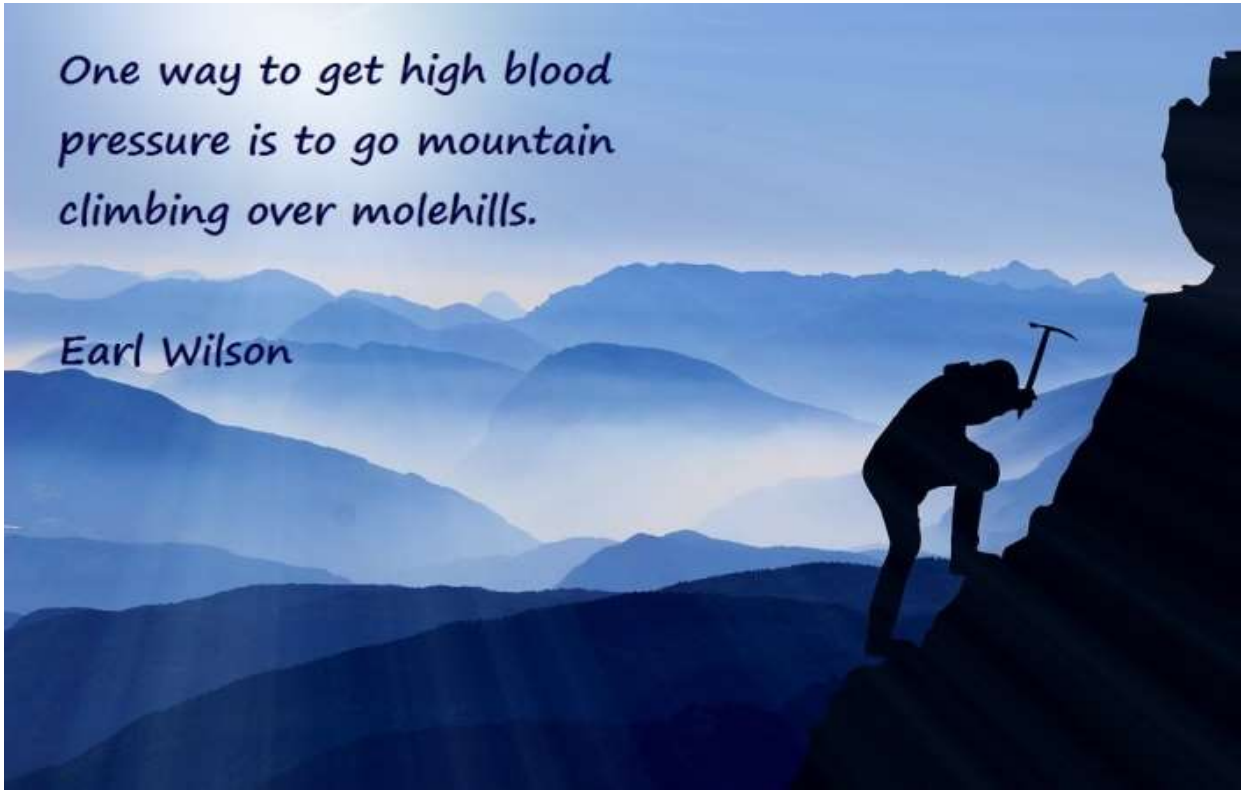


Thoughts For The Day – May 2021

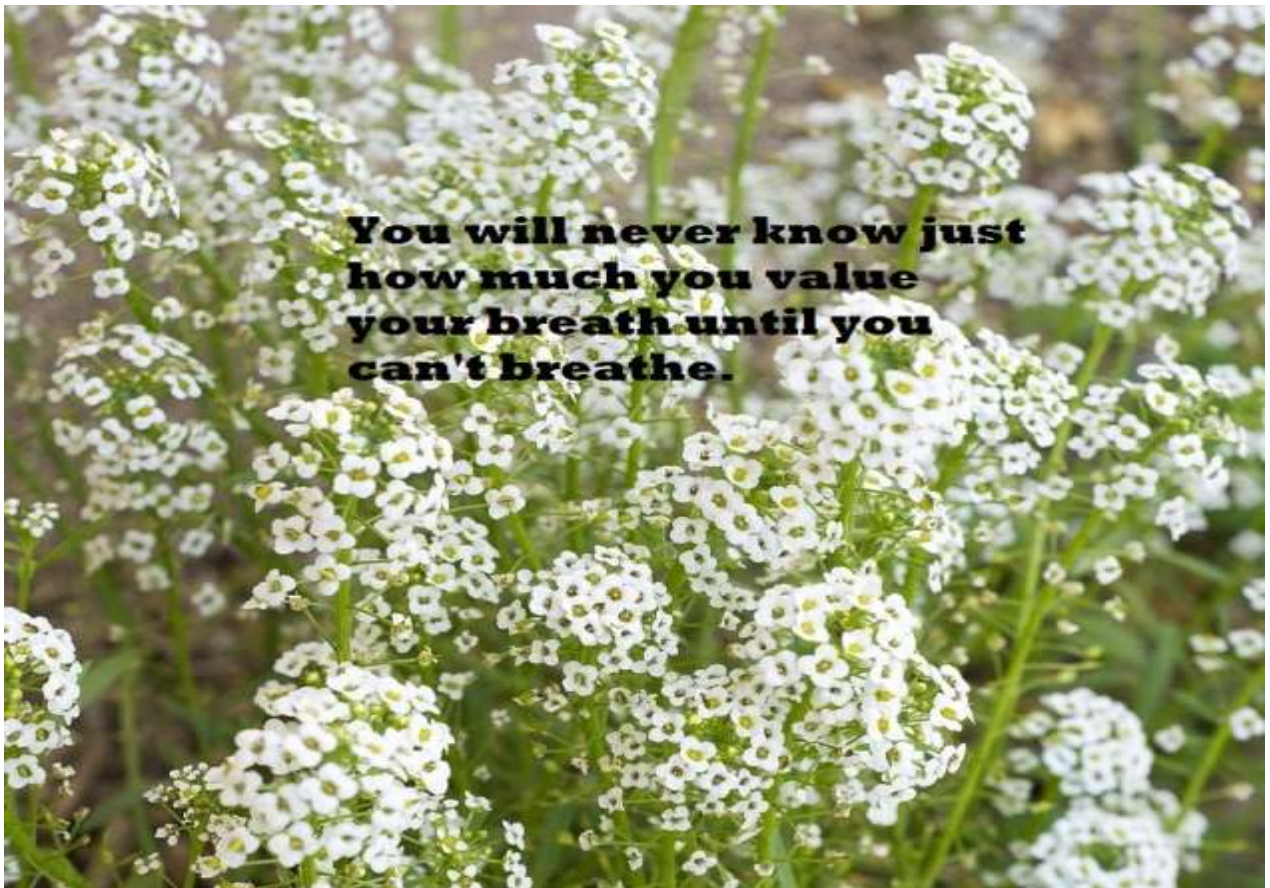
One way to get high blood pressure is to go mountain climbing over molehills.

