# Good In All That Is

**And God saw everything that He had made,**

**and, behold, it was very good.**

***(Genesis 1:31)***

**Courage is doing what you're afraid to do. There can be no courage unless you're scared. (Eddie Rickenbacker)  
If you have an allergy, it may not be an allergy, Brothers and Sisters. It may be that we are cleaning out the ducts up here, and you're getting a drainage: sinus, and all kinds of things. Don't lay it onto the trees that God created, even though they're very polluted and full of damage. It is because we are trying to get the unused portion opened up to where you can use the pineal, pituitary, which is your receiving and sending set. (Karene)  
  
He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper. (Edmund Burke)  
An anteater is different from most other animals, all right. It eats ants, and most other animals don't. The formic acid in ants--formic means ant in Latin --makes them taste terrible. (L. M. Boyd)  
Charles Goodyear had an argument with his brother and discovered vulcanized rubber! Gesturing wildly, he dropped a chunk of rubber gum and a piece of sulfur onto the hot stove behind him. The result was an elastic, stable and tough material, with countless possible uses. (Ripley's Believe It or Not: Book of Chance, p. 147)  
Until arsenic became easy to detect in an autopsy, it was a fairly common means of offing one's enemies. A large dose kills within hours; smaller doses cause a gradual wasting. Arsenic is deadly because it interferes directly with the generation of energy in cells, shutting down all life processes. Any organism that can merely survive in the presence of large amounts of arsenic--and there are a few bacteria that can--is unusual. But one that actually thrives on the lethal substance is extraordinary...The new bacteria, dubbed MIT-13, are anaerobic, meaning that they live without oxygen. Instead they use arsenic in much the same way we use oxygen--to help release energy from food. Rather than halting energy production, the arsenic is a source of energy for MIT-13. (Discover magazine)  
Why do the Native American cooks traditionally add a dash of ashes to their soups and stews? For a flavor that dates way back. Their forebears cooked such dishes by dropping sizzling hot rocks into clay or wooden containers of water and whatever. (L. M. Boyd)  
If basketball had never been invented, where would they hold the high school dances? (Bits & Pieces)**

**Those who know all about tropical rain forests say they're renewed mostly by scattered seeds, and 95 percent of those seeds are scattered by bats. (L. M. Boyd)  
How come a dog's lips are black? To protect them from sunburn. (L. M. Boyd)**

**Oddly enough, the Tournament of Roses, which celebrates California's sunshine, owes its existence to New York's great blizzard of 1888. Pasadena was then a sleepy village of some 5000 souls, and Charles Frederick Holder, a zoologist and local booster, told fellow townsmen, "In New York, people are buried in snow. Here our flowers are blooming. Let's have a festival to tell the world about our paradise." Others agreed, and on New Year's Day, 1890, Pasadena staged a parade of carriages and tallyhos decorated with roses grown in local gardens, followed by a picnic and games. Little by little, the event grew, and in 1902 it was decided to have a football game, rather than picnic-style games, after the parade. The contest became so popular that by the 1920s Tournament officials decided to build a stadium. The site chosen was boulder-strewn Arroyo Seco (dry ravine), and a wooden horseshoe seating 57,000 was constructed. Rebuilt in concrete and enlarged since, the Rose Bowl is now the biggest stadium in the country, accommodating 106,000 spectators. *(John Reddy, in Reader's Digest)***

