

**THE QUEEN'S
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Health: the Foundation of Life

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"When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless and intelligence cannot be applied"

It is unfortunate that many people do not realize and often underestimate the importance of good health. Health as it is well said is wealth. Good health is necessary to carry out daily tasks. When discussing health, many people would consider the condition of their bodies and forget about the condition of their minds. However, health is not only about being free from physical ailments. It also means being free from mental illnesses or even unhealthy mental states such as being jealous about other person's achievement or fortune. In fact, healthy body and healthy mind help you to make the most of life and enjoy it.

No one can be happy without good health. Health is the breaking point of life. If we have it, we can use it to obtain HAPPINESS, WEALTH, FREEDOM and SUCCESS.

"Health is wealth" is a common proverb, which reveals a very simple meaning by comparing the value of health with the value of wealth. It is said that health of a man is as important as wealth to live a healthy, peaceful and prosperous life. Everyone should know that nothing is more important in life than good health. No one can be happy and peaceful without good health. There is no success in people's lives if they suffer from bad health. Money cannot buy health despite having ability to acquire the best medical facilities. However, it is true that money is earned through hard work. If our health is badly affected, how would we be able to concentrate on our work to earn money or to spend money?

Therefore, it is a fact of life that we remain healthy so that we can focus on our work to buy and put food on the table to be able to eat and enjoy it. Health can also bring in joy in our life for example, imagine you were overseas doing all sort of crazy things while you are being healthy but all of a sudden you fell ill and are unable to enjoy the few days left of the trip!

Although wealth is on the wish list for many throughout the world it doesn't make sense unless one lives a healthy life. People with sound health enjoy life to its fullest be it physically, mentally, socially, intellectually or financially.

Nowadays there is too much competition as the world is constantly changing and people are living stressful lives to keep their jobs. Sorting their bread and butter issues has made them forget the importance of health.

People don't realize that being overworked can lead to increased chances of hypertension and various other ailments.

Money can be of use for improving personal lifestyle such as building a mansion with a swimming pool but if one is of poor health then how would she/he be able to enjoy it?

There is no use of acquiring too much wealth, and remain sick! Sure money can cure diseases but to a certain extent only. Human body and human mind are gifts by God. Sensory organs enable man to experience the world, which no money can buy. So, man should be grateful for these gifts and cherish and care for them. Although wealth can bring joy to people but health is more important than wealth it enables us to experience the world.

What is more important health or happiness? Neither health nor happiness is more important than each other. In fact, one implies the other! If you are healthy but unhappy, that means you are not really healthy. If you are happy but unhealthy, your happiness is a delusion – a sign of poor health! Who wants to be a person with lack of consciousness as poor health can make us lose our consciousness. So, we need to be careful to seek true state of happiness in a true state of health.

We should be aware of the need to make use of our "consciousness" wisely within a reasonable amount of time to gain and experience as much knowledge and wisdom as we can in our lives. Health matters tremendously for one's happiness. It is true that you can make yourself capable and happy even if you are born into circumstances beyond your control (e.g., Stephen Hawking) or you get into a major accident (e.g., Christopher Reeve). The examples imply that whatever condition you may be born into or are forced into, you can still try your best to live a healthy life to the best extent possible.

Of course, good health would mean better experiences such as be able to get around better in life. To achieve it, one must remember that health and thereby happiness are to be achieved within and one has to make efforts for it. In one way, it is possible to say that the most important factor driving happiness is whether you are working towards a worthy cause - one that you really believe in. But then one just has to make sure that he or she takes care of one's health along the way.

And if we take into account freedom for living a healthy life we can say that we dream about freedom, rejoice in freedom, and hope to remain in freedom, but what do we mean by freedom?

Freedom means many things to many people. We can view freedom politically, as having the opportunity to vote for particular ideas, people, or parties which can best represent our interests and wellbeing. Closely tied to this is the notion of freedom of speech, where one has the liberty to voice his or her personal opinion or perspective. Some understand freedom in a financial context, where people seek to free themselves of financial debt and burdensome loans. It is interesting that many notions of freedoms that we talk about today are seen as ends in themselves, as final goals to be attained. It is as though we think that once our particular freedom is achieved all our problems will be solved. Why? Because we'll have freedom! But freedom from what? And freedom

to do or be what? *Of course, it is always good to be free from debt, but to be able to simply balance the account books is only a peripheral remedy. It is merely treating the symptoms rather than dealing with the disease.* True freedom is only achieved when our hearts are changed, not when the books are balanced. The same can be said for political and verbal freedom. Both are significantly good and should be advocated and protected, but they are peripheral freedoms in comparison to true freedom.

Interestingly, the Bible likens the human heart to a tree: *“every healthy tree bears good fruit, but the diseased tree bears bad fruit. A healthy tree cannot bear bad fruit, nor can a diseased tree bear good fruit... For out of the overflow of the heart the mouth speaks. The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him”*

It means if you are good and healthy then you can make others happy. Suppose you cannot vote because you are mentally unstable and you are sent to a mental hospital. Then where is your freedom? Take another example, suppose you are very happy that your parents gave you freedom to go on an adventurous trip with your friends but since you are handicapped it poses problems for you to be part of the group. So just tell me where your freedom is? Watching your friends doing all sorts of crazy things and you being unable to because your physical freedom is curtailed can be quite frustrating.

At the end, I would like to repeat the example of Stephen Hawking, the famous physicist, who was physically unhealthy as he was paralyzed for most of his life. He had managed to overcome his handicap by using his strong mental health intelligently to achieve his goals for the betterment of people on the planet earth. Let's also talk again about Helen Keller. She was blind and deaf but still she is a role model for some. How? Because again the point is that she was mentally healthy! If both were mentally and physically healthy then they would have brought a huge change to their lives as well as our lives with their excellence...!

All that I said above means is that if a man is not in good health, then wealth, happiness and freedom would not hold any meaning to him.

*Health is the foundation,
Wealth, Happiness and Freedom follow it.*