



DO OR DO
NOT
THERE IS NO
TRY



This book was made possible through funding from *Medical House*. New Zealand's newest and most innovative medical disposable consumables company.

Medical House

Medical Disposable Consumables and Supplies

Unit 4, 1025 Ferry Road, Ferrymead,
Christchurch, New Zealand

Phone: 0800 633 468

Facsimile: +64 3 376 5198

Email: info@medicalhouse.co.nz

Website: www.medicalhouse.co.nz

SPECIAL EDITION

Published September 2008

The quotations used within this book remain the property of the owners living or dead.

For further information contact *Medical House*,
Unit 4/1025 Ferry Road, Ferrymead, Christchurch,
New Zealand or visit www.medicalhouse.co.nz

Dedicated to the power of words...

Keep reading!

Introduction

For many years quotes have been an important part of our lives. The collective wisdom, humour and thoughts of the ages reminding us of the magnificent exploits of some, the incite of others, and the wit of many.

Most of all, these quotes and passages created a reaction in us and others who read them. Something in the words of others making us pause to think for even the shortest time.

In 1899 the patent commissioner in the US in stating, *“Everything that can be invented has been invented,”* became as famous for his incredible foot in mouth as Bill Clinton did for being quoted as saying, *“I did not have sexual relations...”*

Norm from the sitcom Cheers would delight us each week with his views on life, *“How’s life treating you Norm? Like it caught me sleeping with its wife!”*

From the iconic *“How you doing?”* from Joey in *Friends* to great leaders like Nelson Mandella using the words of others before him to stir us into action, *“Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you.”*

So here in this small book we have presented many of our favourites. Some are short, some too long and a few funny. There are many more we have left out and maybe they will form the core of volume two?

There are many quotations within this book that have shaped the formation of our company. But two in particular come to mind. The first, *“It’s hard to soar like an eagle, when you’re surrounded by turkeys!”* Testify to our determination to fly above the flock.

The second, and the title of this book sums up an important part of our company philosophy, *“Do or do not, there is no try.”* We will not *try* to be a great company - we will be.

All of the quotes in this book have meant something to us at some stage of our lives. To celebrate the start of our new company they are our gift to you in the hope you will find the opportunity to pass on some of this wisdom to the people you respect and love.

The team at Medical House
September 2008



DO OR DO
NOT
THERE IS NO
TRY

Yoda - Jedi Master

Begin with the end in mind.

Stephen Covey

In any moment of
decision, the best
thing you can do is
the right thing.
The worst thing you
can do is nothing.

Theodore Roosevelt

The power of one is above all things the power to believe in yourself - often well beyond any latent ability previously demonstrated. The mind is the athlete, the body is simply the means it uses.

Bryce Courtenay

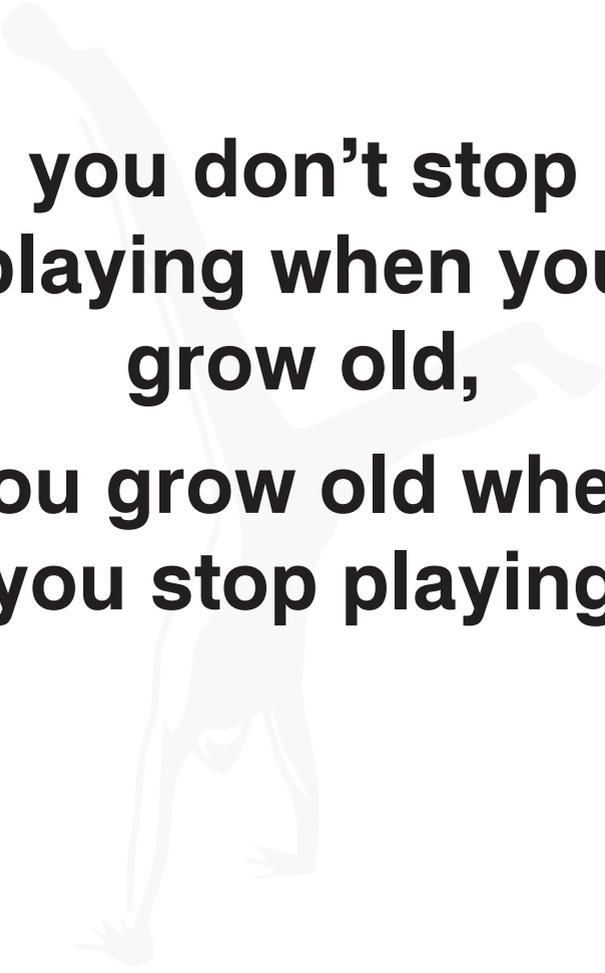
Individuals who achieve outstanding success are not born with some peculiar quality of genius not possessed by others.

