

# Controlling Anger

Anger is hazardous to your health. We may have always believed that, but now there is scientific proof.

In a study conducted by the Gallup organization, Philadelphia ranked first among U.S. cities on what was called the “hostility index.” The hostility index was based on a nine-question scale that asked people how they felt about such things as loud rock music, supermarket checkout lines, and traffic jams.

Other cities on the hostility top five were New York, Cleveland (Ohio), Chicago and Detroit. At the bottom of the hostility index were Des Moines, Minneapolis, Denver, Seattle and Honolulu.



Medical experts looking at the results felt it was no coincidence that the cities that rated high on the index also had higher death rates.

Commenting on the study, Dr. Redford Williams of Duke University Medical School said, “Anger kills. There is a strong correlation between hostility and death rates. The angrier people are and the more cynical they are, the shorter their life span.”

In Galatians 5, the Apostle Paul lists several “works of the flesh,” including “outbursts of wrath,” and warns that “those who practice such things will not inherit the kingdom of God” (verse 23).

Controlling anger should be a must on everyone’s list.

– Beecher Hunter