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Subject: May 30th tidbits & quotes
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"One does not need buildings, money, power, or status to practice the Art of Peace. Heaven is right where you are standing, and that is the place to train." - Morihei Ueshiba

"The fountain of content must spring up in the mind, and he who hath so little knowledge of human nature as to seek happiness by changing anything but his own disposition, will waste his life in fruitless efforts and multiply the grief he proposes to remove." - Samuel Johnson

"Always remember that the future comes one day at a time." - Dean Acheson

"Do not look upon this world with fear and loathing. Bravely face whatever the gods offer." - Morihei Ueshiba

"Among the maxims on Lord Naoshige's wall, there was this one: '**Matters of great concern should be treated lightly.**' Master Ittei commented, '**Matters of small concern should be treated seriously.**'" - Ghost Dog, *Ghost Dog: The Way of the Samurai*

- The tiny country of Monaco has the world's highest population density. With an area of 3/4 of a square mile and a total population of 32,000, Monaco has a density of almost 43,000 people per square mile.
- However, since Monaco and other microstates (Singapore, Vatican City, etc) have very high densities due to their extremely small size, Bangladesh is often considered the most densely populated country, with more than 2,200 people per square mile.
- Mongolia is the world's least densely populated country with only 4.3 people per square mile.
- Australia is a close second with 6.4 people per square mile.
- About 90% of the earth's people live on 10% of the land. About 90% of the people live north of the equator.
- **Population density of the continents:** North America - 32 people per square mile; South America - 73 people per square mile; Europe - 134 people per square mile; Asia - 203 people per square mile; Africa - 65 people per square mile; Australia - 6.4 people per square mile
- The population density of the planet (including all land area) is about 105 people per square mile.
- If Antarctica is eliminated (since it has zero population density), the world population density rises only to 115 people per square mile.
- The population density of the United States is approximately 76 people per square mile.

"There is surely nothing other than the single purpose of the present moment. A man's whole life is a succession of moment after moment. If one fully understands the present moment, there is nothing left to do, and nothing else to pursue." - Ghost Dog, *Ghost Dog: The Way of the Samurai*