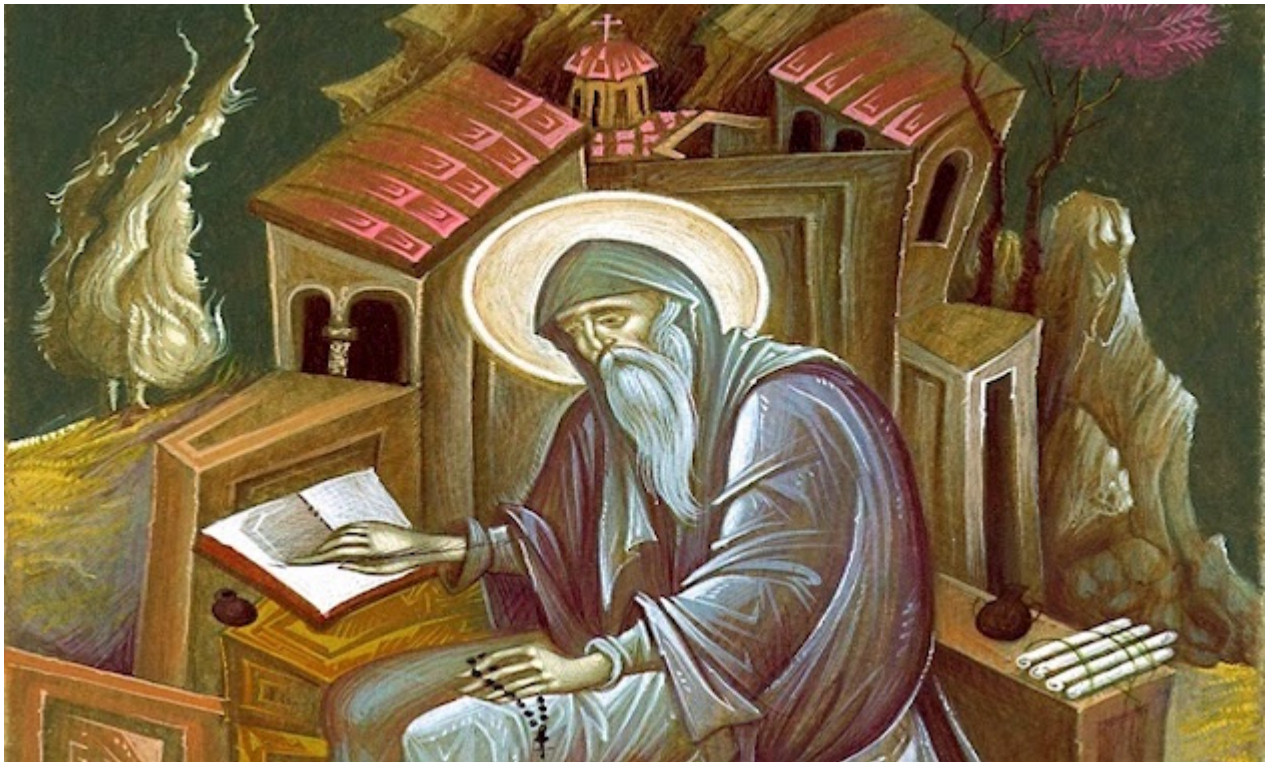
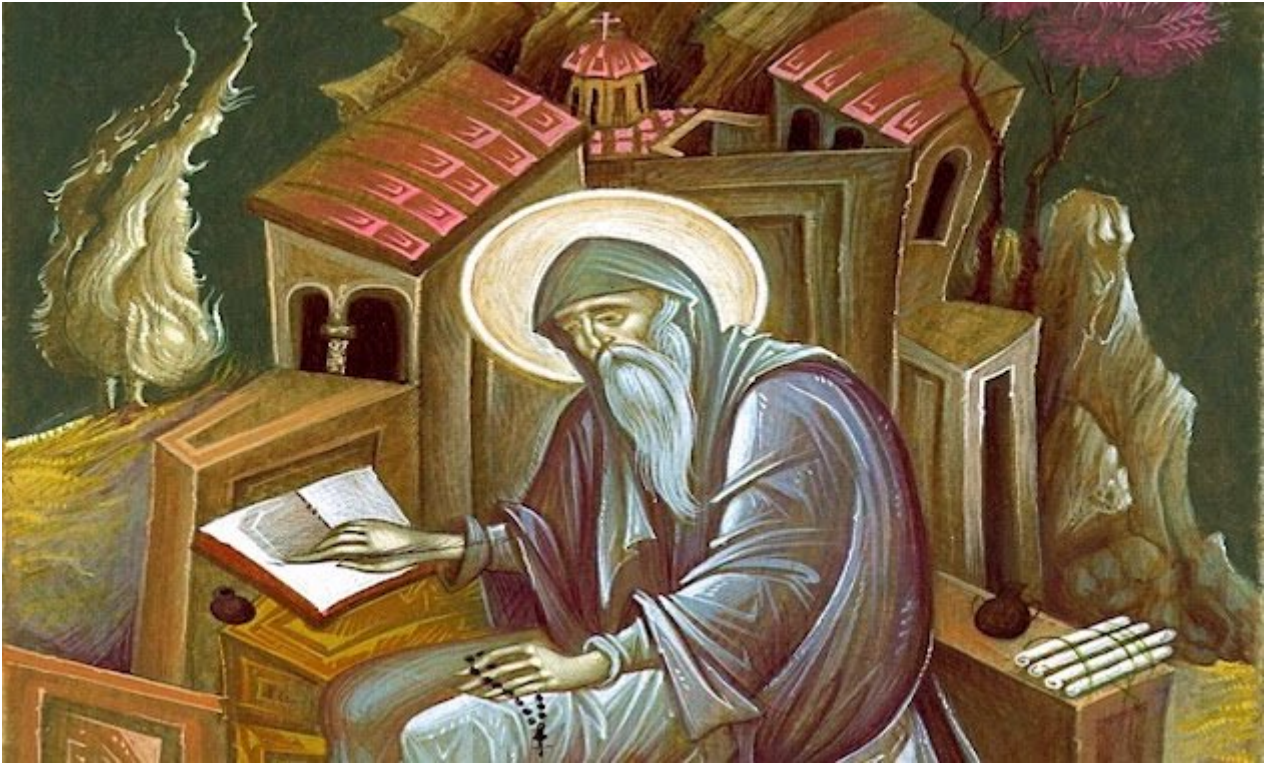


They get through easily (Saint John Chrysostom)

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People who exercise restraint spend the whole of their lives at ease and in great spiritual freedom. Frugality is what feeds the body, since the organism is able to

absorb a little at a time. More than this not only doesn't feed the body, but it actually destroys it.