anonymous

My father didn't tell me how to live; he lived, and let me watch him do it.

-Clarence B. Kelland

Pity the modern teenager. Half the adults tell him to "find himself," and the other half tells him to "get lost."

-Anonymous

Children should be seen and not hurt.

-David Broderick



My father asserted that there was no better place to bring up a family than in a rural environment . . . There's something about getting up at 5 a.m., feeding the stock and chickens, and milking a couple of cows before breakfast that gives you a life-long respect for the price of butter and eggs.

-William Vaughn

A boy becomes an adult three years before his parents think he does, and about two years after he thinks he does.

-General Lewis B. Hershey

Parenthood isn't a picnic. Dad may work from sun to sun, but as a father he's never done.

-William D. Wilkins

The mark of a good parent is that he can have fun while being one.

-Marcelene Cox

Good family life is in the last resort the nation's most precious asset.

-Arthur Collis & Vera E. Poole

Educate children without religion and you make a race of clever rogues out of them.

-Arthur Wellesley, Duke of Wellington

Children are unlikely to follow exactly in their parents' footsteps, but children will travel more easily over bridges which the parents regularly use.

-Goodwin Watson

In every child there is a Divine spark -- it only wants kindling.

-F. Haydn Dimmock

An 11th commandment has been suggested: "Fathers and Mothers, honor your children."

-John D. Hill

As a child my family's menu consisted of two choices: take it, or leave it.

-Buddy Hackett

Children are said to be delinquent when they reach the stage where they want to do what their parents are doing.

-Anonymous

The reason some children are on the streets at night is that they are afraid to stay home alone.

-Anonymous

To train children at home, it is necessary for both parents and children to spend some time there.

-Anonymous

A child enters your home and makes so much noise for twenty years you can hardly stand it - then departs, leaving the house so silent you think you will go mad.

-Dr. J. A. Holmes

Train your child in the way you now know you should have gone yourself.

-Charles Haddon Spurgeon

You train a child only until age ten; after that you only influence him.

-Anonymous

Training children to count is not as important as teaching them WHAT counts.

-Anonymous

We can't give our children the future, strive though we may to make it secure.
But we can give them the present.

-Kathleen Norris

When I approach a child, he inspires in me two sentiments; tenderness for what he is, and respect for what he may become.

-Louis Pasteur

Being a parent is easy, until you have children.

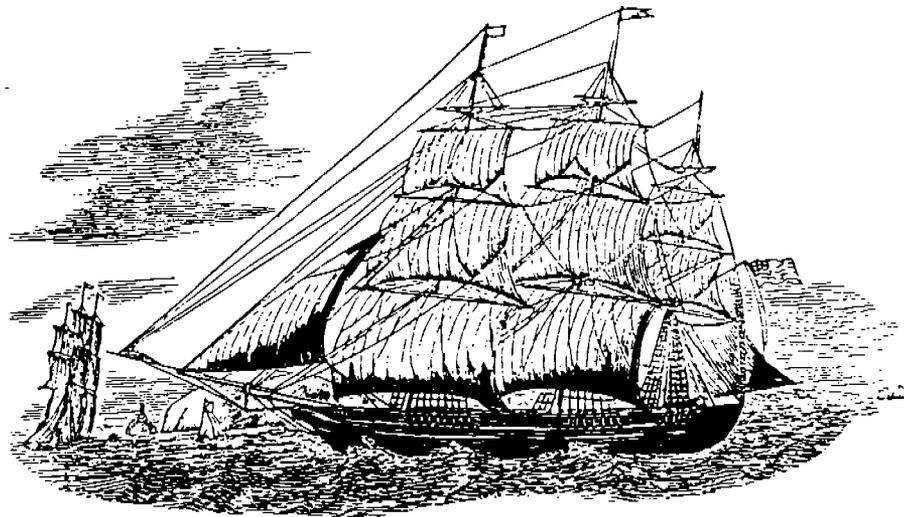
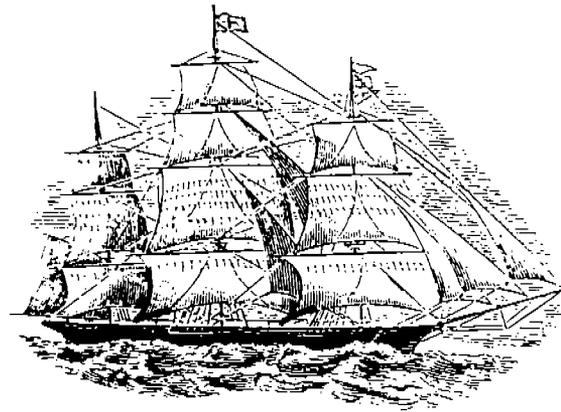
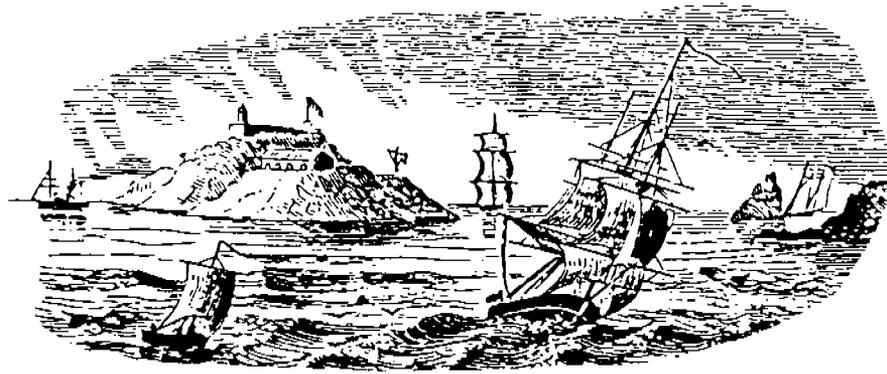
-Anonymous

Parents should teach children to respect people, to be honest, and to treat others as they themselves would like to be treated.

-Dr. Charles Schaefer



Religion



I do not believe there is a problem in this country or the world today which could not be settled if approached through the teaching of the Sermon on the Mount.

-Harry S. Truman

✓ All work that is worth anything is done in faith.

-Albert Schweitzer

✓ Men grow in stature only as they daily rededicate themselves to a noble faith.

-Dwight D. Eisenhower

Faith is a gift of God which man can neither give nor take away by promise of rewards or menace of torture.

-Thomas Hobbes

He that does not believe that God is above all, is either a fool or has no experience of life.

-Stattius

✓ All things work together for good to them that love God.

