

Indeed he balances this with the well-known opinion of Cæsar that—

Yon'd Cassius has a lean and hungry look;  
He thinks too much; such men are dangerous.

*Julius Cæsar*, i, 2.

Falstaff gives sound direction for the measures to be adopted against the *embonpoint* of success—

If I do grow great, I'll grow less; for I'll purge, and leave sack, and live cleanly,  
as a nobleman should do.

*Henry IV*, Part I. v, 4.

*Digestion*.—The dictum that—

Things sweet to taste prove in digestion sour.

*Richard II*, i, 3.

requires some saving clauses. But the following regulations in regard to appetite, undisturbed meals, and good digestion are absolute:—

Unquiet meals make ill digestions.

Abbess in *Comedy of Errors*, v, 1.  
In food, in sport, and life-preserving rest,  
To be disturb'd, would mad or man or beast.

Abbess in *Comedy of Errors*, v, 1.  
Now good digestion wait on appetite,  
And health on both!

*Macbeth*, iii, 4.

Many will endorse the recommendation of a stroll in the open air soon after meals, as an aid to digestion. Patroclus, addressing, on behalf of his chief, the princes who made an afternoon call, says,—

He hopes it is no other  
But, for your health and your digestion sake,—  
An after-dinner's breath.

*Troilus and Cressida*, ii, 3.

The green sickness, *i.e.*, *chlorosis*, is mentioned very frequently—

She never told her love,  
But let concealment, like a worm i' the bud,  
Feed on her damask cheek: she pin'd in thought,  
And, with a green and yellow melancholy,  
She sat, like patience on a monument.

Pox upon her green-sickness for me.

*Viola in Twelfth Night*, ii, 4.

You green-sickness carrion.

*Pericles*, iv, 6.

A kind of male green-sickness.

*Romeo and Juliet*, iii, 5.

*Henry IV*, Part II, iv, 3.

This shows that he appreciated that chlorosis was usually a disease of females and rare in males, although it also affects Lepidus—

Cæsar is sad; and Lepidus,  
Since Pompey's feast, as Menas says, is troubled  
With the green-sickness.

*Antony and Cleopatra*, iii, 2.