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HIPPOCRATES

VOL. IV

HERACLEITUS

ON THE UNIVERSE





COS. THE PLANE TREE.

REPRODUCED FROM A PHOTOGRAPH TAKEN BY MISS M. HENRY

HIPPOCRATES

WITH AN ENGLISH TRANSLATION BY

W. H. S. JONES, LITT.D.

ST. CATHARINE'S COLLEGE, CAMBRIDGE

VOL IV

HERACLEITUS

ON THE UNIVERSE



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PREFACE

THIS book completes the Loeb translation of Hippocrates. The work of preparing the volume has taken all my leisure for over five years, the most laborious part being the collation of the manuscripts Urb. 64, A, M, V, θ , C', Holkhamensis and Caius $\frac{5}{2}7$. I have not quoted all the variants, perhaps not the greater number of them; the rule I have tried to follow is to record only those readings that are intrinsically interesting and those that seriously affect the meaning. The readings recorded by my predecessors are often wrongly transcribed; knowing by experience the risk of mistakes in collations, however carefully done, I am sure that there are some errors in the notes in this volume. The readings of Urb. 64 are here printed for the first time, as also are many from the manuscripts M, V.

I wish to thank my pupil, Mr. A. W. Poole, for help in preparing the index.

W. H. S. J.

INTRODUCTION

I

INTENTIONAL OBSCURITY IN ANCIENT WRITINGS

To a modern it appears somewhat strange that a writer should be intentionally obscure. An author wishes to be easily understood, knowing that neither critics nor readers will tolerate obscurity of any kind. But in ancient times the public taste was different; the reader, or hearer, was not always averse to being mystified, and authors tried to satisfy this appetite for puzzles.

It was probably the oracles, with their ambiguous or doubtful replies, that set the fashion, which was followed most closely by those writers who affected an oracular style. The difficulties of Pindar and of the choral odes of Aeschylus, who was imitated in this by later dramatists, were not entirely or even mainly due to the struggle of lofty thought seeking to find adequate expression in an as yet inadequate medium. They were to a great extent the result of an effort to create an atmosphere congenial to religion and religious mystery. So Plato, who can when it suits his purpose be transparently clear, affects an almost unnatural obscurity when he wishes to attune his readers' mind to truths that transcend human understanding. Much of the *Phaedrus* and of the *Symposium*, the Number in the *Republic*, and a great part of the *Timaeus*, are oracular

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utterances rather than reasoned argument, taking their colour from the difficulty of their subject. But prose remained comparatively free from intentional obscurity ; lyric poetry, on the other hand, at any rate the choral lyric, seems to have been particularly prone to it. In Alexandrine times obscure writing became one of the fads of literary pedants, and Lycophron is a warning example of its folly when carried to extremes.

There must have been something in Greek mentality to account for the persistence of this curious habit, which appears all the more curious when we remember how fond the Greeks were of clear-cut outlines in all forms of art. The reason is probably to be found in the restless activity of the Greek mind, which never had enough material to occupy it fully. The modern has perhaps too much to think about, but before books and other forms of mental recreation became common men were led into all sorts of abnormalities and extravagances. The unoccupied mind broods, often becoming fanciful, bizarre or morbid. To quote but two instances out of many, the "tradition" condemned by Jesus in the Gospels, and the elaborate dogmas expounded at tedious length by the early Fathers, were to some extent at least caused by active brains being deprived of suitable material. It is a tribute to the genius of the Greeks that they found so much healthy occupation in applying thought to everyday things, thus escaping to a great extent the dangers that come when the mind is insufficiently fed. A tendency to idle speculation is the only serious fault that can be found with Greek mentality ; indulgence in intentional obscurity is perhaps a fault, but only

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a slight and venial one. As has been said above, oracular responses seem to have started the fashion of purposely hiding thought, but it was kept up by the Greeks' love of solving puzzles, of having something really difficult with which to exercise their brains.

It has already been pointed out, in the introduction to *Decorum*, that certain (probably late) tracts in the *Corpus* are intentionally difficult, but the reason for their difficulties may well be due to a desire to keep secret the ritual or liturgy of a guild; *Decorum*, *Precepts* and *Law* are in a class by themselves. This explanation, however, will not apply to the obscure passages in *Humours*. This work has nothing to do with secret societies. It is a series of notes which, however disjointed or unconnected, are severely practical. Their obviously utilitarian purpose makes their obscurity all the more difficult to understand; a text-book, one might suppose, ought at least to be clear. Yet when we have made allowances for hasty writing and for the natural obscurity of all abbreviated notes, there remains in *Humours* a large residue of passages in which the difficulties appear to be intentional. The fact that these passages¹ are sometimes written in a rather lofty style seems to suggest an explanation of them. *Humours* is akin, though not closely so, to *Nutriment*; it is aphoristic after the manner of Heracleitus "the dark." This thinker adopted the oracular style when expounding his philosophical system, and certain later thinkers

¹ I seem to detect the characteristics to which I refer chiefly in Chapter I, and in the various lists of symptoms, etc.

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followed his example. Perhaps it was thought that a "dark" subject required a "dark" medium of expression. The writer of *Nutriment*, who was striving to wed Heracleiteanism and physiology, succeeds in producing a not altogether incongruous result. But Heracleitean obscurity is sadly out of place in a work entirely free from philosophy, whether Heracleitean or other, and the modern reader is repelled by it. The ancients, however, appear to have been attracted, for *Humours* is often referred to, and commentators upon it were numerous. It is interesting to note that the author, or compiler, of *Aphorisms*, who was a really great scientific thinker, while adopting the oracular aphorism as a medium of expression, and keeping the lofty style appropriate to it, makes no use of intentional obscurity, realising, consciously or unconsciously, how unsuitable it is in a work intended to instruct medical students and practising physicians.

II

THE FORM AND CONSTRUCTION OF CERTAIN HIPPOCRATIC WORKS

Many books in the Hippocratic Collection are not strictly "books" at all ; they consist of separate pieces written continuously without any internal bond of union. Already, in Volume I, we have discussed the curious features presented by *Epidemics I* and *III*,¹ and by *Airs Waters Places*.² The aphoristic works, being at best compilations, exhibit a looseness of texture which makes additions and interpolations not only easy to insert but also difficult to detect. *Nature of Man* and *Regimen in Health* appear as one work in our MSS., and the whole has been variously divided by commentators from Galen onwards. *Humours* has scarcely any texture at all, and the disjointed fragments of which it is composed can in not a few places be traced to other works in the *Corpus*.

The scholars who have devoted themselves to the study of *Nature of Man*—*Humours*, probably because of its hopeless obscurity, has been very much neglected—seem to make, perhaps unconsciously, a more than doubtful assumption. They suppose the present form of the book to be due to a compiler,

¹ Vol. I. pp. 141, 142.

² Vol. I. p. 66.

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who acted on some definite purpose. It is, however, quite possible that the "conglomerates," as they may be called, are really the result of an accident. A printed book goes through a fixed routine, which fact is apt to make us forget that a papyrus roll may well have been a chance collection of unconnected fragments. In the library of the medical school at Cos there were doubtless many rough drafts of essays, lecture notes, fragments from lost works, and quotations written out merely because a reader happened to find them interesting. Some tidy but not over-intelligent library-keeper might fasten together enough of these to make a roll of convenient size, giving it a title taken perhaps from the subject of the first, or perhaps from that of the longest fragment. Later on, scribes would copy the roll, and the high honour in which the Hippocratic school was held would give it a dignity to which it was not entitled by its intrinsic value.

Of course these remarks are mere guess-work. Positive evidence to support the hypothesis is very slight, but it should be noticed that a work in the *Corpus* often ends with a fragment taken from another work. Take, for instance, *Regimen in Health*. There are seven chapters of good advice on the preservation of health. The subject is treated in an orderly and logical manner, but the reader feels that at the end of the seventh chapter there is an abrupt break in the description of regimen for athletes. For the eighth chapter is a fragment from the beginning of the second book of *Diseases*, and gives some symptoms of "diseases arising from the brain," and the ninth chapter is a fragment from the beginning of *Affections*, which

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insists on the importance of health and of making efforts to recover from illnesses. Here *Regimen in Health* ends.

Several points need careful consideration :—

(1) *Regimen in Health* proper ends abruptly and is apparently unfinished ;

(2) This unfinished work has two short fragments tacked on to it, the second of which is but slightly connected, and the first quite unconnected, with the subject matter of the first seven chapters ;

(3) These fragments are taken from the beginnings of other works in the *Corpus*.

Is it possible for such a conglomerate to be the result of design? What author or editor could be so stupid as to complete an incomplete work by such unsuitable additions? What particular kind of accident is responsible nobody could say for certain, but it is at least likely that some librarian, and not an author, added the two fragments. It must be remembered that the parts of a book that get detached most easily, whether the books be a roll or composed of leaves, are the beginning and the end. These places are also the most convenient for making additions. Suppose that the end of *Regimen in Health* was lost and the beginnings of copies of *Diseases II* and of *Affections* became detached; surely it is not unreasonable to suppose that a librarian preserved the latter by adding them to the former.

Nature of Man is similar in construction, but the fragments added to the main piece are longer; *Regimen in Health*, in fact, is itself one of them.

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First we have seven chapters treating of the four humours, which end with the relation between these humours and the four seasons. The eighth chapter¹ deals with the relation between the seasons and diseases. The ninth chapter² begins with the cure of diseases by their opposites. After three sentences a complete break occurs, and a fresh start is made, beginning with *ai δὲ νοῦσοι γίνονται*; and the rest of the chapter, about 50 lines, is concerned with a classification of diseases into (1) those arising from regimen and (2) those caused by the atmosphere. Incidentally it may be noted that the first part of this section is paraphrased in Menon's *Iatrica* VII. 15 and attributed to Hippocrates. The tenth chapter briefly postulates a relationship between the virulence of a disease and the "strength" of the part in which it arises. Then comes the famous passage dealing with the veins, which Aristotle in *Historia Animalium* III. 3 attributes to Polybus. The twelfth chapter deals with the cause, in the case of patients of thirty-five years or more, of "pus" in sputa, urine or stools. The thirteenth chapter contains two unconnected remarks, the first to the effect that knowing the cause of a disease enables the physician to forecast better its history, the second insisting upon the necessity of the patient's co-operation in effecting a cure. The fourteenth

¹ There is an unfulfilled promise in *τὴν δὲ περίοδον αὗτις φράσω τῶν ἡμερέων*, which Fredrich would delete as an interpolation.

² This chapter has two references to passages that are not extant, *ῶσπερ μοι πέφρασται καὶ ἐτέρωθι*, and *ῶσπερ μοι καὶ πάλαι εἴρηται*. If *Nature of Man* consists of sections taken from works now lost, these cross-references are easily explained.

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chapter deals with deposits in urine. The last chapter contains a very brief classification of fevers.

