**Control**

Self-control and aggression: Dieters beware: Choosing an apple over a chocolate bar could leave you itching for a fight. A new University of Texas study suggests that people have a finite ability to exercise self-restraint, and that when it’s exceeded, they’re resentful, angry, and prone to aggression. Researchers found that people who chose a healthy snack over a tastier one tended to prefer movies with revenge themes over milder flicks. Dieters were also more irritated by marketing messages that used phrases like “you ought to,” because they sounded controlling. And it’s not just virtuous food choices that sour a mood. People who showed financial restraint in their choices later showed a decided preference for pictures of angry faces over fearful ones. The results suggest that “people have a diminishable supply of energy that the body and mind use to engage in self-control,” researcher Kathleen Vohs tells USA Today. When people are asked to give up too much at one time, she says, it’s natural for them to rebel – and fail. *(The Week magazine, April 8, 2011)*

**Frank says to the chef at Al’s Diner: “Save the rest of the alphabet soup for Ernie. He always has to have the last word.” *(Bob Thaves, in Frank & Ernest comic strip)***

**Close to a quarter of American workers -- 22.4 percent -- have a government-issued license to perform their jobs, and 25.5 percent have either a license or a privately issued certification. Even in nonmedical occupations, nearly one in five workers had a license in 2015. *(FiveThirtyEight.com, as it appeared in The Week magazine, May 6, 2016)***

**If everything seems under control, you're just not going fast enough. *(Mario Andretti, race car driver)***

**Apple Computer introduced its pioneering, user-friendly Macintosh computer in 1984. The “Mac” quickly became popular and appeared likely to dominate the field. But Apple officials were reluctant to license the Mac’s operating system to other manufacturers and give up control of their product. Meanwhile, Microsoft developed the “Windows” system for rival IBM computers and compatible machines. Microsoft licensed its operating system to whoever could pay the price, and its sales boomed. Last September Apple finally licensed the Mac technology. But by then, most computer manufacturers were committed to Windows and few customers signed up. “Apple made the right decision,” says financial analyst Douglas Kass of Santa Cruz, California. “They just waited too long to make it.” *(Edwin Jr. & Sally Valente Kiester, in Reader’s Digest, 1995)***

**Authority without wisdom is like a heavy ax without an edge, fitter to bruise than polish. *(Anne Bradstreet, poet)***

**Males must learn to conform to the females’ rules before being allowed into the group. The authority who reported that was writing about baboons. *(L. M. Boyd)***

**My wife, an intrepid gardener, was appalled to discover some large brown worms with voracious appetites busily at work on her prize grapevines. She sought help from the county agriculture extension agent. "From what you tell me," he said, "they are too big for sprays to be much help, so I suggest that you try biological control." "And what might that be?" she asked. "Pick them off the vines and tromp on them," he explained. *(Rush R. Faber, in Reader's Digest)***

**It/s my own body, but I’m not completely in charge – if I were there’d be big changes. *(Ashleigh Brilliant, in Pot-Shots)***

**In 1515 the Fifth Lateran Council issued a decree forbidding the printing of books without the permission of the Roman Catholic leadership. We can now see that their attempts to control book production were entirely futile. *(Alden Studebaker, in Wisdom for a Lifetime, p. 4)***

**Will the U.S. control our borders, too? Canada and the U.S. have been secretly negotiating a “perimeter security agreement” that could give U.S. Homeland Security control over who enters Canada, said Steven Chase. The “ever-expanding U.S. security clampdown” along the Canadian-U.S. border has been bad for trade for both countries, but particularly for Canada. The government has persuaded the U.S. to relax the border control, but in return the U.S. is demanding assurance that terrorists who’d like to slip into the U.S. via Canada won’t be able to get into Canada in the first place. So the entire perimeter of Canada is to be monitored more closely, by both Canadian and U.S. authorities. In addition, a draft agreement, leaked to this newspaper, provides for joint cargo screening at ports of origin, joint screening of people seeking to enter either country, and information sharing. The deal is sure to trigger deep concerns about Canadian sovereignty. If someone is inadmissible to the U.S., for example, he would be banned from Canada as well, which means Canada no longer controls its own immigration policy. Still, Canada may have little choice. Something must be done “to ensure the vital trade flow between Canada and its largest trading partner is not choked off by the aggressive U.S. security bureaucracy.” *(The Week magazine, December 24, 2010 – January 7, 2011)***

