

READING. "In an age where we only too often default to breathless journalism or mindless internet streaming, it's a good start to be bookish, to read a lot, to finish a stack of books each year. But it's not enough ... *what* you read matters most; **h**owever, *how* you read matters too. You have to attack subjects you're not familiar with and spar with them until you are. You have to shy away from the quick or easy reads. You have to take notes, you have to apply what you learn in real, tangible ways. **Y**ou must - as Epictetus said (the Greek Stoic philosopher, 50 – 135 AD: 'philosophy is a way of life') - make sure your "*efforts aim at improving the mind*". Because then - and only then - would he call you 'hard-working'. Only then do you earn the title 'reader'."

from The Daily Stoic by Ryan Holiday

R R R. The three Rs: Reading, 'riting, 'rithmetic are the three cornerstones of traditional learning. However, learning ought to stand on four legs: The fourth **R**: Rigor, applied to independent thinking ... **T**he antidote to schematic learning and conformism.

rig·or
the quality of being extremely thorough, accurate

*This is one of my favourite maxims:
"Do not fear to be eccentric with your opinions."
Bertrand Russell*

SAFELY. Our friends buried their only daughter. She died in a one-person, car-against-a-tree crash. The horror. A four-year-old boy motherless. The despair of the parents. Pain that will last a lifetime. **A** moment of inattentiveness? Too much speed?

Please drive safely.