**A botulism outbreak can terrify a city. Botulism is caused when food becomes contaminated by the bacteria that produce botulinum, a deadly toxin...Now science is turning evil into good, using the botulism toxin to relieve the muscle spasms triggered by conditions as severe as stroke or as simple as a furrowed forehead. (Earl Ubell, in Parade magazine)  
Castor oil is used as the liquid center of many brands of golf balls. (Paul Stirling Hagerman, in It's a Weird World, p. 69)  
A French chef injured in a kitchen explosion lost his memory in 1772 and began composing music. Louis Maria Messigny (1742-1832) wrote 31 operas in the next 30 years before chance stepped in again. He was hurt at the age of 60 when a stage collapsed, causing him to regain his memory. He knew how to cook again, but never wrote or read another line of music. (Ripley's Believe It or Not: Book of Chance, p. 26)  
The next time your day at the beach is ruined by cloudy skies, just remember this: without clouds and the other constituents of the earth's atmosphere, the surface of our planet would reach a temperature of 176 degrees at the equator by day, and -220 degrees at night! (Denver P. Tarle, in A Treasury of Trivia , p. 97)  
The common cold is not universal. Some four to six percent of our fellow humans rarely, if ever, catch one, and if we could discover their secret you might think we would be healthier. But you could be wrong. You'll find such people, according to one team of scientists, in the hospital dying of cancer. Prof. Kurt S. Zanker at the University in Witten/Herdecke, West Germany, discovered that tumorous cancer patients suffered remarkably few common colds and fevers -- not only while cancerous, but for ten years before developing cancer. Zanker and his colleagues calculated that people who suffer less than one cold each year are six times more likely to develop cancerous tumors than those who catch one or more colds every year. Why? One likely answer, the Zanker group hypothesized -- though some other scientists disagree -- is that our immune systems respond to cold viruses by producing interferon, which activates warrior cells of the immune system. These cells destroy any cell showing signs of having been penetrated by viruses or any hint of malignant transformation. So every time you catch cold, your immune system unleashes a squad of search-and-destroy commando cells that might also attack cancer cells. So respect your colds. They can lead to serious illness, but they are part of the genius of nature and evolution.. (Lowell Ponte, in Reader's Digest)  
Don't be too quick to condemn complaining employees. A study once revealed that it is better to have complainers than apathetic people. The researchers found that employees who occasionally complain and express criticism about their jobs tend to be among the highest producers. Apathetic, non-complaining people, on the other hand, were found to be generally low producers. (Bits & Pieces)  
Not too long ago a pair of researchers named Terry Mudder and James Whitlock found a theretofore undiscovered sort of bacteria they labeled: Pseudomonas Paucimobilis Mudlock. What's curious about it is it feeds on a diet of cyanide. (L. M. Boyd)  
One thing homeowners hate is a dandelion. But around the world the little yellow herb is a useful plant. Leaves are eaten for salad (a little bitter), and also serve as food for silkworms when mulberry leaves are in short supply. The root is used as medicine and also is roasted as ersatz coffee. In Russia the plant is a commercial source of rubber. (Bernie Smith, in The Joy of Trivia)  
The man of character finds a special attractiveness in difficulty, since it is only by coming to grips with difficulty that he can realize his potentialities. (Charles de Gaulle)  
Some people eat dirt every day--on purpose. More than 200 cultures worldwide do it. The dirt of choice for many is clay. In India, some pour tea into newly formed clay teacups, drink the tea, then eat the cups. (L. M. Boyd)  
We don't need laws to make people care more about each other--what we need are disasters. (Ashleigh Brilliant)The colors you sometimes see at sunrise or sunset are caused by dust, smoke or water droplets which scatter light in a different way. (Kim Taylor, in Light)**

**Epidemics have often been more influential than statesmen and soldiers in shaping the course of political history, and diseases may also color the moods of civilization. *(Renee Dubos)*  
Nikola Tesla (1857-1943) discoverer of alternating current, found that he could visualize the completed picture of any structure down to the last nut and screw--after suffering a severe attack of epilepsy. (Ripley's Believe It or Not!: Weird Inventions & Discoveries)  
  
Error is not always bad, and it sometimes leads to productive results. Penicillin, X-rays, rubber, photography, electric current, and the telescope all were discovered by error. (M. Hirsh Goldberg, in The Blunder Book, p. 15)  
1879: The first telephone operators have to memorize the names of all subscribers. But during a measles epidemic in Lowell, Mass., a local physician recommends assigning numbers because he fears the town's telephone network will collapse if the operators become ill. Soon, the use of numbers spreads throughout the nation. (William Ecenbarger, in Reader's Digest)**

**Feeling down sharpens your attention and makes you less gullible. True, happiness makes you friendlier and more creative, but it does so in part by removing a layer of skepticism. In the lab, sad people took fewer mental shortcuts: They could better recall specific events, made stronger written arguments, and were less likely to believe urban myths. Sadness "promotes information processing best suited to deal with more demanding situations,' says psychologist Joseph Forgas. "Positive mood is not universally desirable."**

