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# On Eating Francolin

Marwan b. Muhammad narrated from 'Ali b. al-Nu'man from 'Ali b. al-Hasan b Musa, peace be upon him, from his forefathers from Amir al-Mu'minin, peace be upon him, who said: 'I heard the Messenger of Allah, blessings on him, say: "Whoever wishes to lessen his anger, let him eat francolin (*al-durraj*)."'

From him, blessings on him and his family, he said: "Whoever complains of his heart and has many sorrows, let him eat francolin."

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