Earl Wilson



May 1st – May Measurement Month (World Hypertension Month)

You will never know just how much you value your breath until you can't breathe.



May 2nd – World Asthma Day

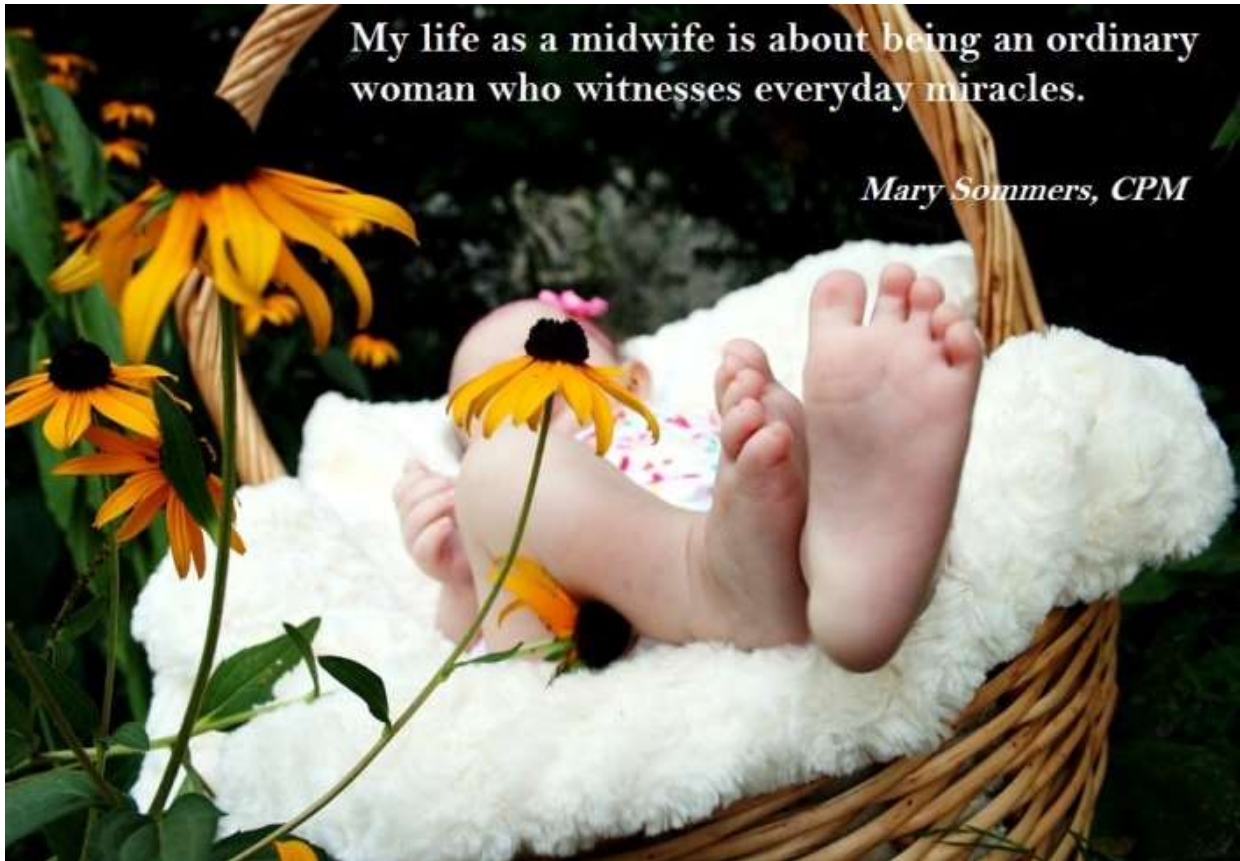
You never forget a person who
came to you with a torch when
you were standing in the darkness.



May 3rd



May 4th – International Red Cross Week



My life as a midwife is about being an ordinary woman who witnesses everyday miracles.

Mary Sommers, CPM

May 5th – International Day Of The Midwife



Don't believe all that you think.