Confidence is a state of mind. It is under the control of the individual, not an inborn trait. And the starting point for development of that self confidence is definiteness of purpose.

The man who knows exactly what he wants, has a definite plan for getting it, and is actually engaged in carrying out that plan, has no difficulty in believing in his own ability to succeed. Only the man who procrastinates soon loses confidence and winds up doing nothing.

Carnegie's principle of achievement

**you don't stop
playing when you
grow old,
you grow old when
you stop playing**



anon

The English are not happy unless they are miserable, the Irish are not at peace unless they are at war, and the Scots are not at home unless they are abroad.

George Orwell

Let others lead small lives,
but not you.

Let others argue over small
things, but not you.

Let others cry over small
hurts, but not you.

Let others leave their future
in someone else's hands,
but not you.

Jim Rohn

We're just two lost souls
swimming in a fishbowl,
year after year

Running over the same
old ground, what have
we found - the same old
fears?....

Wish you were here

Roger Waters

I married Miss Right.
I just didn't know her
first name was always

anon (of course)

If you want 1 year of
prosperity, grow grain.

If you want 10 years of
prosperity, grow trees.

If you want 100 years
of prosperity, grow
people

Chinese Proverb

PORTRAIT OF AN ACHIEVER

Failed in Business - Bankruptcy, 1831

Defeated for Legislature, 1832

Fiancee Dies, 1835

Nervous Breakdown, 1836

Defeated in Election, 1836

Defeated for U.S. Congress, 1843

Defeated again for U.S. Congress, 1846

Defeated again for U.S. Congress, 1848

Defeated for U.S. Senate, 1855

Defeated for U.S. Vice President, 1856

Defeated again for U.S. Senate, 1858

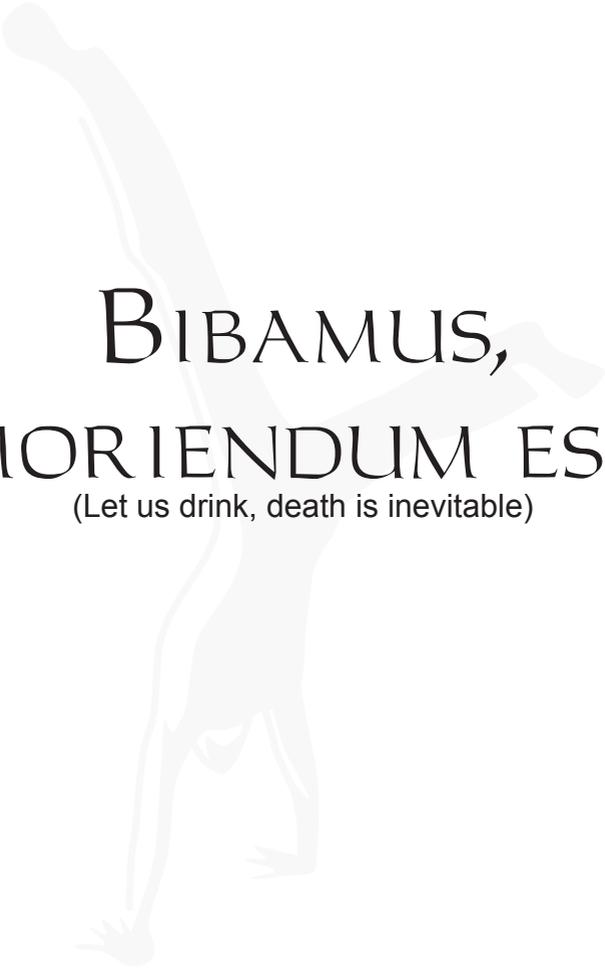
ABRAHAM LINCOLN

Elected President of the U.S.A., 1860

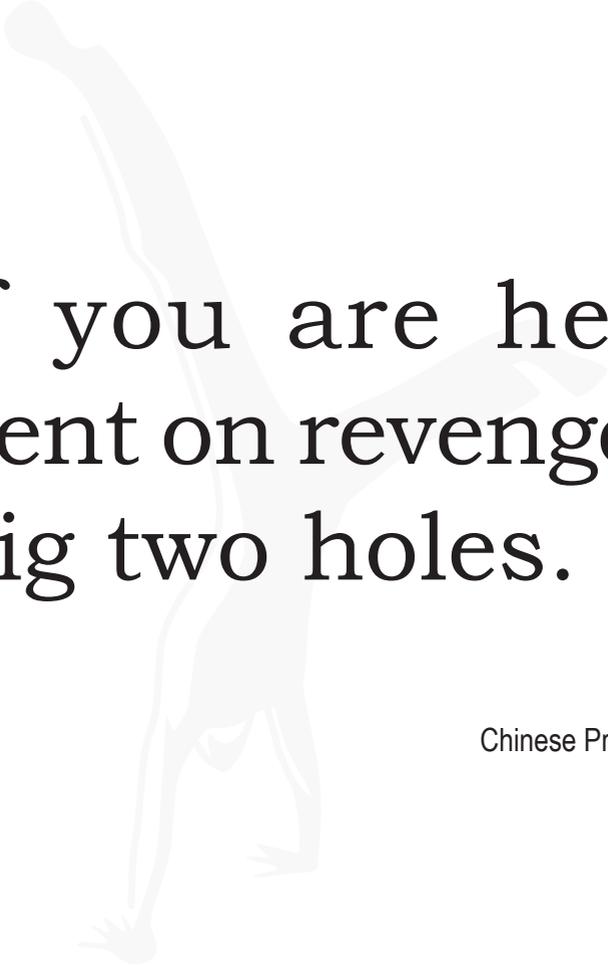
You cannot tell from appearances how things will go. Sometimes imagination makes things out far worse than they are; yet without imagination not much can be done. Those people who are imaginative see many more dangers than perhaps exist; certainly many more than will happen; but then they must also pray to be given that extra courage to carry this far-reaching imagination.

But for everyone, surely, what we have gone through in this period - I am addressing myself to the School - surely from this period of ten months this is the lesson: never give in, never give in, never, never, never, never - in nothing, great or small, large or petty - never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy.

Winston Churchill
from an address to Harrow School
October 29, 1941



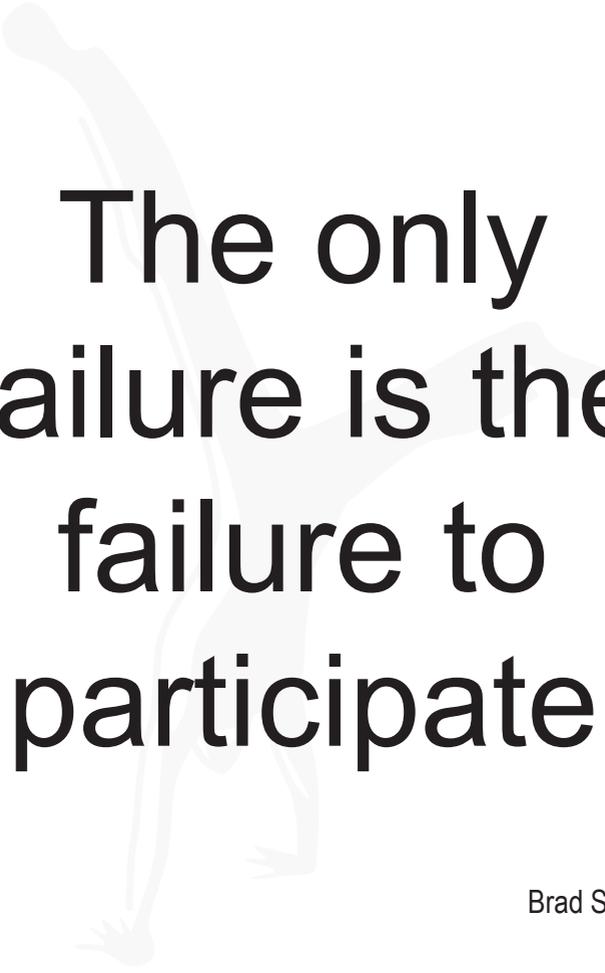
BIBAMUS,
MORIENDUM EST
(Let us drink, death is inevitable)



If you are hell
bent on revenge,
dig two holes.