It requires a special pleader, biased by a subconscious conviction that a Greek book must be an artistic whole, to maintain that this aggregate follows any logical plan. Yet Fredrich, an excellent scholar and a keen student of Hippocrates, sums up his opinion in these words : “*Vir quidam, medicus vide-lacet, in usum suum collegit et composuit res memoria dignas : complures de origine morborum et curatione sententias (π. φύσ. ἀνθρ.; c. ix, 1; ix, 2; 10; 13) dissertationes de venis (c. 11) de pure (12) de urina (14) de febribus (15) de diaeta (1-7) de capitibus doloribus (8) principium sanandi (9); et haec quidem duo capita addidit fort., quod initia librorum ei carorum erant.*”¹ There is nothing unreasonable in assigning the collection of extracts to “medicus quidam”; a physician is perhaps as likely a person as a librarian. But “composuit” does not in the least describe the work of the collector. The sections are not “arranged”; if any effort was made to put them in order it was a very unsuccessful effort. It is a far more likely hypothesis to suppose that fragments of papyrus were fastened together by someone, perhaps a physician, perhaps a library attendant, to prevent their getting lost.

A similar problem faces us when we examine *Humours*, but here the *disiecta membra* are even more incongruous and disordered. An analysis of the work may prove useful.

Chapter I. The humours, and how to divert or deal with them when abnormal.

¹ C. Fredrich, *de libro περὶ φύσιος ἀνθρώπου pseudippocrateo*, p. 15.

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- Chapters II–IV. A mass of detail the physician should notice when examining a patient.
- Chapter V. How to find the *κατάστασις* of a disease. What should be averted and what encouraged.
- Chapter VI. The proper treatment at paroxysms and crises. Various rules about evacuations.
- Chapter VII. Abscessions.
- Chapter VIII. Humours and constitutions generally; their relation to diseases.
- Chapter IX. Psychic symptoms and the relation between mind and body.
- Chapter X. External remedies.
- Chapter XI. The analogy between animals and plants.
- Chapter XII. The fashion of diseases, which are congenital, or due to districts, climate, etc.
- Chapters XIII–XVIII. Seasons, winds, rains, etc., and their influence on health and disease.
- Chapter XIX. Complexions.
- Chapter XX. Quotation from *Epidemics* VI. 3, 23, dealing chiefly with abscessions and fluxes.

There are many quotations or paraphrases from various Hippocratic treatises.

- Chapter III. *Aph.* IV. 20; *Prognostic* II.
- Chapter IV. I. *Prorrhetic* 39; *Joints* 53.
- Chapter VI. *Aph.* I. 19; 20; *Epi.* I. 6; *Aph.* I. 22; 21; 23; 24.
- Chapter VII. *Aph.* IV. 31; *Epi.* VI. 7, 7; *Aph.* IV. 32; *Epi.* VI. 1, 9; IV. 48; *Aph.* IV. 33; *Epi.* IV. 27 and 50; *Epi.* VI. 1, 9; 3, 8; 7, 7; 7, 1; 7, 7.
- Chapter X. *Epi.* II. 1, 7; 5, 9; *Epi.* IV. 61.

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Chapter XII. *Aph.* III. 4; *Airs, Waters, Places* 9,
7 and 9.

Chapter XIII. *Epi.* II. 1, 5; *Aph.* III. 8; 6;
Epi. I. 4.

Chapter XIV. *Aph.* III. 5, 21 and 5.

Chapter XV. *Aph.* III. 1.

Chapter XX. *Epi.* VI. 3, 23, to 4, 3.

In other words the following passages are quoted:—

Aph. I. 19; 20; 21; 22; 23; 24.

Aph. III. 1; 4; 5; 6; 8; 21.

Aph. IV. 20; 31; 32; 33.

Epi. I. 4.

Epi. II. 1, 5; 1, 6; 1, 7; 5, 9.

Epi. IV. 27; 48; 50; 61.

Epi. VI. 1, 9; 3, 8; 3, 23 to 4, 3.

Epi. VII. 1; 7.

Prognostic II.

I. *Prorrhetic* 39.

Joints 53.

Airs, Waters, Places 7 and 9.

In all there are thirty-five borrowed passages.

The analysis of *Humours* given above is by no means adequate; a careful reader will note many omissions of details. It is, in fact, impossible to analyse what is itself in many places an analysis. Some parts of the book read just like lecture notes, or heads of discourse to be expanded orally by a teacher or lecturer. It is indeed hard to believe that the lists in Chapters II, III, IV, V, IX are not either such notes or else memoranda made by a student for his own guidance. How and why the

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other parts were added it is impossible to say, with the possible exception of the first chapter and the last. As has already been said, the beginning and end of an ancient scrap-book are the places where additions are most easily made. The first chapter, while similar in character to the rest of the book, is separated from it by the words *σκεπτέα ταῦτα;*, with which the second chapter begins. These words may well have been the title, as it were, of the memoranda which we assume form the basis of the whole work. The last chapter is obviously a fragment added to the end of the roll by somebody who did not wish it to be lost.

Neither *Humours* nor *Nature of Man* must be judged by the canons used in appreciating literature. They are not literary compositions, and only the first chapters of *Nature of Man* are artistically written. *Humours* is not only inartistic but also often ungrammatical. The writer, or writers, wrote down rough notes without thinking of syntactical structure. Not intended for publication, these jottings show us that the Greek writers were sometimes inaccurate or inelegant in speech. The textual critic, deprived of one of his most powerful weapons, that a faulty expression is probably due to the carelessness of a scribe, is forced to pause and think. If the scientists were often slipshod, perhaps the literary writers were occasionally so. A linguistic error in the text of, say, Demosthenes may be due, not to the mistake of a scribe, but to the inaccuracy of Demosthenes himself. Even the greatest artists are not infallible.

In conclusion, it should be remembered that a papyrus roll could contain no foot-notes, and that

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marginal notes did not come into general use before the age of the scholiasts. No author annotated his own works ; he worked any necessary annotations into the text itself, and these might consist of illustrative passages from other works. As one reads *Humours* the conviction grows that many of its apparently irrelevant passages are really notes of this type. A good example occurs in Chapter XIV. The subject is the influence of south winds and of north winds on health, and the author concludes his remarks at *μᾶλλον*. Some note, however, is required, to deal with a special case. This special case brings in (1) the question of droughts and (2) the humours. So two fresh notes are added, one stating that either wind may accompany drought, and the other that humours vary with season and district. Between the two notes is inserted a remark (*διαφέρει γὰρ καὶ τἄλλα οὖτω· μέγα γὰρ καὶ τοῦτο*), the connection of which is very obscure. It may refer to the effects of winds (as in the translation), or it may mean that other things beside winds influence the character of diseases. So there are apparently four notes, one at least of which is a note added to the first note.

But this explanation of irrelevant passages must not be pushed too far. It cannot account for the amorphous construction of many Hippocratic treatises, which is almost certainly due to the welding together of detached or separate fragments of various sizes in order to preserve them in book form.

III

SCIENCE AND IMAGINATION

THE progress of scientific thought depends upon two factors. One is the collection of facts by observation and experiment; the other is constructive imagination, which frames hypotheses to interpret these facts. The Greek genius, alert and vigorous, was always ready with explanations, but it was too impatient, perhaps because of its very quickness, to collect an adequate amount of evidence for the framing of useful hypotheses. This fault was not altogether a bad thing; the constructive imagination needs to be developed by practice if progress is to be possible. But imagination needs also training and education, and the Greek mind was so exuberant that it shirked this necessary discipline. The drudgery of collecting facts, and of making sure that they square with theory, proved too laborious. Experiment was entirely, or almost entirely, neglected. The hypotheses of early Greek thought are mere guesses, brilliant guesses no doubt, but related to the facts of experience only in the most casual way. Medicine, indeed, did usually insist on the collection and classification of phenomena, but guesses mar all but the very best work in the Hippocratic *Corpus*, and it was not until Aristotle

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and Theophrastus laid the foundations of biology that the importance of collecting sufficient evidence was fully realised.

It is interesting in this connection to note that the arts were distinguished from the sciences only when Greek thought was past its zenith. The word *τέχνη* can mean either "art" or "science," though it inclines more towards the former, sometimes in a slightly derogatory sense ("knack"). *Σοφία* is almost equally ambiguous, and we have to wait until Aristotle, completing the work of Plato, gave a new, specialised meaning to *ἐπιστήμη* before there is a word approximately equivalent to our "science" without any additional notion of "art." Now the arts demand much more imagination and freedom of thought than do the sciences, and the Greeks' having the same word for both is a sign that the discipline necessary for accurate science was not appreciated.

Greek imagination was not only luxuriant; it was also picturesque, and demanded artistic detail. A Greek philosopher felt bound to paint a complete picture when he formulated a theory, however few were the certain facts that he could use in its construction. So a Greek philosophical system is likely to contain many details, not indeed incongruous, but unscientific in the modern sense of the term. The Greek love of a completed picture is well illustrated by the "myths" of Plato's dialogues. When a theory cannot be finished, because of the limitations of the human intellect, a myth is added to fill up the ugly gap. The reason, for instance, can prove that the soul never really dies if we admit Plato's Ideas. In the *Phaedo* this proof is elaborated, but

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there is an inevitable hiatus in the account. Granted that the soul exists in the next world, what sort of a life does it pass there? This cannot be told by reason, so that an imaginary story is added for the sake of completeness.

Nobody would interpret *Revelation* as one would Darwin's *Origin of Species*. An important principle of interpretation follows. A Greek theory cannot always be treated like a truly scientific account. Conformity with experience, a *sine qua non* of scientific reasoning, is not to be demanded of works in which imagination plays a large part.

The medical treatises of the Hippocratic Collection sometimes contain a philosophic element. *Nutriment*, translated in Volume I, is an attempt to apply the principles of Heracleitus, using the language of Heracleitus, to the problems of food and its assimilation. Parts of *Regimen*, a treatise translated in the present volume, are similar in character, although following a different philosophic system. We must not expect of them too much consistency, too much conformity with experience, too much scientific method. We must realise that they are in part works of imagination, often figurative, allusive and metaphorical. They portray truth, or what the writers consider to be truth, in an allegorical guise. Like a modern futurist picture, they try to express reality by a mass of detail which does not strictly correspond with objective fact. Provided that he produces the general impression he desires, the writer is not over-careful about the patches of colour that make up the whole.

What is true of *Nutriment* and *Regimen* is *a fortiori* true of the fragments of Heracleitus in this volume.

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They attempt to explain the material universe in a style that is largely poetical. Heracleitus, like most Greek writers, failed to confine himself to a single *rôle*. He is a philosopher and a scientist, but he cannot help being at the same time an artist, a prose poet, and a religious reformer.

