Limitations

**Most disabled persona adjust well to their disabilities. Ask many of us who are disabled what we would like most in life and we will say, "To be a better father" or "To be promoted in my job." You would be surprised how few would say, "Not to be disabled." We accept our limitations. It is others who have a problem dealing our physical impediments. *(Itzhak Perlman, a violinist whose legs were paralyzed by polio when he was five, speaking at the International Year of Disabled Persons ceremony held in New York City)***

**Argue your limitations and you get to keep them. *(Loretta Ivory)***

**Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, remember, you can achieve. *(Mary Kay Ash****)*

**Argue for your limitations and, sure enough, they’re yours. *(Richard Bach, in Illusions)***

**There's no limit to what the boss can do if he puts someone else's mind to it. *(Current Comedy for Speakers)***

**Good week for: Scrimping, after it was announced that new austerity measures would freeze the British royal family's government stipend, limiting Queen Elizabeth and the royals to $50 million a year. *(The Week magazine, December 23, 2011)***

**If you limit your actions in life to things that nobody can possibly find fault with, you will not do much. *(Charles Lutwidge Dodgson ('Lewis Carroll"), English author)***

**Why we should cap CEO pay: CEOs don't work 200 times harder than the rest of us, said Daniel Baumann, so it's just not right that they should earn 200 times as much. Switzerland this week rejected a referendum that would have capped CEO pay at 12 times the wage of the lowest-paid employee -- partly because of a "scare campaign" by major Swiss companies, which threatened to move abroad, and partly because that ratio was probably too low. But the Swiss definitely have the right idea. Look what has happened in Germany over the past 25 years: We've leapt from a 20-to-1 ratio of manager to employee pay to 200-to-1. Back in the 1990s, when CEOs routinely earned much less than a million euros a year, the top companies "seemed to have no difficulty finding good managers." Yet now, those same companies offer their CEOs tens of millions. It isn't market forces that drove up the salaries, but rather "decisions made in the cozy circles of the executive and supervisory boards," where everyone is golf buddies and "unbridled greed" is considered normal. This inequity is not only "morally problematic," but also dangerous for the stability of the country. When a few profit tremendously while their underlings can barely eke out a living, social unrest will surely follow. *(The Week magazine, December 6, 2013)***

**In talking about the self-inscribed circles of limitation which man imposes upon himself: A caretaker of a cemetery was ordered to build a fence around a cemetery, but weeks passed by and though he was repeatedly reminded of it, he still neglected doing anything about it. One day he was asked why he objected to building the fence. He replied: "Well, I figger that a fence is something to keep something in or to keep something out. It never knew anyone in a cemetery who tried to get out and I never know anyone outside a cemetery who wanted to get in, so I don't see no reason for buildin' no fool fence." *(A Synoptic Study of the Teachings of Unity, p. 27)***

**Holding the line: An elegant New York City restaurant tried to limit its clientele to the well-dressed, but finally gave in to the casual trend. Sighed the owner, "But no more than two patches to a pair of jeans." *(Jack O'Brian, King Features)***

**Each computer has a limit to how much information can be stored in its memory. Client asks if each human brain has such a limit. None so far is known. *(L. M. Boyd)***

**The only way of discovering the limits of the possible is to venture past them into the impossible. *(Arthur C. Clarke)***

**Exercise has limited weight-loss benefits: Running that extra mile on the treadmill may not make you any thinner, a new study suggests, because exercise alone can burn only a limited number of calories. Instead, the body actually adapts to greater levels of activity, which may help explain why people who are trying to lose weight often hit a frustrating "plateau." The research team followed more than 300 men and women from five different countries over the course of one week, measuring their daily activity levels and energy expenditure. As expected, people who were moderately active -- walking a couple of miles daily or working out for a half hour two or three times a week -- burned about 200 more calories than the ones who remained sedentary. But intense activity didn't necessarily reap more benefits: Participants who logged the highest levels of physical exertion expended about the same amount of energy as those who were only moderately active. The researchers suggest that the bodies of extremely active people learn to use energy more efficiently during exercise and to burn fewer calories while at rest. "We think this is a really common evolutionary adaptation that all animals use to keep from outstripping their resources and to keep from starving," study author Herman Pontzer of Hunter College in New York City tells CNN.com. Exercise can provide many health benefits, including weight loss, Pontzer says, but to shed a lot of pounds, "you probably ought to focus on changing your diet and watching how much you eat." *(The Week magazine, February 19, 2016)***

**There's a story about an old man who was fishing off a dock. Next to him stood a bucket and a ruler snapped off at the ten-inch mark. He would throw out his line, and every so often he'd reel in a little fish. Then he'd carefully unhook the fish and lay it down next to his ruler; any measuring eight or nine inches he'd toss in the bucket. Pretty soon there was this big tug on the line, and the old guy fought with the fish for quite a while. Finally he reeled in a real beauty; it must have been over a foot long. He laid it on the dock next to his ten-inch ruler. Then he threw the fish back in the water. A guy who was fishing next to him broke the silence: “Gosh, I've been watching you fish all afternoon, and that was the biggest fish you caught. I don't get it. Why did you throw it back?” The old man responded, “Well, you see, my frying pan is only ten inches wide. Anything that doesn't fit my pan goes back.” *(Mary Manin Morrissey, in Building Your Field of Dreams)***