**We cannot make the experience of another because it is impossible to get into the consciousness of another. Brainwashing is a temporary thing and very unsatisfactory at best. *(Jack E. Addington)***

**Nineteen of every 20 businesses in the United States and Canada are either owned or controlled by families. *(L. M. Boyd)***

**Daughter: "One day, Dad, you're going to have to realize that you can't control everything!" Dad: "I know I can't control everything! For one thing, I can't control the fact that I have to control everything!" *(Tom Batiuk & Chuck Ayers, in Crankshaft comic strip)***

**You can train a cat to do anything it wants to do. *(The PassTime Paper)***

**Grandpa: “I see you’re warming up Muffin’s blanket in the dryer.” Grandma: “Yes. She loves her warm blankey!” Grandpa: “That cat really has you trained! She meows and you jump.” Grandma: “That’s not true!” Cat: “Meow!” Grandma: “I have to go. Muffy needs me to adjust the tracking on the bird video she’s watching.” *(Brian Crane, in Pickles comic strip)***

**At the annual family-reunion picnic, a young bride led her husband over to an old woman busily crocheting in a rocker. "Granny," she said, touching the old woman's hand affectionately, "this is my new husband." The woman eyed him critically for a long moment, then asked abruptly, "Do you desire children?" Startled by her bluntness, the young man blushed and stammered, "Well-uh-yes, I do, very much." "Well," she said, looking scornfully at the large tribe gathered around the six picnic tables, "try to control it!" *(Colleen B. Pifer, in Reader's Digest)***

**Dictators ride to and fro upon tigers which they dare not dismount. And the tigers are getting hungry. *(Winston Churchill)***

**During the Middle Ages, few people were able to read or write. The clergy were virtually the only ones who could. *(Noel Botham, in The Book of Useless Information, p. 148)***

**When I got off the bus late one night at Camp Beauregard, LA, and was hurrying to my quarters, I was confronted by a guard. “Halt! Who goes there?” he called out. I gave my name, rank, serial number and Army unit, and waited patiently for the command to advance and be recognized. Finally I broke the silence with, “Aren't you supposed to say something else?” “Yes,” the guard replied, “and don't you dare move until I think of it.” *(1st Lt. Clarence E. Bird (Ret.), in Reader's Digest)***

**We might define an eccentric as a man who is a law unto himself, and a crank as one who, having determined what the law is, insists on laying it down to others. *(Louis Kronenberger, in Company Manners)***

**The creative process is a process of surrender, not control. *(Julia Cameron, artist/writer)***

**In 1898, a dictator named Cabrera got control of Guatemala. And took immediate action. First, he proclaimed his birthday a national holiday. Next, his mother’s birthday, likewise. *(L. M. Boyd)***

**When we forgive another person, we are really saying, “I no longer give you the power to control how I think, feel or behave. I now take**

**responsibility for myself.” *(Dr. Wayne Dyer)***

**If you think you have someone eating out of your hand, it’s a good idea to count your fingers. *(Quoted by Martin Buxbaum)***

**Mother says to daughter: “After you're married, you may discover an evil force trying to control your life!” Daughter: “Really? What will it be?” Mother: “Your mother-in-law.” *(Dik Browne, in Hagar The Horrible comic strip)***

**We cannot control the evil tongues of others, but a good life enables us to disregard them. *(Cato the Elder)***

**Drive thy business or it will drive thee. *(Benjamin Franklin)***

**The finest fury is the most controlled. *(Christopher Hitchens)***

**Billy says to his Mom: “Daddy wants to see this game and I’m in charge of not changing channels.” *(Bil Keane, in The Family Circus comic strip)***

**If we can’t control ourselves, our only hope is to create something which can control us. *(Ashleigh Brilliant, in Pot-Shots)***

**Due to circumstances beyond my control, I am master of my fate and captain of my soul. *(Ashleigh Brilliant, in Pot-Shots)***

**Of the few innocent pleasures left to men past middle life, the jamming of common sense down the throats of fools is perhaps the keenest. *(T. H. Huxley)***

**The most astonishing part of the Internet is that nobody is in charge. Football teams have captains, and orchestras have conductors. We take for granted some form of authority, some hierarchy in almost everything. In childhood it comes from parents and teachers. In adult life it comes from bosses and government. While we may not always be pleased with where we stand in the hierarchy, at least we understand it. The Net – a reliable system comprised of loosely connected and imperfect parts that work because nobody is in control – shakes up all our centralist notions of hierarchy. *(Nicholas Negroponte, in Wired)***

