**Inactivity**

**And on the sixth day God finished his works which he had made;**

**and he rested on the seventh day**

**from all his works which he had made.**

***(Genesis 2:2)***

**Six days you shall work, but on the seventh day you shall rest;**

**even in plowing time and in harvest time you shall rest.**

***(Exodus 34:21)***

**In returning and rest you shall be saved.**

***(Isaiah 30:15)***

**Come to me, all who labor and are heavy laden,**

**and I will give you rest.**

***(St. Matthew 11:28)***

**Ambition is a poor excuse for not having enough sense to be lazy. (Steven Wright, comedian)**

**About 28 percent of Americans were totally sedentary last year, failing to participate in even one physical activity, such as running, lifting weights, yoga, bowling, or even stretching, a new survey found. The Physical Activity Council said that roughly 83 million Americans ages and over did nothing at all to maintain fitness -- an increase of 18 percent over 2007. *(The Wall Street Journal, as it appeared in The Week magazine, May 8, 2015)***

**Mom: “Don’t you have anything to do, Billy?” Billy: “It only looks that way because I’m just sittin’ here.” *(Bil Keane, in The Family Circus comic strip)***

**Lack of physical activity results in bone loss. Astronauts, after long space voyages, show a remarkable loss of bone. (Barbara Seuling, in You Can't Sneeze with Your Eyes Open, p. 14)**

**A life-size statue of cartoon character Beetle Bailey, loafing in a booth with a beer, adorns the campus of the University of Missouri at Columbia. Graduate Mort Walker created the lackadaisical Army private character and cartoon, which debuted in 1950, drawing inspiration from his time loafing at The Shack, a student hangout. (American Profile magazine)**

**Every idle moment is treason. *(Thomas Carlyle)***

**Teacher says to students: "Class, for the next two weeks we'll be watching films on how inactivity leads to obesity." *(The American Legion magazine)***

**The dangers of sitting: Want to reduce your chances of dying early? Get off your butt. A comprehensive analysis of 47 studies examining links between sitting and mortality has produced a definitive conclusion: People who sit most of the day have an increased chance of developing diabetes, heart disease, and cancer, and tend to have shorter life spans. Researchers from the University Health Network in Toronto found that those who sat for long periods were 24 percent more likely to die from health problems than those who sat less. They also established that while exercise helps, it cannot completely counteract the negative effects of sitting. The study authors didn't determine exactly how much sitting was too much, but suggested that exceeding a total of eight hours a day could lead to an increased risk of health problems. Lead researcher Aviroop Biswas advised people to get up from their chairs or couches as often as possible. "When you're sitting, think of ways to stand," he tells LawScience.com. "Move as much as you can when you're not exercising. " *(The Week magazine, February 6, 2015)***

**It is impossible to enjoy idling thoroughly unless there is plenty of work to do. *(Jerome K. Jerome)***

**Today's kids call it “finding themselves.” In grandpa's day, it was called loafing. (Ben Holden)**

**The gas station attendant in a small Vermont town was so slow-moving that a motorist commented, “I’d sure like to see you sometime when you’re loafing.” “Well, son,” replied the old man with deliberation, “some folks do all their loafing in one batch. I do mine as I go along.” (Comedy World)**

**You miss 100% of the shots you don't take. *(Wayne Gretzky)***

**People who throw kisses are hopelessly lazy. *(Bob Hope)***

**Idleness is a mother**. **She has a son, robbery, and a daughter, hunger. *(Victor Hugo)***

**The subconscious mind is the fireless cooker where our ideas simmer while we are loafing. Newton was loafing when he saw an apple fall and got the gravitation idea. While finding peace for his soul, Galileo watched the great swinging lamp. It gave him the idea of the pendulum swinging to and fro as a means of measuring the passage of time. Watt was relaxing in the kitchen when he saw steam lifting the top of the teakettle and conceived the idea of a steam engine. Many times we will get more and better ideas in two hours of creative loafing than in eight hours at a desk. *(Wilferd A. Peterson)***

**When I have nothing to do for an hour, and I don’t want to do anything, I neither read nor watch television. I sit back in a chair and let my mind relax. I do what I call idling. It’s as if the motorcar’s running but you haven’t got it in gear. You have to allow a certain amount of time in which you are doing nothing in order to have things occur to you, to let your mind think. *(Mortimer J. Adler)***

**It's impossible to mend a fence if you're sitting on it. (Frank Walsh)**

**A ton or iron turns into three tons of rust. *(Boyd's Curiosity Shop, p. 32)***

**Nothing's harder on your laurels than resting on them. *(Franklin P. Jones, in Quote magazine)***

**I went to visit a Mountaineer in East Tennessee. He was the laziest man I have ever seen. I don’t want to do him an injustice, but if it required any voluntary and sustained exertion on his part to digest his food, he would have died years ago from lack of nourishment. The Father and son were sitting in front of the fireplace smoking their pipes -- Said the father -- “Son, step outside and see if it’s raining.” Said the son -- “Aw Pa, why don’t we just call in the dog and see if he’s wet!” *(Rev. Leon Hill, in O’ for the Life of a Preacher, p. 11)***