Chinese Proverb

The only failure is the failure to participate



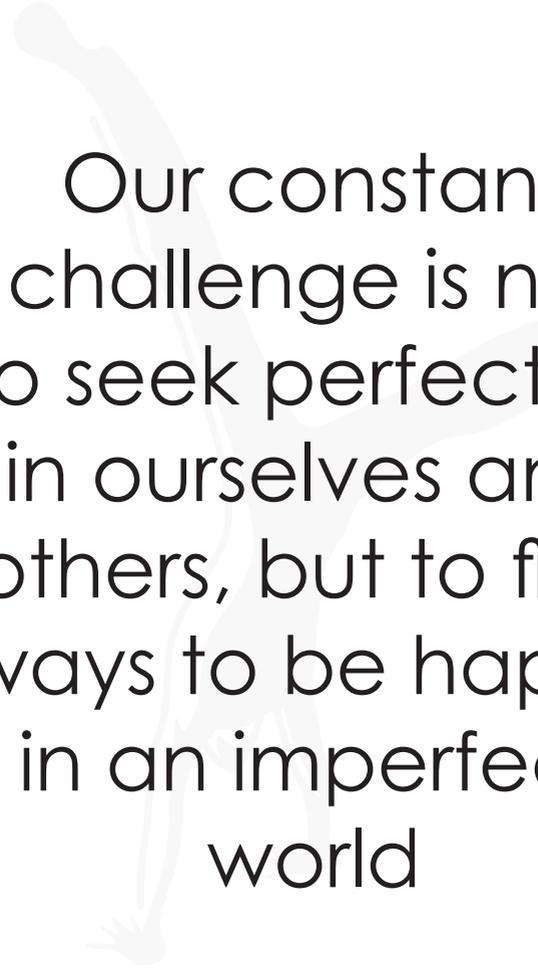
Brad Sugars

**If you change
the way you look
at things
the things you
look at change**

Wayne Dyer

A lie can travel
half way around
the world while
the truth is putting
on its shoes...

MarkTwain



Our constant
challenge is not
to seek perfection
in ourselves and
others, but to find
ways to be happy
in an imperfect
world

Gordon Livingston

I shot an arrow into the air
It fell back to earth I know not
where

For so swiftly it flew, the sight
Could not follow it in its flight

I breathed a song into the air
It fell to earth I know not where
For who has sight so keen and
strong

That it can follow the flight of a song?

Long, long afterward, in an Oak
I found the arrow still unbroke
And the song, from beginning to end
I found again in the heart of a friend

Henry Wadsworth Longfellow

When people aren't having
any fun, they seldom produce
good work.

Kill grimness with laughter.
Encourage exuberance.

Get rid of sad dogs who spread
gloom

David Ogilvy

Living Free

(Written by an 80 year old woman)

If I could live my life over again, I'd make a lot more mistakes. I would relax. I would limber up. I would be sillier and crazier than I have been this trip. I would take very few things seriously, with the possible exception of love and true companionship. I'd laugh more and cry less. I wouldn't worry about myself as I am. I would climb a lot more mountains. Kayak and swim a lot more rivers. Watch a lot more sunsets. I would eat more ice cream and watch little or no television. I would feel only sad, not depressed. Concerned, not anxious. Annoyed, not angry.

I would tell more people I enjoy their company. I would hug my friends. I would forgive others for making mistakes and hold no grudges, after all we are all human. I would play with more children, and listen to more elderly people, for they're the ones with the true knowledge of life. I would place less value on money and go after what I really believed in.

You see, I'm one of those people who live life cautiously and sensibly and sanely, hour after hour, day after day. Oh, I've had my moments, and if I had my time over again, I would have a lot more of them. In fact, I'd have nothing else but moments, one after the other. I was one of those people who would never go anywhere without a thermometer, a gargle, a hot water bottle, a raincoat and a parachute. If I had my life over again I would go many places, make decisions looking at the simple things without making it unnecessarily complicated. I would listen to my heart and chase love. I would pick more daisy's and take many more risks...

...because I'd be living FREE.

All that is necessary to break the spell of inertia and frustration is this:

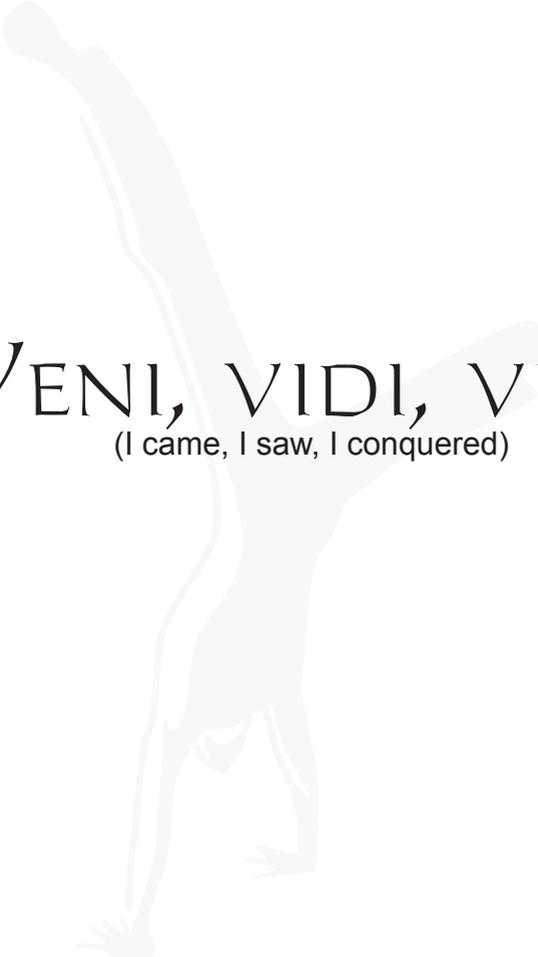
Act as if it were impossible to fail.

