"As for me, except for an occasional heart attack,

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I feel as young as I ever did." Robert Benchley (1899-1945). Lately, anyone watching those Wall Street high wire artists demonstrate once again that gravity does indeed matter would understand the irony in Benchley's quip. He lived and wrote through the Great Depression -- when words like "great" had real meaning. He also produced and starred in short films of the "instructional" type, hilarious takes on everyday things like "How to Take a Vacation." From his Algonquin Round Table vantage point he also produced, in 1934, a grand explanation of the Great Depression. In case you're confounded by last week's financial gyrations, I provide Mr. Benchley's video below. It provides very helpful information that is as true today as it was in the 1930s.

Hope that's helpful! Remember though, that Benchley also warned, "After things have gone from bad to worse, the cycle will repeat itself."