-Romans 8:28

I have known ninety-five of the world's great men in my time, and of them eighty-seven were followers of the Bible.

-William E. Gladstone

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.

-Plato

The Bible is a great and powerful tree. Each word a mighty branch. Each of these branches have I well shaken. And the shaking of them has never disappointed me.

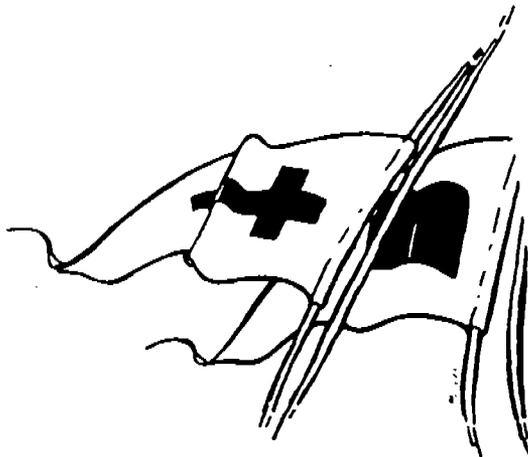
-Martin Luther

A man without ethics is a wild beast loosed upon this world.

-Manly Hall

Too many people decide what they want to believe, then go looking around for half-facts to prove they are right.

-War Cry



The devil is easy to identify. He appears when you're terribly tired and makes a very reasonable request which you know you shouldn't grant.

-Fiorello La Guardia

✓ Real repentance is sorrow for the deed, not for being caught.

-Anonymous

✓ I believe in the sun, even when it is not shining. I believe in love, even when feeling it not. I believe in God, even when He is silent.

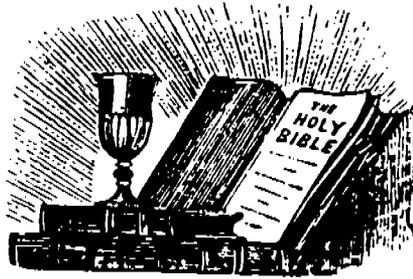
-Louis Binstock

The man who lives by the Golden Rule today never has to apologize for his actions tomorrow.

-Grit

X Your theology may be as clear as ice, but unless you put it into practice it will leave you just as cold.

-Anonymous



Everything that science has taught me -- and continues to teach me -- strengthens my belief in the continuity of our spiritual existence after death.

-Werner von Braun

The best evidence that the Bible is the inspired word of God is to be found within its covers -- it proves itself.

-Charles Hodge

My concern is not whether God is on our side; my great concern is to be on God's side, for God is always right.

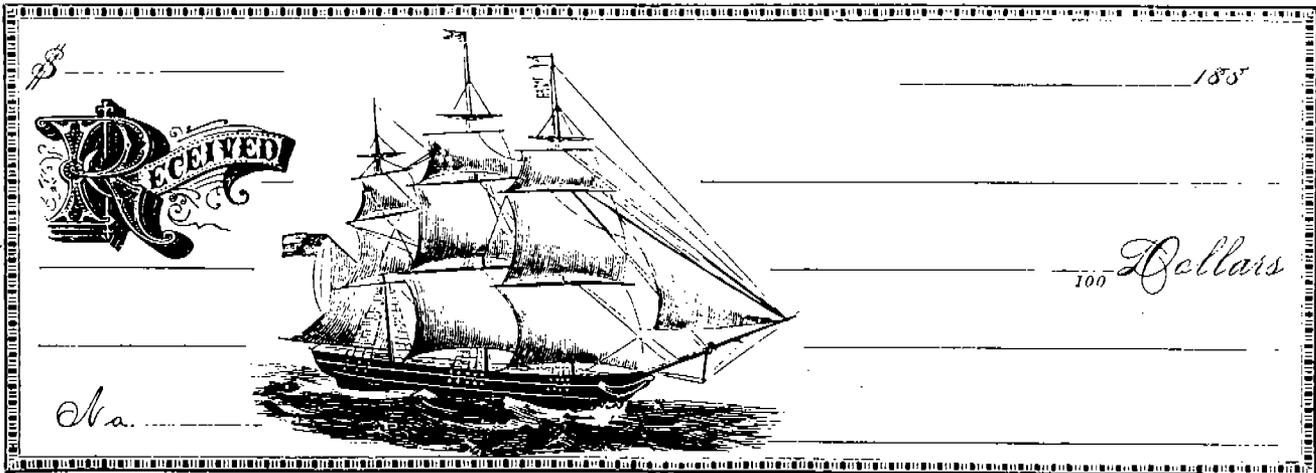
-Abraham Lincoln

God is the silent partner in all great enterprises.

-Abraham Lincoln

If you would like to get rich, earn a little more than you spend -- and keep on doing it.

-Anonymous



PARENTING

Children are surely one of God's greatest gifts and truest challenges. To share your life with a child is to humble yourself so that you may learn from them and discover with them the beautiful secrets of life.

-Kathleen Tierney Crisly

The most important thing in child training is love.

-Rex

We are apt to forget that children watch examples better than they listen to preaching.

-Roy L. Smith

Rearing children is like drafting a blueprint; you have to know where to draw the line.

-Anonymous

Permit a child to always get what he wants when he wants it -- and you have a criminal in the making.

-J. Edgar Hoover

Many a son has lost his way among strangers because his father was too busy to get acquainted with him.

-William L. Brownell

Parents who want their children to end up right must walk upright themselves.

-Nat Olson

God often comforts us, not by changing the circumstances of our lives, but by changing our attitude towards them.

-S. H. B. Masterman

The more we learn about the wonders of the universe, the more clearly we are going to perceive the hand of God.

-Frank Borman

Every law that God has given has been for man's benefit. If man breaks it, he is not only rebelling against God, he is hurting himself.

-Billy Graham

What the caterpillar calls the end, God calls a butterfly.

-Anonymous

The greatest thought that can occupy a man's mind is his accountability to God.

-Daniel Webster

God gave us our memories so that we might have roses in December.

-Sir James Matthew Barrie

God has not called me to be successful, he has called me to be faithful.

-Mother Teresa

If God did not exist it would be necessary to invent him.

-Voltaire

The church is not a dormitory for sleepers, it is an institution for workers; it is not a rest camp, it is a front line trench.

-Billy Sunday

It is only when men begin to worship that they begin to grow.

-Calvin Coolidge

A church is a hospital for sinners, not a museum for saints.

-Abigail Van Buren

We become like that which we worship -- God, self, or anything else.

-Anonymous

What greater calamity can fall upon a nation than the loss of worship.

