

An important business man went to see his doctor because he could not sleep at night. The doctor examined him carefully and then said to him, 'Your trouble is that you need to learn to relax. Have you got any hobbies?'

The businessman thought for a few moments and then said, 'No, doctor, I haven't. I don't have any time for hobbies.'

'Well, the doctor answered, 'that is your main trouble, you see. You don't have time for anything except your work. You must find some hobbies, and you must learn to relax with them, or you'll be dead in less than five years. Why don't you learn to paint pictures?'

'All right, doctor,' the businessman said. 'I'll try that.'

The next day he telephoned the doctor and said, 'That was a very good idea of yours, doctor. Thank you very much. I've already painted fifteen pictures since I saw you.'