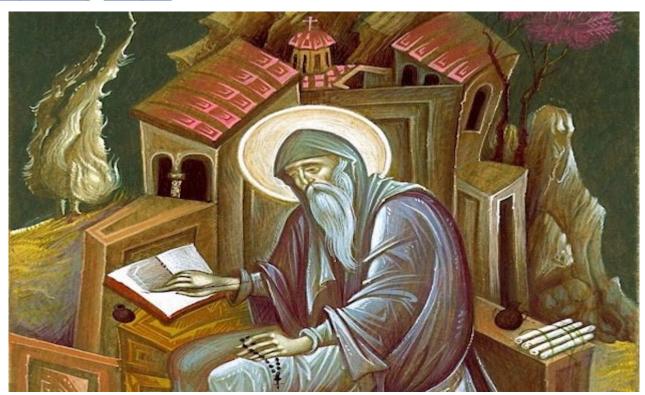
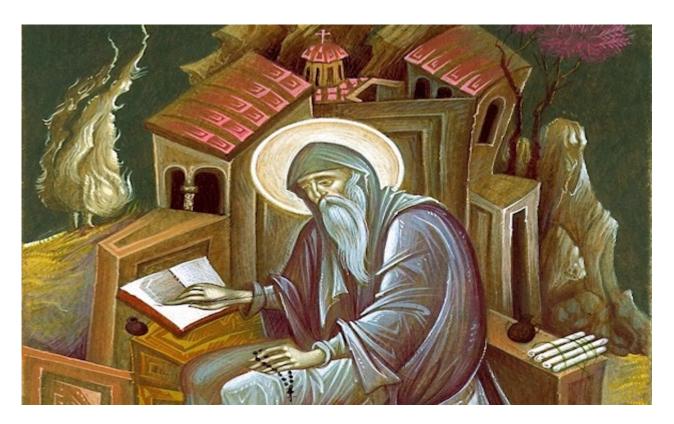
## They get through easily (Saint John Chrysostom)

Ξένες γλώσσες / In English





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 actually destroys it.	time. N	More	than	this	not	only	doesn't	feed	the	body,	but	it