IV

NATURE OF MAN

Nature of Man and *Regimen in Health* formed one work in ancient times and are joined together in our manuscripts. Galen comments on the whole work, dividing it into three main parts : Chapters I–VIII, IX–XV and XVI to the end.¹ It is clear that in Galen's time the book had the form it has now, but we do not know when that form was first received. Aristotle² refers to the description of the veins in Chapter XI, ascribing it to Polybus, the son-in-law of Hippocrates, and to the same Polybus is ascribed in the *Anonymus Londinensis*³ a part of the first section, which has given a name to the whole composition. On the other hand, the *Anonymus*⁴ quotes, or rather paraphrases, the passage in Chapter IX that begins with *αἱ δὲ νοῦσοι γίνονται*, and prefaces the quotation with *ἀλλὰ γὰρ ἔτι φησὶν Ἰπποκράτης κ.τ.ε.*. If *Nature of Man* had been known as a unity, it is strange that there is here ascribed one part to Polybus and another part to Hippocrates.

¹ See Villaret's discussion of Galen xv. 9 foll. (*op. cit.* pp. 4–6).

² *Hist. Animal.* III. 3.

³ *Iatrica*, XIX ; Diels, pp. 33, 34. Chapters II, III, and IV are referred to.

⁴ *Iatrica*, VII. 15. See Diels, pp. 10, 11.

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Galen is convinced that the first section is referred to by Plato in the famous passage in the *Phaedrus*,¹ and that the whole work, in spite of Aristotle, should be assigned to Hippocrates himself.² It should be noted in passing that neither the first section nor the second is complete. The former contains an unfulfilled promise,³ the latter back references⁴ to a discussion of regimen no longer extant.

Most of our difficulties disappear if we look upon *Nature of Man* and *Regimen in Health* as a chance collection of fragments, varying in size and completeness, and perhaps put together by a librarian or book-dealer. Aristotle and Menon may be referring to the complete works from which the extant fragments were taken.

We must now consider the internal evidence. In Chapter I Melissus the Eleatic, who flourished about 440 b.c., is mentioned in such a way as to show that his doctrines were not yet forgotten or out of date, and throughout the first eight chapters the influence of Empedocles is strong. We ought then to postulate for the first section a date not earlier than 440 b. c. and not later than (say) 400 b.c. The style is clear and forcible, pointing to a time when prose-form had already received careful attention, some years later, in fact, than the rise of Sophistic rhetoric. Finally, even a superficial reader will notice the general likeness of the first section of *Nature of Man*

¹ 270 C-E. See Vol. I. pp. xxxiii-xxxv.

² See Littré, Vol. I. pp. 297, 298, 346. Littré himself is convinced that the *Phaedrus* passage refers, not to *Nature of Man*, but to *Ancient Medicine*.

³ VIII: τὴν δὲ περίοδον αὗτις φράσω τὴν τῶν ἡμερέων.

⁴ IX: ὥσπερ μοι πέφρασται καὶ ἐτέρωθι and ὥσπερ μοι καὶ πάλαι εἴρηται.

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to *Ancient Medicine*. It is difficult to resist the conclusion that they were written at approximately the same time, that is, during a period of an eclectic revival of the older philosophies.

The smaller fragments that follow show no reliable clues as to their date, except the similarity of the section on veins to *Sacred Disease* (VI. foll.). *Regimen in Health* ends in two fragments from other treatises in the *Corpus*—περὶ νούσων II and περὶ παθῶν—either stray strips of papyrus added by chance or the result of repeated wrong division of works written as though one treatise were the continuation of the preceding. The main portion belongs to that period, referred to by Plato in his polemic against medicine in the *Republic*, when men grew “fussy” about their health and followed elaborate rules in order to ward off diseases and keep themselves fit. It is not unreasonable to suppose that its date falls within the first quarter of the fourth century B.C.

The main interest of *Nature of Man* lies in the Empedoclean doctrine contained in the first eight chapters. The four humours are not the four elements of Empedocles, but they are analogous and perform analogous functions. It is their *κρᾶσις* that produces a healthy body,¹ and the whole argument implies that they are elemental and in themselves unchangeable. There was something vital in the philosophy of Empedocles, and as a basis of physics it reappears, modified but not essentially changed, in Plato's *Timaeus* and in Aristotle's *Physics*. Modern chemistry, with its theory of “elements,” is nearer akin to Empedocles than it is to atomism. The number of elements may be four or four hundred—the number

¹ Chapter IV.

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is immaterial—but the essential factor, whether it is called *μῖξις*, *κρᾶσις* or combination, remains constant. *Nature of Man* is a striking, though minor, instance of perennial vitality in the thought of Empedocles.¹

Modern scholars have found the treatise more attractive than most of the others in the Hippocratic Collection. Carl Fredrich² wrote a doctoral thesis on its composition, and published further research five years later.³ More recently an excellent edition was published as a doctoral thesis by Villaret.⁴ Galen has given us a full and interesting commentary.

The chief manuscripts are A, M and V. The first shows its usual superiority in most cases where the manuscripts differ, but sometimes MV give a preferable reading. In particular, there are several omissions in A almost certainly due to careless copying.

¹ Between Empedocles and *Nature of Man* came Philistion, who probably exerted some influence upon its author. Villaret, p. 66.

² *De libro περὶ φύσιος ἀνθρώπου pseudippocrateo scripsit Carolus Fredrich, Gottingae, 1894.*

³ *Hippokratische Untersuchungen*, Berlin, 1899 (pp. 13 foll.).

⁴ *Hippocratis De Natura Hominis* scripsit Oskar Villaret, Gottingae, 1911.

V

HUMOURS

THIS work is perhaps the most puzzling in the Hippocratic Collection. It is obviously a scrap-book of the crudest sort; it has no literary qualities and it is obscure to a degree. Yet in ancient times *Humours* attracted great and continued attention. Apparently Bacchius worked on it, and it was familiar to Glaucias, Zeuxis and Heracleides of Tarentum. There are three Galenic commentaries, which recent German scholarship maintains are a Byzantine compilation containing, however, certain passages from the commentary, now lost, which Galen actually did write.¹ As the genuine Galenic commentary has been replaced by a forgery, one is tempted to suppose that the ancient *Humours* has suffered a similar fate. But there can be no doubt that our *Humours* was the work known to Erotian by that name.²

Humours is then ancient, but only a few of the old critics attributed it, or parts of it, to Hippocrates

¹ See Galen, XIX. 35. One of the passages in the extant commentaries supposed to be genuine contains the mention of Zeuxis and Glaucias.

² See e.g. under *πεπασμός*, *ἀνασμός*, *ἀπαρτί*, *πινάδεσι*, *αἱρεται* and *φῦσα* in Nachmanson's edition of Erotian.

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himself.¹ Its true genesis is a matter of doubt ; I have already suggested that it may be a haphazard collection of fragments put together by a careful but uncritical librarian.

The popularity² of *Humours* in ancient times may be due in part to its very difficulty ; it was, as it were, a challenge to the ingenuity of an ingenious people. A riddle provokes many answers, and *Humours* is a continuous riddle. But it has merits of its own, in addition to the provoking nature of its problems ; it is more utilitarian than many of the treatises in the Hippocratic *Corpus*. Prognosis is for once in the background. If we omit those portions that are identical with other passages in the *Corpus*, the remainder are chiefly concerned with the treatment and the prevention of disease. This is a refreshing change from the somewhat arid but otherwise similar propositions in *Aphorisms*. Particularly interesting are the catalogues or lists which appear in Chapters II-V. Are they heads of discourses, lecture-notes made by a professor to facilitate his instruction of a medical class, or are they analyses made by a student attending such a class ? The reader inclines to this view or to that according to his mood at the time, but however doubtful their origin, nobody can doubt the value of such lists at a time when pathology had not yet been systematised and treatment was still lacking in breadth and thoroughness. Catalogues, by enumerating the possibilities, widened the outlook of the practitioner and made it less unlikely that favourable opportunities would be overlooked.

¹ See Littré, Vol. I. pp. 369, 370.

² Cf. Littré, I. 369 : "En lisant ce livre, on s'explique difficilement la faveur dont il a joué dans l'antiquité."

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The title of the book is deceptive. After the first sentences there is little mention of the humours; indeed *Nature of Man* is the only Hippocratic work that deserves to be called $\pi\epsilon\rho\iota\chi\nu\mu\hat{\omega}\nu$. The true nucleus seems to be the catalogues beginning $\sigma\kappa\epsilon\pi\tau\acute{e}a\tau a\hat{\nu}\tau a$ (Chapter II), and the name was probably taken from the opening sentence and given to the whole scrap-book by some ignorant librarian.

The first edition came out in 1555, and few modern scholars have paid any serious attention to the work. Ermerins leaves whole chapters untranslated, with a brief remark in Latin that they are hopeless. Littré has very little to say about it, and his translation is often both unintelligible and unfaithful.

The chief manuscripts are A and M. I have collated both of these and also the Caius manuscript $\frac{50}{27}$.

VI

APHORISMS

THIS is the best known work in the whole Hippocratic Collection. From the earliest times it has been regarded with a reverence almost religious. Its authority was unquestioned until the breakdown of the Hippocratic tradition. The Greek manuscripts are more numerous than those containing any other work, while there are translations into Hebrew, Arabic, Syriac and Latin.¹ Editions abound in almost every modern language. "The titles alone," says Adams, "occupy ten pages in the edition of Littré, and still more in that of Kühn." The most lavish praise has been bestowed upon the collection; Suidas says, ἀρθρωπίνην ὑπερβαίνοντι σύνεστιν, and as late as the nineteenth century it has been called "the physicians' Bible."

Yet it must be confessed that a modern reader finds *Aphorisms* disappointing; the promise of its dignified opening is scarcely fulfilled. The propositions are not arranged after any definite system, and the seven "sections" into which, since the time

¹ There are 140 Greek MSS., 232 Latin, 70 Arabic, 40 Hebrew and 1 Syriac. Besides Galen, the ancient commentators include Meletius, Stephanus of Athens and Theophilus. See further Pauly-Wissowa, *s.v.* Hippocrates, 16, p. 1845.

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of Galen, they have been grouped, are somewhat arbitrary. While containing much accurate and interesting information, *Aphorisms* is not useful enough to account for its astounding popularity. Why did it thrust *Regimen in Acute Diseases* and *Prognostic* into comparative obscurity? It may be urged that these are treatises, text-books in the shape of essays, and therefore not easily committed to memory by dull medical students. In this argument there is much truth; the aphorism is naturally popular with minds of a certain type at a particular stage of their development. We might therefore expect the aphoristic works to find greater favour with students than monographs, but why should *Aphorisms* be so much preferred before *Coan Prenotions* and *Prorrhetic I*, or even before the Cnidian books, with their short and clear rules for diagnosis and treatment? Moreover, for sheer utility the later compilers of medical works, such as Celsus and Aretaeus, might be supposed far superior in meeting the needs of the general practitioner.

