Excerpts: His Highness, Aga Khan III describes his day which, since 'early youth', starts at 4AM with 'intense prayer'

"The day begins for me -- as it has begun since my early youth -- at 4 A.M. I wake up automatically about that time and spend the first hour -- between four and five -- at intense prayer. There are no statues in my bedroom but a special prayer carpet is always prepared and my tasbee, my rosary, is always with me. At five I go back again to sleep and wake up some time between eight and nine when I have immediately a breakfast of toast, tea, and honey -- but no butter. By ten I have looked at the newspapers, had a wash, am dressed and then usually go out for a walk of anything between one and two miles, or I play nine holes of golf. If there is rain I do not go out. Until about one o'clock I am at work with my secretaries, dealing with my correspondence, writings and various business matters. I rarely leave anything undone from one day to another and usually have very little leftovers. At one or one thirty I lunch at Cannes in our own house, but everywhere else at some restaurant or other -- rarely in the hotel restaurant. Lunch is my main meal of the day and consists of fish, eggs or meat, but only one of the three, and never a combination of the three -- rice regularly, two vegetables and cooked fruit, ice cream or sometimes pudding.

"When in Paris or London, sometimes in the afternoon I may go to a race meeting, or I may catch up with activities such as my correspondence, or my reading. About five or six a cup of tea and then until seven or eight I usually try to read again, poetry, works of fiction, magazines of literary criticism, and I read thoroughly the morning and evening newspapers. Dinner consists only of fresh fruit. I never take anything cooked or salty at night. If the fruit is not good, then a salad. When on rare occasions I am asked to dinner, I usually ask the host to give me salad and fruit or
such raw vegetables as celery, tomatoes, etc."