Unknown

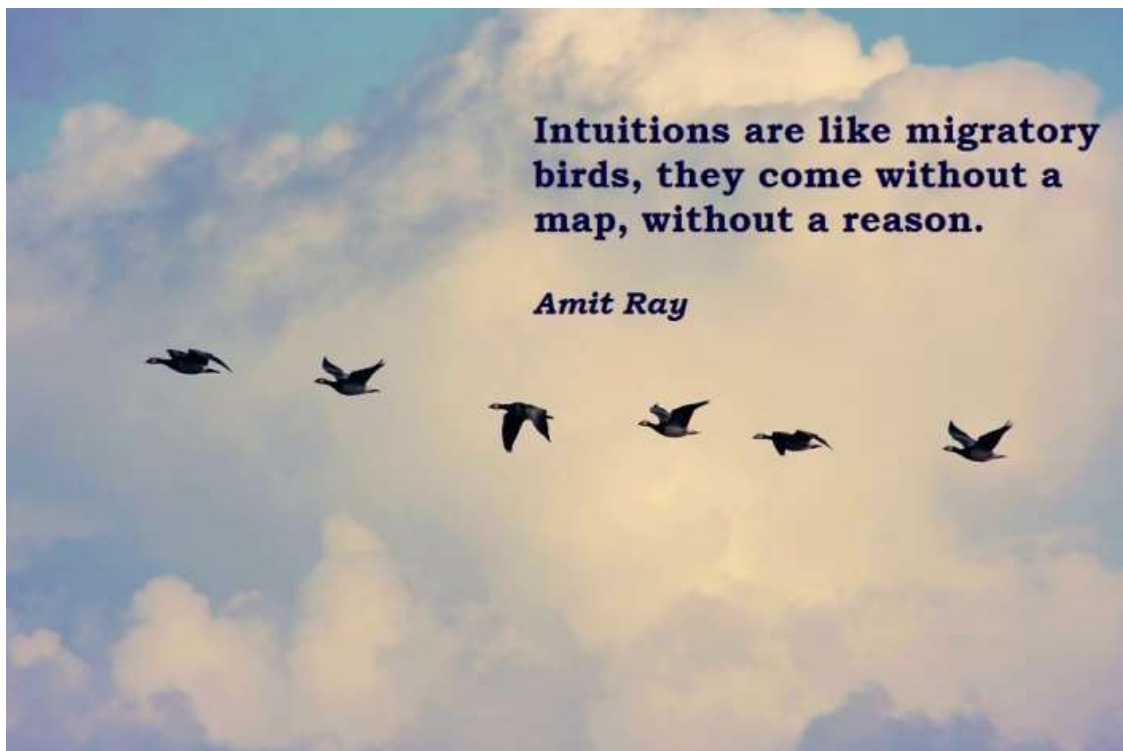
May 6th – World Maternal Health Day



**No one is perfect -
that's why pencils
have erasers.**

Wolfgang Riebe

May 7th



**Intuitions are like migratory
birds, they come without a
map, without a reason.**

Amit Ray

May 8th – World Migratory Bird Day

I've always wondered
why somebody
didn't do something.
Then I realised
I Am Somebody



May 9th – World Fairtrade Day

Act as if what you do makes
a difference. It does.

William James



May 10th – World Lupus Day



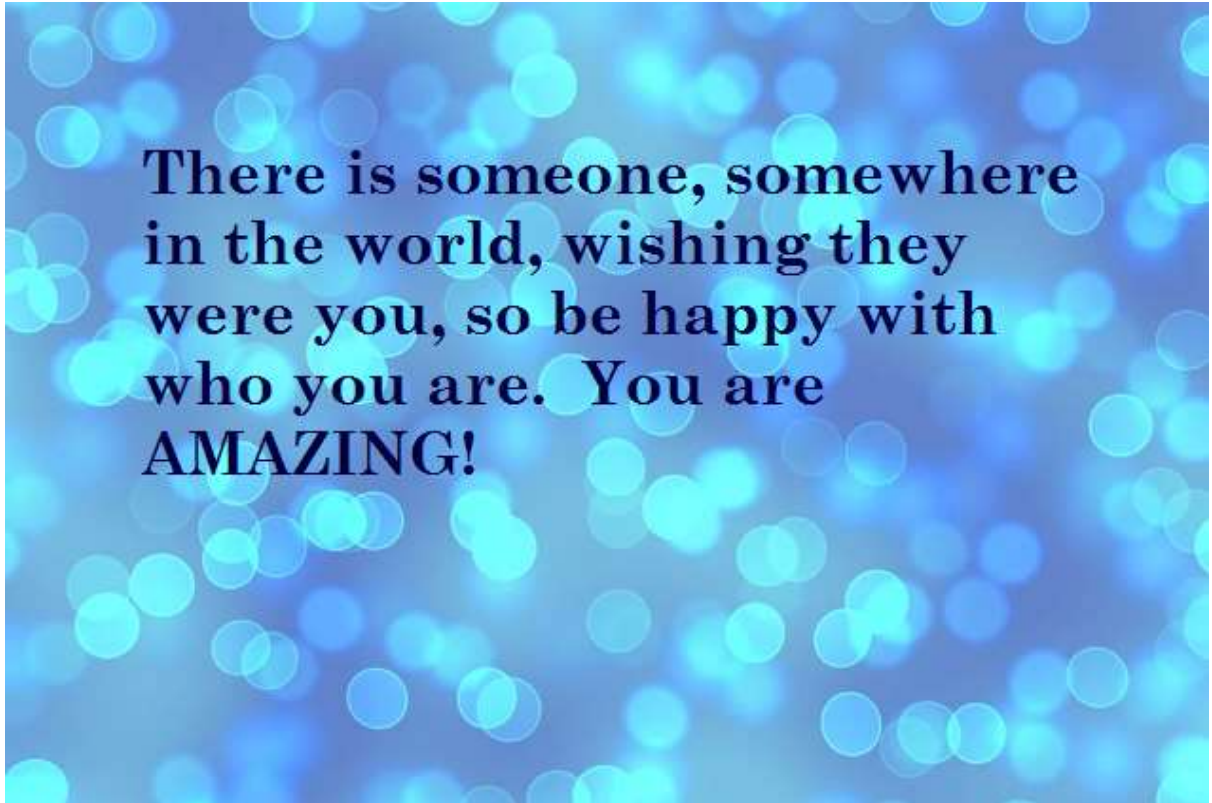
Happiness is not
by chance, but
by choice.