The problem must remain somewhat of a puzzle, but a few reasons may be suggested why *Aphorisms* enjoyed so long a vogue. In the first place it carried all the authority of a great name, and until comparatively modern times authority exerted an overwhelming influence in all regions of thought. The tradition is that Hippocrates composed it in his old age as a summary of his vast experience, and there is no reason to doubt that this tradition, with certain reservations, is essentially true. Then again it is a very comprehensive work, dealing with most sides of medical, if not of surgical practice.

The ancient testimony in favour of the Hippocratic

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authorship of *Aphorisms* is overwhelming, and points at least to an intimate connection between the collection and Hippocrates himself. Yet very many of the propositions obviously belong to the mass of medical aphorisms traditionally current in the schools of ancient Greece. These have come down to us in a number of collections, including *Coan Prenotions*, *Prorrhetic I*, *Nutriment*, *Dentition* and parts of *Epidemics*. Sometimes the same aphorism appears twice, with slight differences of form. *Aphorisms*, for instance, has 68 propositions found in *Coan Prenotions*.¹ So it may represent a collection of aphorisms made by Hippocrates from the vast number current either in literature or in tradition. Many new ones were probably added from the store of his personal experience, and several seem to be old aphorisms corrected and improved.

The various propositions are grouped according to subject, those, for instance, dealing with fevers being classed together. One proposition is sometimes a natural sequel to another, and so finds its final place.² How the groups of propositions are themselves arranged it is difficult to say. An alphabetical arrangement would be ideal for reference, as a book of aphorisms is more akin to a dictionary than to a text-book, but a close inspection fails to detect any such order in *Aphorisms*. Perhaps the writer did not see any reason for arranging the sections in any particular order, and so contented himself with an arrangement of the propositions.

¹ See my *Hippocrates*, II. pp. xx–xxix.

² In the case of one aphoristic book, *Dentition*, it can be shown that the order is an alphabetical one, depending on key-words. See Vol II. pp. 318, 319.

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A few details may be noticed here. The first aphorism is certainly from the hand of the “great” Hippocrates, and was placed by him in a position of prominence to mark the importance to the physician of the truths that are contained in it. The first section shows a fondness for the adjective *σφαλερός*, which occurs in i, iii (four times), iv, v (twice). Here we have obviously an author’s “pet” word, and, occurring where it does, it may be the favourite of Hippocrates himself. Finally, the section on fevers (IV. xxvii–lxxiii) ends with the sentence *ἐν πυρετοῖσι δὲ ταῦτα (γίνεται)*. This appears to apply, not to the proposition in which it occurs (lxxiii), but to the whole section. It means, “These are points to observe in fevers.” We seem to have here the compiler’s note to mark the end of a section. Again, IV. xiii begins with *πρὸς τοὺς ἐλλεβόρους* (which seems to be a title), and V. xxi closes with *θέρμη δὲ ταῦτα ῥύεται*, possibly a misplaced title belonging to the long aphorism that follows. Perhaps most sections were never finished, and so received no note to mark their beginning or their end.

Aphoristic works invite interpellation, and many such additions are suspected in *Aphorisms*. I have generally noted these, and likewise those passages which occur again in other parts of the Hippocratic *Corpus*.

In an earlier volume I have given reasons for supposing that *Aphorisms* was written about 415 b.c.¹

Ancient commentaries were numerous and careful,² the best now extant being those of Galen and Theophilus. The first edition appeared in 1488,

¹ See Vol. II. pp. xxviii and xxix.

² See Pauly-Wissowa, VIII. 2, p. 1845.

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the last was Beck's German translation published in 1907. F. Adam's second volume contains a good English translation with an excellent commentary, to which I am very much indebted. The texts of Ermerins and Reinhold I refer to under the abbreviations "Erm." and "Rein."

I have myself collated all the chief manuscripts containing *Aphorisms*. They are C', V, M and Urbinas 64 (referred to in notes as "Urb."). The last is a tenth or eleventh century manuscript in the Vatican, containing, among other things, the text of *Aphorisms* with the commentary of Theophilus. I do not think that its readings have been noted before,¹ and the same applies to much of V and M. Littré relied on C' and the Paris manuscripts, many of which are so closely related to either V or M that few of the readings of the latter were unknown to Littré, although he could not know their authority.

¹ They bear a strong resemblance to those of Littré's S, and the two manuscripts are probably closely related.

VII

REGIMENT I

THE long work called *Regimen* attracted little attention in early times. Eretian does not mention it, and Galen, though he makes several references¹ to it, is not an enthusiastic admirer. The second book, he says, might reasonably be considered worthy of Hippocrates, but the first is entirely divorced from his way of thinking.²

There were apparently two editions, one beginning with Book I and the other with Book II; of the latter, some copies began with Χωρίων δὲ θέσιν and others with Σιτίων δὲ καὶ πομάτων δύναμιν. The first of these editions was called περὶ φύσεως ἀνθρώπου καὶ διαιτῆς, the second περὶ διαιτῆς.³ In Galen's time the whole work was divided up into three parts, as it is in our manuscript θ , the last section ($\pi\epsilon\rho\iota\acute{\epsilon}\nu\nu\pi\nu\acute{\iota}\omega\acute{\nu}$) having no separate title in that manuscript.

The three (or four) books are evidently closely connected in subject, though a special pleader might argue that they are not all by the same hand. They deal with what the author calls his "discovery"

¹ The chief passages are: V. 881; VI. 455, 473, 496, 541, 543; XV. 455; XVII A. 214; XVIII. A 8. They are discussed by Fredrich, Diels and the writer in Pauly-Wissowa.

² VI. 473.

³ Galen, VI. 473.

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(*εὐρημα*), how, that is, one may learn from symptoms which of the two factors of health, food and exercise, is in excess, and to take precautions against the diseases that may spring from such excess.¹ This thesis is developed in the third book (with *Dreams*), while the second book gives the characteristics of various foods and exercises. The first book, after setting forth the subject that the author intends to treat, goes on to discuss the nature of man and of the universe of which man forms a part. This attempt to explain physiological processes by the principles of philosophic physics explains why scholars have found *περὶ διάίτης* interesting in spite of its amazing difficulties.

It has been pointed out already that the difficulty is partly intentional, being due to the fashion of imitating oracular responses. But it is also partly caused by the author's carelessness; the details are sometimes blurred because they are not regarded as essential to the main argument. There is always a danger of over-systematisation in explaining ancient philosophy; the parts do not in every case fit exactly into their places, for a philosopher was sometimes inconsistent with himself. It is a great mistake for an interpreter to insist on making all the detail harmonise exactly. The work may be thus analysed.

The author complains of want of comprehensiveness in the work of his predecessors (Chap. I).

¹ See especially III. 1 (LXVII); ἀλλὰ γὰρ αἱ διαγνώσις ἔμοιγε ἐξευρημέναι εἰσὶ τῶν ἐπικρατεόντων ἐν τῷ σώματι, ἵν τε οἱ πόνοι ἐπικρατέωσι τῶν σίτων, ἵν τε τὰ σῆτα τῶν πόνων, καὶ ὡς χρὴ ἐκαστα ἐξακεῖσθαι, προκαταλαμβάνειν τε ὑγείην, ὥστε τὰς νούσους μὴ προσπελάζειν κ.τ.ἔ.

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Correct dieting presupposes a knowledge of physiology. Health is due to the correct correspondence between food and exercise (Chap. II).

All things are composed of two different but complementary elements, fire and water. The *δύναμις* of fire is to cause motion, that of water is to nourish.

These elements are continually encroaching one on the other, but neither ever completely masters the other (Chap. III).

These elements are themselves logically capable of analysis into—

- (a) the hot and dry (fire);
- (b) the cold and the moist (water).

Fire, however, has some moisture from water, and water some dryness from fire. It is the mingling and separating of these elements that are inaccurately termed birth, death, decay and change (Chap. IV).

All nature is in a state of constant flux; there is a perpetual swinging of the pendulum, and a swaying from one opposite to the other (Chap. V).

Man, both body and soul, consists of fire and water, and there is a give and take in his case also, like "parts" joining like "parts" and rejecting the unlike (Chap. VI).

Diet must contain all the "parts" of man, otherwise there could be no growth. The taking in of nutriment, and the resulting growth and evacuation, are like the up-and-down motions of sawing a log. One implies the other (Chap. VII).

How the elements behave in the processes of generation and growth; there is no real birth and

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decay, but only increase and diminution (Chap. VIII-X).

The processes of the arts and crafts are copies of those of the universe and of the nature of man, the apparent opposites are merely different aspects of the same thing (Chap. XI-XXIV).

The soul of man, a blend of fire and water, helps to feed the body, and the body helps to feed the soul (Chap. XXV).

The development of the embryo (Chap. XXVI). Males (inclining to fire) and females (inclining to water) generate offspring that are male or female according to the predominance of the male or female element.

- (1) Male from man and male from woman : brilliant men.
- (2) Male from man mastering female from woman : brave men.
- (3) Male from woman mastering female from man : hermaphrodites.
- (4) Female from both man and woman : lovely women.
- (5) Female from woman mastering male from man : bold but modest women.
- (6) Female from man mastering male from woman : brazen women.

The generation of twins (Chap. XXX).

Superfetation (Chap. XXXI).

The various constitutions of man due to the character of the water and fire of which the body is composed. The following combinations are considered :—

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- (1) finest fire and rarest water ;
- (2) strongest fire and densest water ;
- (3) densest water and finest fire ;
- (4) moistest fire and densest water ;
- (5) strongest fire and finest water ;
- (6) rarest fire and driest water (Chap. XXXII).

The composition of the body at the various ages (Chap. XXXIII).

Sex and the composition of the body (Chap. XXXIV).

The intelligence (sensitiveness) of the soul in relation to the blend of fire and water (Chap. XXXV).

What regimen can, or cannot, do to effect a change in the soul (Chap. XXXVI).

The weakness of the writer's thesis is plain to all. He takes an unproved postulate and builds upon it a detailed theory of health and disease—the very fault attacked by the author of *Ancient Medicine*. This defect tends to vitiate the very sensible observations in the second and third books dealing with foods, drinks, exercise and regimen generally. Had the writer confined himself to these, and worked out his scheme without any bias due to the supposed effects of fire and water, he would have achieved a more useful result without in the least weakening his boasted *εὐρημα*.

It should be noticed, however, that Dr. Peck maintains that the *εὐρημα* was just this point—the expression of health-factors in their fire-and-water values enables a man accurately to adjust the proportion of food to exercises. But in Chapter II (Book I) and again in Chapters LXVII and LXIX

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(Book III) the “discovery” is clearly identified with *προδιάγνωσις*, how to tell beforehand, by symptoms, whether food or exercise is in excess, and by so doing *προκαταλαμβάνειν τὴν ὑγείην*. When the details of the discovery are discussed, in Chapters LXX-LXXXV, fire and water come in only in so far as want of exercise is supplemented by warmth, and want of nourishment by a “moist” diet. The mere equation of exercise with fire and of food with water does not, and could not, carry the author very far.

