Giving Can Improve Your Health; Science Says So

Want happiness and fulfillment in life? Then practice giving, advises an influential medical professor.

It really is good to be good, claims Stephen Post, Ph.D., professor at Case Western Reserve University School of Medicine. Science says it is so.

Post and coauthor Jill Neimark present evidence in their recent book, *Why Good Things Happen to Good People*.{1} As head of an institute supported by philanthropist Sir John Templeton{2}, Post has funded over fifty studies [related to giving] at forty-four major universities. He's convinced that giving is essential for optimum physical and mental health in a fragmented society.

Post says research has produced remarkable findings: Giving protects overall health twice as much as aspirin protects against heart disease. If pharmaceutical companies could charge for giving, we might see ads for Give Back instead of Prozac, he speculates. One program, Rx: Volunteer, has some California HMO physicians giving volunteerism prescriptions to their Medicare patients.

All You Need is Love?

Post and Neimark say around 500 scientific studies demonstrate that unselfish love can enhance health. For instance, Paul Wink, a Wellesley College psychologist, studied University of California Berkeley data that followed about two hundred people every decade since the 1920s. Giving during high school correlated with good mental and physical health across life spans. Givers experienced these benefits regardless of the warmth of their families, he found.

Other research says that giving correlates with lower teen depression and suicide risk and with lower depression among the elderly. Studies at Stanford and elsewhere found links between frequent volunteering and delaying death. Post says giving even trumps receiving when it comes to reducing mortality.

Give more; enjoy life and live longer? Maybe, as Jesus famously said, "It is more blessed to give than to receive."{3}

Illustrations abound of givings personal benefits. Millard Fuller, a millionaire, gave away much of his wealth at age thirty. He and his wife, Linda, sold their business and affiliated with Koinonia Farm, a Georgia Christian community. They built houses in Zaire and then founded Habitat for Humanity in 1976 to help needy people build affordable homes. Fuller's goal was to eliminate poverty housing from the face of the earth. Get rid of shacks!

Today Habitat volunteers have constructed over 225,000 houses, helping over a million people in over 3,000 communities worldwide. Countless volunteers attest to the personal satisfaction their involvement brings.

From Playmate to Orphan Care

Post and Neimark relate an intriguing tale of a former *Playboy* model who has devoted her life to helping poor kids in Haiti. Susan Scott Krabacher's childhood helped her connect with the hurting children she now serves. Sexual abuse, her mother's psychiatric breakdown, multiple foster homes, and her brother's suicide took their emotional toll. In her late teens, she became a *Playboy* centerfold and moved into the Playboy mansion.

Ten years of playing mixed with depression. Eventually she reconnected with the faith of her youth. Observing Haiti's

poverty prompted her to learn more of the biblical take on life. The foundation she and her husband started runs three orphanages for 2,300 children. “I work long hours,” Krabacher notes, “put up with unbelievable sacrifice, bury too many children, and get no compensation but love, which is the greatest freedom you can know and the most important thing in the world.”

Post would agree. Do you desire happiness, love, safety, security, loyal friends, true connection, or a benevolent and hopeful world? He has one answer: Give. Youll be happier, healthier, and live longer. Love cures, wrote the esteemed psychiatrist Karl Menninger. It cures both the ones who give it and the ones who receive it.

Notes

1. Stephen Post, Ph.D., and Jill Neimark, Why Good Things Happen to Good People (New York: Broadway Books, 2007), www.whygoodthingshappen.com.
2. Institute for Research on Unlimited Love: www.unlimitedloveinstitute.org.
3. Acts 20:35 NASB.

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Global Food Crisis Hits Home

Happy with your grocery bills these days? Do those gasoline pump meters seem to whir like Vegas slot machines, except you never hit the jackpot?

The two issues are not unrelated and theyre affecting

pocketbooks and bellies at home and around the globe. Some Westerners might react with detached shock to stories of food riots in places like Haiti, India, and Cameroon. But when your local Costco and Sams Club start limiting rice purchases (as recently reported), reality creeps
in.

