

# HEALTH

## *Moderation, Safety and Temperance*

### 1. ESSENCE

- 2202 Moderation is the silken string running through the pearl-chain of all virtues.  
Thomas Fuller (1608-1661)
- 2203 Health consists with Temperance alone.  
Pope (1688-1744)
- 2204 Health is not a condition of matter, but of Mind.  
Mary Baker Eddy (1821-1910)

### 2. OPPOSITES

- 2205 Heaven's way is indeed like the bending of a bow.  
When the string is high, bring it down.  
When it is low, raise it up.  
When it is excessive, reduce it.  
When it is insufficient, supplement it.  
The Way of Heaven reduces the excessive,  
And supplements the insufficient...  
Lao-Tzu (fl. B.C. 600)
- 2206 Health, beauty, vigor, riches, and all the other things  
called goods, operate equally as evils to the vicious and  
unjust, as they do as benefits to the just.  
Plato (B.C. 427?-347?)
- 2207 Health is no other (as the learned hold)  
But a just measure both of Heat and Cold.  
Robert Herrick (1591-1674)
- 2208 Abstinence is as easy to me as temperance would be  
difficult.  
Johnson (1709-1784)
- 2209 Moderation in temper is always a virtue;  
but moderation in principle is always a vice.  
Paine (1737-1809)
- 2210 The poorest man would not part with health for money,  
but the richest would gladly part with all their money for  
health.  
Colton (1780-1832)
- 2211 There is moderation even in excess.  
Disraeli (1804-1881)

- 2212 Every human being is the author of his own health or disease.  
Sivananda (born 1887) 2 of 7

### 3. INSIGHT

- 2213 The blessings, O man! of thy external part, are health, vigour, and proportion. The greatest of these is health. What health is to the body, even that is honesty to the Soul.  
Akhenaton? (c. B.C. 1375)
- 2214 To hold and fill to overflowing  
Is not as good as to stop in time.  
Sharpen a knife-edge to its very sharpest,  
And the edge will not last long.  
When gold and diamonds fill your hall,  
You will not be able to keep them.  
To be proud with honor and wealth  
Is to cause one's own downfall.  
Withdraw as soon as your work is done.  
Such is Heaven's Way.  
Lao-Tzu (fl. B.C. 600)
- 2215 In everything the middle course is best: all things in excess bring trouble to men.  
Plautus (B.C. 254-184)
- 2216 There is a mean in all things; and, moreover, certain limits on either side of which right cannot be found.  
Horace (B.C. 65-8)
- 2217 Moderation is the center wherein all philosophies, both human and divine, meet.  
Joseph Hall (1574-1656)
- 2218 Moderation, which consists in an indifference about little things, and in a prudent and well-proportioned zeal about things of importance, can proceed from nothing but true knowledge, which has its foundation in self-acquaintance.  
Chatham (1708-1778)
- 2219 Moderation is the inseparable companion of wisdom, but with it genius has not even a nodding acquaintance.  
Colton (1780-1832)
- 2220 What a searching preacher of self-command is the varying phenomenon of health.  
Emerson (1803-1882)

**4. POSITIVE**

- 2221 Her name is Health: she is the daughter of Exercise, who begot her on Temperance. The rose blusheth on her cheeks, the sweetness of the morning breatheth from her lips; joy, tempered with innocence and modesty, sparkleth in her eyes and from the cheerfulness of her heart she singeth as she walketh.  
Akhenaton? (c. B.C. 1375)
- 2222 Sound health is the greatest of gifts; contentedness, the greatest of riches; trust, the greatest of qualities; enlightenment, the greatest happiness.  
Buddha (B.C. 568-488)
- 2223 Who loves the golden mean is safe from the poverty of a tenement, is free from the envy of a palace.  
Horace (B.C. 65-8)
- 2224 Safety lies in the middle course.  
Ovid (B.C. 43-18 A.D.)
- 2225 Temperance is reason's girdle, and passion's bride, the strength of the soul, and the foundation of virtue.  
Jeremy Taylor (1613-1667)
- 2226 To learn moderation is the essence of sound sense and real wisdom.  
Jacques Benigue Bossuet (1627-1704)
- 2227 Health is the soul that animates all the enjoyments of life, which fade and are tasteless without it.  
William Temple (1628-1699)
- 2228 He knows to live who keeps the middle state.  
Pope (1688-1744)
- 2229 Temperance and labor are the two best physicians of man; labor sharpens the appetite, and temperance prevents from indulging to excess.  
Rousseau (1712-1778)
- 2230 True happiness springs from moderation.  
Goethe (1749-1832)
- 2231 Only actions give life strength; only moderation gives it a charm.  
Richter (1763-1825)

- 2232 Moderation is the key of lasting enjoyment.  
Hosea Ballou (1771-1852) 4 of 7
- 2233 The first wealth is health.  
Emerson (1803-1882)
- 2234 The choicest pleasures of life lie within the ring of  
moderation.  
Tupper (1810-1889)
- 2235 Moderation is the secret of survival.  
Manly P. Hall (born 1901)

## 5. NEGATIVE

- 2236 Everything that exceeds the bounds of moderation has an  
unstable foundation.  
Seneca (B.C. 3-65 A.D.)
- 2237 Without health life is not life; it is only a state of  
languor and suffering - an image of death.  
Rabelais (1490-1553)
- 2238 Preserving the health by too strict a regimen is a  
wearisome malady.  
La Rochefoucauld (1613-1680)
- 2239 Men have made a virtue of moderation to limit the ambition  
of the great, and to console people of mediocrity for their  
want of fortune and of merit.  
La Rochefoucauld (1613-1680)
- 2240 He's a Fool that makes his Doctor his Heir.  
Franklin (1706-1790)
- 2241 Health is so necessary to all the duties, as well as  
pleasures of life, that the crime of squandering it is  
equal to the folly.  
Johnson (1709-1784)
- 2242 People who are always taking care of their health are like  
misers, who are hoarding a treasure which they have never  
spirit enough to enjoy.  
Sterne (1713-1768)
- 2243 Objection, evasion, distrust and irony are signs of health.  
Everything absolute belongs to pathology.  
Nietzsche (1844-1900)

