As a general rule, all forms of activity lead to boredom when they are performed on a routine basis. As a matter of fact, we can see this principle at work in people of all ages. For example, on Christmas morning, children are excited about playing with their new toys. But their interest soon wear off and by January those same toys can be found put away in the basement. The world is full of half-filled

stamp albums and unfinished models, each standing as a monument to someone’s passing interest. When parents bring home a pet, their child gladly bathes it and brushes its fur. Within a short time, however, the burden of caring the animal is handed over to the parents. Adolescent enter high school with great excitement but soon looking forward to graduation. The same is true of the young adults going to the college. And then, how many adults, who complain about the long drives to work, eagerly drove for hours at a time when they first obtained their drivers licenses? Before people retire, they usually plan to do a lot of great things, which never had time while working. But soon after retirement, the golfing, the fishing , the reading and all of the other pastimes become as boring as the jobs they left . And, like the child in January, they go searching for new toys.