



**“The best six doctors anywhere  
And no one can deny it  
Are sunshine, water, rest, and air  
Exercise and diet.  
These six will gladly you attend  
If only you are willing  
Your mind they'll ease  
Your will they'll mend  
And charge you not a shilling.”**

**– Nursery rhyme quoted by Wayne Fields,  
What the River Knows, 1990”**