

٢٢٥. وَقَالَ (عليه السلام): الْعَجَبُ لَغَفْلَةِ الْحُسَّادِ عَنْ سَلَامَةِ الْأَجْسَادِ.

225. Amīr al-mu'minīn, peace be upon him, said: It is strange that the jealous do not feel jealous about bodily health. [1]

Footnote :

[1] A jealous person feels jealous of the property and position of others but not of their health and physical power, although this blessing is the best of all others. The reason is that the effects of wealth and riches remain before the eyes through external pageantry and means of ease and comfort, whereas health is the victim of disregard for being a routine matter, and it is regarded so unimportant that a jealous person does not consider it worth his feeling of jealousy.

Thus, if he sees a labourer carrying a burden on his head all day he does not feel envious, as if health and energy is not an object of envy. Nevertheless, when he himself falls ill he realizes the value and worth of healthiness. It is now that he realizes that it was this health which till now carried no importance in his eyes but was the most deserving to be envied. The intention is that one should regard health as a highly valuable blessing and remain attentive towards its protection and care.