

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 31 (1968)  
**Heft:** [6]  
  
**Artikel:** Happiness  
**Autor:** [s.n.]  
**DOI:** <https://doi.org/10.5169/seals-942249>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. [Siehe Rechtliche Hinweise.](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. [Voir Informations légales.](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. [See Legal notice.](#)

**Download PDF:** 17.05.2025

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

# Happiness

The search for happiness has dominated man's thoughts and desires from the beginning of time, and it is strange to reflect that, even now, it still appears to be as wistful and elusive as it ever was.

The fact is that happiness, like health, is a state of well-being that is most evident when it is accepted without consideration.

When we are well, our bodies function silently and effortlessly, and we never give our health a thought. When we are unwell, we can think of nothing else.

So it is with happiness.

How often in life we look back on moments of experience with a nostalgic longing. We were happy then. At the time, however, it never entered our heads to stop and consider whether we were happy or not.

Happiness, after all, is purely an attitude of mind. Life will have its ups and downs, but if we can get in the habit of accepting these, and living each day to the best of our ability, we will see that happiness was never very far away. Happiness, like many other things, creeps in when we're not looking.

—Progress