-Thomas Carlyle

Don't stay away from church because there are so many hypocrites. There's always room for one more.

-A. R. Adams

Rise up early and stay up late, and go to the synagogue, so that you may prolong your life.

-Rabbi Joshua ben Levi

You think about people, but God thinks about you.

-Leo Tolstoy

It is a mistake to suppose that God is only, even chiefly, concerned with religion.

-William Temple, Archbishop of Canterbury

Prayer always has an effect even if it is not the effect we desire.

-Alexis Carrel

Walk softly; speak tenderly; pray fervently.

-T. J. Bach

We are looking for better methods; God is looking
for better people.

-James Whitcomb Brougher

The church is not a gallery for the exhibition of
eminent Christians, but a school for the education
of imperfect ones, a nursery for the care of weak
ones, a hospital for the healing of those who need
special care.

-Henry Ward Beecher



There's a difference between a philosophy and a bumper sticker.

-Charles M. Schulz

Every saint has a past and every sinner has a future. ✓

-Oscar Wilde

If you're not allowed to laugh in heaven, I don't want to go there.

-Martin Luther

I respect faith but doubt is what gets you an education.

-Wilson Mizner

It is cynicism and fear that freeze life; it is faith that thaws it out and
sets it free.

-Mary Fosdick

Every child comes with the message that God is not yet discouraged with people.

-Rabindranath Tagore

A religion that is small enough for our understanding would not be large enough for our needs.

-Arthur Balfour

I have lived to thank God that all my prayers have not been answered.

-Jean Ingelow

The history of every individual should be a Bible.

-Novalis

God makes; people shape.

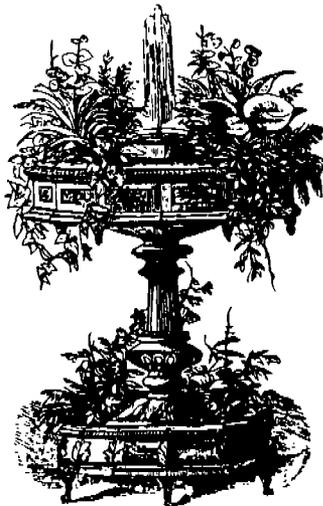
-Robert Burton

It is better to be faithful than famous.

-Theodore Roosevelt

↙ I've read the last page of the Bible. It's going to turn out all right.

-Billy Graham



The greatest act of faith is when man decides that he is not God.

-Oliver Wendell Holmes

People will wrangle for religion; write for it; fight for it; die for it; anything but live for it.

-Charles Caleb Colton

The man who believes in nothing but himself lives in a very small world.

-Anonymous

A lot of little prayers as we go along through life would save a long one in case of emergency.

-Anonymous

We couldn't conceive of a miracle if none had ever happened.

-Libbie Fudim

If we are going to fight for the liberty to worship, we ought to make use of that liberty.

-Anonymous

It's a good thing that when God created the rainbow He didn't consult a decorator or He would still be picking colors.

-Sam Levenson

To keep a lamp burning we have to keep putting oil in it.

-Mother Teresa

A faith that cannot survive collision with the truth is not worth many regrets.

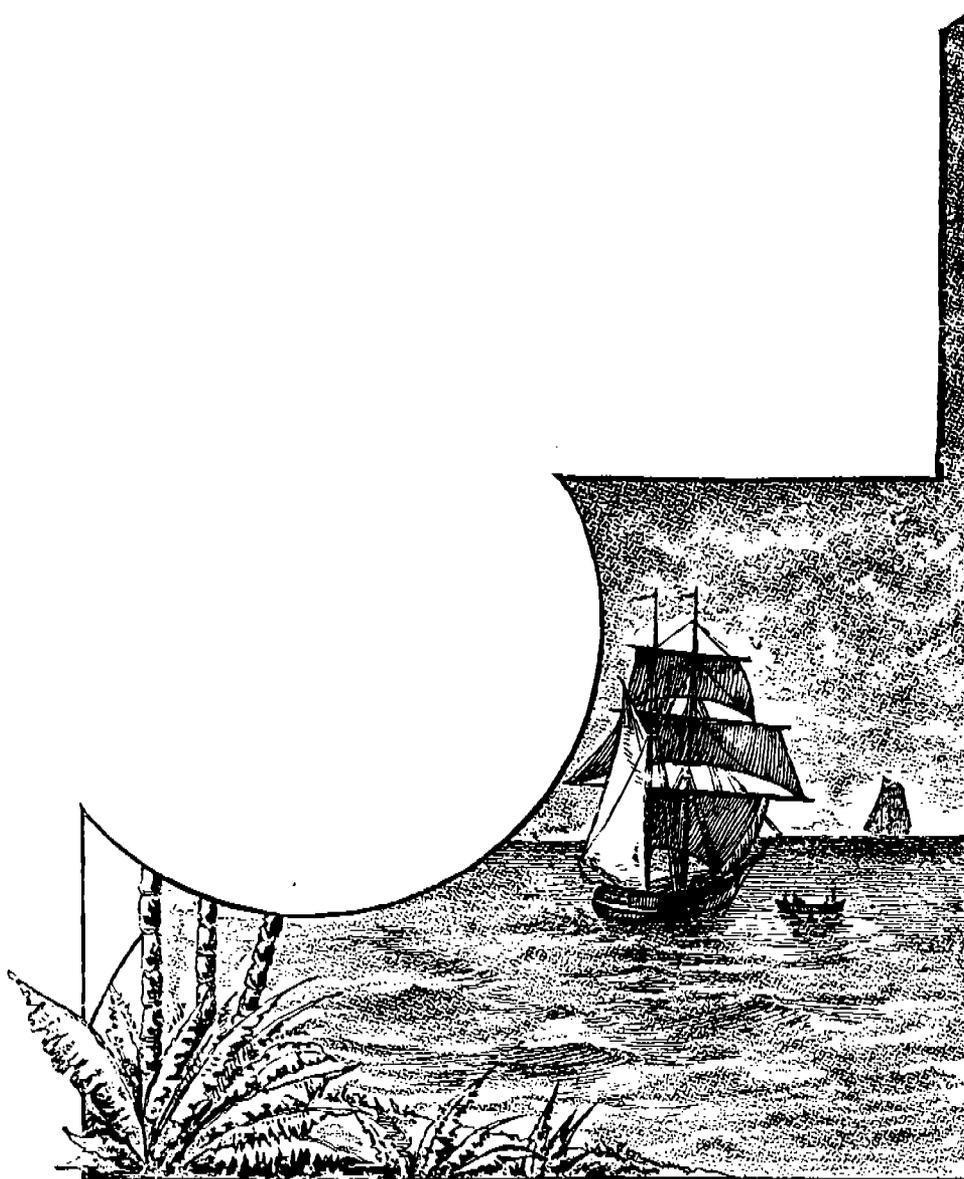
-Arthur C. Clarke

Doubt isn't the opposite of faith, it is an element of faith.

