**CHAPTER** **30**

*Of correction of children. Health is better than wealth. Excessive grief is hurtful.*

**1** He that loveth his son, frequently chastiseth him, that he may rejoice in his latter end, and not grope after the doors of his neighbours.

**2** He that instructeth his son shall be praised in him, and shall glory in him in the midst of them of his household.

**3** He that teacheth his son, maketh his enemy jealous, and in the midst of his friends he shall glory in him.

**4** His father is dead, and he is as if he were not dead: for he hath left one behind him that is like himself.

**5** While he lived he saw and rejoiced in him: and when he died he was not sorrowful, neither was he confounded before his enemies.

**6** For he left behind him a defender of his house against his enemies, and one that will requite kindness to his friends.

**7** For the souls of his sons he shall bind up his wounds, and at every cry his bowels shall be troubled.

**8** A horse not broken becometh stubborn, and a child left to himself will become headstrong.

**9** Give thy son his way, and he shall make thee afraid: play with him, and he shall make thee sorrowful.

**10** Laugh not with him, lest thou have sorrow, and at the last thy teeth be set on edge.

**11** Give him not liberty in his youth, and wink not at his devices.

**12** Bow down his neck while he is young, and beat his sides while he is a child, lest he grow stubborn, and regard thee not, and so be a sorrow of heart to thee.

**13** Instruct thy son, and labour about him, lest his lewd behaviour be an offence to thee.

**14** Better is a poor man who is sound, and strong of constitution, than a rich man who is weak and afflicted with evils.

**15** Health of the soul in holiness of justice, is better than all gold and silver: and a sound body, than immense revenues.

**16** There is no riches above the riches of the health of the body: and there is no pleasure above the joy of the heart.

**17** Better is death than a bitter life: and everlasting rest, than continual sickness.

**18** Good things that are hidden in a mouth that is shut, are as messes of meat set about a grave.

**19** What good shall an offering do to an idol? for it can neither eat, nor smell:

**20** So is he that is persecuted by the Lord, bearing the reward of his iniquity:

**21** He seeth with his eyes, and groaneth, as an eunuch embracing a virgin, and sighing.

**22** Give not up thy soul to sadness, and afflict not thyself in thy own counsel.

**23** The joyfulness of the heart, is the life of a man, and a never failing treasure of holiness: and the joy of a man is length of life.

**24** Have pity on thy own soul, pleasing God, and contain thyself: gather up thy heart in his holiness: and drive away sadness far from thee.

**25** For sadness hath killed many, and there is no profit in it.

**26** Envy and anger shorten a man’s days, and pensiveness will bring old age before the time.

**27** A cheerful and good heart is always feasting: for his banquets are prepared with diligence.