

## **Young Hearts Should Be Happy**

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In the book *I, Juan de Pareja*, by Elizabeth Barton de Trevino, Juan was sad when he lost the woman whom he loved. At first, when he would think about her, he would become sad. Eventually, he started to forget her because he was young, and young hearts have a short memory and should be happy.

I know this from my life and from watching my daughter. My daughter is fourteen years old and after I see sadness on her face, I know that only time will heal her and that time is the best medicine.

When I feel sad, I tell myself that life is too short to worry about foolish things or to be sad for a long time. But these words don't work on my daughter. Life seems very long to her. Therefore, I usually say to her, "If your thoughts about this person make you sad and unhappy, you have to forget him and try to be happy."

Sometimes she doesn't listen to me and I become mad. At such times, I say, "If you can't forget him and can't start thinking about happy things, you must keep yourself busy all the time. Do something. Do your homework or clean your room!" Usually I am right because her sadness passes and within two weeks she is smiling. Juan de Pareja, who was a talented oil painter, kept himself busy by painting.

If some young heart is sad about having lost his love, he had better find another love that can make him happy because everybody has to be happy, especially the young.

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