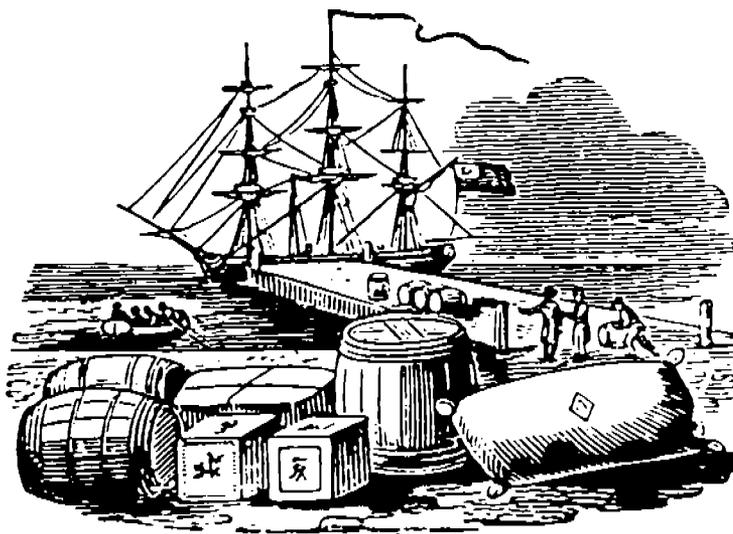
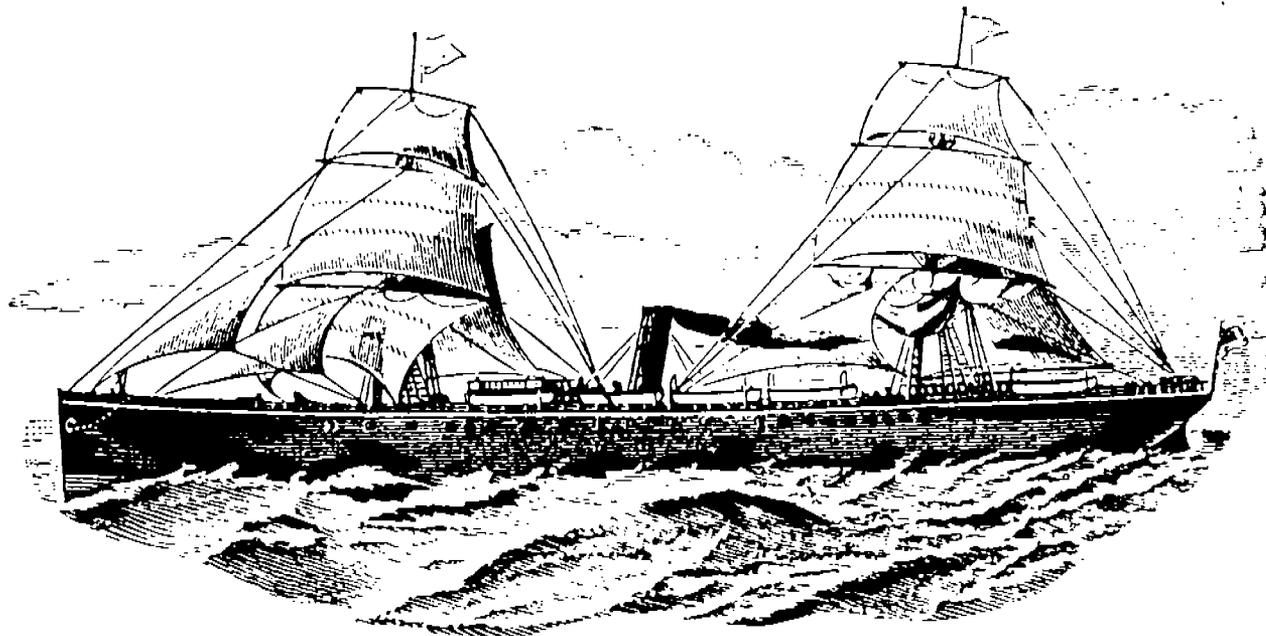
-Paul Tillich

He does not believe that does not live according to his belief.

-Thomas Fuller



History and Tradition



The things that the flag stands for were created by the experiences of a great people. Everything that it stands for was written by their lives. The flag is the embodiment, not of sentiment, but of history.

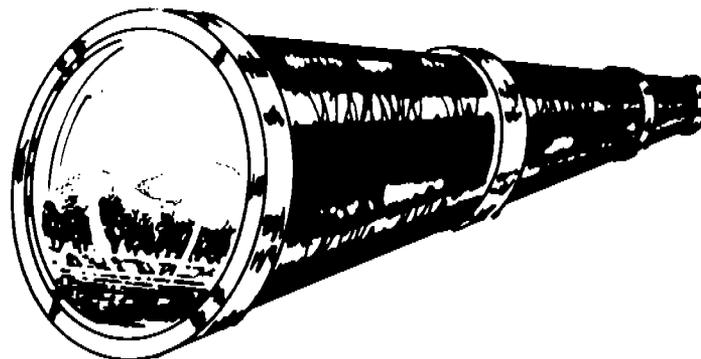
-Woodrow Wilson

He who learns nothing from the past will be punished by the future.

Anonymous

Hindsight is always 20:20.

-Billy Wilder



You don't change the course of history by turning the faces of portraits to the wall.

-Jawaharlal Nehru

A people not prepared to face its own history cannot manage its own future.

-Karl-Heinz Hansen

We are going to have to be rather clever people if we are going to escape from our own cleverness in the past.

-Sir Mark Oliphant

What men will fight for seems to be worth looking into.

-H. L. Mencken

The past always looks better than it was.

-Finley Peter Dunne

These are the good old days the next generation will hear so much about.

-Artie Shaw

When I want to understand what is happening today or try to decide what will happen tomorrow, I look back.

-Oliver Wendell Holmes, Jr.

Man is a history-making creature who can neither repeat his past nor leave it behind.

