

## F. 5. WHEN YOU ARE DOWN, THINK OF THIS

It sometimes seems to most of us as though we were constantly being bombarded by news of so many terrible things happening one place or another in the world. That is enough to get most of us down sometimes. Why are there so many bad things going on all the time? If it is not bad things happening to good people, it is someone doing something terrible to someone else. In a way, both are very discouraging.

Once when that had me down, it occurred to me that it was only those sorts of things that were newsworthy. They were what were unusual, were not life as usual. Life as usual is not news. Only the extraordinary is news. People being bad is news. People being good is not news.

When one thinks about it, there is a huge preponderance of goodness in the world. Most people are being good and doing good things most of the time. Most of us are enjoying good friendships and loving relatives & others closest to us. Relatively speaking most disagreements are minor and don't threaten the relationships.

Life is not always as easy as we wish it was, but so be it, we get by. Indeed, when I think about it, I am surprised by the almost unimaginable amount of pluck and stick-to-it-tiveness to be seen among many who are among the disadvantaged for one reason or another. Inheritance or events beyond their control may have been hard on them, or they may have made some bad mistakes, but they struggle on to make the best of it all.

I can only marvel at this pluck and goodness. I have no right to despair of the human race despite the bad news, though I have reason to think we could and should reduce the violence people inflict on others.