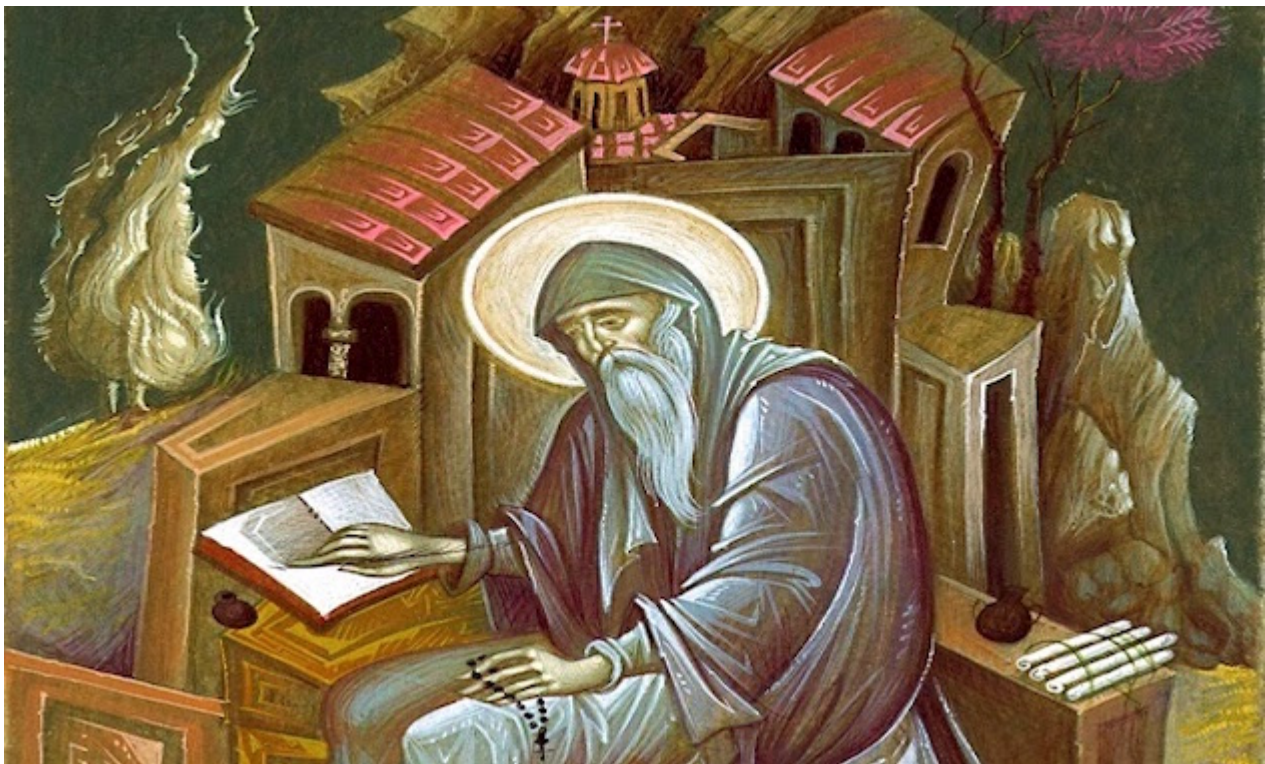
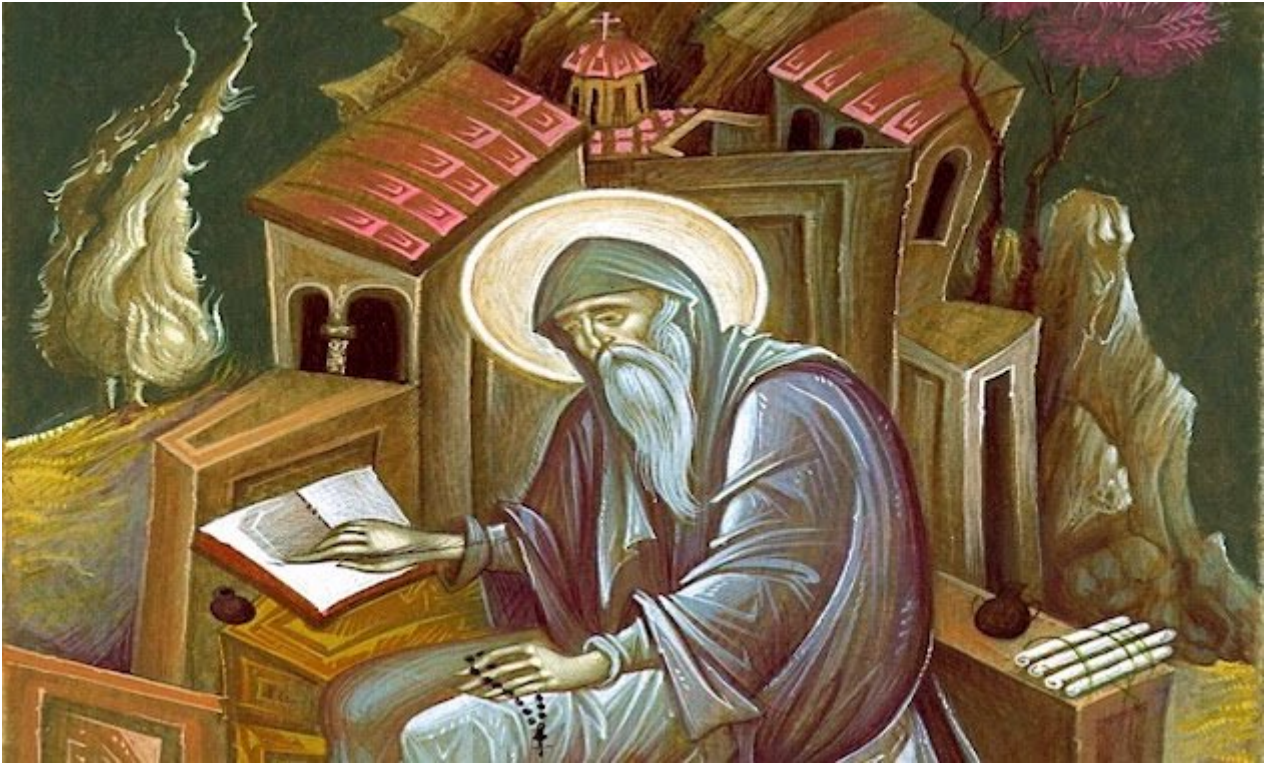


10 Ιανουαρίου 2018

They get through easily (Saint John Chrysostom)

[Ξένες γλώσσες](#) / [In English](#)



People who exercise restraint spend the whole of their lives at ease and in great spiritual freedom. Frugality is what feeds the body, since the organism is able to

absorb a little at a time. More than this not only doesn't feed the body, but it actually destroys it.