extraneous matter and helps the physical health if drunk in moderation, of course. The one who has a weak head should keep away from wine, because it adds to his weakness and fills his head with gases. Wine is good for the aged but injurious to the young, since it increases the natural warmth and is similar to adding fire to fire. Therefore, it's adviseable to abstain from wine up to the age of twenty-one. Wine should be drunk immediately before a meal (but only a little) in order to open up the intestines; it should not be drunk when hungry, nor after a bath, nor after perspiring, nor after being tired or weary. During meals it should be drunk sparingly.

A person should only eat when hungry and drink only when thirsty and should not neglect the call of nature for one moment. Before a meal, it behooves the individual to ascertain whether such a call will be imminent. The bowels should always be kept lax, even so far as to approach a diarrhetic state, for constipation can lead to serious diseases. Therefore when a person senses that the bowels are weakened and unable to work themselves, a doctor should be consulted for cure. Weariness in a moderate degree is good for the physical health, but too much weariness or rest is injurious to the body. A stout person needs more exercise than does a lean person.

**EMOTIONS AND HEALTH**

One who desires to preserve the health must become acquainted with the psychological emotions and take care of them. Chief among these are: joy; worry; anger; and fear. The wise person is always satisfied with his portion in life and should not grieve over a world that does not belong to him. He should be in good spirits, happy to a moderate extent because these cause the increase of the natural warmth, digestion of food, elimination of waste, while strengthening the eyesight and faculties and boning the intellectual powers. But one should be careful not to increase the joy of life by means of food or drink, as the foolish people do, because the natural warmth becomes dissolved, cooling off the heart, thereby possibly causing premature fatality. This is especially true with obese persons because their natural warmth is bad to begin with (due to excess weight) and the ensuing condition of narrowed blood vessels (decreasing the circulation) does not benefit the individual. Grief, like joy, is also harmful because it cools off the body and centralizes the natural heat into the heart which may cause death. Anger rouses the body warmth and can produce fever. Fright causes coolness in the body, thereby causing the person to shiver which is another state harmful to the body mechanisms.

Sleep in moderation is beneficial because it aids digestion, rests one's senses, and restores strength. Excessive sleep fills the head with gases and can cause injury. One should not sleep when one is hungry because the warmth works to excess and will produce gases which go to the head. While asleep, a person's head should be higher than the rest of the