That is the talisman, the formula, the command of right about face which turns us from failure to success

Dorthea Brande

Seek first to understand.
And then to be understood.

Stephen Covey



VENI, VIDI, VICI.
(I came, I saw, I conquered)

To laugh often and much, to win the respect of intelligent people and the affection of children, to earn the appreciation of honest critics and endure the betrayal of false friends, to appreciate beauty, to find the best in others, to leave the world a bit better, whether by a healthy child, a garden patch . . . or know even one life has breathed easier because you have lived.

This is to have succeeded!

Ralph Waldo Emerson

The spider looks for a merchant who doesn't advertise so he can spin a web across his door and lead a life of undisturbed peace!

Mark Twain

He who cherishes a beautiful vision, a lofty ideal in his heart, will one day realise it.

Cherish your visions. Cherish your ideals. Cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, for out of them will grow all delightful conditions, all heavenly environment; of these, if you but remain true to them, your world will at last be built.

Dream lofty dreams, and as you dream, so shall you become. Your Vision is the promise of what you shall one day be. Your Ideal is the prophecy of what you shall at last unveil.

James Allen

His name was Fleming, and he was a poor Scottish farmer.

One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death. The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

"I want to repay you," said the nobleman. "You saved my son's life."

"No, I can't accept payment for what I did," The Scottish farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked.

"Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of."

And that he did. Farmer Fleming's son attended the very best schools and in time, he graduated from St Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill.

His son's name? Sir Winston Churchill.

Someone once said: What goes around comes around, work like you don't need the money, love like you've never been hurt and dance like nobody's watching

Twenty years from now you will be more disappointed by the things you didn't do, than by the things you did do, so throw off the bowline.

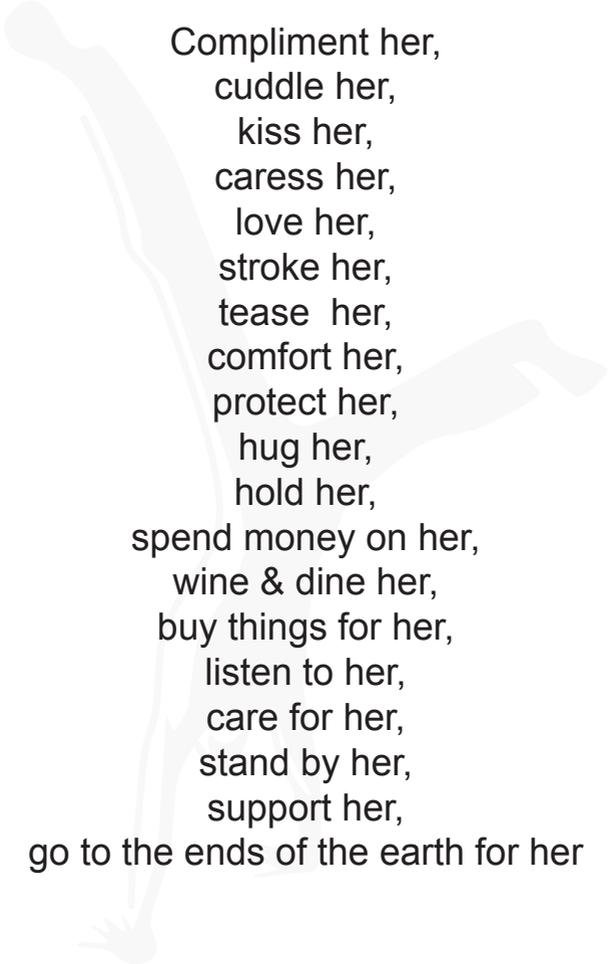
Sail away from the safe harbour.

Catch the trade winds in your sails.

Explore. Dream. Discover.

Mark Twain

HOW TO IMPRESS A WOMAN:



Compliment her,
cuddle her,
kiss her,
caress her,
love her,
stroke her,
tease her,
comfort her,
protect her,
hug her,
hold her,
spend money on her,
wine & dine her,
buy things for her,
listen to her,
care for her,
stand by her,
support her,
go to the ends of the earth for her

HOW TO IMPRESS A MAN:

Show up naked.
Bring Beer.

IMPETURBABILITY

I think Charles Allen said it first. “When faced with problems which threaten to steal your peace of mind, learn the meaning of the word ‘imperturbability.’”

I heard of two artists who were asked to illustrate peace. Each was assigned the task of depicting a peaceful scene on canvas.

The first artist drew a beautiful picture of a countryside on a warm, spring day. A soft sun illumines green grass and bathes a picturesque farmhouse and grazing cattle in its warmth. A farmer walks contentedly behind strong plough horses preparing his field for spring planting. The picture is one of beauty and quiet tranquility.