But in spite of this inherent fault the theory is worked out most cleverly. The philosophic position is that of an intelligent and progressive eclectic, who combines, instead of merely adding together, the results reached by his predecessors. The perpetual flux of Heracleitus and his harmony through opposition; the four “opposites” of Empedocles; the brilliant theory of change elaborated by Anaxagoras—all these are worked up into a system that appears like the creation of a single mind. Recent criticism¹ has shown a close resemblance between the account of the soul and certain parts of Plato’s *Timaeus*.² The latter may be from Pythagorean sources, and it is interesting to note that Chapter VIII, and perhaps other places also, shows strong Pythagorean influence.³ Yet there is no patchwork effect, so skilfully are the parts woven together.

¹ Especially the doctoral thesis of A. L. Peck, not yet published.

² See especially 37 B, C ; 71 B-79 B : 81 E-86 A (diseases of the body); 86 B-87 B (diseases of the soul depending on bodily condition); 91 A (the seed). Peck notices also a resemblance between the account of generation and that given in the treatise *περὶ γονῆς*.

³ E.g. the dualism of fire)(water.

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The writer's theory becomes a little plainer if we look upon the universe as the mutual and alternating encroachment upon each other of fire and water. These elements (whether they are regarded as limited in amount is not quite clear) contain the four traditional opposites :—

- (a) fire contains the hot, the dry and the moist;
- (b) water contains the cold, the moist and the dry.

Fire advances, sets water in motion and turns it to steam ; then it retires and the steam condenses to water. But there are limits to this advance and retirement ; the water is never completely "mastered," nor is the fire ever completely quenched. The various things of this world, including animals, are all the result of this alternate swaying, and represent, so to say, various stages in a never-ending process. The writer gives a few details, but hastens on to the application of this general theory to living bodies. Both body and soul contain fire and water, but presumably soul is the more "fiery" of the two. The fire is regarded as the cause of the circulation of food, which enters the body, causes growth, and then is (at least partly) evacuated. Here "give and take" is continually and clearly illustrated. If it were not for the entering in of certain nourishment and the going out of *excreta* and *secreta*, the animal would die. Any abnormality, any grit in the machinery, any disproportion between the incomings and the outgoings, results in disease. Life, in fact, is identified with change, and change with biological, organised growth, as distinct from mere quantitative increase or decrease.

So far the picture is fairly clear, but when the writer proceeds to explain growth he becomes

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obscure. It is obviously not quantitative increase only, as in Chapter VII growth is said to imply the existence of all the "parts" of the body in the foods that nourish it. What are these parts? Are they the blood, flesh and marrow, etc. of Anaxagoras? If so, how do they become fixtures, what differentiates the proportion of fire and water which makes up blood from the same proportion before it is blood? What is it, in fact, that makes blood "breed true," and have a permanent existence as a specific substance? In general terms, what is it that causes specific differences, separating for ever blood from marrow, horse from man, and rose from daisy? No clear answer is given, but in Chapter VIII it seems to be implied that it is all a matter of "attunement."¹ Water and fire, if they attain one attunement, become one thing, if another attunement, another thing. As a modern chemist might say, one attunement of oxygen and hydrogen produces water, another attunement hydrogen peroxide. Exact proportions in favourable conditions produce, not mechanical mixture, but chemical change.²

The name of the author will probably never be known to us. Even in Galen's time there was no manner of agreement among students. Some indeed attributed *περὶ διαιτῆς* to Hippocrates himself; others, however, considered the writer to be Philistion, or

¹ This doctrine of attunement (*ἀρμονίη*) was Pythagorean in origin, but was developed by Heraclitus, who made it one of the pillars of his system.

² Dr. Peck thinks that the crucial passage is the first part of Chapter VI, where *ὅλα ὅλων* may refer to the chemical attunements (if I may so call them) that differentiate species from species, and *μέρεα μερέων* to those that differentiate one "part" of the body from another.

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Ariston, or Euryphon, or Phaon, or Philetas.¹ Modern scholars are equally uncertain in their opinions. Littré would attribute it to Hippocrates himself, were it not for the weight of ancient authority against that view. Fredrich assigns it to a “Compilator” who lived at the end of the fifth century b.c.² Peck does not assign the treatise to any particular author, but sees close affinities to Philistion, Diocles, Plato and the author of $\pi\epsilon\rho\dot{\imath}\gamma\sigma\eta\varsigma$. Teichmüller would assign the work to the period between Heraclitus and Anaxagoras, Zeller to the period between 420 and 380 b.c.

One may be fairly certain that the date of composition is not far from 400 b.c.—all the lines of evidence point to that date—but the author cannot be identified with any certainty or even probability. He must, however, have belonged to that school of “health-faddists” of whom Plato³ speaks in such disparaging terms. Perhaps the work owes to Herodicus of Selymbria “who killed fever-patients by excessive exercise,”⁴ more than is yet generally conceded.⁵

¹ See Galen, VI. 473, and XV. 455. In XVIII. A 9 Pherecydes is mentioned as one to whom the work was sometimes ascribed.

² See *Hippokratische Untersuchungen*, p. 223: “Der Verfasser hat zweifellos nach Heraclit, nach Anaxagoras gelebt und ist ein—vielleicht etwas jüngerer—Zeitgenosse eines Archelaos, Kratylos und Herodikos von Selymbria. Das weist auf das Ende des fünften Jahrhunderts.”

³ See *Republic*, 406 B—D.

⁴ *Epidemics*, VI. (Littré, V. 302).

⁵ But see Fredrich, *op. cit.*, pp. 217–221. I may add that it is somewhat difficult to decide whether the author was a practising physician or not. No passages can be quoted that are really conclusive, but the general conclusion suggested by Books II and III is that the author was a “health expert,” and not a professional doctor.

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One more point remains to be noticed. The great importance attached to regimen in this treatise is characteristic of all that is best in Greek medicine. Upon it the physician relied, both to preserve health and to heal diseases. Drugs, of which he had only a few, and these chiefly purges, were regarded as of secondary importance only. "Live a healthy life," said the Greek doctor, "and you are not likely to fall ill, unless you have an accident or an epidemic occurs. If you do fall ill, proper regimen will give you the best chance of recovery." It is not surprising that *Regimen* has close affinities to other works in the *Corpus*, notably *Ancient Medicine*, *Regimen in Acute Diseases* and *Regimen in Health*. However much they may differ in scope and detail, all these works are written under the conviction that medicine is merely a branch of dietetics.

The first book of *Regimen* has attracted many modern scholars. Bywater included Chapters I-XXIV in his *Heracliti Ephesii reliquiae*.¹ Carl Fredrich has fully discussed the work, in many places reconstructing the text, in his *Hippokratische Untersuchungen*.² H. Diels has published two interesting papers in *Hermes*,³ and a great part of the text appeared in his *Herakleitos von Ephesos*.⁴ Several other less important contributions are mentioned in the article *Hippokrates* (16) in Pauly-Wissowa.⁵ But

¹ Oxford, 1877.

² Pp. 81-230.

³ *Hippokratische Forschungen* I in Band 45, pp. 125-150, and *Hippokratische Forschungen* II and III in Band 46, pp. 267-285.

⁴ Berlin, 1909.

⁵ E.g. Feuchtersleben, Bernays, Schuster, Teichmüller, Zeller and Gomperz.

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all these are superseded by a masterly discussion of the whole of the first book, in its relation to Greek philosophic thought, submitted by Dr. A. L. Peck in 1928 for the degree of Ph.D. This work is not yet published, and I must express my gratitude to Dr. Peck for allowing me to read it at my leisure, and for discussing with me difficult points of interpretation.

The chief manuscripts are θ and M, both of which have been specially collated for this edition of the text. There is an old Latin translation, Paris. lat. 7027, which may have been made in the sixth century, although the manuscript itself is of the tenth century.¹ A very interesting manuscript, which unfortunately I have been unable to collate, is the manuscript referred to by Littré as K'. It almost certainly gives the right reading in Chapter XXXVI, where both θ and M go astray.

¹ See Diels, *Hipp. Forschungen*, 1, p. 137. Readings from this manuscript are occasionally given by Littré.

VIII

REGIMENT II—IV

THE last three books of *Regimen* leave the translator very uneasy. It is not that they are full of mysterious puzzles, as are *Regimen I*, *Precepts* and *Decorum*. These stare one in the face, and cannot be overlooked ; but the greater part of *Regimen* is full of concealed traps, into which even an experienced translator may fall unawares. The Greek is somewhat curious, and a temptation exists to apply the strict rules of criticism and interpretation that are applied to Plato and Demosthenes. The result is often to force on the original a meaning that makes indifferent sense. Again, the writer is fond of using common words in a semi-technical sense, difficult to apprehend. Even after a study of Dr. A. L. Peck's *Pseudo-Hippocrates Philosophus* one is in great doubt as to the meaning, in *Regimen*, of δύναμις, περίοδος, ἀπόκρισις, and many other words. Synonyms present an equal difficulty. There may be, for instance, a subtle danger in translating both γυμνάσια and πόνοι by "exercises" ; but it is just as dangerous to discriminate between them by rendering the former "gymnastics," while to suggest in an English translation the right amount of effort or fatigue implied in πόνος is past the ability

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of the present translator, at any rate. Even a casual reader will be worried by the author's use of *προσάγω*, one of his favourite words. Does it always imply, as Littré and Ermerins indicate by their translations, a gradual increase? Such a progression is certainly signified by the phrase *ἐκ προσαγωγῆς*, but I have felt most disquieting doubts when so rendering the simple verb without the addition of *κατὰ μικρὸν* or *ἐξ δλίγου*. A similar uncertainty perplexes the mind when our best manuscript presents a reading at variance with the received canons of Greek grammar or of Greek idiom. In the case of a second-rate writer, not over-careful in style, which of the two is to be preferred: (1) a slipshod expression in a very faithful manuscript or (2) a more elegant and accurate expression in manuscripts presenting every appearance of having been emended by zealous editors or scribes? Each case has to be decided on its merits, and into every decision enters a disquieting amount of guess-work.

