

9. Medicine, Science, Education, and Ancient Philosophers. There is no shortage of outstanding minds from recent times to ancient history, from Einstein to Socrates. The richness and significance of their messages have not been diminished with time.

"It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure."
Albert Einstein

"Science, my lad, is made up of mistakes, but they are mistakes which it is useful to make, because they lead little by little to the truth." Jules Verne

"James Parkinson. George Huntington. Robert Graves. John Down. Now this Lou Gehrig fellow of mine. How did men come to monopolize disease names too?" Khaled Hosseini

"Science is organized knowledge. Wisdom is organized life." Will Duran

"Science is the process that takes us from confusion to understanding..." Brian Greene

"Only by understanding the wisdom of natural foods and their effects on the body, shall we attain mastery of disease and pain, which shall enable us to relieve the burden of mankind."
William Harvey

"It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable." Socrates

"Look to the nervous system as the key to maximum health." Galen

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." Hippocrates

"Ars longa, /vita brevis / occasio praeceps / experimentum periculosum, / iudicium difficile. "Life is short, / [the] art long, / opportunity fleeting,/ experiment dangerous, / judgment difficult." Hippocrates

"Everyday courage has few witnesses. But yours is no less noble because no drum beats for you and no crowds shout your name. " Robert Louis Stevenson (who himself suffered with poor health)

"For me, I am driven by two main philosophies: know more today about the world than I knew yesterday and lessen the suffering of others. You'd be surprised how far that gets you." Neil deGrasse Tyson

"Neurons that fire together wire together. Mental states become neural traits. Day after day, your mind is building your brain. This is what scientists call experience-dependent neuroplasticity," Rick Hanson

"Among other things, neuroplasticity means that emotions such as happiness and compassion can be cultivated in much the same way that a person can learn through repetition to play golf and basketball or master a musical instrument, and that such practice changes the activity and physical aspects of specific brain areas." Andrew Weil

"Any man could, if he were so inclined, be the sculptor of his own brain." Santiago Ramón y Cajal

"Positive health requires a knowledge of man's primary constitution and of the powers of various foods, both those natural to them and those resulting from human skill. But eating alone is not enough for health. There must also be exercise, of which the effects must likewise be known. The combination of these two things makes regimen, when proper attention is given to the season of the year, the changes of the wind, the age of the individual, and the situation of his home. If there is any deficiency in food or exercise, the body will fall sick." Hippocrates

"Reverence, enthusiasm, and a sense of guardianship, these three are actually the panacea, the magical remedy, in the soul of the educator and teacher." Rudolf Steiner

