

Today's kanji
(proverb)

13.12.2014(JST)

腹八分目は医者いらず

はら はちぶんめ は いしゃ いらず
hara hachibunme ha isha irazu

"hara" means "abdomen" "hachi" means "eight"
"ibunme" means "10%" "hachibunme" means "80%"
"isha" means "doctor" "irazu" means "not need"
that is

Moderate eating keeps the doctor away

