XLVIII

A FRIEND ADVISES ME TO STOP DRINKING

In my young days I drank a Lot of wine. There is nothing Wrong with the love of a drink. Now I am old and my teeth and Hairs are few and far between. I still love to drink, but I Can't do it like I used to. Now when i drink it upsets My stomach. There is not much Pleasure in it. Today I Got drunk and could not hold up My head. The room turned round and round. Seeking pleasure, I find only Sickness. This is certainly Not the way to care for my health. Maybe I should give it up Altogether. I am afraid People will laugh at me. Still, You say it would be a good Idea. There's not much pleasure In a sour stomach and Bad breath. I really know that I Ought to stop. If I don't do it, I don't know what will happen to me.

MEI YAO CH'EN (1002- 1060)