

*should not be preferred to all others?*

Certainly not, because man being composed of a soul and a body, the soul must govern the body.

80. *According to what maxims should we behave?*

According to the following: The soul must be preferred to the body; the joys of conscience, to sensual pleasures; the health of the soul, to that of the body; the welfare of the soul, to material comfort; the interests of the soul must be valued more than food or drink.

81. *What are the advantages of Temperance?*

Temperance favours health, procures joy for the mind and heart and bridles the passions.

82. *Do the Holy Scriptures advise us to be moderate in eating and drinking?*

Yes, we read in the Book of Ecclesiasticus: "*Use as a frugal man the things that are set before thee: lest if thou eatest much, thou be hated. How*