18 Fatherhood Tips They Should've Handed Out at the Delivery Room – Part 3 (continued)

By Leo Babauta

Being a father can be a wonderful thing, once you get past all the gross stuff, all the stressful events, the loss of privacy, and the bewildering numbers of ways you can screw it up. But other than those few things, fatherhood is wonderful.

Every dad has fears that he won't be a great dad, that he'll mess up, that he'll be a failure. It comes with the job.

Unfortunately, what doesn't come with the job is a simple set of instructions. As guys, we often will skip the manual, figuring we can wing it … but when things go wrong, it's nice to have that manual to go back to. Fatherhood needs that manual.

What follows are the fatherhood tips I wish they'd passed out to me upon the delivery of my first child. It would have helped a ton. (continued from previous issues)

10. Let them play. Kids really develop through playing — and while it might seem obvious, you should allow them as much free play as possible. That's aside from TV and video games (see below), aside from reading, aside from anything structured or educational. Just let them play, and make things up, and have fun.

11. Spark their imagination. Free play, mentioned above, is the best way to develop the imagination, but sometimes you can provide a little spark. Play with your kids, creating forts, dressing up as ninjas, role playing, imagining you're explorers or characters in a movie or book … the possibilities are endless, and you'll have as much fun as they will.

12. Limit TV and video games. I'm not saying you have to be Amish or anything, but too much of this type of entertainment keeps them from doing more imaginative playing, from reading, from getting outside to exercise. I recommend an hour a day of "media time", but you can find the amount that works for you and your family.

13. Learn the "firm no". While I'm all for giving kids the freedom to choose, and for free play, and lots of other freedoms, there should be limits. Parents who don't set boundaries are going to have children with behavior problems, who have problems when they grow up. And if it's not good to always say "yes", it's also not good for the child to say "no" at first … and then cave in when they throw a temper tantrum or beg and plead. Teach them that your "no" is firm, but only say "no" when you really feel that it's a boundary you need to set.

14. Model good behavior. It's one thing to tell your child what she should do, but to say one thing and do another just ruins the message. In fact, the real lesson your child will learn is what you do. Your child is always watching you to learn appropriate behavior. Excessive drinking or smoking or drug use by parents, for example, will become ingrained in the child's head. Bad manners, inconsiderate behavior, sloppy habits, anger and a negative attitude, laziness and greed … all these behaviors will rub off on your child. Instead, model the behavior you'd like your child to learn.

Marriage Secret #4

By Mort Fertel

SECRET 4: GET INVOLVED

Have you ever heard the phrase "You are what you eat"? This catchy slogan from the fitness industry reminds us that how we "spend" our calories determines our health. Want to be fat? Then eat lots of fat. Want to be healthy? Well, you get the idea.

When it comes to your marriage, I would say, "YOU ARE WHAT YOU DO." In other words, how you and your spouse SPEND YOUR TIME determines the strength of your marriage. Spend it together and you'll feel connected. Do your own thing too often and you might sleep in the same bed, but you'll feel worlds apart.

At the beginning of your relationship, you probably had no trouble spending lots of time together doing just about anything. And, in fact, SHARING TIME was exactly what CREATED THE CLOSENESS between the two of you. But as the years went by, you probably took up separate interests, and began to spend more and more time apart.

Many couples are very good at coordinating compatible lives. He's got his schedule. She's got her schedule. Some couples sleep under one roof, but they lead COMPLETELY separate lives. You can achieve compatibility like this (like you had with your college roommate), which is not a bad thing, but you won't have a good marriage. You might manage your family fine, but your relationship will NOT be fulfilling. And you'll be lonely. You might not be alone, but you'll be lonely.

Our culture today promotes independence. We even have something called the "Me Generation." But a strong marriage requires a "Move from Me to We." Love requires SPENDING TIME TOGETHER and being involved in each other's lives. It's not about being independent; it's about being successfully INTERdependent.

Do you remember when you used to visit each other at work? Meet each other's family and friends? Help solve each other's problems? Ask each other's opinions? Learn about each other's interests? That's the ticket!

Of course, I know this doesn't sound appealing if your marriage is on the rocks. You may not feel like being together. But which comes first, a good marriage or involvement in each other's lives? Which is the cause and which is the effect? The answer is: involvement or interdependence is one of the primary ingredients for a successful marriage.

Getting involved does not necessarily mean that you have to do the activity together. It could mean that you watch the activity, plan for it, pack for it, budget for it, buy supplies for it, or research it in preparation for discussion.

How you get involved depends on you, your spouse, and the interest. There are endless possibilities. The goal is to GET INVOLVED in some way so your spouse's interest becomes part of your life too.

As you get involved with your spouse's interests, be cautious about how you involve yourself. Don't show up unexpectedly at your spouse's weekly card game. Be intelligent and sensitive about it.

Then engage your spouse in discussion about the topic. Ask questions. Show your interest. Consider purchasing a thoughtful gift that relates to your spouse's interest. In time, explore with your spouse how you can get more involved. Be assertive, but make sure you involve yourself in ways that are agreeable to your spouse.

