

Health Your Greatest Asset

Health is an asset that outweighs all others.

You may lose money, friends, power, prestige and even reputation, but if you have health and courage you can regain lost treasures, climb the heights again and look the sun in the face.

But when health is gone, money, power, prestige and friends cannot save you.

Health is a gift from nature, and one must obey her laws if he is to retain possession of his chiefest asset in life's struggle.

Nature has decreed that man must work in order to be healthy. That work must be such as to provide plenty of mental and physical exercise properly proportioned, or the individual must arrange his living outside of working hours to get the needed mental and

physical activity in order to avoid a loss in health and happiness.

The man who does not work at all soon finds himself slipping on life's highway. Any faculty which is not used tends to deteriorate.

The man who works too hard is undermining his health and wrecking his life. Safety lies in pursuing the middle course of work and play happily proportioned.

The man who does not obtain both mental and physical exercise in his daily work and refuses to obtain it in some form of recreation has no one to blame but himself if the bloom of health fades from his cheeks.

The human system cannot stand a steady diet of hard work and no play. Abolish play and you would destroy happiness, outlaw laughter and you transform life into a gloomy funeral march from the cradle to the grave.