

Common Sense

We might ascribe common sense to a farmer who can tell us the turns of the weather by a quick glance at the clouds. His sense is common because he uses his own ears and eyes to explain the phenomena of the world, instead of depending on mere theories or belief. Common sense is based on repeated observation and formed in the humility (or wisdom) or recognizing our own ignorance and working with it. It is vitally important in evaluating the steps we must take toward mental and physical well-being. We must ask questions, observe directly, and ultimately experiment with ourselves.