Jim Rohn

May 11th

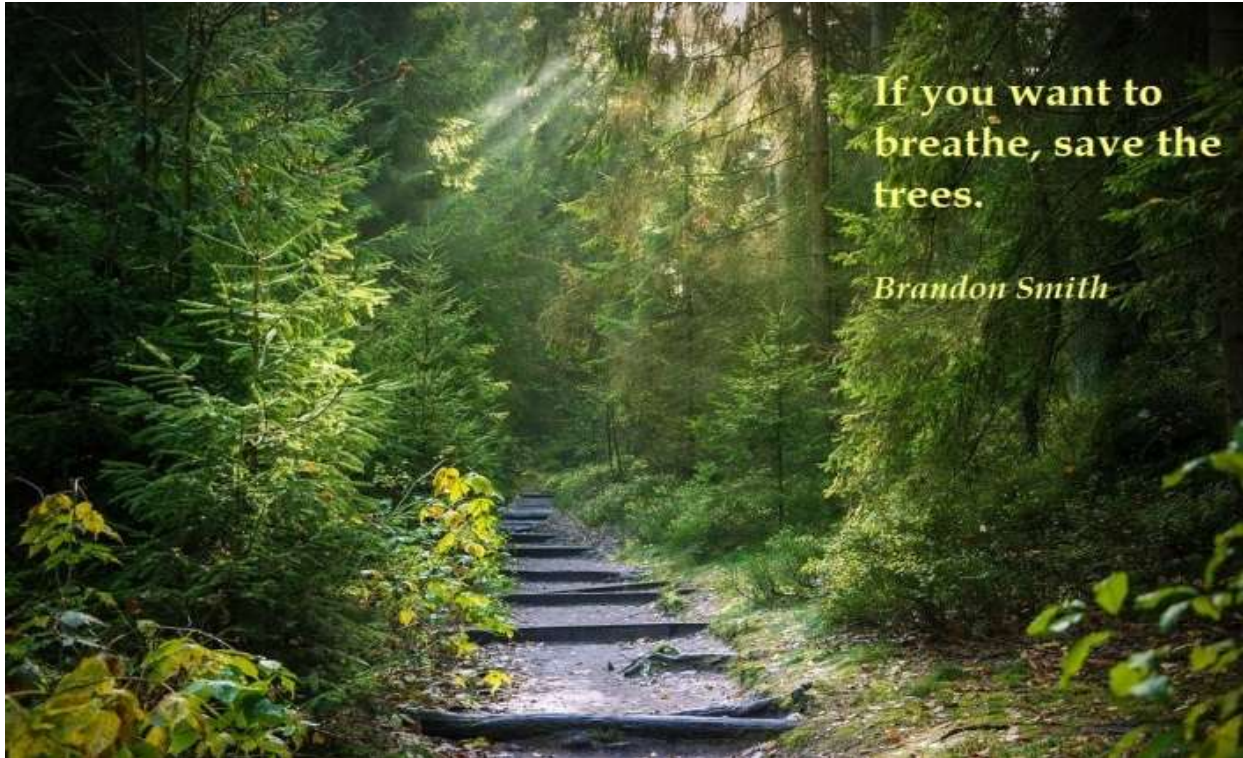


May 12th – International Nurses Day



**There is someone, somewhere
in the world, wishing they
were you, so be happy with
who you are. You are
AMAZING!**

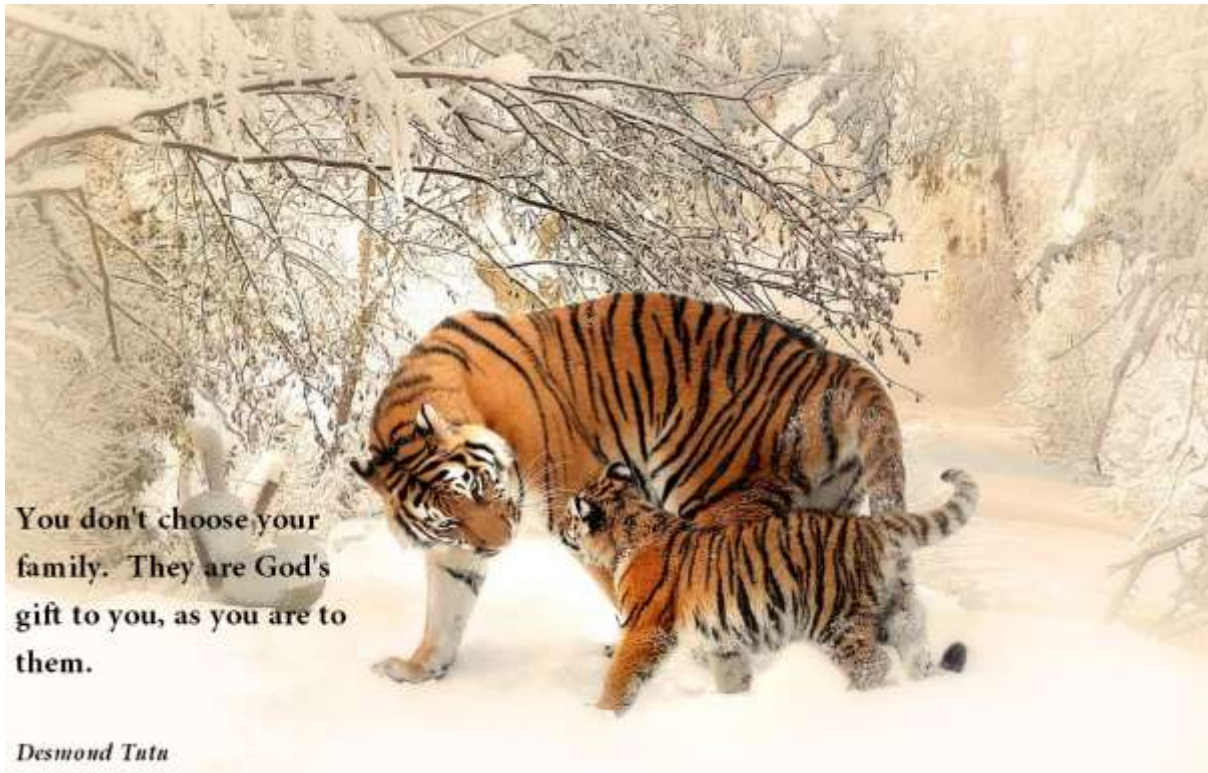
May 13th



**If you want to
breathe, save the
trees.**

Brandon Smith

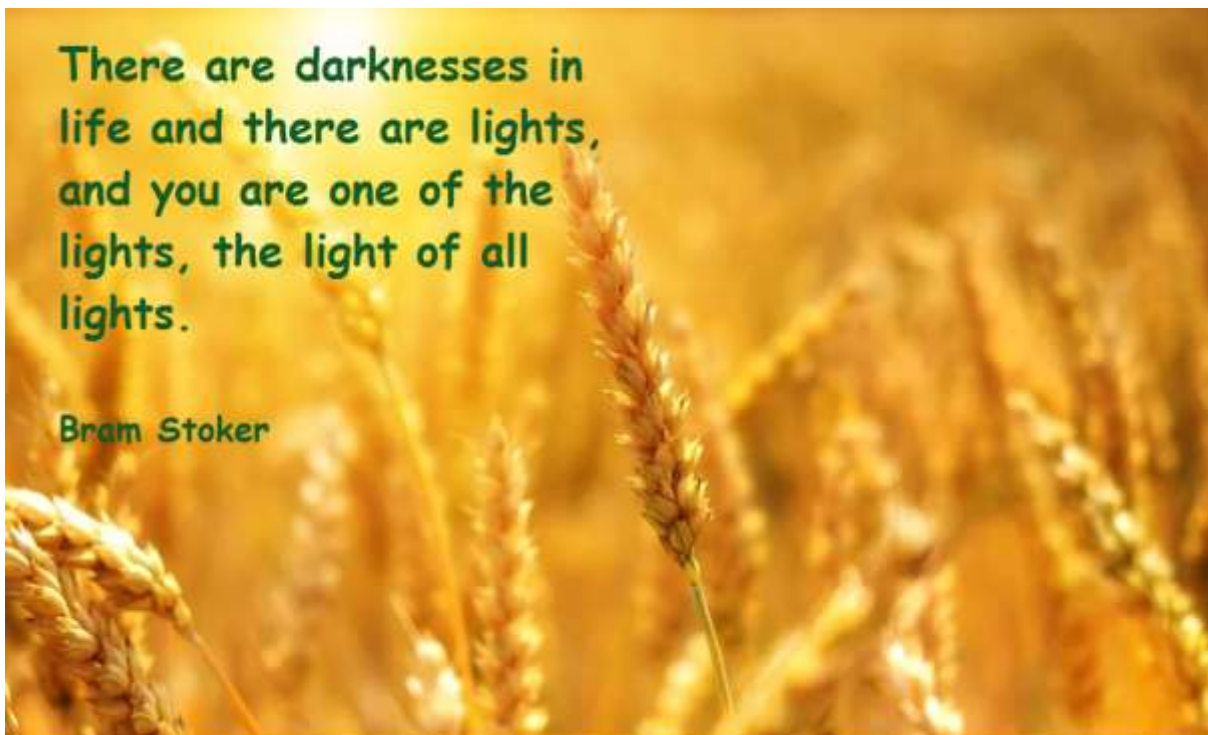
May 14th



