

https://en.wikisource.org/wiki/Of_Peace_of_Mind#cite_note-6

XVII.4 Neither ought we always to keep the mind strained to the same pitch, but it ought sometimes to be relaxed by amusement. Socrates did not blush to play with little boys, Cato used to refresh his mind with wine after he had wearied it with application to affairs of state, and Scipio would move his triumphal and soldierly limbs to the sound of music, not with a feeble and halting gait, as is the fashion now-a-days, when we sway in our very walk with more than womanly weakness, but dancing as men were wont in the days of old on sportive and festal occasions, with manly bounds, thinking it no harm to be seen so doing even by their enemies.

XVII.5 Men's minds ought to have relaxation: they rise up better and more vigorous after rest. (...) but they will recover their strength after a short period of rest and relief: for continuous toil produces a sort of numbness and sluggishness. Men would not be so eager for this, if play and amusement did not possess natural attractions for them, although constant indulgence in them takes away all gravity and all strength from the mind: for sleep, also, is necessary for our refreshment, yet if you prolong it for days and nights together it will become death. There is a great difference between slackening your hold of a thing and letting it go. (...)

XVII.8 We must humour our minds and grant them rest from time to time, which acts upon them like food, and restores their strength. It does good also to take walks out of doors, that our spirits may be raised and refreshed by the open air and fresh breeze: sometimes we gain strength by driving in a carriage, by travel, by change of air, or by social meals and a more generous allowance of wine: at times we ought to drink even to intoxication, not so as to drown, but merely to dip ourselves in wine: for wine washes away troubles and dislodges them from the depths of the mind, and acts as a remedy to sorrow as it does to some diseases. The inventor of wine is called Liber, not from the licence which he gives to our tongues, but because he liberates the mind from the bondage of cares, and emancipates it, animates it, and renders it more daring in all that it attempts.