**(The Week magazine December 25, 2009 - January 8, 2010)   
New findings about fever have led a number of physicians to suggest that, rather than being rapidly brought down by drugs, moderate fevers should be allowed to run their course...Studies elsewhere have shown that fever may actually enhance the action of antibiotics and reduce the chances of spreading an infection...Though further research is needed to define the optimum range for fevers, said Dr. Matthew J. Kluger, science is on the verge of verifying the belief of the 17th-century English physician Thomas Sydenham that “fever is Nature's engine which she brings into the field to remove her enemy." (Jane E. Brody, in New York Times )  
From time to time brush fires rage over these hills, burning away the vapor emitting leaves of the sage and chaparral. When that happens, nearby long-buried seeds of other plants immediately begin to sprout.(Lowell Ponte, in Reader's Digest)  
Fleas are essential to the health of armadillos and hedgehogs; they provide necessary stimulation of the skin. Deloused armadillos and hedgehogs do not long survive. (Isaac Asimov's Book of Facts, p. 250)  
Forgetting is not all bad. It is a way your brain clears out the clutter to maintain an efficiently functioning memory. (Psychologist Alan S. Brown, in Rocky Mountain News))When saltwater freezes, the ice contains little or no salt. People living in polar regions, such as Eskimos, can melt the ice – and use it as fresh drinking water. (Usborne Omnibus, p. 24)  
If CO2 and other greenhouse gases such as methane, nitrous oxide and chlorofluorocarbons vanished tomorrow, the earth would become overnight a frozen, lifeless world like Mars. (Lowell Ponte, in Reader's Digest)**

**Grunting makes you more powerful. When you engage in a brief but forceful activity -- lifting weights at the gym, say, or, returning a tennis volley -- you normally expel air. Grunting at that moment brings even more muscle fibers into play, generating additional force, says physical-therapy researcher Dennis O'Connell. In a study, college tennis players who grunted sped up their serves by 4.7 mph on average and their forehands by 4 mph. Grunting "can have a role in helping anyone do a maximum exertion," O'Connell says. (The Week magazine December 25, 2009 - January 8, 2010)**

**Having a sister increases your odds of being happy and well adjusted. Women are generally more expressive and open to emotion than men, and often serve as the glue that keeps families close. "Sisters appear to encourage more open communication and cohesion in families," says study author Tony Cassidy. That sense of connection translates into better mental health for the siblings. (The Week magazine, December 25, 2009 - January 8, 2010)  
In 1919, Charles Fillmore went through an illness so serious that some of those who were close to him did not think that he would survive, even though they were affirming Truth for him. For months, he was unable to deliver the Sunday talks. Yet whenever he was able, he was at his office, doing what he could; and always, steadfastly, whatever appearances might indicate, he was affirming health for himself. He came out of the illness with renewed vigor. Through the 1920's, the growth of Unity made ever increasing demands on his time and energy, but he was able to meet them all. (James Dillet Freeman, in The Story of Unity, p.199)  
Sheer laziness has probably been responsible for more shortcuts, not to mention valuable inventions, than we are ready to admit. Most of us are continually on the lookout, at least subconsciously, for easier ways to perform onerous or routine tasks. An example of imagination spurred on by out right lethargy is contained in the story of an old mountaineer and his wife who were sitting in front of the fireplace one evening just whiling away the time. After a long silence, the wife said; “Jed, I think it's raining. Get up and go outside and see." The old mountaineer continued to gaze into the fire for a second, sighed, then said, “Ah, Ma, why don't we jest call in the dog and see if he's wet." (Bits & Pieces)Why have not fast-breeding insects dominated the earth? Because they have no lungs such as man possesses; they breathe through tubes. But when insects grow large, their tubes do not grow in ratio to the increasing size of the body. Hence there never has been an insect of great size; this limitation on growth has held them all in check. If this physical check had not been provided, man could not exist. Imagine meeting a hornet as big as a lion. (A. Cressy Morrison)**

