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Good Health And The Healthy

الصيّحة وأهل الصيّحة-Good Health and the Healthy

1. Good health is the more salubrious of the two delights.

2. Good health is the best blessing.

3. With good health, enjoyment becomes complete.

4. With good health, there is delight in the taste [of food].

5. The alms-tax of good health is striving in the obedience of Allah.

6. Are the people who are enjoying the vitality of good health awaiting anything other than the afflictions of illness?!

7. Good health and gluttony do not go together.

8. Good health is not attained except through a good diet.

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