You don't choose your family. They are God's gift to you, as you are to them.

Desmond Tutu

May 15th – International Day of Families



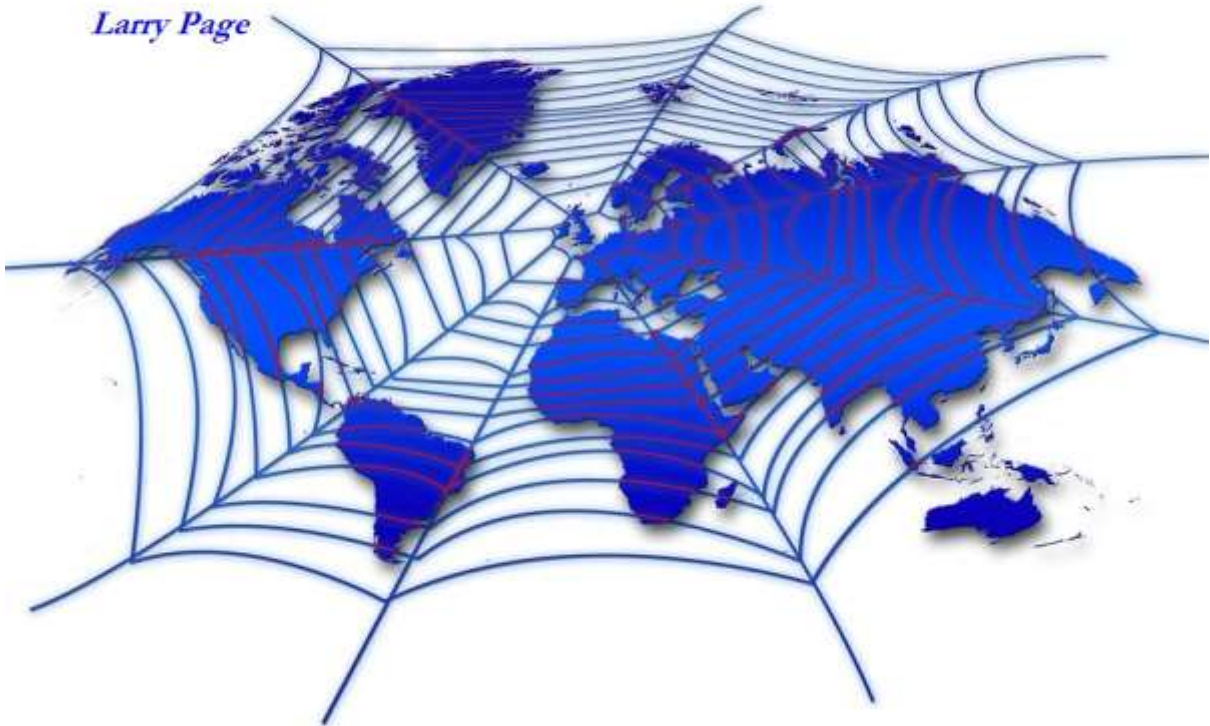
There are darkneses in life and there are lights, and you are one of the lights, the light of all lights.

Bram Stoker

May 16th – International Day of Light

Basically, our goal is to organise the world's information and make it universally accessible and useful.

