

Growing Parent

Ben Franklin was the first American success of the Horatio Alger variety. He attributed his enormous success, and happiness, to 13 principles.

APRIL 2017

Principles of Successful Living

In the year 1723, a 17-year-old boy arrived in Philadelphia without a penny to his name. At the age of 42, he retired, wealthy.

During his lifetime, he also became the country's most outstanding statesman, scientist and philosopher. He helped draft the Declaration of Independence and was one of its signers. He was the first American success of the Horatio Alger variety. He was, of course, Benjamin Franklin.

Just starting out and deeply in debt, but having an inventive mind, he look for the essential principles of successful living. After much thought and study, he devised a method so simple, yet at the same time, so practical, that anyone can use it.

He chose 13 principles—13 subjects—that, if he could master them, he felt would lead to the success he sought. He gave a week's strict attention to each one, so that he could practice the entire list of 13 subjects four times a year.

When he was 79 years old, he wrote more about this idea than anything else that ever happened to him in his entire life—he devoted 15 pages to it—for to this list and the way he practiced it, he felt that he owed all his success and happiness. He ended by writing: "I hope, therefore, that some of my descendants may follow the example and reap the benefit."

So, if you'd like to be as successful as Ben Franklin, here's his list of 13 principles. Practice each in order for a week, going through the list four times a year, every year.

- 1. Temperance:** Eat not to dullness; drink not to elevation.
- 2. Silence:** Speak not but what may benefit others or yourself; avoid trifling conversation.
- 3. Order:** Let all your things have their places; let each part of your business have its time.
- 4. Resolution:** Resolve to perform what you ought; perform without fail what you resolve.
- 5. Frugality:** Make no expense but to do good to others or yourself; waste nothing.
- 6. Industry:** Lose no time; be always employed in something useful; cut off all unnecessary actions.
- 7. Sincerity:** Use no hurtful deceit; think innocently and justly; and if you speak, speak accordingly.
- 8. Justice:** Wrong none by doing injuries or omitting the benefits that are your duty.

9. **Moderation:** Avoid extremes; forbear injuries so much as you think they deserve.
10. **Cleanliness:** Tolerate no uncleanness in body, clothes or habitation.
11. **Tranquillity:** Be not disturbed at trifles, or at accidents common or unavoidable.
12. **Chastity.**
13. **Humility:** Imitate Jesus and Socrates.

No one, before or since, has ever been more successful than Benjamin Franklin. He gave the credit to that list of 13 principles, each to be practiced in order for a week at a time, so that all of them can become habits. They'll work as well today as they did then.

It isn't that we don't know what the rules are—Ben Franklin's have been around for 200 years. It's putting them into practice and staying with them that seems to present the greatest difficulty. □

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Comment from Pediatrics for Parents

by Rich Sagall, MD

Sugar-Sweetened Beverages Like Soda

The Question: How many sugar-sweetened beverages do children five years old and younger drink?

The Study: Unlike older children, the children in this study depend on adults for the purchase and serving of sugar-sweetened beverages. Studies have shown that 17% of U.S. children age 2-19 years and 10% of infants under two years of age are obese. This study looked at how many children five years old and younger consume sugar-sweetened beverages.

The Results: Nearly 94% of the children 3-5 years old in the study consumed sweetened milk products. Eighty-eight percent consumed fruity drinks, 63% soda, and 56% sports drinks and sweetened tea.

Comment: Obviously the children in this study couldn't buy their own sugar-sweetened drinks, so it was their parents, guardians, sitters, and relatives who served them. Parental education of the detrimental role of added sugar in drinks is important to lessen the chances children becoming obese.

Read More: Journal of School Health, 03/14

For more information on children's health visit: www.pedsforparents.com

Growing Parent helps parents learn about themselves and others and cope with the reality of living.

April 2017

Sunday

Monday

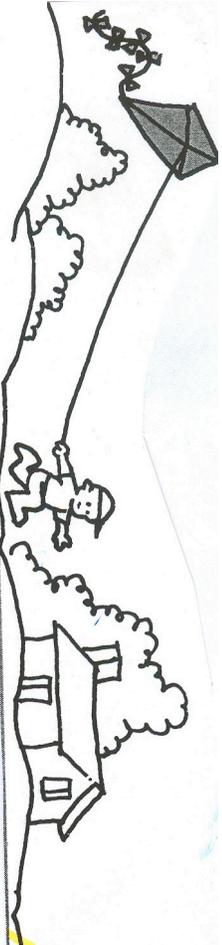
Tuesday

Wednesday

Thursday

Friday

Saturday



2

Lie on your stomach and go around in a circle.

3

Have a "conversation" with Baby. Repeat every sound she makes.

4

Who gets up first at your house? Who gets up last? When do YOU get up?



5

What state do you live in? Can you find it on a map?

6

At breakfast, talk about what you plan to do today.

7

At supper, talk about what you did today.



8

Visit a pet store and look at the fish. Maybe a snake. Maybe not.

1

April Fools Day

9

Palm Sunday

10

Passover begins at sundown.



11

Show Baby how a wind chime works and listen for the sound.

12

Count the number of bites it takes for you to eat lunch.



13

What color is a banana? Find four more things that are the same color.

Can you spell banana?

14

Good Friday.

15

How many times can you bounce and catch a ball without stopping?

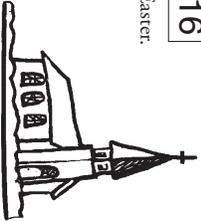


16

Easter.

17

Find something blue in the kitchen.



18

How can you look at your back?



19

Play rug-of-war (gently) with a scarf or towel.

20

Count all the toes at your house.



21

Talk about the safest way to cross the street. Remember to always look both ways first.

22

Earth Day. What can we do to take care of our earth?

23

Walk together, hold someone's hand

30

Name some animals that might live on a farm.

24

What words would you use to describe the weather today?



25

Play with a toy truck. Where's it going? What will it do when it gets there?

26

Don't throw out those cardboard boxes! Think of ways to adapt them as toys.

27

Draw some happy faces to put on the refrigerator.

28

Arbor Day. Plant a tree.

29

Go to the library and look for a book about pets.