It is pleasant to turn from these troublesome, if minor, details to the general purpose of the work, which is a justification and exposition of *προδιάγνωσις*, "the nipping of a disease in the bud." Plato, indeed, attacks with justice the hypochondriacism that turns life into a lingering death, but nothing but praise is due to the man who first conceived the idea of anticipating disease, of meeting it half-way, and of attempting to check it before it can get a fatal hold. The author, in fact, was the father of preventive medicine; *ἄλλὰ χρὴ προθυμεῖσθαι* is his oft-repeated slogan. His merit is all the greater when we remember that the most famous Hippocratic works know nothing of *προδιάγνωσις* but only of

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πρόγνωσις. They take a fatalistic view, and assume that every disease must take its course. The author of *Regimen* says: "No, the course can be cut short, and the severity of the disease mitigated." In this view there is a large element of truth. By taking care in good time many a patient suffering from a cold has prevented a fatal bronchitis or pneumonia; many a "weak-chested" person has by similar precautions kept away consumption. On the other hand, some diseases must run their course with but slight, if any, modification. Typhoid and measles, for example, can never be completely aborted when once they have been definitely introduced into the human system. It is more than doubtful whether the author of *Regimen*, or any Greek of the classical period, knew the ordinary zymotic diseases, but had he done so he could never have understood (nobody could understand before Pasteur) why the *εύρημα* was inapplicable to at least one large class of maladies.

In fact *προδιάγνωσις*, while marking an advance, does not go far enough. To abort a disease is good; to prevent it altogether is far better. The Greek had experience enough to outline a course of regimen designed to preserve in ordinary circumstances a fair standard of health, but he had not the experience required to prevent an outbreak of epidemic disease.

It would be beyond the scope of the present edition to discuss in detail the qualities assigned in the second book to foods, drinks, exercises and so forth, or to appreciate the value of the prescriptions in the third book for undoing the mischief caused by excess of food or by excess of exercise. A lengthy volume would be required to do even moderate justice to these questions, and even a full discussion

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could lead only to the unsatisfactory conclusion that the author has twisted facts wholesale to make them square with his theory. The same remarks reply to the fourth book, sometimes called *Dreams*. One or two details, however, call for a passing notice because of their intrinsic interest.

Dreams contains the first occurrence in classical literature—at least I can discover no earlier one—of a supposed connection between the heavenly bodies and the fates of individual human lives. The connection, indeed, is not clearly defined; we are not told that these bodies actually interfere with the course of events. But it is definitely stated that to dream about them, at any rate to see certain dreams in which they behave in certain ways, means health or a risk of illness. To a modern it is indeed strange that dreams of this sort occupy so large a portion of the book. But a modern, unless he be an astronomer, knows or cares little about the stars. Clocks and watches, the compass, calendars and almanacs have made star-lore quite unnecessary for most people. But the ancients were forced, by the very exigencies of existence, to contemplate the heavens carefully and continuously. The sun, moon and stars entered largely into their conscious and subconscious life, and we need not be surprised that celestial phenomena figured largely in their dreams.

Regimen is the only book in the *Hippocratic Corpus* that lays any emphasis on prayer to the gods. There is, indeed, a passing reference in *Prognostic*, Chapter I, deleted by modern editors, to the possibility of there being $\tau\iota\theta\epsilon\iota\sigma\omega$ in certain cases of illness, while Chapter VI of *Decorum* appears to regard the gods as the cause of cures in medicine and

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surgery, the doctor being only the means. But to the author of *Regimen* prayer seems to be an integral part of many prescriptions.¹

A mention should be made of the importance attached to walking as a means of attaining health or of preserving it. Even after violent exercise a walk is prescribed in many cases, possibly or perhaps probably to avoid stiffness and to allow the body to cool slowly. Early-morning walks, and walks after dinner, are recommended constantly. It is unnecessary to point out how wise this advice is, and how well it agrees with the best modern methods of training.

There are many features of *Regimen* that strike us as strangely modern. Unconsciously we are in the habit of putting massage among newly-discovered methods of therapeutics. Yet $\tauρίψις$ in the fifth century before Christ was both popular and long-established. What can $\phiωνῆς πόνοι$ represent except breathing exercises and the like? And even modern hydropathy must confess that the Russian bath has a very near relative in the $\piνρία$. The $\deltaνακούφισμα$ was certainly not “relief” (new Liddell and Scott), but a raising of the body from the prone position by using the arms, a well-known form of exercise.

I have not tried to distinguish between $\sigmaιτία$ and $\sigmaιτά$; indeed M regularly prefers the former word and θ the latter. While translating both by “food” I am aware that farinaceous foods are usually meant. Similarly I have rendered $\deltaψα$ by “meats,” although

¹ See e.g. Chapters LXXXVIII and xc. It is interesting to note that a reader (possibly a reviser or even the original scribe) of the MS. θ tried to erase the names of heathen deities.

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fish is included under the term. Any attempt to be pedantically accurate, besides being awkward, results in more confusion being introduced than that which is removed.

One or two technical terms of the gymnasium present special difficulties. Few expressions in *Regimen* are more common than *τρόχος* (or *τροχός*, as it is spelt in our manuscripts) and *καμπτοὶ δρόμοι*. Yet our dictionaries and books of reference either neglect them or describe them in a most uncertain way. Sometimes *τρόχος* is assumed to be a mere equivalent of *δρόμος*, a view perhaps derived from such passages as Euripides *Medea* 46 and *Hippolytus* 1133; the old translators, followed by Littré and Ermerins, make out the *τρόχος* to be a round track.

The *καμπτὸς δρόμος* is even more perplexing. It is obviously a “bent” track; but what was the nature of the bend? Was it a zig-zag? Or was it a turning, as the name suggests, round the *καμπτήρ* to the starting-point? Was the *καμπτὸς δρόμος*, in other words, the generic word for a type of track of which the *δίανλος* was a specific instance? Whichever answer we see fit to give, the puzzle remains that the Greeks placed *καμπτοὶ δρόμοι* in one class and the straight course in another, although why a straight quarter of a mile should differ essentially from two hundred and twenty yards there and then back is indeed a curious enigma.

Regimen contains many passages in which occurs the same difficulty as that which is to be found so often in *Epidemics I* and *III*. Do the plurals of *πολύς* and *ὅλγος* refer to size or frequency? Does *περίπατοι πολλοὶ* mean “many walks” or “long walks”? The same answer, it seems to me, should

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be given as I gave in the *General Introduction* to Vol. I, p. lxi. In the great majority of cases size, not frequency, is referred to, and, unless the general sense is against this interpretation, πολλοὶ and ὀλίγοι should be translated by “long” and “short.”

IX

THE MANUSCRIPTS AND DIALECT OF THE HIPPOCRATIC COLLECTION

A CAREFUL reader will observe that whereas I have not materially changed my opinion of the relative value of our manuscripts—A, θ , C' are our primary authorities—I am somewhat dubious about the rules for spelling given by Kühlwein in the *Prolegomena* to the Teubner edition of Hippocrates, Vol. I, pp. lxvi–cxxviii. In my first volume of the Loeb series I accepted without question the following principles for determining the orthography of the Hippocratic *Corpus* :—

- (1) That the pronominal forms in $\delta\kappa-$ should be avoided;
- (2) $\epsilon + \epsilon$ contract, but not $\epsilon + o$;
- (3) $\gamma\acute{\imath}\nu\epsilon\sigma\thetaai$ not $\gamma\acute{\imath}\nu\nu\epsilon\sigma\thetaai$;
- (4) various rules for $v\acute{\imath}\phi\epsilon\lambda\kappa\nu\sigma\tau\iota\kappa\acute{\imath}\nu$;
- (5) the pseudo-ionisms $\alpha\acute{\imath}\tau\acute{\imath}\omega$, etc., are to be avoided;
- (6) $\sigma\acute{\imath}\nu$ not $\xi\acute{\imath}\nu$.

A prolonged study of the manuscripts has made me feel very doubtful about some of these principles, and my doubts appear to be shared by I. L. Heiberg, who edited the first volume of Hippocrates in the *Corpus Medicorum Graecorum*. Heiberg indeed does

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not follow strictly any of these rules; my own view is that two are correct and the others more or less uncertain. The pseudo-ionisms have very little authority, nor has γίγνεσθαι. The form ξύν is very doubtful, and I have printed in every case σύν, without, however, being confident that no Hippocratic writer ever wrote ξύν. The case is much the same with ε + ε, which I always contract, and with ε + ο, which I rarely contract to ευ. For the pronominal forms I follow usually the best MS. authority in each case. There is a tendency for our earliest manuscripts not to use the ὁκ- forms, but it is only a tendency, and ought not, I think, to be narrowed to a rigid rule. As for νέφελκυστικόν, Kühlewein's "rules" are so complicated that they can scarcely have been followed by the not over-careful writers whose works are contained in the *Corpus*.

I believe, in short, that those scholars are mistaken who attribute strict uniformity to the authors, and indiscriminate carelessness to the scribes and copyists. It is very hard to be convinced that all the writers, of various degrees of ability, and living at various times and (apparently) at various places, were perfectly at home in a dialect obviously artificial, kept up simply out of respect for tradition. Surely a more probable supposition is that our manuscripts exhibit a slight but varying carelessness on the part of the writers, made even more confusing by greater carelessness on the part of many generations of scribes. In brief, we cannot determine exactly the Ionic of the Hippocratic collection; the most we can do is to observe tendencies.

The conviction that I expressed in the preceding volumes, that at some period or periods the manu-

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scripts were copied with but slight regard for verbal accuracy, has grown stronger with prolonged study. In my critical notes I have quoted in full the readings of our chief manuscripts in places which put, I think, my contention beyond all reasonable doubt.

DESCRIPTION OF PLANE TREE (*Frontispiece*)

THIS ancient plane tree stands in the agora of the chief town of Cos, and it is connected in local tradition with Hippocrates, who is said by the Coans to have taught under its shade. The branches spread over the whole market-place, being supported by marble columns from the site of the temple of Asclepios: the bark has now grown over them so that they seem to be a natural part of the tree. Hermocrates (4th century B.C.) mentions a plane tree as a landmark of Cos:

οῖσθα δὲ καὶ τὸν ἀοιδόν, δν Εύρυπνλον πολιῆται
Κῷοι χάλκειον θῆκαν ὑπὸ πλατάνῳ.

Alexander the Great must have stood beneath this tree, and Paul of Tarsus, to name but two of the host of historical persons who have passed that way. There is no reason to doubt that it is more than 2500 years old.

Sir George Birdwood said as much, in a letter to *The Times* of August 16, 1906, where he gives a long list of ancient trees, many of them older than this.