**As Grandpa lounges in the chair, Grandma says to him while vacuuming: “Do you mind? I need to vacuum.” Grandpa then raises his legs so she can vacuum and asks: “How’s that?” Grandma: “Thanks.” Grandpa: “You’re welcome. It was the least I could do.” Grandma then thinks to herself: “And he always does the least he can do.” *(Brian Crane, in Pickles comic strip)***

**La-Z-Boy announced plans to unveil its latest creation, “The Matinee Collection.” It’s a three-piece set of home theater seating made up entirely of La-Z-Boy furniture. Aren’t we out of shape enough? Is this what we need in this country, more breakthrough innovations in laziness technology? “Oh look, this one feeds you intravenously so you never have to get up! Just wear Depends.” *(Jay Leno)***

**It takes only a little laziness to make a temporary setback permanent. *(Frank Clark)***

**Do lizards get bored? If not, why not? They devote 90% of their lives to lying absolutely motionless. (L. M. Boyd)**

**A lobster, when left high and dry among the rocks, has not instinct and energy enough to work his way back to the sea, but waits for the sea to come to him. If it does not come, he remains where he is and dies, although the slightest effort would enable him to reach the waves, which are perhaps within a yard of him. The world is full of human lobsters: Men stranded on the rocks of indecision and procrastination, who, instead of putting forth their own energies, are waiting for some grand billow of good fortune to set them afloat. *(Dr. Orrison Swett Marden)***

**We’re starting a movement to promote idleness – but as yet we have no agenda. *(Ashleigh Brilliant, in Pot-Shots)***

**It is no rest to be idle. *(Paul Peel)***

**Good week for: Taking it all in stride, after Lexington, Kentucky, mocked its selection by Men’s Health as the country’s least active city by staging a “Sedentary Parade.” Mayor Jim Gray rode on a motorized couch, with his feet up on a table, as residents looked on from lawn chairs. *(The Week magazine, October 21, 2011)***

**A peacock that rests on his feathers is just another turkey. *(Quoted by Dolly Parton)***

**It’s lucky for me that wasting time is not yet an offense punishable by law. (Ashleigh Brilliant, in Pot-Shots)**

**Where you stand should not depend on where you sit. *(Jane Bryant Quinn)***

**Laziness is nothing more than the habit of resting before you get tired. *(Jules Renard, author)***

**Even if you're on the right track, you'll get run over if you just sit there. *(Will Rogers)*)**

**The only thing that ever sat its way to success was a hen. (Sarah Brown)**

**On Socrates' list of idle men were "sophists, soothsayers, doctors, weather prophets and lazy long-haired onyx-ring wearers." *(L. M. Boyd)***

**Lars: "Do you ever think about doing stand-up, Lance?" Lance: "Stand-up comedy?" Lars: "No, just standing up." (J. C. Duffy, in The Fusco Brothers comic strip)**

**To be idle requires a strong sense of personal identity. *(Robert Louis Stevenson)***

**Frank says to Ernest while watching TV: "It's such a beautiful day outside, why don't we switch to the weather channel?" *(Bob Thaves, in Frank & Ernest comic strip)***

**It is better to have loafed and lost than never to have loafed at all. *(James Thurber)***

**Too much idleness, I have observed, fills up a man’s time much more completely, and leaves him less his own master, than any sort of employment whatsoever. *(Edmund Burke)***

**When my friend got a job, her husband agreed to share the housework. He was stunned by the amount of effort involved in keeping a house clean with small boys to pick up after, and insisted that he and his wife shop for a new vacuum cleaner. The salesman gave them a demonstration of the latest model. “It comes equipped with all the newest features,” he assured them. The husband was not convinced. “Don’t you have a riding one?” he asked grimly. (Pat Montgomery, in Reader’s Digest)**

**A man and his wife were sitting in their living room, talking. He said to her, “Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.” She got up, unplugged the TV and threw out all his beer. *(The American Legion magazine)***

**Shun idleness. It is a rust that attaches itself to the most brilliant metals. (Voltaire)**

**Final totals show that more than 122 million people voted in the presidential election, for a turnout of 60.7 percent -- the highest percentage since 1968. But more than 78 million eligible voters stayed home, meaning that President Bush received votes from just 30.8 percent of eligible Americans. *(Associated Press, as it appeared in The Week magazine, January 28, 2005)***

**Americans today consume nearly the same number of calories -- about 3,400 a day -- as Americans in 1910 did, but the weight of the average American has increased substantially due to lack of exercise. *(Isaac Asimov’s Book of Facts, p. 94)***

**Wife: “Dagwood! I thought you were putting up the tree! How is it you can be so lazy?” Dagwood: “Being lazy keeps me from getting tired.” *(Dean Young & Denis Lebrun, in Blondie comic strip)***

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