

## ‘Ōlelo No‘eau Proverbs or Wise Sayings

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**Proverb:** “Ua ola loko i ke aloha.

**Translation:** Love gives life within.”

**Meaning:** Love is imperative to one’s mental and physical welfare. “Ua ola loko i ke aloha.

**Proverb:** “I ola no ke kino i ka mā’ona o ka ‘ōpū.

**Translation:** The body enjoys health when the stomach is well filled.” “Ua ola loko i ke aloha.

**Meaning:** A healthy diet is essential to good health

**Proverb:** “I pa’a ke kino o ke keiki i ka lā’au.

**Translation:** That the body of the child be solidly built by the medicines.”

**Meaning:** A mother ate herbs during pregnancy and nursing for the sake of the baby’s health. The herbs were given to the child up to the age of twenty so that he would be healthy and strong through maturity and old age.

**Proverb:** “Ka lā i ka Mauiola.

**Translation:** The sun at the source of life.”

**Meaning:** Maui-ola (Breath of Life) is the god/patron and source of health.

**Proverb:** “Mai ka piko o ke po’o a ka poli o ka wāwae, a l’a ma na kihi ‘ehā o ke kino.

**Translation:** From the crown of the head to the soles of the feet, and the four corners of the body.”

**Meaning:** An expression used in prayers of healing. The four corners are the shoulders and hips; between them are the vital organs of the body.

**Proverb:** “Pū’ali kalo i ka we ‘ole.

**Translation:** Taro, for lack of water, grows misshapen.

**Meaning:** For lack of care one may become ill.”