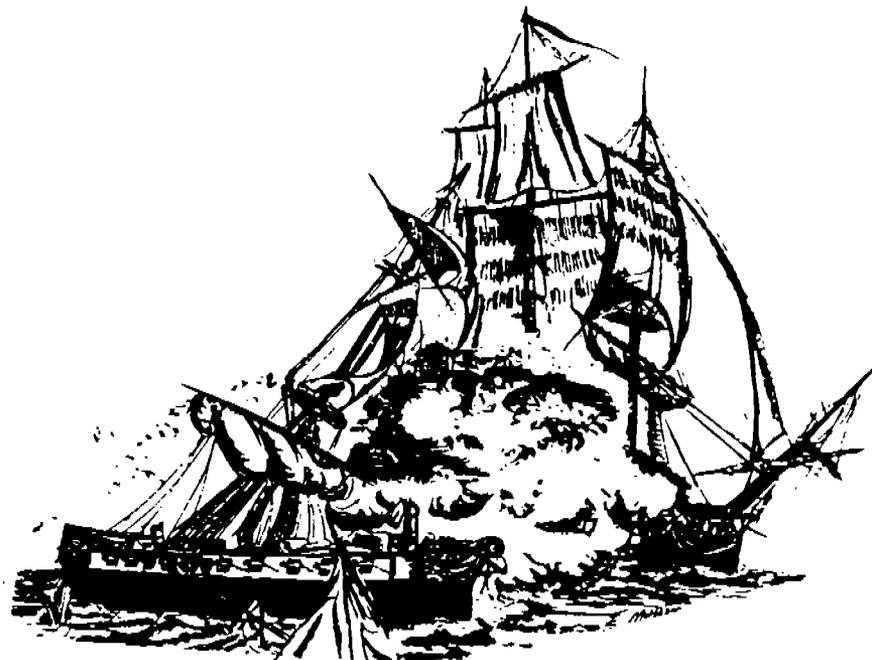
-W. H. Auden

Our goal is to influence history instead of merely observing it.

-John F. Kennedy

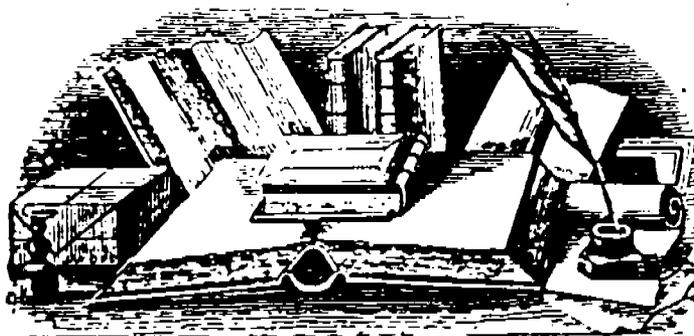
The main thing is . . . to make history, not to write it.

-Otto von Bismarck

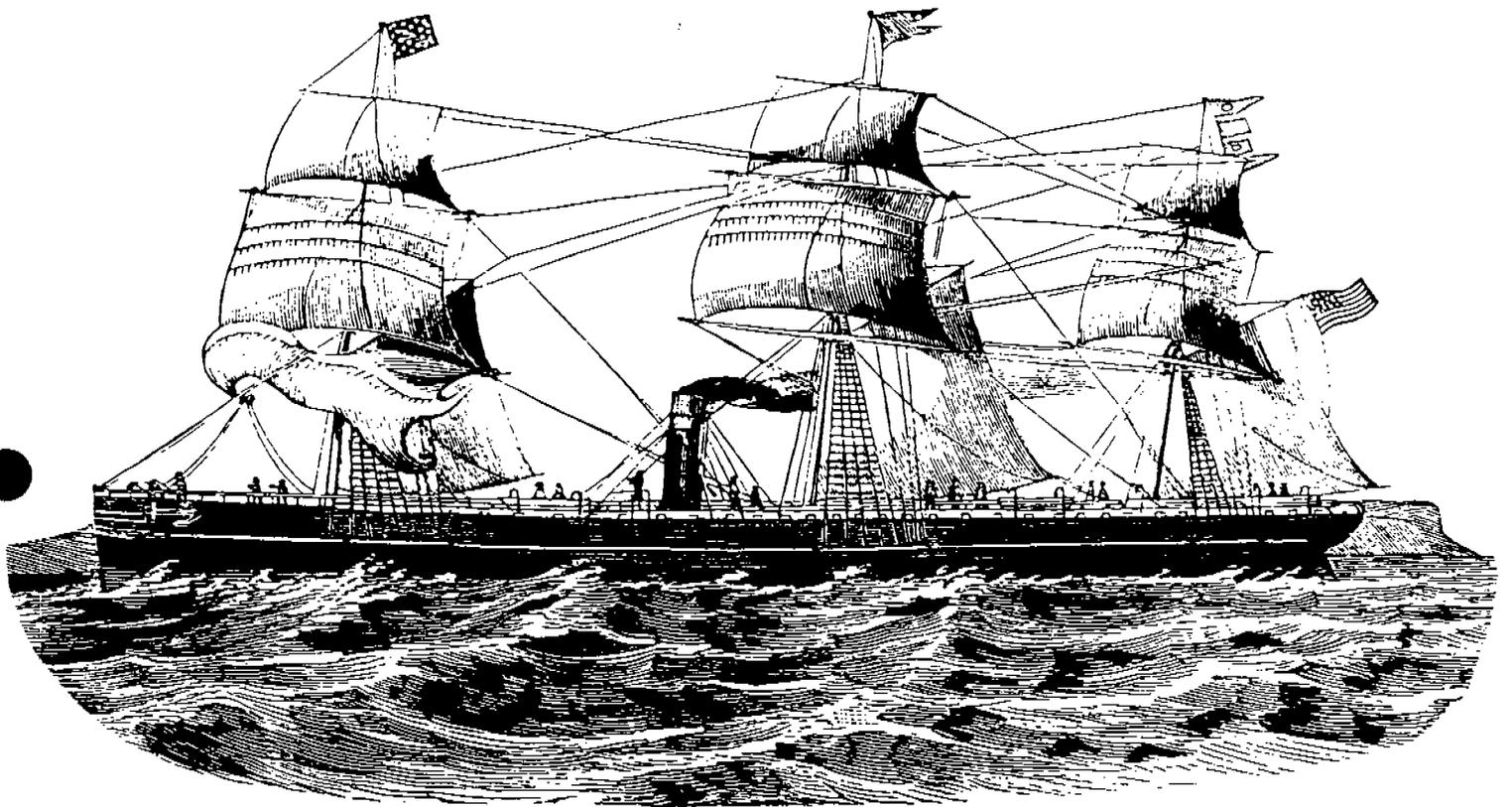


The traditions of the Navy and Marine Corps are not a thing of yesterday or the day before. They were born of travail and the trial of ages; they are the result of centuries of experience and experiment; heated at the forge of battle, hammered into shape on the anvil of practical knowledge; tested and approved by great heroes.

