



Your Health • Home 1962

SOME YEARS ago an ancient Greek manuscript was discovered containing a man's name with a rather interesting meaning. The name was Titedios Amerimnos. The interest is in the second part of the name, Amerimnos, for it means, "a man who never worries." Here was a man who lived perhaps two thousand and more years ago who was called "Titedios, the Man who Never Worries."

It would have been interesting to know Mr. Man who Never Worried, and to know why he did not at least sometimes let life get him down. Did he have such a satisfactory philosophy of life that it provided a cushion for all the jarring shocks that came to him? Was he a man of so buoyant a spirit that no adversity, no setback, no trouble was able to submerge it? Or was he, perhaps, an absolutely happy-go-lucky, thoughtless person who refused responsibility, who allowed others to bear the burdens he should have borne?

Whatever the reason for his attitude might have been, Mr. Man who Never Worried was a rare

type. For the person who *never* worries is an unusual individual indeed. While some people seem to worry less than others, just about everybody does some worrying at some time or other. In fact, there is so much worrying going on in the world that one would be tempted to regard it as one of the major "diseases" of mankind. "Worry takes up just as much time as work, but it doesn't pay as well," says one writer. Another has stated that worry "is responsible for more casualties and greater suffering than almost any other scourge."

Worry is a malady that affects both the mind and the body. Worry does more damage to health than physical work could ever do. Physical work may put a strain upon the muscles, sinews and circulatory system. But worry—mental strain—tells upon the nerves. And any doctor will tell you that whereas a good night's sleep will correct the effects of physical fatigue upon a healthy body, stress upon the nervous system is not so easily repaired. "Worry, if unceasing, will often drain away even the largest

store of nervous energy," writes Drs. Irving Fisher and Haven Emerson, in their widely circulated book, *How to Live*.

The physical effects of worry are many. Health authorities confirm the fact that worry is a cause of millions of cases of indigestion; it is a prime sponsor of ulcers; it upsets the smooth operating of some of the glands; it indirectly affects the eyes, the ears and the kidneys; it brings on high blood pressure; and it may trigger a killing heart attack.

What is worry? The term, worry, is derived from an old English word meaning, "to strangle." And worry is indeed a strangler. It strangles constructive thinking and action, it chokes off the vital energies of the mind, spirit and body. Worry is a destroyer.

Arthur Somers Roche has said that "worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." Someone else has referred to worry as "circular thinking." As a damaged phonograph record may play the same sounds

made a separation between himself and his Creator. If he will but turn about and remove the barrier, God is still there to help him solve his problems and to banish his worries.

"Come unto me, all ye that labor and are heavy laden, and I will give you rest," said Jesus. Matthew 11:28.

On another occasion He said to a large gathering of people, many of whom obviously were worriers, "Why do you worry about clothes? Consider how the wild flowers grow. They neither work nor weave, but I tell you that even Solomon in all his glory was never arrayed like one of these! Now if God so clothes the flowers of the field, which are alive today and burnt in the stove tomorrow, is he not much more likely to clothe you, you 'little-faiths'?"

"So don't worry and don't keep saying, 'What shall we eat, what shall we drink or what shall we wear?'" That is what pagans are always looking for; your Heavenly Father knows that you need them all. Set your heart on his kingdom and his goodness, and all these things will come to you as a matter of course.

"Don't worry at all then about tomorrow. Tomorrow can take care of itself! One day's trouble is enough for one day." Matthew 6:28-34, Phillips Translation.

Thus the question, What shall we do with those matters that seem to merit worry? may be answered this way! Do the best you can to resolve them. Do not allow yourself to be upset by situations over which you have no control, but leave them with God; "throw the whole weight of your anxieties upon him, for you are his personal concern." 1 Peter 5:7, Phillips Translation.

When your trust in God has grown to the place where you can do just that, then you also will have earned the right to be called, The Man Who Never Worries.

THE MAN *(From page 5)*

psychologically naked and alone in an often cold, unfriendly, unpredictable, world. He finds himself cast more or less upon his own resources, dependent upon his own small wisdom and puny strength to cope with situations that are often too big for either his ingenuity or understanding. Such a situation would logically be expected to bring about uncertainty and worry such as we find in abundance in the world today.

However, the conditions just described need not be. It is man who has turned his back on God and stepped, naked and afraid, into a bleak world. It is man who has