The other artist took a different approach. He drew a majestic, rugged cliff. Gnarled trees, twisted by years of violent winds jut from the craggy mountainside. Dark clouds hang low and fierce while jagged streaks of lightening slash across an angry sky. The picture is one of violence, chaos and rage.

But as one looks closely, something else becomes visible. There in one of the crevices of the rocky mountain, tucked back just out of reach of the wind and rain - a nest with two small birds. Apparently unconcerned about the impending storm, they appear calm, cozy and peaceful as they patiently wait for the turbulence to pass.

And isn't that the way it so often is? We may want to be surrounded by peace, but storms rage. Problems and pressures without threaten to steal peace of mind within.

The answer is imperturbability: inner peace that doesn't leave when circumstances change. It's a peace that is greater than the problems of life, built on assurance that the tempest will finally pass, that we will survive the storm, that we may grow stronger because of it and, in the meantime, we will not endure it alone.

Imperturbability - it's the result of a peace that passes understanding. For serenity is not freedom from the storm, but peace amid the storm.

QUID RIDES?
MUTATO NOMINE
DE TE FABULA
NARRATUR

(Why are you laughing?
Change the name and the story is about you)

Don't let schooling interfere with your education

MarkTwain

DESIDERATA

Go placidly amid the noise and haste, And remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons.

Speak your truth quietly & clearly; and listen to others, even the dull & ignorant; they too have their story.

Avoid loud & aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain & bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing future of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism.

Be yourself.

Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity & disenchantment it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue & loneliness. Beyond wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees & the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours & aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery & broken dreams, it is still a beautiful world.

Be cheerful.

Strive to be happy.

Desiderata" was written in 1927 by Max Ehrmann (1872-1945)

When you are in the
right you can afford
to keep your temper

When you are in
the wrong you can't
afford to lose it

Mahatma Gandhi

Kindness in words creates
confidence

Kindness in thinking creates
profoundness

Kindness in giving creates
love

Lao-Tzu

*The bride, white of hair,
is stooped over her cane
Her faltering footsteps
need guiding.*

*While down the church aisle,
with wan toothless smile,
The groom in a wheelchair
comes riding.*

*And who is this elderly couple
you ask?
You'll find, when you've closely
explored it,
That here is that rare, most
conservative pair,
Who waited 'til they could
afford it.*

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

stop talking
stop thinking
and there is nothing
you will not understand

Seng T'san

THE TASK OF
LEADERSHIP IS NOT
TO PUT GREATNESS
INTO PEOPLE BUT
TO ELICIT IT, FOR
THE GREATNESS IS
ALREADY THERE

John Buchan

It is not the critic who counts:
not the man who points out how the
strong man stumbles or where the
doer of deeds could have done better.
The credit belongs to the man who
is actually in the arena, whose face
is marred by dust and sweat and
blood, who strives valiantly, who
errs and comes up short again and
again, because there is no effort
without error or shortcoming, but
who knows the great enthusiasms, the
great devotions, who spends himself
for a worthy cause; who, at the best,
knows, in the end, the triumph of high
achievement, and who, at the worst, if
he fails, at least he fails while daring
greatly, so that his place shall never be
with those cold and timid souls who
knew neither victory nor defeat...

Theodore Roosevelt
"Citizenship in a Republic,"
Speech at the Sorbonne, Paris, April 23, 1910

A FRIEND IS...

Joyful, caring and helpful,
who plays with you and
who shares and is nice...

Katie - age 7

If not now,
then when...

If not you,
then who...

*If a man speaks in the
forest, and there is no
woman there to hear
him, is he still wrong?*

There are
always five
solutions
to every
problem

Brad Sugars



Annual meeting of single, straight, emotionally stable, financially secure, intelligent men looking for a long term commitment.

Opportunity is missed
by most people,
because it is dressed
in overalls and looks
like work.

