

## 118 / Five Stages of Life

Friends, you must have read my various **Spandane Articles** and my observations on **LIFE** and **Tips relating to 'How to Live a Life.'**

Today, I would take you through the **various stages of LIFE**. If I say that our Life journey can be expressed by **five bottles** which play the crucial role in our Life, then you may not believe / agree. It's fairly logical on your part. 😊😊

I **decided to take pics of these bottles** but fortunately I came across the similar picture of five bottles representing various stages of Life. Hence I dropped the idea of taking the picture and decided to reproduce the picture sent by my website fan. The said picture has been given at end of the Article.

Incidentally, I request the friends to read my Spandane Article on '**5 Hs in our Life**' which also gives commentary on the location / residence journey in our Life.

Path: [www.spandane.com](http://www.spandane.com) → Spandane → Spandane Articles → Article 94.

**Now let me share the names of five bottles representing the various stages in our LIFE.**

- 1) **Milk bottle** represents our childhood.
- 2) **Cold drink** bottle represents young age.
- 3) **Wine bottle** represents young - middle age. 😊
- 4) **Mineral water** bottle represents young & middle age.
- 5) **Saline / Glucose** bottle represents old age.

We have **no control on choosing milk bottle**. Mother's milk is good and essential for every child for his/her health but he/she has no control on that. He or she may be lucky to get mother's milk. Many may be deprived of this for various reasons. (There is no point on discussing the various reasons at this stage.) **Do not forget your childhood.**

**Advertisements have great impact on minds of younger generation.** In fact cold drink is not good for the body. Medically speaking, its 'PH' factor is very high and it is so much powerful that our tooth would get dissolved in cold drink after some time. This would justify as to why the Dentists have more patients of young age. I doubt as to whether any of celebrities doing the advertisement are addict of cold drinks. However these celebrities leave impact of their

fame on youth. **I appeal my young friends to avoid cold drinks & avoid getting influenced by any such advertisements.**

As one finishes education and starts his occupational career, one gets tempted with **drink parties**. To some extent, this has become a fashion to celebrate any event, success, failure etc. etc. **Drink may be good** and at times **recommended** by doctors to few patients. It may be essential in few countries with extreme cold temperature but in a country like India, it may not be required to combat the cold weather except in few places. Friends may refer my Article '**Bad Habits**' uploaded on my website [www.spandane.com](http://www.spandane.com). Path: Spandane Articles → No.11 Bad Habits.

In good old days, it was **safe to drink water at public places**. I remember having drunk water regularly on railway platform canteen without spoiling the health. However the scenario has changed and all of us are habituated to drink **mineral water** when we leave the home for work. However we also read complaints about the quality of mineral water sold by various companies for a handsome price. I would still advice that instead of purchasing mineral water bottle for a fancy price, one should carry water bottle from residence.

We generally experience the last bottle namely '**Saline**' in our old age. **Health is wealth and we should save both. Man's prime duty is to maintain his health**, which is his true asset. It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. Every person –rich or poor makes financial planning for his old age /retired life. It is seen that such planning done during young age disregard to health yields no pleasant results as the person catches the diseases of a rat race by 45/50 years and finds it difficult to gain control over such diseases such as Diabetes, BP Heart problem etc. because he has never followed rules of health discipline in his young age and also not gained control over his mind. If you relish the idea of taking medicines throughout life, the guidelines in '**Medical section**' of my website [www.spandane.com](http://www.spandane.com) need not be taken seriously. But one thing is logical that when a person tries to take prudent financial decision by applying his knowledge and experience, it is also necessary that investment in own health should also be done to enjoy the retired life.

**Avoiding milk bottle may not in our hand, but we can certainly avoid / restrict cold drink and wine bottles in our Life in the interest of our health & our family.**



*Life in 5 Bottles*