Larry Page



May 17th – World Information Society Day

**Prevention is better
than cure; especially
when something has
no cure.**



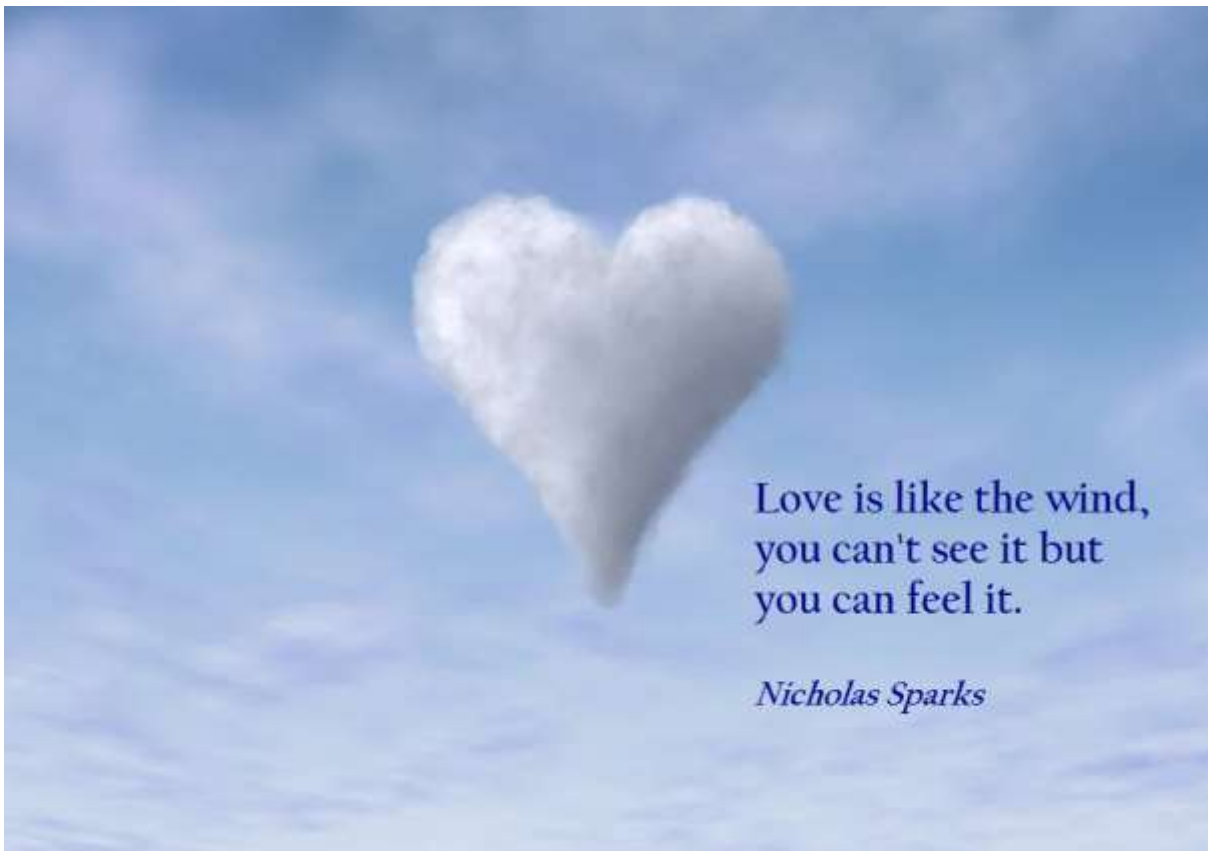
May 18th – World AIDS Vaccine Day

Friendship is the
rainbow between two
hearts sharing seven
colours:

Faith
Feelings
Happiness
Sadness
Truth
Respect
Love



May 19th



Love is like the wind,
you can't see it but
you can feel it.

Nicholas Sparks

May 20th



Diversity is the one true thing we have in common.....Celebrate it every day.

Winston Churchill

May 21st – World Day for Cultural Diversity for Dialogue and Development



Biodiversity starts in the distant past and points to the future.

Frans Lanting

May 22nd – International Day for Biological Diversity

Take a walk with a turtle. And
behold the world in pause.