**Football rules before 1912 wouldn’t allow a gain of more than 20 yards with a pass. *(L. M. Boyd)***

**After watching the Olympic track and field events, one wonders why the four-minute mile used to be considered an unattainable feat. Roger Bannister, the man who ran the first one back in the ‘50s, succeeded where an untold number of that century’s runners had failed. He explained that the barrier for runners was psychological, not physical, and that runners of that time had failed to set their sights high enough. *(Bits & Pieces)***

**Freedom has limits: for example: murder is not permitted, even in the privacy of one's own home. *(Ashleigh Brilliant, in Pot-Shots)***

**To comprehend a man's life, it is necessary to know not merely what he does but also what he purposely leaves undone. There is a limit to the work that can be got out of a human body or a human brain, and he is a wise man who wastes no energy on pursuits for which he is not fitted; and he is still wiser who, from among the things that he can do well, chooses and resolutely follows the best. *(William E. Gladstone)***

**Why have not fast-breeding insects dominated the earth? Because they have no lungs such as man possesses; they breathe through tubes. But when insects grow large, their tubes do not grow in ratio to the increasing size of the body. Hence there never has been an insect of great size; this limitation on growth has held them all in check. If this physical check had not been provided, man could not exist. Imagine meeting a hornet as big as a lion. (A. Cressy Morrison)**

**Granddaughter: “Happy New Year! I love you guys.” Grandma: “I don't believe it.” Grandson: “A heartfelt show of affection.” Granddaughter: “One a year. That's my limit.” *(Steve Breen, in Grand Avenue comic strip)***

**Unlike other four-legged mammals, kangaroos cannot walk backwards. (Charlotte Lowe, in Fact-O-Pedia, p. 139)**

**The opportunities of man are limited only by his imagination. But so few have imagination that there are ten thousand fiddlers to one composer. *(Charles F. Kettering)***

**Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless. (Jamie Paolinetti)**

**Campers are using llamas in Colorado, but only to carry the camping gear. A llama cannot carry a full-grown man. (L. M. Boyd)**

**Dad: “So now you have a canopy bed.” Zoe: “And Mom sewed it all out of old sheets! She makes wishes come true!” Dad: “You’re a regular miracle worker.” Mom: “Some people think so.” Dad: “So can that thing stitch together a BMW for me?” Mom: “Sorry. One miracle per day is my limit.” *(Rick Kirkman & Jerry Scott, in Baby Blues comic strip)***

**Not too long ago, a London paper offered a prize for the best definition of money. This was the winning answer: “Money is an instrument that can buy you everything but happiness, and pay your fare to every place but heaven.” (American Way)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*You have powers you have never dreamed of. You can do things you never thought you could do. There are no limitations in what you can do except the limitations of your own mind. (*Darwin P. Kingsley)***

**There are no limitations with God. Limitations are always with individuals. (Rev. Jim Lewis, Unity minister)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**The limits of the possible can only be defined by going beyond them into the impossible. *(Arthur C. Clarke)***

**A farmer once took to the fair a pumpkin shaped exactly like a 2-gallon jug. The odd shaped pumpkin brought a lot of comment and wonderment. His explanation: "When the pumpkin was no bigger than my thumb, I stuck it in a glass jug and let it grow. When it filled the jug, it quit growing." What the walls of the jug did to the pumpkin, our plans do to our lives. We cannot grow larger than our plans. *(Rev. Gerry Comstock, Unity minister)***

**'Limits' is a relative term. Like beauty, it is often in the eye of the beholder. *(Chris Burden, artist)***

**In religion, process theology now holds that the only way to know God is through our experience of God, and any time we create a fixed theology to explain that experience, we are limiting our understanding of it. *(Gregory Barrette, Unity minister)***

**Our greatest thought of ourself is also our boundary. *(Gregory E. Penn)***

**If the only tool you have is a hammer, you tend to see every problem as a nail. *(Abraham Maslow, in Bits & Pieces)***

**I've always said the shoes must never tell the foot how big to be. *(Rick Warren, senior pastor of Saddleback Church in Lake Forest, California)***

**At a Press Club Foundation dinner, Senator John D. Rockefeller IV of West Virginia was asked why he didn't run for President. “Why would I want to live in that tiny house?” he said. (*Quoted in Roll Call)***

**If there is anything we have learned about young people it is that we must never play down to them. They can listen to all kinds of music, including some too "deep" for their elders. The only compromise one needs to make is to their attention span. A psychologist once told me that a child's listening span could be measured by his age: an eight-year-old could listen to an eight-minute piece, a ten-year-old to a ten-minute piece, and so on. *(Harry Ellis Dickson, conductor of the Boston Symphony youth concerts, in Gentlemen, More Dolce Please!)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***