

P A R

**MEASURING
SENESCENCE
THROUGH
MORBIDITY**

Τά τε γὰρ ὑπερβάλλοντα γυμνάσια καὶ τὰ ἐλλείποντα φθείρει τὴν ἰσχύν,
ὁμοίως δὲ καὶ τὰ ποτὰ καὶ τὰ σιτία πλείω καὶ ἐλάττω γινόμενα φθείρει τὴν
ὑγίειαν, τὰ δὲ σύμμετρα καὶ ποιεῖ καὶ αὖξει καὶ σφύζει.

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)