Americans seem worried. A USA TODAY/Gallup poll found 73 percent of US consumers concerned about food inflation; almost half said it caused their households hardship. Eighty percent expressed concern about energy prices.{1}

Food price increases that may cause inconvenience or hardship in affluent nations can be
devastating for families in the developing world. Recent food riots in Haiti cost the prime minister his job. *The New York Times* reports that spiraling prices are turning Haitian staples like beans, corn and rice into closely guarded treasures. Some Haitians eat mud patties containing oil and sugar to silence their grumbling stomachs.{2}

Silent Tsunami

Economist and special United Nations advisor Jeffrey Sachs says of the global food problem, Its the worst crisis of its kind in more than 30 years. There are a number of governments on the ropes, and I think theres more political fallout to come. {3}

The UN World Food Program says skyrocketing food prices could create a silent tsunami turning 100 million people toward hunger and poverty. Executive director Josette Sheeran called for large-scale, high-level action by the global community. {4} British Prime minister Gordon Brown asserts, “Tackling hunger is a moral challenge to each of us and it is also a threat to the political and economic stability of nations.” {5}

World Vision, one of the worlds largest relief and development agencies, announced serious cutbacks, saying they are able to feed 1.5 million fewer people than last year. The well-respected Christian humanitarian organization appealed for international donors, citing swelling food prices and increased food need. Rising fuel costs boost fertilizer and food transportation costs. Corn diverted to make biofuels cannot become lunch,{6} though some feel biofuel is a misplaced whipping boy.{7}

Your Strategies

Of course folks in the developed world, not threatened with devastating hunger, can employ multiple strategies to stretch their resources. Careful shopping and research is one. (Holy Coupon Clipping, Batman! Just look how much we can save if we time our grocery shopping to the sales rather than our impulses!) Diet adjustment, portion control, and budgetary belt-tightening are others.

And while youre trying to be sure your outgo doesnt exceed your income lest your upkeep become your downfall—may I suggest another wise move? If possible, share some of what you have with the desperately needy. World Vision founder Bob Pierce had as his life theme, “Let my heart be broken by the things that break the heart of God.” An ancient Jewish proverb says, If you help the poor, you are lending to the Lord—and he will repay you!{8}

Many fine organizations can use your donations to effectively fight poverty and hunger. *New York Times* columnist Nicholas Kristof says, Nobody gets more bang for the buck than missionary schools and clinics, and Christian aid groups like World Vision and Samaritan’s Purse save lives at bargain-basement prices. {9} I would add World Relief and the Salvation Army to the list. Your local house of worship may be a good place to start.

As another of those ancient Jewish proverbs says, Blessed are those who help the poor. {10}

Notes

1. Sue Kirchhoff, Poll: Food costs a major worry for consumers, USA Today, April 22, 2008; at www.usatoday.com/money/economy/2008-04-22-food-costs-rise-poll_N.htm, accessed April 25, 2008.
2. Marc Lacey, Across Globe, Empty Bellies Bring Rising Anger, The New York Times, April 18, 2008; at tinyurl.com/6hhcsx, accessed April 25, 2008.
3. Ibid.
4. World Food Crisis a 'Silent Tsunami,' Agence France-Presse, The New York Times, April 23, 2008; at tinyurl.com/59asm6, accessed April 25, 2008.
5. CTV.ca News Staff, World Vision needs urgent help as millions starve, April 23, 2008; at tinyurl.com/5y4wy5.
6. Aid group to cut food ration to millions, CNN.com, April 22, 2008; at www.cnn.com/2008/WORLD/europe/04/22/food.program.cutback, accessed April 25, 2008. Editor's Note: "Page not found" error at this address while processing article. Try typing title of article into CNN.com search engine.
7. Bad policy, not biofuel, drive food prices: Merkel, Reuters, April 17, 2008; at www.reuters.com/article/environmentNews/idUSL1721113520080417. accessed April 25, 2008.
8. Proverbs 19:17 NLT.
9. Nicholas D. Kristof, Bush, a Friend of Africa, The New York Times, July 5, 2005; at http://tinyurl.com/y8wwoj; accessed April 25, 2008.
10. Proverbs 14:21 NLT.

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