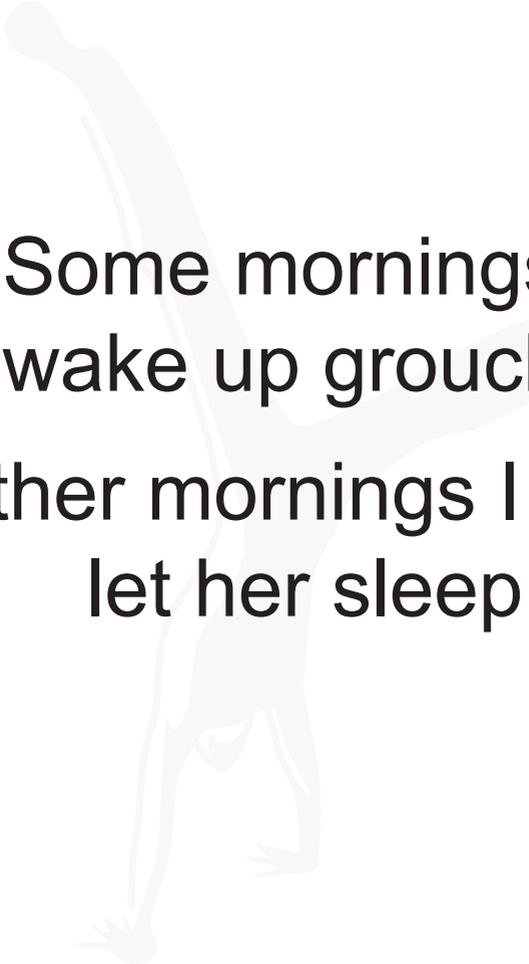
Thomas Edison

The choice isn't between success and failure; it's between choosing risk and striving for greatness, or risking nothing and being certain of mediocrity.

Keith Ferrazzi

DO NOT ANXIOUSLY
EXPECT WHAT HAS NOT
YET COME. DO NOT
VAINLY REGRET WHAT
HAS ALREADY PASSED.

Voltaire



Some mornings I
wake up grouchy
other mornings I just
let her sleep

I disapprove of what you
say, but I will defend to the
death your right to say it

S. G. Tallentyre, referring to Voltaire
Often attributed to Voltaire

*God grant me the
serenity to accept the
things I cannot change
The courage to change
the things I can
and the wisdom to
know the difference*

The Serenity Prayer
Rheinhold Niebuhr

If the past has taught us anything is that every cause brings its effect, every action has a consequence.

The Chinese have a saying, “If a man plants melon seeds, he will reap melons. If he sows the seed from beans’ he will reap beans.” And this is true of everyone’s life - good begets good, and evil leads to evil.

True enough, the sun shines on the saint and the sinner alike, and too often it seems that the wicked prosper. But we can say with certainty that with the individual as with the nation, the flourishing of the wicked is an illusion.

For unceasingly, life keeps books on us all. In the end, we are all the sum total of our actions. Character cannot be forfeited nor can it be put on and cast off as if it were a garment to meet the whim of the moment. Like the markings on wood, which are ingrained in the very heart of the tree, character requires time and nurturing for growth and development. Thus also, day by day, we write our own destiny, for inexorably, like the rings on a tree, we become what we do.

Madame Chiang Kai-Shek

THAT WAS EASY!

There is something I do not know, the knowing of which could change everything.

Werner Erhard

E + R = O

event + reaction = outcome

When someone loves
you, the way they say
your name is different.
You just know your name
is safe in their mouth

Love is when you go out
to eat and give somebody
most of your french fries
without making them give
you any of theirs

Love is what's in the room
with you at Christmas
if you stop opening
presents and listen

from a group of 4 to 8 year olds when asked about love...

THAT WAS EASY!

Like a clear drop of rain
I shall wash away your pain

You and I shall soar
your commands
I shan't ignore

With your help I can fly
with your love I'll never die

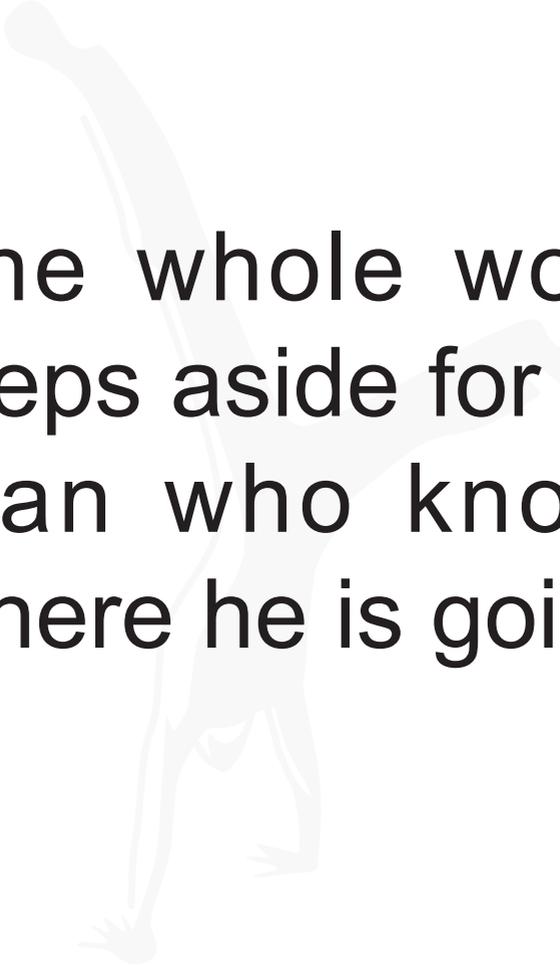
Charlotte - age 8 or 9

In my mind I have
experienced many
horrible things.
Some of which
actually happened.

