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Autor: W.R.

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THE SECRET OF HAPPINESS

THE ONE THING which is sought by every person in the world is happiness.

Happiness is never found on its own. It is a by-product, a bonus. It is a state of the mind, a quality of the heart, an attribute of the soul. Someone has said that happiness is a perfume that you can't pour on others without spilling a few drops on yourself.

Among the champions who devoted their lives to make others happy we would list Dr Albert Schweitzer, who dedicated his life to the people of Africa; Dr Tom Dooley, as a medical missionary in Laos; and Dr Ida Scudder, who built one of the largest hospitals and schools for nurses in the heart of India.

However, we don't have to do big things to find happiness — even a smile of friendliness can be rewarding. A trained nurse who travelled the world could speak only her native language. But, she said, you can smile in any language. She said she smiled her way around the world and made friends in every country she visited. A smile is contagious. Almost always a smile is reciprocated, even if you smile at a baby.

The happiness we get out of life is in direct proportion to the happiness we give to others. It comes back to us as bread cast upon the waters.

Condensed from the June Rotarian.—W.R.