

The Twelve Warning Signs of Good Health!

John & Fiona Earle

We are indebted to Polly, John's youngest daughter, for the basis of this article. The signs are:-

1. The persistent presence of a support network. The congregation of a church - or a troop of Boy Scouts comes in here.
2. Chronic positive expectations and a tendency to view events in a constructive light. A long-winded way of saying "Think positive", surely.
3. Episodic peak experiences. These stick in the memory bank. For us, mountains, nature, musical moments - and for John, reading the eighth lesson in the Service of Nine Lessons and Carols. It goes in moments from Herod, who was an anxious, aggressive man, to the awe the wise men experienced at the sight of Jesus.
4. A sense of spiritual involvement. Very personal.
5. Increased sensitivity to the needs of the body. Yes. Another glass of water would be rather nice.
6. A tendency to adapt easily to changing conditions. You can only adapt up to a point, but probably more than you first thought.
7. An increased appetite for physical exercise, healthy foods and herbs. Nothing changes, does it? The Romans referred to 'Mens sana in corpore sano' (a healthy mind in a healthy body).
8. A rapid response time to crisis and quick recovery. Mmm. People have different views on what makes a crisis - but most of us have a low tolerance of it.
9. A tendency to identify and communicate feelings. Mostly true, but remember what Heloise said about

Gilles de Vannes. He was a clergyman who suffered so much from gout he could hardly pray. She said "Blessed Gilles who talks about things, not feelings".

10. Repeated episodes of gratitude, generosity and related positive emotions. That may link quite nicely to the next one.
11. A compulsion to contribute to society. Of all the things we have done, the most satisfying was being founder trustees of the Friends of Aschiana (UK). It was not only being able to raise money to help feed and educate some of the most disadvantaged children in the world, but it has also brought us into contact with like-minded people.
12. A persistent sense of humour. Shakespeare wrote of 'The slings and arrows of outrageous fortune'. When you think that the majority of people in senior positions in parliament have degrees in Politics, Philosophy and Economics(!) and were getting subsidised drinks at the House of Commons Bar - how do you survive without humour?

If you find most of these indicators are present, you may be at risk of suffering from full-blown good health!