- 2244 Moderation is a fatal thing. Nothing succeeds like excess.  
Oscar Wilde (1854-1900)

## 6. ADVICE

- 2245 The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live the present moment wisely and earnestly.  
Buddha (B.C. 568-488)
- 2246 It is best to rise from life as from a banquet, neither thirsty nor drunken.  
Aristotle (B.C. 384-322)
- 2247 To live long, it is necessary to live slowly.  
Cicero (B.C. 106-43)
- 2248 Kill neither men, nor beasts, nor yet the food which goes into your mouth. For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you also. For life comes only from life, and from death always comes death...And our bodies become what your foods are, even as your spirits, likewise, become what your thoughts are...Eat nothing, therefore, which a stronger fire than the fire of life has killed. Wherefore, prepare and eat all fruits of trees, and all grasses of the fields, and all milk of beasts good for eating. For all these are fed and ripened by the fire of life; all are the gift of the angels of our Earthly Mother. But eat nothing to which only the fire of death gives savor, for such is of Satan.  
Jesus (B.C. 6?-30? A.D.)
- 2249 To wish to be well is a part of becoming well.  
Seneca (B.C. 3-65 A.D.)
- 2250 Fortify yourself with moderation; for this is an impregnable fortress.  
Epictetus (50-138 A.D.)
- 2251 Strive to preserve your health; and in this you will better succeed in proportion as you keep clear of the physicians, for their drugs are a kind of alchemy concerning which there are no fewer books than there are medicines.  
Leonardo Da Vinci (1452-1519)
- 2252 There is a wisdom in this beyond the rules of physic: a man's own observation what he finds good of and what he finds hurt of is the best physic to preserve health.  
Bacon (1561-1626)

- 2253 Use, do not abuse; nether abstinence nor excess ever renders man happy.  
Voltaire (1694-1778)
- 2254 Be sober and temperate, and you will be healthy.  
Franklin (1706-1790)
- 2255 Eat to live, not live to eat.  
Franklin (1706-1790)
- 2256 Regularity in the hours of rising and retiring, perseverance in exercise, adaptation of dress to the variations of climate, simple and nutritious aliment, and temperance in all things are necessary branches of the regimen of health.  
Lydia Sigourney (1791-1865)
- 2257 He who would keep himself to himself should imitate the dumb animals, and drink water.  
Bulwer-Lytton (1803-1873)
- 2258 Refuse to be ill. Never tell people you are ill; never own it to yourself. Illness is one of those things which a man should resist on principle at the onset.  
Bulwer-Lytton (1803-1873)
- 2259 Never hurry; take plenty of exercise; always be cheerful, and take all the sleep you need, and you may expect to be well.  
James F. Clarke (1810-1888)
- 2260 The sum of the whole is this: walk and be happy; walk and be healthy. The best way to lengthen out our days is to walk steadily and with a purpose.  
Charles Dickens (1812-1870)
- 2261 Drinking water neither makes a man sick, nor in debt, nor his wife a widow.  
John Neale (1818-1866)
- 2262 The requisites of health are plain enough; regular habits, daily exercise, cleanliness, and moderation in all things - in eating as well as in drinking - would keep most people well.  
Lubbock (1834-1913)
- 2263 Health is a gift, but you have to work to keep it.  
Elbert Hubbard (1859-1915)

**7. POTPOURRI**

- 2264 Use no medicine in an illness  
Incurred through no fault of your own.  
It will pass of itself.  
I Ching (B.C. 1150?)
- 2265 The man who makes everything that leads to happiness  
depends upon himself, and not upon other men, has adopted  
the very best plan for living happily. This is the man  
of moderation, the man of manly character and of wisdom.  
Plato (B.C. 427?-347?)
- 2266 The foods that prolong life and increase purity, vigour,  
health, cheerfulness, and happiness are those that are  
delicious, soothing, substantial and agreeable. ... Foods  
that are bitter, sour, salt, over-hot, pungent, dry and  
burning produce unhappiness, repentance and disease.  
Bhagavad Gita (c. B.C. 400)
- 2267 Comport thyself in life as at a banquet. If a plate is  
offered thee, extend thy hand and take it moderately; if it  
be withdrawn, do not detain it. If it come not to thy side,  
make not thy desire loudly known, but wait patiently till it  
be offered thee. Use the same moderation towards thy wife  
and thy children, toward honors and riches.  
Epictetus (50-138 A.D.)
- 2268 The common ingredients of health and long life are:  
Great temperance, open air,  
Easy labor, little care.  
Philip Sidney (1554-1586)
- 2269 Nor love, nor honour, wealth nor power,  
Can give the heart a cheerful hour  
When health is lost, be timely wise;  
With health all taste of pleasure flies.  
Gay (1688-1732)
- 2270 When I go into my garden with a spade, and dig a bed, I  
feel such an exhilaration and health that I discover that  
I have been defrauding myself all this time in letting  
others do for me what I should have done with my own hands.  
Emerson (1803-1882)
- 2271 Joy, temperance, and repose,  
slam the door on the doctor's nose.  
Longfellow (1807-1882)