HIPPOCRATES
NATURE OF MAN

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

I. "Οστις μὲν οὖν εἴωθεν ἀκούειν λεγόντων ἀμφὶ τῆς φύσιος τῆς ἀνθρωπείης¹ προσωτέρω ἡ ὅσον αὐτῆς² ἐς ἴητρικὴν ἀφήκει,³ τούτῳ μὲν οὐκ ἐπιτήδειος ὅδε ὁ λόγος ἀκούειν· οὔτε γὰρ τὸ πάμπαν ἡέρα λέγω τὸν ἀνθρωπὸν εἶναι, οὔτε πῦρ, οὔτε ὕδωρ, οὔτε γῆν, οὔτ' ἄλλο οὐδὲν ὃ τι μὴ φανερόν ἐστιν ἐνεὸν⁴ ἐν τῷ ἀνθρώπῳ· ἀλλὰ τοῖσι βουλομένοισι ταῦτα λέγειν παρίημι. δοκέουσι μέντοι⁵ μοι οὐκ ὄρθως γινώσκειν οἱ 10 ταῦτα⁶ λέγοντες· γνώμῃ μὲν γὰρ τῇ αὐτῇ πάντες χρέονται, λέγουσι δὲ οὐ ταῦτά ἀλλὰ τῆς μὲν γνώμης τὸν ἐπίλογον τὸν αὐτὸν ποιέονται⁷ (φασί τε⁸ γὰρ ἐν τι⁹ εἶναι, ὃ τι ἔστι, καὶ τοῦτο εἶναι τὸ ἐν τε καὶ¹⁰ τὸ πᾶν) κατὰ δὲ τὰ ὄνόματα οὐχ ὄμολογέουσιν· λέγει δ' αὐτῶν ὁ μέν τις φάσκων ἡέρα τοῦτο εἶναι τὸ ἐν τε καὶ τὸ πᾶν, ὁ δὲ πῦρ, ὁ δὲ ὕδωρ,¹¹ ὁ δὲ γῆν, καὶ ἐπιλέγει ἔκαστος τῷ ἐωτοῦ λόγῳ μαρτύρια τε καὶ τεκμήρια, ἢ ἔστιν οὐδέν. ὅπότε δὲ γνώμῃ τῇ αὐτῇ¹² προσχρέονται, λέγουσι δ' οὐ τὰ αὐτά, δῆλον ὅτι οὐδὲ

¹ ἀνθρωπείης A : ἀνθρωπίνης MV.

² αὐτῆς A : αὐτένης M : αὐτέη V.

³ ἀφήκει A : ἀφίκει MV : ἀφήκει Littré.

⁴ ἐνεὸν AV : ἐν ἐδν M. Galen mentions both readings and prefers ἐν ἐδν.

⁵ μέντοι A : δὲ MV.

NATURE OF MAN

I. HE who is accustomed to hear speakers discuss the nature of man beyond its relations to medicine will not find the present account of any interest. For I do not say at all that a man is air, or fire, or water, or earth, or anything else that is not an obvious constituent of a man; such accounts I leave to those that care to give them. Those, however, who give them have not in my opinion correct knowledge. For while adopting the same idea they do not give the same account. Though they add the same appendix to their idea—saying that “what is” is a unity, and that this is both unity and the all—yet they are not agreed as to its name. One of them asserts that this one and the all is air, another calls it fire, another, water, and another, earth; while each appends to his own account evidence and proofs that amount to nothing. The fact that, while adopting the same idea, they do not give the same account, shows that their knowledge

⁶ ταῦτα A : τὰ τοιαῦτα MV.

⁷ προτείνονται A : ποιέονται MV : ποιεῦνται Villaret.

⁸ τε A : MV omit. ⁹ τι MV : τε A.

¹⁰ A omits τὸ ἐν τε καλ.

¹¹ δ δὲ ὕδωρ· δ δὲ πῦρ A : δ δὲ πῦρ· δ δὲ ὕδωρ MV.

¹² δπότε δὲ γνώμη τῇ αὐτῇ A : δτι μὲν γάρ τῇ αὐτεῇ γνώμηι πάντες M : δτι μὲν γάρ τῇ αὐτέῃ γνώμην πάντες V.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

γινώσκουσιν αὐτά.¹ γνοίη δ' ἀν τόδε τις²
 μάλιστα παραγενόμενος αὐτοῖσιν ἀντιλέγουσιν·
 πρὸς γὰρ ἄλλήλους ἀντιλέγοντες οἱ αὐτοὶ ἄνδρες³
 τῶν αὐτῶν ἐναντίον⁴ ἀκροατέων οὐδέποτε τρὶς⁵
 ἐφεξῆς ὁ αὐτὸς περιγίνεται ἐν τῷ λόγῳ, ἀλλὰ
 ποτὲ μὲν οὗτος ἐπικρατεῖ, ποτὲ δὲ οὗτος, ποτὲ
 δὲ⁶ ὥς ἀν τύχῃ μάλιστα ἡ γλῶσσα ἐπιρρυεῖσα⁷
 πρὸς τὸν ὅχλον. καίτοι⁸ δίκαιόν ἐστι τὸν φάντα⁹
 ὄρθως γινώσκειν ἀμφὶ τῶν πρηγμάτων παρέχειν
 30 αἰεὶ ἐπικρατέοντα τὸν λόγον τὸν ἔωστοῦ, εἴπερ
 ἔόντα γινώσκει καὶ ὄρθως ἀποφαίνεται. ἀλλ'
 ἐμοὶ γε δοκέοντιν οἱ τοιοῦτοι ἄνθρωποι αὐτοὶ¹⁰
 ἔωστοὺς¹⁰ καταβάλλειν ἐν τοῖσιν ὄνόμασι τῶν
 λόγων αὐτῶν ὑπὸ ἀσυνεσίης, τὸν δὲ Μελίσσου
 35 λόγον ὄρθοῦν.

II. Περὶ μὲν οὖν τούτων ἀρκεῖ μοι τὰ εἰρημένα.
 τῶν δὲ ἵητρῶν οἱ μέν τινες λέγουσιν ώς ἄνθρωπος
 αἷμά¹¹ ἐστιν, οἱ δὲ αὐτῶν χολήν φασιν εἶναι τὸν
 ἄνθρωπον, ἔνιοι δέ τινες φλέγμα· ἐπίλογον δὲ
 ποιέονται καὶ οὗτοι¹² πάντες τὸν αὐτόν· ἐν γὰρ¹³
 εἶραι φασιν, ὅ τι ἔκαστος αὐτῶν βούλεται ὄνο-

¹ A omits αὐτά. Wilamowitz and Villaret read οὐδὲν for οὐδὲ and omit αὐτά.

² τῶδε (τόδε in another hand) τις A : τῶιδέ τις M : τόδέ τις V : τις τόδε Littré, with one MS.

³ ἄνδρες A : ἄνθρωποι MV.

⁴ A correcting hand in A has written ω over the ο of ἐναντίον.

⁵ Littré says that a later hand in A has emended τρεῖς to τρίς. The rotograph shows τρεῖς. Both M and V have τρεῖς.

⁶ A reads τότε μὲν . . . τότε δὲ . . . τέτε δέ.

⁷ ἐπιρρυεῖσα A : βυεῖσα MV.

⁸ καίτοι A : καὶ τὸ MIV.

NATURE OF MAN, I.-II.

too is at fault. The best way to realise this is to be present at their debates. Given the same debaters and the same audience, the same man never wins in the discussion three times in succession, but now one is victor, now another, now he who happens to have the most glib tongue in the face of the crowd. Yet it is right that a man who claims correct knowledge about the facts should maintain his own argument victorious always, if his knowledge be knowledge of reality and if he set it forth correctly. But in my opinion such men by their lack of understanding overthrow themselves in the words of their very discussions, and establish the theory of Melissus.¹

II. Now about these men I have said enough, and I will turn to physicians. Some of them say that a man is blood, others that he is bile, a few that he is phlegm. Physicians, like the metaphysicians, all add the same appendix. For they say that a man is a unity, giving it the name that severally they

¹ A philosopher of the Eleatic School, who appears to have flourished about 440 B.C. He maintained that Being is eternal, infinite, invariable and a unity. The disputants referred to in the text "established the theory of Melissus" by showing how many difficulties are involved in equating Being with any one of the four elements.

Diels' conjecture would give the meaning "by words opposed to their thesis itself."

⁹ τὸν φύσαντα (altered to φήσαντα) A : τὸν φάντα M : τὸ φάντα V.

¹⁰ αὐτοὶ ἔωντος A : σφᾶς αὐτοὺς MV. Diels conjectures (for ἐν τοῖσιν . . . αὐτῶν) ἀντίοισιν ὄνδμασι τῷ λόγῳ αὐτῷ.

¹¹ After αἷμα V has μοῦνον. So M (in margin).

¹² οὗτοι A : αὐτοὶ MV.

¹³ MV have ἐν γάρ τι.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

μάσας,¹ καὶ τοῦτο² μεταλλάσσειν τὴν ἰδέην καὶ τὴν δύναμιν, ἀναγκαζόμενον ὑπό τε τοῦ θερμοῦ καὶ τοῦ ψυχροῦ, καὶ γίνεσθαι³ γλυκὺν καὶ πικρὸν
 10 καὶ λευκὸν καὶ μέλαν καὶ παντοῖον. ἐμοὶ δὲ οὐδὲ ταῦτα δοκεῖ ὡδε ἔχειν.⁴ οἱ οὖν⁵ πλεῖστοι τοιαῦτά τινα καὶ⁶ ἐγγυτατα τούτων ἀποφαίνονται. ἐγὼ δέ φημι, εἰ ἐν ἦν ὥνθρωπος, οὐδέποτ’ ἀν ἥλγεεν· οὐδὲ γὰρ ἀν ἦν⁷ ὑφ’ ὅτου⁸ ἀλγήσειεν ἐν ἐών·⁹ εἰ δ’ οὖν καὶ ἀλγήσειεν, ἀνάγκη καὶ τὸ ἴώμενον ἐν εἶναι· νῦν δὲ πολλά· πολλὰ γάρ¹⁰ ἐστιν ἐν τῷ σώματι ἐνεόντα, ἃ, ὅταν ὑπ’ ἀλλήλων παρὰ φύσιν θερμαίνηται τε καὶ ψύχηται, καὶ ξηραίνηται καὶ ὑγραίνηται, νούσους
 20 τίκτει· ὥστε πολλαὶ μὲν ἰδέαι τῶν νοσημάτων, πολλὴ δὲ καὶ ἡ ἵησις ἐστίν. ἀξιῶ δὲ ἔγωγε τὸν φάσκοντα αἷμα εἶναι μοῦνον τὸν ἄνθρωπον, καὶ ἄλλο μηδέν, δεικνύειν αὐτὸν μὴ μεταλλάσσοιτα τὴν ἰδέην μηδὲ¹⁰ γίνεσθαι παντοῖον, ἀλλ’ ἡ ὥρην τινὰ τοῦ ἐνιαυτοῦ ἡ τῆς ἡλικίης τῆς τοῦ ἀνθρώπου, ἐν ἦ αἷμα ἐνεὸν φαίνεται μοῦνον ἐν τῷ ἀνθρώπῳ· εἰκὸς γὰρ εἶναι μίαν τινὰ ὥρην,

¹ αὐτῶν βούλεται ὀνομάσας Α : ἡθέλησεν ὀνομάσαι αὐτέων Μ : ονομάσαι ἡθέλησεν αὐτέων V.