-Charles Williams



Health and Physical Fitness



Anybody who thinks money is everything has never been sick. Or is.

-Malcolm Forbes

People who insist on drinking before driving, are putting the quart before the
hearse.

-Laurence J. Peter

Happiness is nothing more than good health and a bad memory.

-Albert Schweitzer

Health Note: One way to keep your "ticker" ticking is not to continually wind
it too tight.

-Anonymous

The best exercise for the heart is to bend down several times a day to help
someone else.

-Anonymous

Those who live with too much tension seldom live to enjoy a pension.

-Anonymous

Temperance means the abstinence from all that is evil, and the moderate use of
all that is good.

-Ned H. Holmgren

People who cannot find the time for recreation are obliged sooner or later to
find the time for illness.

-John Wanamaker

Our fatigue is often caused not by work, but by worry, frustration and resentment.

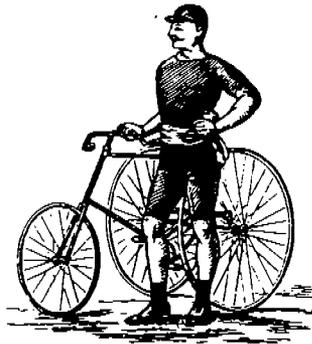
-Dale Carnegie

You know it is time to diet when you nod one chin and two others second the motion.

-Anonymous

All the armies on earth do not destroy so many of the human race, nor alienate so much property, as drunkenness.

-Bacon



There is more to life than increasing its speed.

-Mahatma Gandhi

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

-Spanish Proverb

A good many people commit suicide with a knife and fork.

-Anonymous



The only way to stop smoking is to just stop -- no ifs, ands or butts.

-Edith Zitt

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

-Dr. Paul Dudley

"A chain is no stronger than its weakest link." Likewise, a shop is no safer than its least safe worker.

-United States
Compensation
Commission

Remember that the best safety device known is a careful person.

-United States Department of the Navy

Give me a healthy body, Lord, and sense to keep it at its best.

-Anonymous

To lengthen your life, shorten your meals.

-Proverb

Men call a 25-mile hike training in physical fitness. Women call it window shopping.

-Anonymous

Look to your health, and if you have it, value it next to a good conscience.

-Izaak Walton

I would rather drive myself than ride with someone who is drunk.

-Stevie Wonder
(Mr. Wonder is blind)

If you drink like a fish, don't drive. Swim.

-Joe E. Lewis

Liquor talks mighty loud when it gets loose from the jug.

-Joel Chandler Harris

The person who frequently is tight as a drum is seldom fit as a fiddle.

-Anonymous

A loose nut can cause an auto accident; so can a tight nut.

-Anonymous

You may outbluff another driver, but the real question is whether you will outlive him.

-Anonymous

It's a pretty good idea to keep on good terms with everybody, but especially with your wife, your banker, your stomach, and your conscience.

-Anonymous

As a nation we are dedicated to keeping physically fit - and parking as close to the stadium as possible.

-Bill Vaughan



Take care of your health; you have no right to neglect it, and thus become a burden to yourself, and perhaps to others.

-W. Hall

Cigarettes are killers that travel in packs.

-Mary S. Ott

Laughter is the best medicine for a long and happy life. He who laughs -- lasts.

-Wilfred A. Peterson



Age is a matter of mind; if you don't mind, it doesn't matter.

-Anonymous

Drinking liquor will not drown sorrows; it only irrigates them.

-Anonymous

Booze increases business for the hospitals, ambulance drivers, doctors, nurses, undertakers, and grave-diggers.

-Anonymous

Many a man who would not dream of putting too much pressure in his automobile tires lays a constant overstrain on his heart and arteries.

Bruce Barton

As with liberty, the price of leanness is eternal vigilance.

-Gene Brown

It's better to have one foot on the brake than six feet under the ground.

-Anonymous



A good laugh can heal a lot of hurts.

-Madeleine L'Engle

Stress is not always bad. The only people without stress are dead people.

-Georgia Witkin-Lanoil

He who indulges, bulges.

-Eleanor S. J. Rydberg



Stress is not necessarily bad for you; it is also the spice of life, for any emotion, any activity, causes stress.

-Anonymous

Always try to drive so that your license will expire before you do.

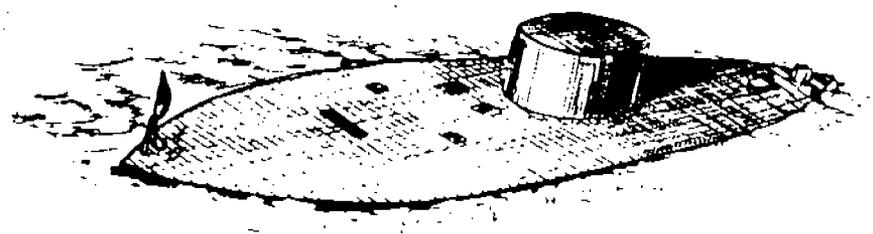
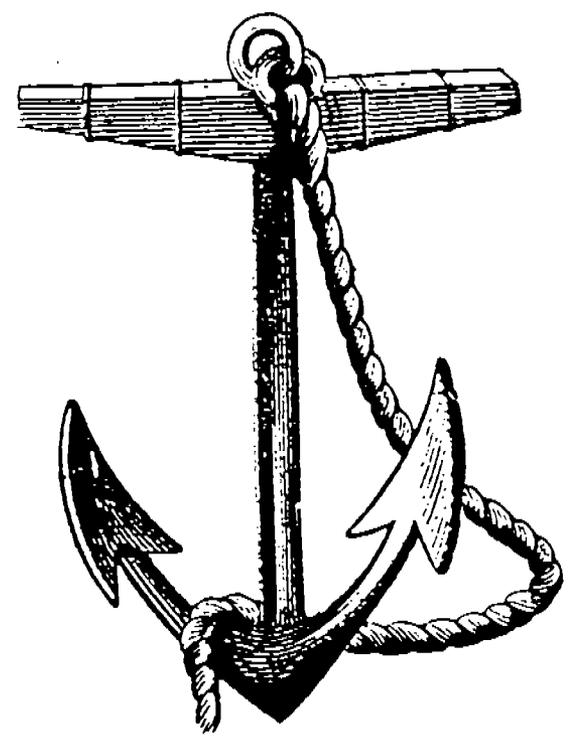
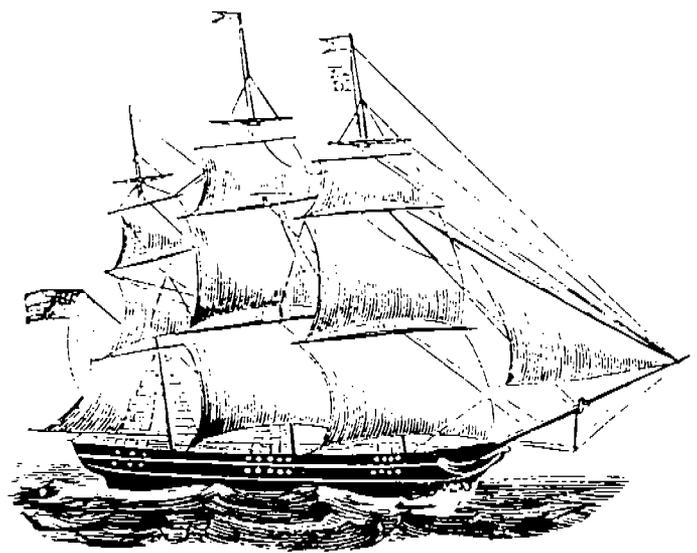
-Anonymous