**One spring during training exercises at Fort Riley, Kansas, a lieutenant was driving down a muddy back road. He came upon another jeep, stuck in a ditch, with a major standing beside the vehicle. “Is your jeep stuck, major?” the lieutenant asked. “No, lieutenant,” the senior officer replied. “Your jeep is stuck.” The lieutenant dutifully turned his jeep over to the major. *(Major Leon R. Mayer (Ret.), in Reader's Digest)***

**As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might. *(Marian Anderson, on “See It Now,” CBS)***

**In many instances we can’t control what happens to us, but we can control our reactions to what happens to us. We can stay down for the count and be carried out of the ring, or we can pull ourselves back to our feet. *(Ann Landers, in Reader’s Digest)***

**One in 4 workers is now required to have a license to do his or her job, up from 1 in 20 in the 1950s, according to a White House report. More than 1,100 occupations -- including auctioneer, florist, and scrap-metal recycler -- are regulated in at least one state. *(The Wall Street Journal, as it appeared in The Week magazine, August 14, 2015)***

**A THOUGHT TO REMEMBER: You can’t control the length of your life, but you can control its width and depth. *(Reminisce magazine)***

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**No man is good enough to govern another man without that other's consent. *(Abraham Lincoln)***

**I claim not to have controlled events, but confess plainly that events have controlled me. *(Abraham Lincoln)***

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**With the children playing loudly in the background, the husband says to his +wife: "I used to wonder when we lost control, then it occurred to me that you can’t lose something you never had." *(Scott Stantis, in The Buckets comic strip)***

**The urge to save humanity is almost always a false front for those who want to rule it. *(H. L. Mencken)***

**Old mines leaking toxic sludge: The Western U.S. is littered with tens of thousands of abandoned mines filled with toxic sludge like the one that recently turned Colorado's San Juan and Animas rivers an alarming shade of orange, The Wall Street Journal reports. That spill, inadvertently caused by an Environmental Protection Agency cleanup crew at the Gold King Mine, unleashed 3 million gallons of toxic waste, including arsenic, cadmium, copper, lead, and aluminum. The EPA says there are 160,000 abandoned mines throughout the West, and 33,000 of them are already leaking acidic water full of toxins or have piles of toxic tailings that could leach into rivers. The mining industry was largely unregulated until the 1970s, and efforts to clean up mines have faltered because of engineering problems, lack of money, and political battles over who should pay. "You can expect many such failures like the one we had at Gold King," says Ron Cohen, an environmental engineer with the Colorado School of Mines. "These sites are just sitting there waiting to fail, and most of them are going to fail sooner or later." The EPA estimates the remediation of abandoned mines would cost at least $35 billion. (*The Week magazine, September 4, 2015)***

**Politics in the pulpit: More than 1,000 pastors said this week that they will openly defy government restrictions on their freedom of speech by telling their congregations who to vote for in the presidential election. The conservative Christian group Alliance Defending Freedom said the pastors will not just preach about hot-button issues like gay marriage during services on October 7, but will endorse a candidate and send a video of their endorsement to the IRS. “It is a head-on constitutional challenge,” said Erik Stanley, legal counsel for the group. Section 501©(3) of the Internal Revenue Code prohibits tax-exempt charities and churches from intervening for or against specific candidates in political campaigns. The IRS has in the past threatened churches with the loss of their tax-exempt status, said Stanley, but has never acted on the threats in order to avoid a court battle. *(The Week magazine, October 5, 2012)***

**As a nurse, I am always watchful that a patient has correct body alignment and a wrinkle-free bed. One day, I noticed a woman who had slid halfway down her bed and whose sheets were disheveled. I offered to lift her up and straighten the sheets, but she claimed she felt fine the way she was. Still, I insisted that we straighten her and the bed. After completing the task, I felt proud of the way I had assertively handled the situation. Just then, the patient looked up at me and asked, "Am I comfortable now?" *(Debbie Bedker, in Reader's Digest)***

**Why are the people I can most easily influence never the ones I’d really like to control? *(Ashleigh Brilliant, in Pot-Shots)***

**One political party now controls the state legislature of 47 states. Half of these legislatures have veto-proof super-majorities, meaning that either Republicans or Democrats can pass legislation without any compromise. *(Salon.com, as it appeared in The Week magazine, December 7, 2012)***