The chances are good that your spouse's interest doesn't interest you. If it did, you would probably already be involved. This exercise is challenging in that regard. It takes discipline. It's not an exercise in choosing compatibility; it's an exercise in CHOOSING LOVE. Your interest in your spouse's interest is irrelevant. Your interest in your marriage is the key.

101 Proofs for God: #13 The Infinite Monkey Theorem

By Jim Stephens

From the website:
www.101ProofsForGod.Com

I'd like to now take the opportunity to put to rest The Infinite Monkey Theorem once and for all. You may have heard about this one. It sort of plays tricks on your mind using the concept of infinity. Infinity doesn't really exist in any practical, scientific sense, but if you accept infinity in an argument, then you can end up also accepting that "given infinity, anything can happen".

If you take the leap from "given infinity, anything can happen" over to "it did happen", you may just be making a leap of faith so great that you are downright foolish.

Here is the description of The Infinite Monkey Theorem from Wikipedia.[1]

The infinite monkey theorem states that a monkey hitting keys at random on a typewriter keyboard for an infinite amount of time will almost surely type a given text, such as the complete works of William Shakespeare.

In this context, "almost surely" is a mathematical term with a precise meaning,

and the "monkey" is not an actual monkey, but a metaphor for an abstract device that produces a random sequence of letters and symbols ad infinitum. The relevance of the theory is questionable -- the probability of a monkey exactly typing a complete work such as Shakespeare's Hamlet is so tiny that the chance of it occurring during a period of time even a hundred thousand orders of magnitude longer than the age of the universe is extremely low (but not zero).

Note it says "(but not zero)". That is of course a mathematical concept unrelated to any reality we could ever experience. Their emphasis should be placed more on EXTREMELY low probability EVEN given $10^{100,000}$ times the AGE of the UNIVERSE.

Here is another statement from Wikipedia.

If there are as many monkeys as there are particles in the observable universe, and each types 1,000 keystrokes per second for 100 times the life of the universe, the probability of the monkeys replicating even a short book is nearly zero.

So let's get real. Here we have an example where they plug in some specific numbers that are incredibly gigantic: the number of particles in the whole universe, 1,000 key strokes per second, 100 times the age of the universe. Even with all of that, the odds are "nearly zero".

Do you still think "anything can happen"?

Also, remember, we are definitely not talking about a short book. An average sized book has about 600,000 characters. The DNA of a human contains 3 BILLION characters, and they are not random but exactly in the right order. So we are talking about monkeys perfectly typing 500 books in a row without a mistake to get a human. That's not even to mention all the other species on the planet that exist which also have DNA that would have to be correctly ordered.

There has to be God.

NOTE: Somebody actually tested real monkeys.

Just for your curiosity, there were some professors and students who tried an experiment with real monkeys. They never got even one single recognizable word after a whole month.

Continuing from Wikipedia

In 2003, lecturers and students from the University of Plymouth MediaLab Arts course used a £2,000 grant from the Arts Council to study the literary output of real monkeys. They left a computer keyboard in the enclosure of six Celebes Crested Macaques in Paignton Zoo in Devon in England for a month, with a radio link to broadcast the results on a website.[11]

Not only did the monkeys produce nothing but five pages[12] consisting largely of the letter S, the lead male began by bashing the keyboard with a stone, and the monkeys continued by urinating and defecating on it. Phillips said that the artist-funded project was primarily performance art, and they had learned "an awful lot" from it. He concluded that monkeys "are not random generators. They're more complex than that. ... They were quite interested in the screen, and they saw that when they typed a letter, something happened. There was a level of intention there."[11][13]

Even computer programmers can't get anything close to order.

Lots of people never give up. Some computer programmers devised random letter generating programs to try to get a meaningful sequence. Note again the time span is billions of times the age of the universe just to get a very short sequence located somewhere inside a whole book. To produce the exact book would be "infinitely" harder. (Ha Ha.) Also note that the computer programmers are intelligent beings trying on purpose to do it and they can't do it. And they want us to believe "it could happen"?

Here is the information, also from Wikipedia.

One computer program run by Dan Oliver of Scottsdale, Arizona, according to an article in The New Yorker, came up with a result on August 4, 2004: After the group had worked for 42,162,500,000 billion, billion monkey-years, one of the "monkeys" typed, "VALENTINE. Cease toIdor:eFLP0FRjWK78aXzVOwm)-';8.t" The first 19 letters of this sequence can be found in "The Two Gentlemen of Verona". Other teams have reproduced 18 characters from "Timon of Athens", 17 from "Troilus and Cressida", and 16 from "Richard II".[25]

A website entitled The Monkey Shakespeare Simulator, launched on July 1, 2003, contained a Java applet that simulates a large population of monkeys typing randomly, with the stated intention of seeing how long it takes the virtual monkeys to produce a complete Shakespearean play from beginning to end. For example, it produced this partial line from Henry IV, Part 2, reporting that it took "2,737,850 million billion billion billion monkey-years" to reach 24 matching characters: RUMOUR. Open your ears; 9r"5j5&?OWTY Z0d6...

Again I repeat, there must be a God.

Notes:
http://101proofsforgod.blogspot.com/2012/07/13-infinite-monkey-theorem.html