member is that since digestion begins by means of grinding the food with the teeth, thereby intermixing it with the juice of the saliva, one should not swallow any food without thorough mastication first.

FOODS CLASSIFIED

Since all people differ in their temperament, it follows that each should select food which is in accord with the character, climate, and time. Some foods are extremely harmful and one should usually refrain from eating them, e.g., large stale salted fish, stale salted cheese, old salted meat, wine fresh from the press, and cooked food which has lost its flavor. Likewise, any food which has a bad odor or bitter taste is generally poison to the body. There are also foods which, being injurious, are still not as bad as those listed earlier. These are: large fish; cheese, milk that has stood twenty–four hours after the milking; meat of large oxen or billy goats; barley bread; unleavened bread; cabbage; leeks; onions; garlic; mustard and radish. Such items should be eaten sparingly, if at all, and only in the winter at that—never in summer! Some other harmful foods are: water–fowl; little young pigeons; dates; bread kneaded in oil; and fine flour which no longer has any bran in it because of over–sifting.

Fruits on the other hand are very interesting foods. One is advised to abstain from over–eating of fruits of trees, even when they are dried. Before turning ripe, they are as swords on the membranes of the stomach. Carob is always bad, as are acidulous fruits. On the other hand, figs, grapes, almonds and pomegranates are always wholesome, whether fresh or dried, and may be eaten to one’s satisfaction. Yet one should not use them as a daily fare.

DRINKING

Water is the natural drink for man and healthful to the body. If it is clean and pure, it preserves the moisture of the body and hastens elimination of worthless matter. Cool water satisfies the thirst and helps the digestion more than water which is not cold. Moderation, again, is the key–note, since water which is too cold quenches the natural warmth of the body. Thus when a person is tired and weary he should be very careful not to drink cold water which has an adverse effect on the fat of the heart, already hot from the exertion. Still in all, water should not be drunk to excess even though it is good for the health. One should refrain from drinking water before a meal because it cools the stomach and impairs digestion. In the middle of the meal one should likewise drink only a little water mixed with wine, and only when the food begins to be digested should a moderate amount be taken. One should also refrain from drinking water in and upon leaving the bath–house since this can hurt the liver. Similarly after sexual intercourse, it is wise to abstain from water so as not to impair the natural warmth of the body.

Wine preserves the natural warmth, improves digestion, brings out