**How much venom the rattlesnake releases in its bite depends on what the snake wants to accomplish. It can control the flow. *(L. M. Boyd)***

**Customer to TV salesman: "I don't need remote control. With four kids, my chances of controlling it are already remote!" *(Joni Cagle, in The American Legion magazine)***

**To return to high Government farm-price supports with rigid controls would be like eating more green apples to cure a stomach-ache caused by eating green apples. *(W. I. Boone, president of Kansas Farm Bureau)***

**Hagar: “I wish my mother-in-law would stop trying to run my life!” Servant: “What did she do now?” Hagar: “This year she wrote down my New Year's resolutions for me!” *(Dik Browne, in Hagar The Horrible comic strip)***

**FREEDOM AT SEA: Among southern elephant seals, four-ton alpha males lord over harems ashore and block other males from mating with the hundreds of females. But P.J.N. de Bruyn of the University of Pretoria has found that the top seal’s control is not ironclad: The timing of pregnancy indicates some females mate at sea, possibly escaping the alpha. *(Smithsonian magazine)***

**The power of self-control: Your parents were right: Learning to be a well-behaved child pays off in adulthood. To prove that prevailing wisdom, researchers in New Zealand tracked more than 1,000 people from toddlerhood into their early 30s. They found that the more self-control the subjects exhibited as youngsters, the healthier, wealthier, and happier they were as grown-ups. To measure self-control, says WebMD.com, the study authors interviewed children and the adults closest to them every two years to assess how they handled frustration, whether they frequently acted without thinking, and whether they could stick to a given task until finished. A 3-year-old able to consistently complete puzzles, for instance, received higher marks than one who routinely became distracted, cried, or lashed out at other children. Follow-up studies at age 32 found that those who scored low as children were more likely to be overweight, drug dependent, and beset with credit problems. The study’s authors say their findings are significant because, unlike other factors such as IQ and poverty, self-control can be taught and enhanced with practice over time. No matter what a child’s circumstances, they conclude, “good parenting can improve self-control and improve life success.” *(The Week magazine, February 11, 2011)***

**Husband says to wife before flipping the coin: “Heads, this winter I control the thermostat; tails, you control the remote control. *(The Saturday Evening Post cartoon)***

**In 1920, a Detroit policeman named William L. Potts worked out an electric light system that allowed him to control three street intersections from one tower. He picked the colors red, yellow, and green because railroads used them. These were the first street traffic lights. *(Isaac Asimov’s Book of Facts, p. 288)***

**We cannot control the tragic things that happen to us, but we can control the way we face up to them. *(Bits & Pieces)***

**To learn who rules over you, simply find out who you are not allowed to criticize. *(Voltaire)***

**George Washington had once been urged to take control of the nation by declaring a military dictatorship. Washington refused the offer. *(Paul Kroll, in The Plain Truth magazine)***

**We cannot control life's difficult moments, but we can choose to make life less difficult. We cannot control the negative atmosphere of the world, but we can control the atmosphere of our minds. Too often we try to choose and control things we cannot. Too seldom we choose to control what we can -- our attitude. *(John Maxwell)***

**The world’s four richest citizens – Carlos Slim, Bill Gates, Warren Buffett, and Mukesh Ambani – control more wealth than the world’s 57 poorest countries. *(ForeignPolicy.com, as it appeared in The Week magazine, January 21, 2011)***

**We accompanied our son and his fiancee when they met with her priest to sign some pre-wedding ceremony papers. While filling out the form, our son read aloud a few questions. When he got to the last one, which read: "Are you entering this marriage at your own will?" he looked over at his fiancee. "Put down 'Yes,'" she said. *(Lilyan van Almelo, in Reader's Digest)***

**The welfare state says that we are not to be a nation of independent people, but a nation of clients whose lives are controlled by bureaucracy, dispensing taxpayers’ money according to the vision of the anointed. This is not a new idea, however much advocates of the welfare state proclaim “change.” Most of the history of the human race has been of ordinary people having their lives controlled and their destiny decided by some elite. It has taken centuries of struggle and bloodshed to get out from under the thumb of those who acted as if they had been born “booted and spurred, to rule mankind.” Now we are heading backward, toward a world where people’s fates are not in their own hands but in the hands of some puffed-up political “leaders.” *(Thomas Sewell, Creators Syndicate)***

**When a husband and wife disagree over cost, color, style or fit of any article of men's clothing, it's the wife's opinion that almost always prevails, according to recent market research. *(L. M. Boyd)***

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