Bruce Feiler



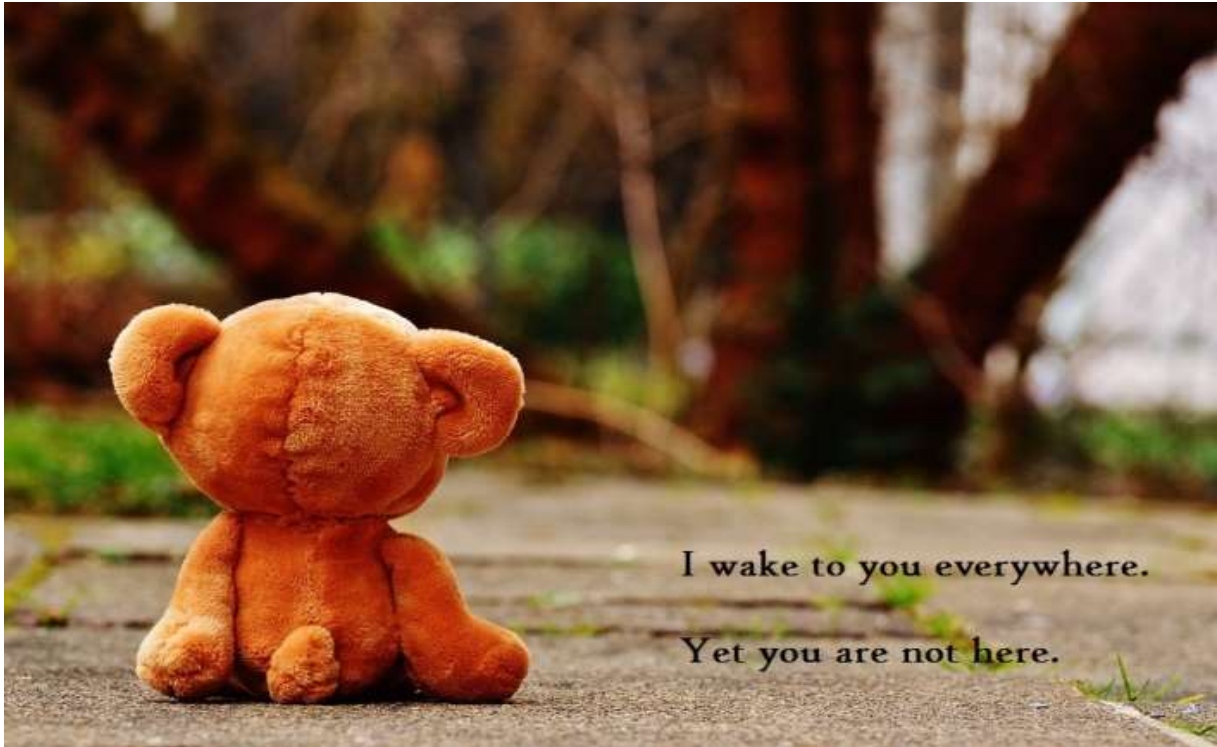
May 23rd – World Turtle Day

Smile and the
world smiles with
you. Slobber and
they'll put you
outdoors!

Snoopy



May 24th



I wake to you everywhere.
Yet you are not here.

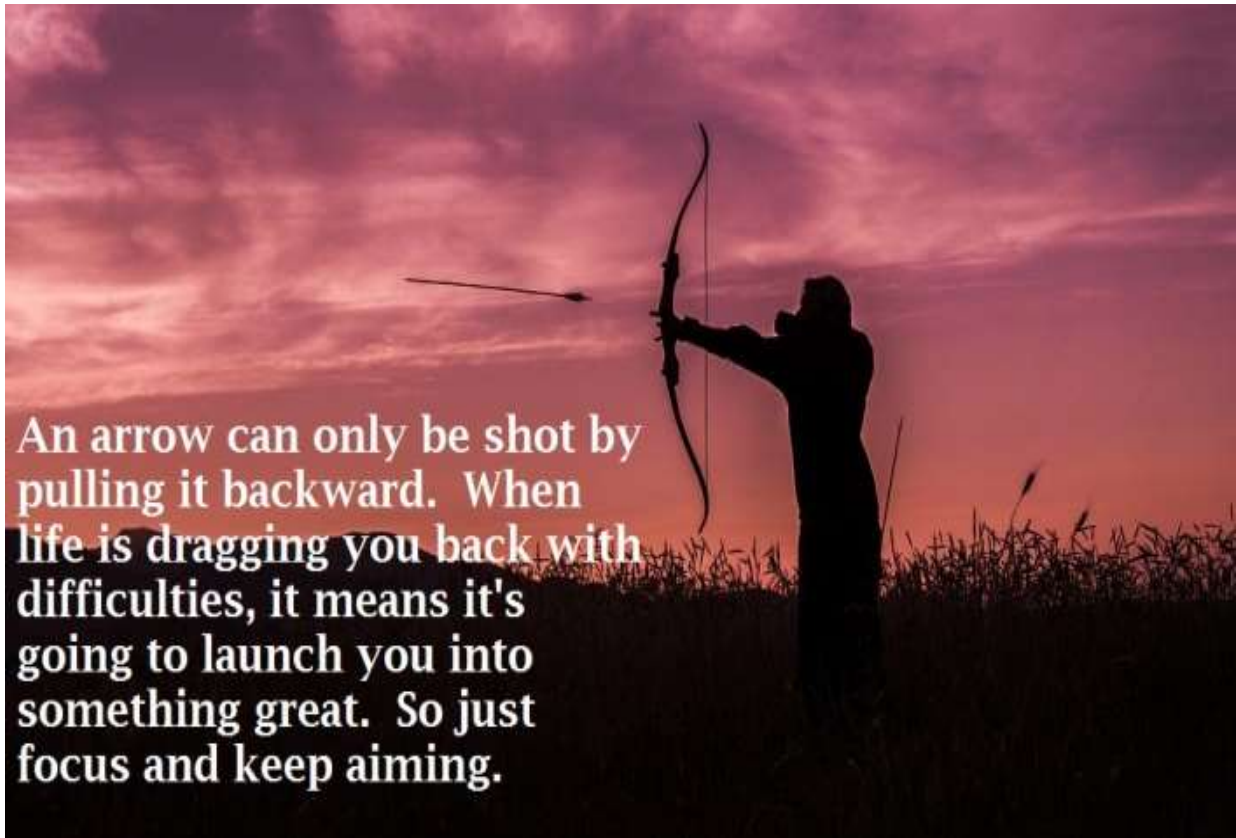
May 25th – International Missing Children’s Day



