

HUGS

*It's wondrous what a hug can do
It can cheer you when you're feeling blue.
A hug can say, 'I love you so,' or,
'Gee! I hate to see you go.'
A hug can say, 'Welcome back again!'
A hug can soothe a small child's pain
And bring a rainbow after rain.
Hugs are great for mothers and fathers,
Sweet for sisters, swell for brothers, and
Chances are your favorite aunts will love them more than potted plants.
Kittens crave them. Puppies love them.
Heads of state are not above them.
Hugs can break the language barrier,
And make your day so much merrier.
A hug warms and charms –
It must be why God gave us arms.
No need to fret about your store of 'em,
The more you give... the more there is of them.
There's just no doubt about it.
We simply could not live without it.
So spread your arms without delay, and give someone a hug today!*

By Ruth Sutton

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