**Looking up can extend a woman's life. Scientists tracked the health of 100,000 women of middle age and older; after eight years, women classified as optimists were 14 percent more likely to be alive than their pessimistic counterparts. Optimists were also less likely to develop heart disease and far less likely to die from it. Women who scored high in "cynical hostility" were at even greater risk of dying, says lead researcher Hilary Tindle. "When you look at all of the risks, pessimists had everything in the wrong direction. (The Week magazine, December 25, 2009 - January 8, 2010)  
Normally, we try to stop molds and bacteria forming on food. But many moulds and bacteria are quite harmless and it is some of these harmless ones that give certain cheeses their distinctive taste. For example, Swiss cheeses often have holes in them. The holes are caused by gases given off by bacteria that are introduced on purpose into the cheese while it is maturing. Another special mould produces the blue veins in Roquefort cheese from France. Camembert, also from France, has a greyish-white mould growing on its surface, which many consider the most delicious part of the whole cheese. (Simon Goodenough, in 1500 Fascinating Facts, p. 234)**

**Nightmares Train Your Brain: In two related studies, researchers at the University of Geneva in Switzerland used brain scans to show that the same brain regions are activated when we experience fear in dreams and in real life. What’s more, people who have scary dreams more often are less afraid of frightening images when they are awake. This suggests that nightmares help us rehearse dangerous scenarios in a safe environment, which helps us know how to handle threats better when they actually occur. *(Reader’s Digest, October, 2019, page 46)***

**“Do horses have fleas?" No, and neither do people around horses a lot. Horse odors drive off fleas. (Boyd's Curiosity Shop, p. 251)  
It's one of those things I wish I'd said: “If you end up ‘on the rocks,’ remember that rock is a good foundation to build on." (Phil Barnhart, in Seasonings for Sermons , p. 66)  
  
A certain amount of opposition is a great help to a man. Kites rise against, not with the wind. (John Neal)  
Scientists know acute pain is the body's alarm system. It alerts us to the fact that something is harming us. It compels us to seek help when we need it. It immobilizes us when we are injured so that healing can occur. (Claudia Wallis, in Reader's Digest)  
Tiny parasitic growths get into the wood of the maple tree and cause swellings. When the wood is lumbered and sawed across, the swellings appear as little eyes. Result: Birdseye maple, a very valuable wood. (Bernie Smith, in The Joy of Trivia, p. 232)**

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**No trick to control poison ivy. Goats eat it. Sheep find poison ivy particularly tasty. (L. M. Boyd)**

**“Amanita phalloides" is one of the deadliest poison mushrooms. But slugs love it. (L. M. Boyd)\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
Raindrops won't form in perfectly unpolluted air. Without rain, no grass. Without grass, no people. We owe a lot to pollution. (L. M. Boyd)  
Procrastination is a nearly universal human trait. It keeps several businesses humming along: Without it, Federal Express, belated birthday cards and income tax filing extensions would be unnecessary. (Michael Haederle, in Rocky Mountain News)  
One summer four and a half years ago, meteorologist David Atlas was sailing in Buzzards Bay, off Cape Cod, when a storm suddenly came up. “The waves were about one and a half feet high at the time, and we thought we should batten down the hatches and get ready for intense rain," he recalls. “But to my utter surprise, as soon as the rain started, the sea became glassy and perfectly calm, except for the little ripples generated by the drops themselves." Atlas had witnessed something described by sailors for centuries: namely, that rain can calm choppy seas. (Discover magazine)  
Rattlesnake venom was a popular treatment for epilepsy early in the twentieth century. After hearing about an epileptic who was free of seizures for two years after being bitten by a snake, some doctors hastened to treat their epileptic patients with this venom. Some reported they were successful, but most determined the venom to be valueless. Its use was almost completely abandoned by 1930. (Isaac Asimov's Book of Facts)**

**Recessions may help us all live a little longer. When the economy tanks, people drink and eat less, sleep more, suffer fewer accidents, and live longer. Researchers found that Americans were actually healthier during the Great Depression than they were in prosperous times immediately before and after; mortality rates fell and life expectancy rose, as they also did during the recessions of 1921 and 1938. People also bond more closely during hard times, says study author Jose A. Tapia Granados, "and social support could have a protective effect on health." (The Week magazine, December 25, 2009 - January 8, 2010)**

