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Eating

الأكل Eating

1. Eating less is from self-restraint and overeating is from indulgence.

2. Eating less prevents many maladies of the body.

3. How often has [the eating of] one food prevented [the eating of] other foods.

4. Overeating is from gluttony, and gluttony is the worst flaw.

5. Overeating and oversleeping corrupt the soul and bring about impairment.

6. Overeating causes bad [body] odour.

7. Be like the bee when it eats it eats what is good and when it secretes it secretes what is good, and when it sits on a twig it does not break it.

8. Whoever eats less, his thoughts become pure.

9. One who restricts his eating, his health improves and his thoughts become righteous.

10. One whose efforts are [solely] for [acquiring] that which enters his stomach, his value is [equal to] that which comes out from it.

11. One who eats excessively, his health deteriorates and his expenses become heavy for him to bear.

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