MEASURING SENESCENCE THROUGH MORBIDITY
Τά τε γὰρ υπερβάλλοντα γυμνάσια καὶ τά ἐλλείποντα φθείρει τὴν ἰσχύν,
όμοιως δὲ καὶ τά ποτά καὶ τά σιτία πλεῖω καὶ ἐλάττω γινόμενα φθείρει τὴν
ὑγίειαν, τὰ δὲ σύμμετρα καὶ ποιεῖ καὶ αὔξει καὶ σώζει.

Both the exceeding and the shortcoming exercises ruin the strength,
and likewise the drinks and the foods that become too much and too little
ruin the health, while those that are moderate
produce and increase and preserve them.

Aristotle, *Ethica Nicomachea* II: 2: 6 (1104a15)