Mark Twain

The man who will use his skill and constructive imagination to see how much he can give for a dollar, instead of how little he can give for a dollar, is bound to succeed.

Henry Ford



The whole world
steps aside for the
man who knows
where he is going

I've Learned

I've learned...

that you can get by on charm for about fifteen minutes.
After that, you'd better know something.

I've learned...

that you can keep going
long after you can't.

I've learned...

that either you control your attitude
or it controls you.

I've learned...

that regardless of how hot and steamy
a relationship is at first, the passion fades and there had
better be something else to take its place.

I've learned...

that money is a lousy way of keeping score.

I've learned...

that our background and circumstances may have
influenced who we are, but we are responsible for who
we become.

I've learned...

that two people can look at the exact same thing and see
something totally different.

I've learned...

that credentials on the wall
do not make you a decent human being.

When you get in a tight place and everything goes against you, till it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn.

Harriett Beecher Stowe

Don't be afraid to take a
big step if one is indicated.
You can't cross a chasm in
two small jumps

David Lloyd George

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us.

Helen Keller

When You Thought I Wasn't Looking

When you thought I wasn't looking you hung my first painting on the refrigerator, and I wanted to paint another.

When you thought I wasn't looking you fed a stray cat, and I thought it was good to be kind to animals.

When you thought I wasn't looking you baked a birthday cake just for me, and I knew that little things were special things.

When you thought I wasn't looking you said a prayer, and I believed there was a God that I could always talk to.

When you thought I wasn't looking you kissed me good-night, and I felt loved.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt - but that it's all right to cry.

When you thought I wasn't looking you smiled, and it made me want to look that pretty, too.

When you thought I wasn't looking you cared, and I wanted to be everything I could be.

When you thought I wasn't looking - I looked . . . and wanted to say thanks for all those things you did when you thought I wasn't looking.

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful
beyond measure.

It is our light, not our darkness that most
frightens us. We ask ourselves, who am I
to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?

You are a child of God. Your playing small
does not serve the world. There is nothing
enlightened about shrinking so that other
people won't feel insecure around you.

We are all meant to shine, as children do. We
were born to make manifest the glory of God
that is within us. It's not just in some of us; it's
in everyone.

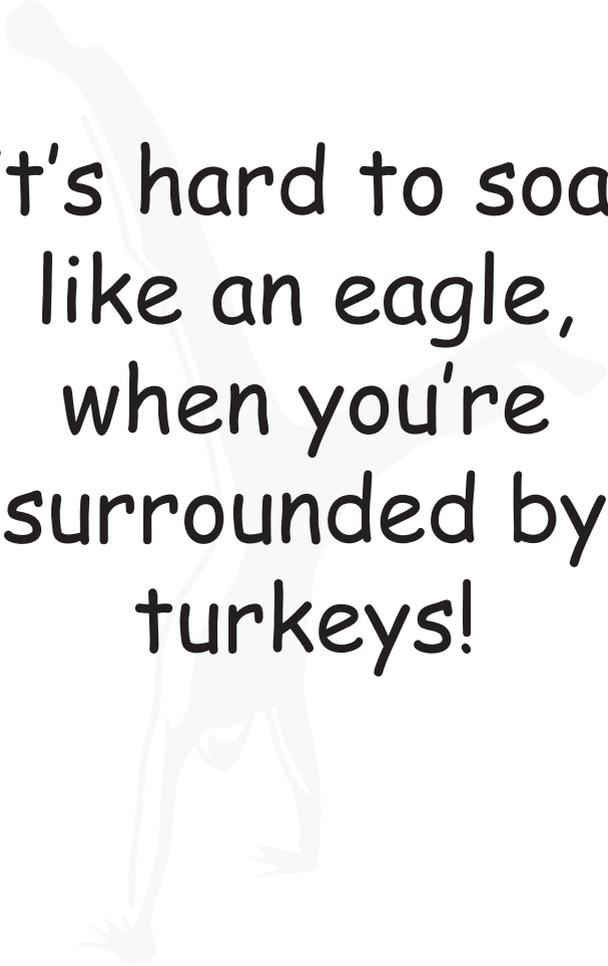
And as we let our own light shine, we
unconsciously give other people permission
to do the same. As we are liberated from our
own fear, our presence automatically liberates
others

Marianne Williamson

The only thing
necessary for the
triumph of evil is
for good men to
do nothing

Edmunde Burke

It's hard to soar
like an eagle,
when you're
surrounded by
turkeys!



live long
and
prosper



Vulcan greeting