

Quotes on Health & Illness

So long as we feel well, we do not exist. More exactly: we do not know that we exist.

[E.M. Cioran, *The Fall into Time* (1964)]

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

[from the Constitution of the World Health Organization]

Health can be squandered, but not stored up.

[Mason Cooley (b. 1927), U.S. aphorist. *City Aphorisms*, Fifth Selection, New York (1988).]

Health is my expected heaven.

[John Keats (1795-1821), British poet. Letter, March 1, 1820, to his fiancé Fanny Brawne. *Letters of John Keats*, no. 194, ed. Frederick Page (1954). Note: Keats died of tuberculosis.]

A little health now and again is the ailing person's best remedy.
[Friedrich Nietzsche (1844-1900), German philosopher, classical scholar, critic of culture.]

Give a man health and a course to steer; and he'll never stop to trouble about whether he's happy or not.

[George Bernard Shaw (1856-1950), Anglo-Irish playwright, critic.]

I wish more and more that health were studied half as much as disease is. Why, with all the endowment of research against cancer is no study made of those who are free from cancer? Why not inquire what foods they eat, what habits of body and mind they cultivate? And why never study animals in health and natural surroundings? why always sickened and in an environment of strangeness and artificiality?

[Sarah N. Cleghorn (1876-1959), U.S. social reformer. *Threescore*, ch. 3 (1936).]

It is unconscionable that we ration health care by the ability to pay... your heart breaks. Health care should be a given. [Kathryn Anastos (b. 1950), U.S. physician. As quoted in *New York magazine*, p. 90 (December 21-28, 1992).]

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The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny. [Jimmy Carter (James Earl Carter, Jr.) (b. 1924), U.S. president.]

When we are in health, all sounds fife and drum for us; we hear the notes of music in the air, or catch its echoes dying away when we awake in the dawn. [Henry David Thoreau (1817-1862), U.S. philosopher, author, naturalist. *A Week on the Concord and Merrimack Rivers* (1849), in *The Writings of Henry David Thoreau*, vol. 1, p. 183, Houghton Mifflin (1906).]

Man needs difficulties; they are necessary for health. [Carl Jung (1875-1961), Swiss psychiatrist.]

Do not believe yourself healthy. Immortality is health; this life is a long sickness. [St. Augustine (354-430), Roman church father. *Sermons*, 77, 4.]

The happiness of the body consists in the possession of health; that of the mind, in being sensible of that blessing. [Anonymous, U.S. women's magazine contributor. *Weekly Visitor*, p. 189 (March 1803)]

Attention to health is life's greatest hindrance.
- *Plato* (427-347 B.C.)

Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.
- *Albert Einstein* (1879-1955)

Good friends are good for your health.
- *Irwin Sarason*

Happiness is good health and a bad memory.
- *Ingrid Bergman* (1917-1982)

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly.
- *Buddha*