



Humor's Healing Power: You Gotta Laugh: "Why Aren't All People Over 25 Dead?" (Source: Anonymous Forward)

To All You Survivors of Childhood:

According to today's regulators and bureaucrats, those of us who were kids in the 40's, 50's, 60's, and 70's probably should not have survived.

Our cribs and walls were coated with lead-based paint. We had no child-proofing on medicine bottles, electrical outlets or cabinets. We were not closely supervised, and we understood "No! That's dangerous!" meant we *had really* better not do it!

We rode our bikes without helmets. (Not to mention the 60's... Hitchhiking?) We rode in cars with no seat belts nor air bags. Riding in "the way back" of the station wagon or in an open pickup truck on a warm day was bliss! We drank water from the garden hose (Horrors!), shared one soft drink among four friends, and no one actually died from this. We ate cupcakes, Twinkies, bread and butter, and drank soda pop with sugar in it, but we were never overweight, because we were always outside playing.

We'd leave home in the morning and play all day, as long as we were back when the street lights came on. Gone all day - No cell phones. (Unthinkable!) We'd spend hours building go-carts out of scraps and then ride down-hill, only to find out we forgot the brakes. (Ow!) After running into the bushes a few times, we learned to anticipate and solve problems.

We did not have Play Stations, Nintendo, no video games at all. There weren't 99 channels on cable, videos, DVDs, surround-sound, personal computers, or Internet chat rooms. We had friends! We went outside and found them. We rode bikes, or roller skated, or walked to a friend's house and knocked on the door, or rang the bellor just walked in, and their moms doled out home-baked cookies.

We fell out of trees, got scraped-up, broke bones, chipped teeth, and there were no lawsuits. Accidents were just accidents. We made up games with sticks and tennis balls. We double-dared and ate worms, and although we were warned otherwise, we put out very few eyes, and the worms did not live inside us forever.

Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at www.relaxintuit.com

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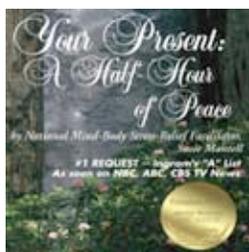
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- Anonymous Forward

Little League had tryouts, and not everyone made the team. Those who didn't make it had to learn to deal with disappointment, work toward a goal, and root for others. The idea of our parents bailing us out if we broke a law was unheard of. They actually sided with the authorities. Imagine that! We had freedom, failure, success and responsibility, and we learned how to deal with them all.

The past 50 years have been an explosion of innovation and discovery. This generation has produced some of the finest problem solvers, risk-takers and inventors in history. If you're one of them....Congratulations!

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