

**COMMENT**

# Honesty truly the best policy

■ From Page 9A.

principles that govern your life and help you to look beyond you, and seek to elevate others, especially your spouse and family.

For the husband or wife, honesty is not just the best policy but the only policy. When decency in thinking daily becomes an integral part of your life, you are deciding to lift your family life to a place of healthiness, creating an atmosphere worthy of commendation.

A high level of safety and security is generated between married couples when both parties absorb the "pill" of nobility in the boardroom of their mind. Meditate habitually on what is noble.

3. The third dose of medication for the mind is "whatever is right . . . think about such things". Being right speaks of fair-mindedness and being just in what is done. Each individual in a marriage has a different personality and there is a great chance that issues will be examined from different perspectives. Setting out, therefore, to treat each other fairly and respectfully should be a desirable goal that is reachable if each partner feeds his/her mind with a daily dose of fair thinking. This mental medication of rightness is designed to

produce balance and beauty for the relationship.

Think of a husband who likes gadgets and very often wants to buy the latest as soon as it comes off the market, but does not give consideration to the budget to which he and his spouse agrees. In the end it put a serious strain on their finances. The husband's actions were not fair to his family.

Now picture a wife who packs her life with activities and expects her husband to babysit almost every evening and is angry when he wants to go and spend one Friday evening with the boys. This wife's behaviour was not fair to her husband.

Generously taking and absorbing the medication of whatever is true, noble and right can make your marriage and family relationships worthwhile. I shall look at the other three doses of medication – pure, lovely and admirable – next week.

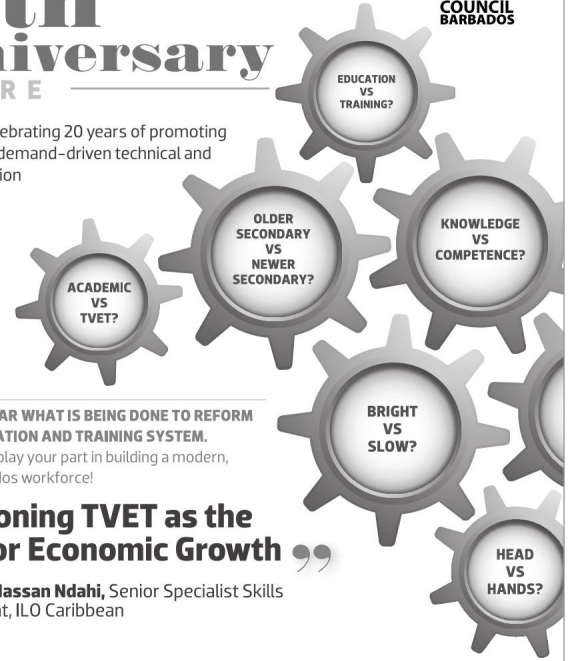
● **Reverend Haynesley Griffith is a marriage and family life consultant. Email griffitharticles@gmail.com**

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