

Hilda and Sampson

Hilda and Sampson were good friends. They always greeted each other with big smiles. Sometimes they even hugged when they met. But last Saturday, Hilda was surprised when she saw Sampson on the bus. He was sitting near the window, eating a chocolate candy bar. Hilda spoke first, "Oh, Sampson, it is wonderful to see you!"

But Sampson only grunted and continued eating his chocolate.

Hilda didn't understand Sampson's mood, but she sat down beside him and opened her book, "How to Help Our Friends." She read it for a few minutes, then she said, "Sampson, you seem miserable. Is there anything I can do to help you?"

This time Sampson spoke a few words, and in a louder voice: "Hilda, I am in pain. That is why I am eating this chocolate. Candy gives me comfort when I have trouble."

Hilda put her book away and looked directly at Sampson. She could see that he was very unhappy, even though he was eating a jumbo-sized candy bar. She noticed that he even had a small tear in each eye. "Oh, Dear Sampson, what is the problem exactly?" she asked.

"I have a toothache," he replied. "A toothache!" shouted Hilda, "That is terrible. The last thing you should do is eat a candy bar while you have pain in your teeth."

Sampson stopped chomping on the chocolate for a second, "Really? I did not know that," he said. "Certainly," replied Hilda. "Too much candy can ruin your teeth. You need to go to the dentist right away – and throw the candy in the trash."

Sampson managed a slight smile, "Hilda, you are so wise. I will follow your advice. No more candy for me. I will make a big change in my life. From now on, I will eat only cake and ice cream, he said.

"Hopeless," muttered Hilda, and she picked up her book again.