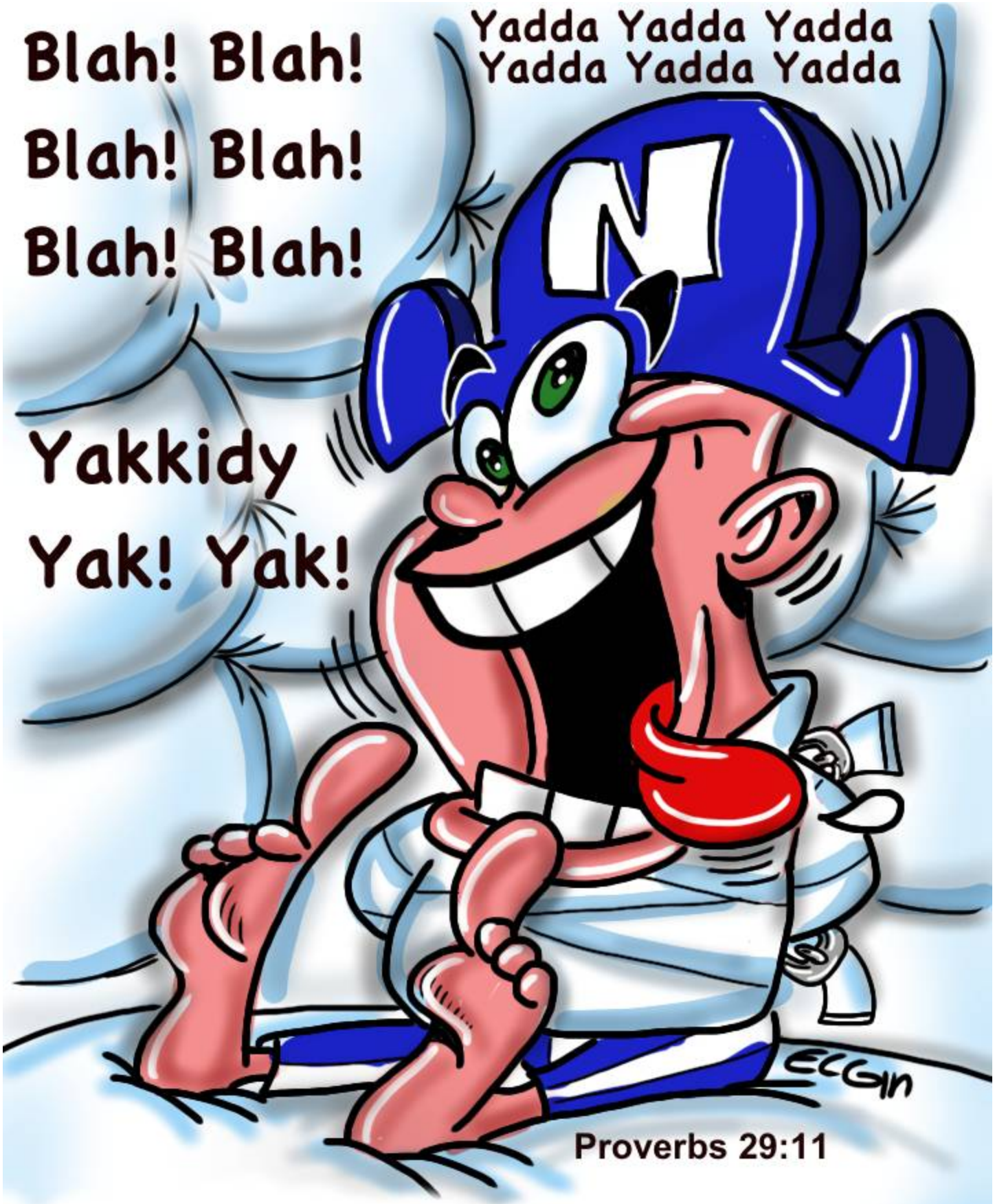

Proverbs 29:11

A fool gives full vent to his spirit,
but a wise man quietly holds it back.