**Colonel George Washington of the Virginia Militia was denied a commission in the regular British army in 1754. He resigned his militia commission and became a Virginia planter at Mount Vernon. His resentment of the British over this rejection helped lose George III his colonies. (Isaac Asimov's Book of Facts, p. 259)  
  
Once the New York Times ran an article ridiculing Unity, entitled “Christian Science Outdone." “This is a good piece, with very good testimonials," wrote Mr. Fillmore, and proceeded to reprint the entire article. He thanked the author for writing it, commenting that he had received numerous letters from people asking help who had never heard of Unity until they read the article in the New York Times. Over and over the history of Unity has shown this to be the case: the main effect of critical articles has been to interest people in Unity. (James Dillet Freeman, in The Story of Unity, p. 143)  
Crime goes down in rough weather. (L. M. Boyd)  
Medicos set 28 women to screaming. Stress therapy. Blood pressures dropped, heart beats slowed and body temperatures lowered. Conclusion was that regular screaming might lengthen life span. (L. M. Boyd)**

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Spiders, though not generally popular, are true friends of man, and some scientists believe that human life could not exist without them. For a spider's entire life is devoted to snaring and devouring insects which might otherwise multiply and desolate the earth. (Leicester Hemingway, in The Living World of Nature, p. 135) *\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**  
Bees have been known to cure rheumatism. A number of sufferers have been given relief through controlled stinging. Several bees are placed in an inverted glass over the aching limbs; they soon sting, irritated by their captivity. (Isaac Asimov's Book of Facts, p. 229)  
The stones on the Path are but the steps of ascent. (Agni Yoga)  
Stubbornness does have its helpful features. You always know what you are going to be thinking tomorrow. (Bits & Pieces)**

**Swearing increases your tolerance for pain. By using foul language, researchers say, you apparently raise your aggression level, which is known to numb people to physical discomfort. A British study found that subjects could keep their hands in ice-cold water much longer if they cursed freely while doing so; they also felt less pain afterward, compared with non-swearers. So let it rip, says psychologist Richard Stephens. "I would advise people, if they hurt themselves, to swear." (The Week magazine, December 25, 2009 - January 8, 2010)  
You wash your eyes every time you blink. Your tears are antiseptic and kill germs. (Barbara Seuling)\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
Termites are a delicacy to chimpanzees. (Eugene J. Walter, Jr.)**

**Today is November 7, World Numbat Day. This small marsupial from Western Australia is also known as a banded anteater, although its diet consists almost entirely of termites. Numbats are an endangered species and at risk of disappearing. (The Daily Chronicle)  
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Tobacco is a food. Though hazardous if smoked, its leaves contain a number of nutritional substances that can sustain life for a time if no other food is available. (David Louis, in Fascinating Facts, p. 155)  
Brief news note out of Ottawa: When a man tripped over his seeing-eye dog, injuring his head in the fall, he regained his eyesight. (L. M. Boyd)  
When years pass with few tropical volcanic eruptions, the stratosphere becomes a very clear window through which intense sunlight bakes the land below. (Lowell Ponte, in Reader's Digest)  
In the Amazon jungle there are nine hundred different species of wasps, each of which pollinates a different shape and species of fig tree. These fig trees are the main source of nutrition for all the smaller mammals of the rain forest, and these smaller mammals in turn provide the basis of life for jaguars, monkeys, peccaries, and others. Each species of wasp keeps a chain of other animals alive. (Jack Kornfield, in Unity magazine)  
Weeds are colonizers of disturbed and infertile ground. They prepare the soil for more valuable plants that follow and displace them. (Craig Varoga & the Associated Press editors, in It's A Fact, p. 202)  
How do you account for so many varieties of butterflies? Credit the wind. It blows butterflies off course, sometimes. They lose their mother colonies, join other groups, and nothing in the butterfly bylaws says they can't mate with strangers. (L. M. Boyd)**

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