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One Dollar a Year.

THE HEALTH HABIT.

Elbert Hubbard in *Cosmopolitan*.



IF A MAN is sent to the penitentiary it is because he has disobeyed the laws of the land. Such an one is disgraced in the eyes of his friends and of society.

If a man is sick it is because he has violated the laws of nature, that is to say, the laws of God. And such an one, instead of feeling disgraced, often feels sorry for himself and explains his sad plight to anyone any everyone who will listen.

Man is made to be well and happy and useful. And if a person is happy, the probabilities are he will be well; and in order to keep well he has to be useful.

Health is the most natural thing in the world. Nature is on our side. Health is the norm, and all nature tends thitherward.

Physicians nowadays do not talk about curing people. All the wise and good physician can do is to put the patient in line with nature. Nature heals, and all the healing forces of nature are perfectly natural. We know the rules of health. Everyone of common intelligence is familiar with them. The trouble is that many men consider themselves exceptions; and postponed punishment does not deter them from violating the laws of nature.

We must not only know the rules of health and bear them in mind, but we must bring to bear will to see that we live them.

We have the knowledge, but we lack the technique; that is to say, we haven't got the habit.

Health is a habit, and a vast number of people in America are getting it. They make it their business to be well every day and all the time, and the rules whereby they succeed are endorsed by every physician. First, think health, not disease.

Keep your mind on the ideal, and picture the strong, happy, self-reliant person that you would like to be.

Breathe deeply in the open air, holding the breath, then expelling it slowly through the nostrils.

As a people, we eat about one-third more than we really need, and so our energies are consumed in getting rid of the waste.

The greatest disturber of health is fear. Fear means impaired circulation; impaired circulation means impaired digestion; imperfect digestion affects the entire program of life. To eliminate fear we must breathe more and eat less; work more and loaf less; praise more and scold less; love more and hate less.

Get the Health Habit, and associate with people who have it. It's contagious.