

- Quality in one's life and work is what makes a man valuable and important.

BETTER A FULL THAN A LONG LIFE

In Gershwin's *Porgy and Bess* — I almost wrote Pogi and Bess — the villain, Sporting Sam, in his song "It Ain't Necessarily So," says;

Methuselah lived one thousand years

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*But who calls it living
When no gal would give in
To a man that's one thousand years.*

Now comes a report from Athens that they have located the oldest women in the world. Her name is Maitha Nyfli and she is allegedly 132 years old! "I attribute my longevity," she reportedly said, "to the fact that I have never had any affairs with men." Perhaps, that's why she refuses to go. She feels cheated. Going by her comment, it is obvious to any discerning person what her death wish is.

In the ultimate analysis,

it is not how long we have lived, but the kind of life that we have led that will be important. It is not the maximum amount of time, but the optimum use of that time. As they say, there is a time to live, a time to love, and a time to die. Rizal had very little time. But all Filipinos today still feel his presence. Many people today don't even know what to do with their time. And some people are not buried — but they have been dead for years. There are two kinds of death — physical and spiritual. It is the things that die within us that we have most to fear. Death comes to all — "even for Kings," as Saint Thomas More said in the trial for his life. In our case, we have never measured time by duration. We measure it by intensity.

Longevity is something to be desired, but it is not an

achievement in itself. There was the man who was asked what he did for the French Revolution. "By God," he said, "I survived!"

It is better to live a full life — than a long life. We have people, for instance, who believe that they have had, let us say, 20 years experience at a given job, when in reality, it would be more accurate to say that they have had one year's experience twenty times. Most people never lived. They simply existed.

If you live a ripe old age, you must have something more to say than just merely attributing your longevity to refraining from tobacco, alcohol, or the opposite sex. Otherwise, people won't know whether you are bragging or complaining. We believe that it is the state of mind that keeps most people alive. One must look forward. And one must keep an interest in all things. It is, of course, easier said than done. — *Alejandro R. Roces, Manila Chronicle, December 12, 1967.*