The human body -- like the tires on a car or the rug on a floor -- wears longest when it wears evenly.

-Hans Selye



Future



GOALS, DREAMS AND VISION

Dreaming has its values, but never should it become a substitute for work that needs to be done.

-Anonymous

The only limit to our realization of tomorrow will be our doubts of today.

-Franklin D. Roosevelt

Yesterday is but today's memory and tomorrow is today's dream.

-Kahlil Gibran

Ideals are worthless unless we act on them.

-Anonymous

The best thing about the future is that it only comes one day at a time.

-Dean Acheson

The mightiest works have been accomplished by people who have somehow kept their ability to dream great dreams.

-Walter Russell Bowie

I am not afraid of tomorrow, for I have seen yesterday and I love today.

-William Allen White

Yesterday is not ours to recover, but tomorrow is ours to win or lose.

-Lyndon B. Johnson

We must welcome the future, remembering that soon it will be the past; and we must respect the past, knowing that once it was all that was humanly possible.

-George Santayana

In times like these, it helps to recall that there have always been times like these.

-Paul Harvey

The future is like a corridor into which we can see only by the light coming from behind.

-Edward Weyer, Jr.

America was established not to create wealth but to realize a vision, to realize an ideal -- to discover and maintain liberty among men.

-Woodrow Wilson

We can chart our future clearly and wisely only when we know the path which has led to the present.

-Adlai E. Stevenson

They that won't look ahead look behind with a tear in their eye.

-Spanish Proverb

✓ Where there is no vision, the people perish.

-Proverbs 29:18

Progress is what happens when impossibility yields to necessity.

-Adlai Stevenson

Change is the law of life. And those who look only to the past are certain to miss the future.

-John F. Kennedy

A man may die, nations may rise and fall, but an idea lives on. Ideas have endurance without death.

-John F. Kennedy

The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were . . . and ask, "Why not?"

-John F. Kennedy

A cynic is a man who, when he smells flowers, looks around for a coffin.

-H. L. Mencken

There is a difference between having an aim in life and just shooting at random.

-Anonymous

We should all be concerned about the future because we will have to spend the rest of our lives there.

-Charles F. Kettering

When you can think of yesterday without regret and tomorrow without fear, you are near real contentment.

-Anonymous

It's better to be led by your dreams than pushed by your problems.

-Anonymous

If at first you do succeed, don't stop. Set a new goal, and try something harder.

-Anonymous

The greatest danger for most of us is not that our aim is too high and we miss it, but that our aim is too low and we reach it.

-Anonymous

It is useless to have an aim in life unless one has ammunition to back it up.

-Anonymous

There are those who cast their bread upon the waters hoping it will be returned toasted and buttered.

-Anonymous

It is important to set sensible goals and then to trust God to help us reach them.

-Anonymous

Where there are no new ideas or dreams, there is no hope.

-Andrei Sakharov



OPPORTUNITY

The reason so many people never get anywhere in life is because when opportunity knocks, they are out in the back yard looking for four-leaf clovers.

-Walter P. Chrysler

Freedom bestows on us the priceless gift of opportunity -- if we neglect our opportunities we shall certainly lose our freedom.

-Dwight D. Eisenhower

The successful man is one who had the chance and took it.

-Robert Babson

When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.

-Alexander Graham Bell

You cannot escape the responsibility of tomorrow by evading it today.

-Abraham Lincoln

When written in Chinese, the word crisis is composed of two characters -- one represents danger and the other represents opportunity.

-John F. Kennedy

Great symphonies begin with just one note.

-Priscilla Young Pratt

There exists limitless opportunity in every job. Where there is an open mind, there will always be a frontier.

-Charles F. Kettering

Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

-George Bernard Shaw

We must open the doors of opportunity. But we must also equip our people to walk through those doors.

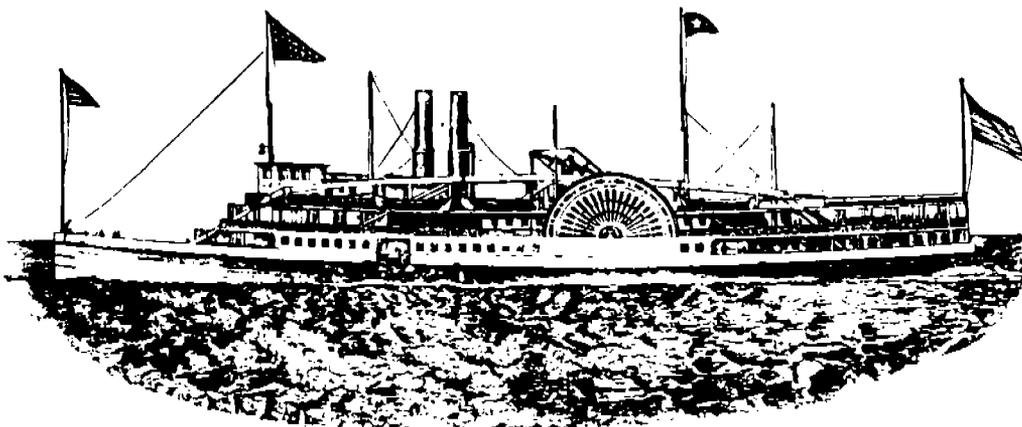
-Lyndon B. Johnson

Opportunities carry with them obligations.

