

THE HEALTH SONNET

Leonardo da Vinci

If you want to keep healthy, follow these rules:
don't eat unless you feel inclined and dine lightly,
chew well and let what you intake
be well cooked and of simple make.

That who takes medicines is ill- advised.
Beware of anger and stay away from unhealthy air;
stand upright, when you leave the table;
during the day avoid sleeping.

Be temperate with wine, drink little and often,
never far from meals, nor on an empty stomach.

Don't protract or delay if you need the privy.

If you take exercise, do it light and short.

Don't lie with your stomach recumbent and your head lowered
and stay warm and covered during the night.

Rest your head and keep a happy mind.

Shun lust and follow the diet.