body, thereby diminishing any flow of gas to the head and aiding the food to go down to the stomach and beyond. Natural sleep occurs during the night. Sleep during daylight hours is harmful and is only good for those who are accustomed to it.

An individual should always try to reside where the air is pure, the ground is elevated and in a house of ample proportions. Beneficial air should be at an even temperature, neither cold nor hot. Therefore it's advisable not to overheat a house in winter-time, as many senseless people do, because the excessive heat can bring on sickness. It should be heated only enough to prevent the cold from being felt.

**EYESIGHT**

To preserve the eyesight, one should guard against the following: going from a dark place to a well illuminated place suddenly; doing the reverse suddenly; reading or writing at dusk, twilight, or at noon; doing work by candlelight at night; gazing steadily at bright red colors or at fire; encountering smoke, sulphurous fumes, dust, or excessive wind. One should not read or write from light reflected from the sun but should strive for direct lighting from any source.

**HAZARDOUS COMBINATIONS**

One should not eat fish together with meat (even poultry fat) because it is dangerous. If one does eat meat and immediately thereafter fish or vice-versa, he should be sure to eat some bread and drink a beverage between them so as to wash the food down and rinse his mouth. One should not drink any uncovered water. One should always beware of things which are dangerous because regulations concerning health and life are made more stringent than ritual law; the risk of peril is greater than the infringement of a precept. Therefore, one should not walk in a dangerous place, nor alone at night, nor sleep alone at night. One should refrain from drinking water from rivers at night, lest he swallow something harmful. One who has bowel troubles should not place a vessel of hot water on the abdomen. This is dangerous. One is also forbidden to cross a stream when the water is rising; if it reaches above his loins he is in danger of being swept away.

There are many laws concerning the ban on cooking or eating meat and milk, or any of their derivatives, together. This is a cardinal regulation in Scripture and must be adhered to scrupulously.

In summary, we have seen the “waterfront” covered by Hebraic Law in its attempt to enable man to live a healthier life. Not all the advice is scientifically sound, but it has stood the test of time. In most cases we might say: “Try it, you’ll like it!” You might even find that it works!