**CHAPTER** **31**

*Of the desire of riches, and moderation in eating and drinking.*

**1** Watching for riches consumeth the flesh, and the thought thereof driveth away sleep.

**2** The thinking beforehand turneth away the understanding, and a grievous sickness maketh the soul sober.

**3** The rich man hath laboured in gathering riches together, and when he resteth he shall be filled with his goods.

**4** The poor man hath laboured in his low way of life, and in the end he is still poor.

**5** He that loveth gold, shall not be justified: and he that followeth after corruption, shall be filled with it.

**6** Many have been brought to fall for gold, and the beauty thereof hath been their ruin.

**7** Gold is a stumblingblock to them that sacrifice to it: woe to them that eagerly follow after it, and every fool shall perish by it.

**8** Blessed is the rich man that is found without blemish: and that hath not gone after gold, nor put his trust in money nor in treasures.

**9** Who is he, and we will praise him? for he hath done wonderful things in his life.

**10** Who hath been tried thereby, and made perfect, he shall have glory everlasting. He that could have transgressed, and hath not transgressed: and could do evil things, and hath not done them:

**11** Therefore are his goods established in the Lord, and all the church of the saints shall declare his alms.

**12** Art thou set at a great table? be not the first to open thy mouth upon it.

**13** Say not: There are many things which are upon it.

**14** Remember that a wicked eye is evil.

**15** What is created more wicked than an eye? therefore shall it weep over all the face when it shall see.

**16** Stretch not out thy hand first, lest being disgraced with envy thou be put to confusion.

**17** Be not hasty in a feast.

**18** Judge of the disposition of thy neighbour by thyself.

**19** Use as a frugal man the things that are set before thee: lest if thou eatest much, thou be hated.

**20** Leave off first, for manners’ sake: and exceed not, lest thou offend.

**21** And if thou sittest among many, reach not thy hand out first of all: and be not the first to ask for drink.

**22** How sufficient is a little wine for a man well taught, and in sleeping thou shalt not be uneasy with it, and thou shalt feel no pain.

**23** Watching, and choler, and gripes, are with an intemperate man:

**24** Sound and wholesome sleep with a moderate man: he shall sleep till morning, and his soul shall be delighted with him.

**25** And if thou hast been forced to eat much, arise, go out, and vomit: and it shall refresh thee, and thou shalt not bring sickness upon thy body.

**26** Hear me, my son, and despise me not: and in the end thou shalt find my words.

**27** In all thy works be quick, and no infirmity shall come to thee.

**28** The lips of many shall bless him that is liberal of his bread, and the testimony of his truth is faithful.

**29** Against him that is niggardly of his bread, the city will murmur, and the testimony of his niggardliness is true.

**30** Challenge not them that love wine: for wine hath destroyed very many.

**31** Fire trieth hard iron: so wine drunk to excess shall rebuke the hearts of the proud.

**32** Wine taken with sobriety is equal life to men: if thou drink it moderately, thou shalt be sober.

**33** What is his life, who is diminished with wine?

**34** What taketh away life? death.

**35** Wine was created from the beginning to make men joyful, and not to make them drunk.

**36** Wine drunken with moderation is the joy of the soul and the heart.

**37** Sober drinking is health to soul and body.

**38** Wine drunken with excess raiseth quarrels, and wrath, and many ruins.

**39** Wine drunken with excess is bitterness of the soul.

**40** The heat of drunkenness is the stumblingblock of the fool, lessening strength and causing wounds.

**41** Rebuke not thy neighbour in a banquet of wine: and despise him not in his mirth.

**42** Speak not to him words of reproach: and press him not in demanding again.