**We shall
never know
all the good
that a simple
smile can do.**

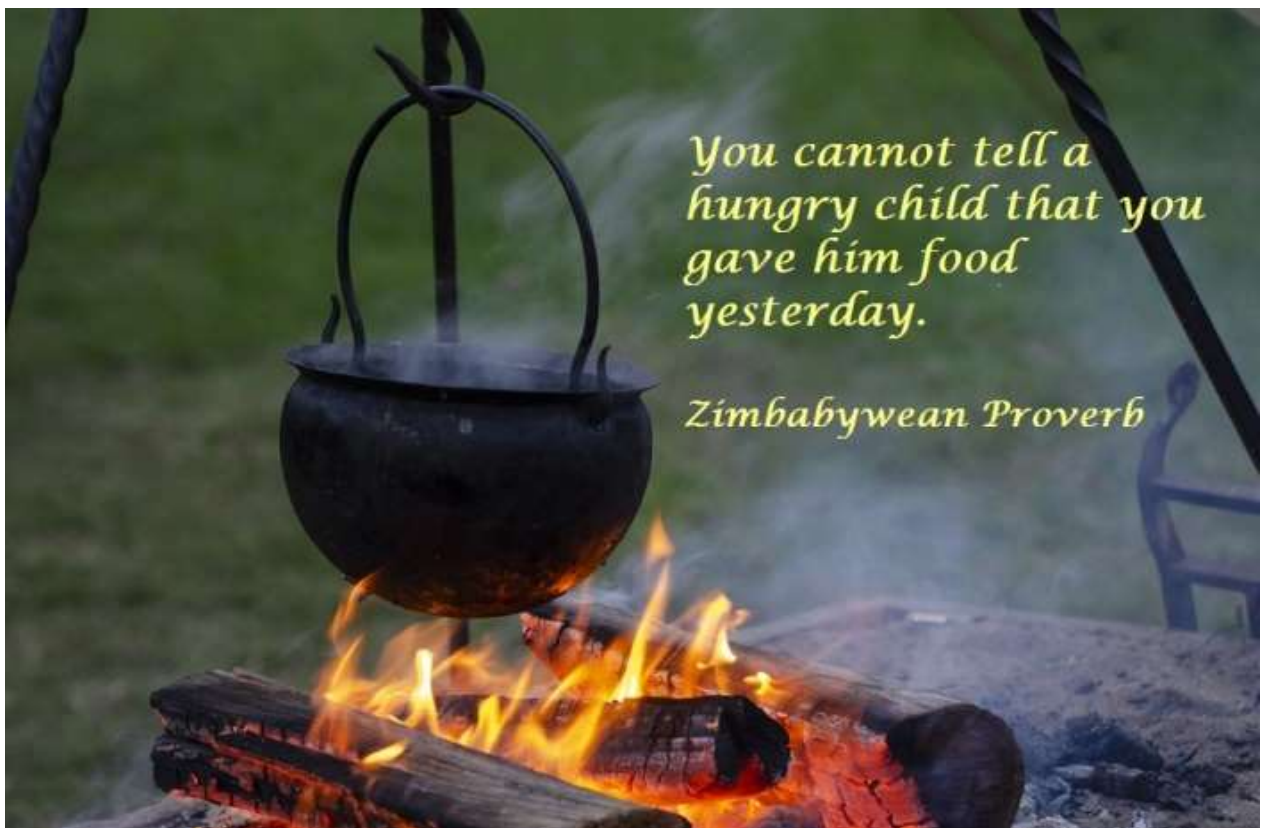
Mother Teresa

May 26th



An arrow can only be shot by pulling it backward. When life is dragging you back with difficulties, it means it's going to launch you into something great. So just focus and keep aiming.

May 27th



You cannot tell a hungry child that you gave him food yesterday.

Zimbabwean Proverb

May 28th – World Hunger Day



**The United Nations
is designed to make
possible lasting
freedom and
independence for
all its members.**

Harry S. Truman

May 29th – International Day of UN Peacekeepers



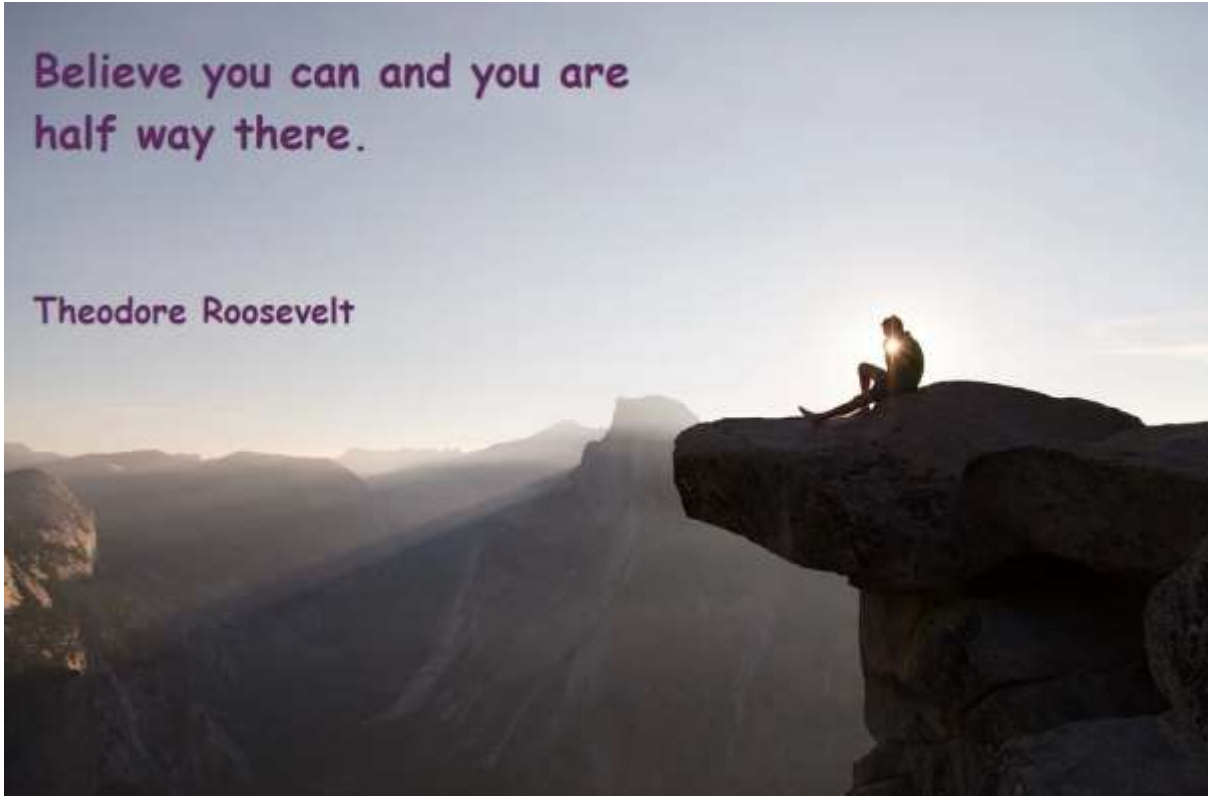
The greater your storm, the brighter your rainbow.

Nischita Nibedita

May 30th – World MS Day

Believe you can and you are
half way there.

Theodore Roosevelt



May 31st – World No Tobacco Day