-Anonymous

The reason a lot of people cannot find opportunity is that it goes around disguised as hard work.

-Anonymous



PREPARATION

You had better live your best and act your best and think your best today; for today is the sure preparation for tomorrow and all the other tomorrows that follow.

-Harriet Martineau

No road is too long to the man who advances deliberately and without undue haste; and no honors are too distant for the man who prepares himself for them with patience.

-Jean De La Bruyere

The man who is prepared to fight has his battle half fought.

-Cervantes

You will never be bigger than the things you see -- nor the things you do. The life of a person is his visions plus his plans for realizing them.

-Leroy Brownlow

The time to prepare and retrain for difficult work is before the need -- like now.

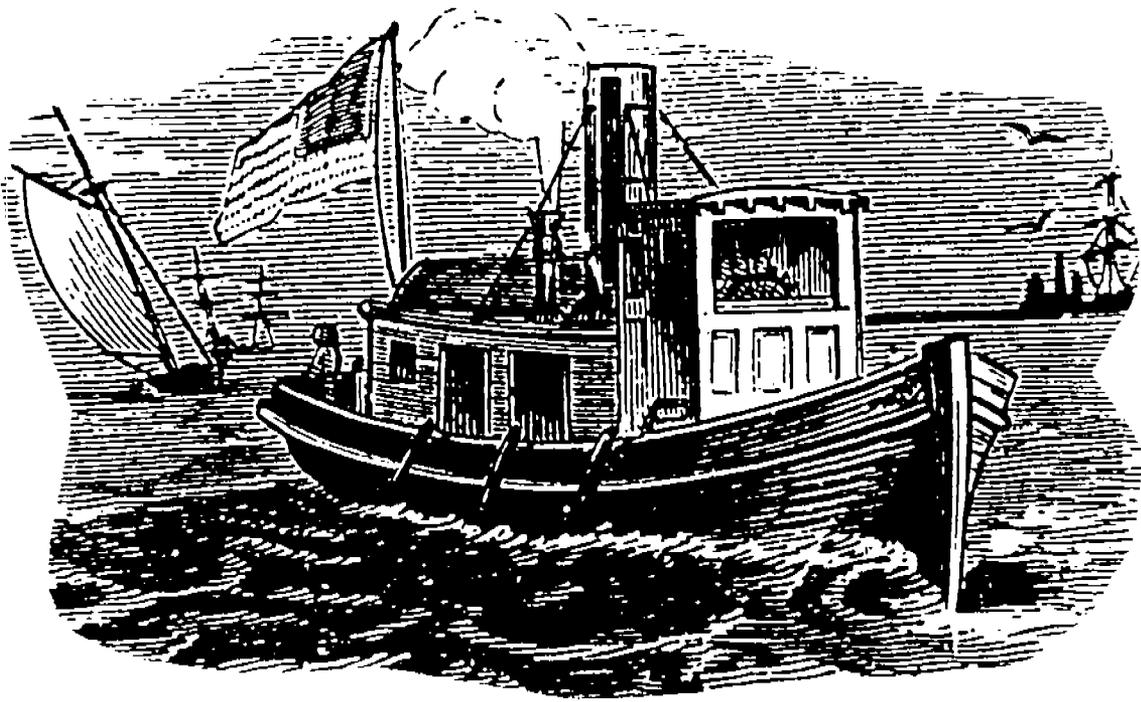
-Anonymous

Being prepared is knowing that your worst shot is still going to be pretty good.

-Johnny Miller



Miscellaneous



The message of Easter cannot be written in the past tense. It is a message for today and the days to come. It is God's message which must re-echo through your lives.

-Frank D. Getty

May you have the gladness of Easter, which is hope; the promise of Easter, which is peace; the spirit of Easter, which is love.

-Anonymous

The simplest meaning of Easter is that we are living in a world in which God has the last word.

-Anonymous

I will honor Christmas in my heart and try to keep it all the year.

-Charles Dickens

If Christmas didn't already exist, man would have had to invent it. There has to be at least one day in the year to remind us we're here for something else besides our general cussedness.

-Eric Severeid

The light that shines from the humble manger is strong enough to lighten our way to the end of our days.

-Author Unknown

I sometimes think we expect too much of Christmas Day. We try to crowd into it the long arrears of kindness and humanity of the whole year.

-David Grayson

The WAY you spend Christmas is far more important than HOW MUCH.

-Anonymous

Christmas is not a myth, not a tradition, not a dream. It is a glorious reality. It is a time of joy. Bethlehem's manger crib became the link that bound a lost world to a loving God. From that manger came a Man who not only taught us a new way of life, but brought us into a new relationship with our Creator. Christmas means that God is interested in the affairs of people; that God loves us so much that He was willing to give His Son.

-Billy Graham

I'll be spending a typical American Christmas. My tree is from Canada, the ornaments from Hong Kong. The lights come from Japan -- and the idea from Bethlehem!

-Robert Orben

An informal survey shows that what most people wanted for Christmas was two more weeks to prepare for it.

-Bob Stanley

It is good to be children sometimes, and never better than at Christmastime, when its mighty founder was a child Himself.

-Charles Dickens

We have been a most favored people. We ought to be a most grateful people. We have been a most blessed people. We ought to be a most thankful people.

-Calvin Coolidge

Thanksgiving is possible only for those who take time to remember.

-Anonymous

We Americans are, on the whole, a generous people . . . but let us take care that we do not fail to be as generous in thanking God as we are in sharing with others the gifts He has shared with us.

-Indiana Catholic and Record

Thanksgiving was never meant to be shut up in a single day.

-Robert Caspar Lintner

Every ship that comes to America got its chart from Columbus.

-Emerson

May all your troubles during the coming year be as short-lived as your New Year's resolutions.

-Betty Lou Ramsey

A New Year resolution is something designed to make us do the things we really don't intend to do, for if we did them, we'd probably resolve never to do them again.

-Changing Times

The New Year is somewhat like a new baby -- many changes will be necessary, some of which may be neglected.

-Anonymous

April is the month when the green returns to the lawn, the trees, and the Internal Revenue Service.

-Anonymous

A cloverleaf intersection is an ingenious road-building device which enables a driver to get on four wrong roads in the time it used to take him to get on one.

-Anonymous