² After τοῦτο MV have ἐν ἐδν.

³ After γίνεσθαι MV have καὶ.

⁴ ἐμοὶ δὲ οὐδέν τι (altered to τοι by another hand) δοκέει ταῦτα οὔτως ἔχειν Α : ἐμοὶ δ’ οὐδὲ ταῦτα δοκεῖται ὡδε ἔχειν Μ : ἐμοὶ δ οὐ δοκέει ταῦτα ὡδε ἔχειν V.

⁵ οἱ οὖν Α : οἱ μὲν οὖν MV.

⁶ After καὶ MV have ξτι. Ermerins reads ἡ ξτι, perhaps rightly.

⁷ ἦν ἄν Α : ἄν ἦν MV.

⁸ ὑφ’ οὗ Α : ὑπὸ τοῦ MV : ὑφ’ ὅτου Littré after Galen.

⁹ ἐδν AMV : ἐών Littré with one MS.

NATURE OF MAN, II.

wish to give it ; this changes its form and its power,¹ being constrained by the hot and the cold, and becomes sweet, bitter, white, black and so on. But in my opinion these views also are incorrect. Most physicians then maintain views like these, if not identical with them ; but I hold that if man were a unity he would never feel pain, as there would be nothing from which a unity could suffer pain. And even if he were to suffer, the cure too would have to be one. But as a matter of fact cures are many. For in the body are many constituents, which, by heating, by cooling, by drying or by wetting one another contrary to nature, engender diseases ; so that both the forms² of diseases are many and the healing of them is manifold. But I require of him who asserts that man is blood and nothing else, to point out a man when he does not change his form or assume every quality, and to point out a time, a season of the year or a season of human life, in which obviously blood is the only constituent of man. For it is only natural that there should be

¹ By "power" (*δύναμις*) is probably meant the sum total of a thing's characteristics or qualities. See Vol. I. pp. 338, 339. Recent research, however, makes it likely that in the medical writers *δύναμις* is often used with *ἰδέη* or *φύσις* to form a tautological phrase meaning "real essence."

² A. E. Taylor (*Varia Socratica*, p. 229) thinks that this phrase must mean "there are many substances in which disease arises," i.e. disease is not necessarily "diseased state of the blood."

¹⁰ Α has αἷμα μόνον εἶναι τὸν ἀνθρωπὸν καὶ ἄλλο μηδὲν εἶναι δεικνύειν αὐτὸν μήτε ἀλάσσοντα τὴν ιδέην μήτε. Ermerins reads αὐτὸν (sc. τὸ αἷμα) μὴ μεταλλάσσειν. Villaret has μήτε μεταλλάσσοντα . . . μήτε γινόμενον, probably rightly.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

ἐν ἥ φαίνεται αὐτὸς ἐφ' ἑαυτοῦ ἐνεόν¹ τὰ αὐτὰ δὲ
λέγω καὶ περὶ τοῦ φάσκοντος φλέγμα² εἶναι τὸν
30 ἄνθρωπον, καὶ περὶ τοῦ χολὴν φάσκοντος εἶναι.
ἔγω μὲν γὰρ ἀποδεῖξω, ἂν τὸν φήσω τὸν ἄνθρωπον
εἶναι, καὶ κατὰ τὸν³ νόμον καὶ κατὰ τὴν³ φύσιν,
ἀεὶ τὰ αὐτὰ ἔόντα ὅμοιῶς,⁴ καὶ νέου ἔόντος καὶ
γέροντος, καὶ τῆς ὥρης ψυχρῆς ἐούσης καὶ
θερμῆς, καὶ τεκμήρια παρέξω, καὶ ἀνάγκας
ἀποφανῶ, διὸ ἂς ἔκαστον αὕξεται τε καὶ φθίνει
37 ἐν τῷ σώματι.

III. Πρῶτον μὲν οὖν ἀνάγκη τὴν γένεσιν
γίνεσθαι μὴ ἀφ' ἐνός· πῶς γὰρ ἀν τὸν γένον τι
γεννήσειεν, εἰ μή τινι μιχθείη; ἔπειτα οὐδ', ἐὰν⁵
μὴ ὄμόφυλα ἔόντα μίσγηται καὶ τὴν αὐτὴν
ἔχοντα δύναμιν, γεννᾶ,⁶ οὐδ' ἀν ταῦτα ἡμῖν
συντελέοιτο. καὶ πάλιν, εἰ μὴ τὸ θερμὸν τῷ
ψυχρῷ καὶ τὸ ξηρὸν τῷ ὑγρῷ μετρίως πρὸς

¹ εἰκὸς γὰρ ἔς τινα (corrected to ἔστιν τινὰ) ὥρην ἐν ἥ φαίνηται αὐτῷ ἐν ἑαυτῷ ἐδν ὁ ἔστιν Α (with εἰκὸς γὰρ εἶναι ὥρην in margin). εἰκὸς γὰρ εἶναι μίαν τινὰ ὥρην ἐν ἥ φαίνεται αὐτῷ ἐν ἑαυτῷ ἔνεόν, followed by ὅτι ἔστιν erased, M, which has μίαν also written over an erasure. V agrees with M, except that it has ἐδν for ἔνεόν without ὅτι ἔστιν. Littré with Galen would read μίαν γέ τινα and with Foes ἐφ' ἔωντοῦ. Villaret reads ἐφ' ἔωντοῦ ἐδν, ὅ ἔστιν.

² After φλέγμα A has μόνον written underneath the line.

³ Villaret brackets τὸν and τὴν. So Van der Linden and Friedrich.

⁴ τὰ αὐτὰ ὅμοια ἔόντα Α : εἰ ταῦτα ἔόντα ὅμοια MV. The text is Littré's, who follows certain later MSS. in reading ἀεὶ and ὅμοιῶς.

⁵ εἴ πον δ' ἐὰν (with ὅ over εἴ) Α : ἔπειτα οὐδὲ ἀν MV : ἔπειτα οὐδ' ἐὰν Littré : ἔπει οὐδ' ἐὰν Wilamowitz.

⁶ A has γεννᾷ with αν written over αι. It also omits ταῦτα, for which Galen reads τὰ αὐτά. I give Littré's text, but I suggest that the true reading is ὅπου δ' ἀν μὴ ὄμόφυλα

NATURE OF MAN, II.-III.

one season in which blood-in-itself appears as the sole constituent.¹ My remarks apply also to him who says that man is only phlegm, and to him who says that man is bile. I for my part will prove that what I declare to be the constituents of a man are, according to both convention and nature,² always alike the same; it makes no difference whether the man be young or old, or whether the season be cold or hot. I will also bring evidence, and set forth the necessary causes why each constituent grows or decreases in the body.

III. Now in the first place generation cannot take place from a unity. How could a unity generate, without copulating? Again, there is no generation unless the copulating partners be of the same kind, and possess the same qualities; nor would there be any offspring.³ Moreover, generation will not take place if the combination of hot with cold and of dry

¹ Probably Villaret's reading is correct, and we should translate, "in which the real element appears in its proper form."

² This strange phrase apparently means "in name as well as in essence," or rather "as much in essence as they are in name." People agree in giving certain names to the constituents of the human body. These names correspond to real entities. Galen explains *κατὰ νόμον* to mean "according to received opinion."

³ The translation of the emendation which I propose will be: "And when the copulating partners are not of the same kind, and do not possess the same generating qualities, we shall get no result."

ἔόντα μίσγηται καὶ τὴν αὐτὴν ἔχοντα δύναμιν γεννᾶν, οὐδὲν ἀνήμιν συντελέοιτο. Ermerins would read ἔπειτα δέ, ἐάν . . . δύναμιν, γέννα οὐδ' ἀν οὔτω ἡμῖν ξυντελέοιτο. Villaret has εἰτ' οὐδ' ἐάν . . . γέννα οὐδ' ἀν μία συντελέοιτο.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

- άλληλα ἔξει καὶ ἵσως, ἀλλὰ θάτερον θατέρου πολὺ προέξει καὶ τὸ ἴσχυρότερον¹ τοῦ ἀσθε-
 10 νεστέρου, ἡ γένεσις οὐκ ἀν γένοιτο. ὥστε πῶς εἰκὸς ἀπὸ ἐνός τι γεννηθῆναι, ὅτε οὐδὲ ἀπὸ τῶν πλειόνων γεννᾶται,² ἢν μὴ τύχῃ καλῶς ἔχοντα τῆς κρήσιος τῆς πρὸς ἄλληλα; ἀνάγκη τοίνυν, τῆς φύσιος τοιαύτης ὑπαρχούσης καὶ τῶν ἄλλων ἀπάντων καὶ τῆς τοῦ ἀνθρώπου, μὴ ἐν εἶναι τὸν ἀνθρωπὸν, ἀλλ᾽ ἔκαστον τῶν συμβαλλο-
 μένων ἐς τὴν γένεσιν ἔχειν τὴν³ δύναμιν ἐν τῷ σώματι, οἵην περ συνεβάλετο. καὶ πάλιν γε ἀνάγκη ἀναχωρεῖν⁴ ἐς τὴν ἑωυτοῦ φύσιν ἔκαστον,
 20 τελευτῶντος τοῦ σώματος τοῦ ἀνθρώπου, τό τε ὑγρὸν πρὸς τὸ ὑγρὸν καὶ τὸ ξηρὸν πρὸς τὸ ξηρὸν καὶ τὸ θερμὸν πρὸς τὸ θερμὸν καὶ τὸ ψυχρὸν πρὸς τὸ ψυχρόν. τοιαύτη δὲ καὶ τῶν ζῷων ἐστὶν ἡ φύσις, καὶ τῶν ἄλλων πάντων γίνεται τε ὁμοίως πάντα καὶ τελευτᾷ ὁμοίως πάντα· συνίσταται τε γὰρ αὐτῶν ἡ φύσις ἀπὸ τούτων τῶν προειρημένων πάντων, καὶ τελευτᾷ κατὰ τὰ εἱρημένα ἐς τὸ αὐτὸ δόθεν περ συνέστη ἔκαστον.
 29 ἐνταῦθα οὖν καὶ ἀπεχώρησεν.⁵

IV. Τὸ δὲ σῶμα τοῦ ἀνθρώπου ἔχει ἐν ἑωυτῷ αἷμα καὶ φλέγμα καὶ χολὴν ξανθὴν καὶ μέλαιναν, καὶ ταῦτ' ἐστὶν αὐτῷ ἡ φύσις τοῦ σώματος, καὶ διὰ ταῦτα ἀλγεῖ καὶ ὑγιαίνει. ὑγιαίνει μὲν οὖν μάλιστα, ὅταν μετρίως ἔχῃ ταῦτα τῆς πρὸς ἄλληλα κρήσιος καὶ⁶ δυνάμιος καὶ τοῦ πλήθεος, καὶ μάλιστα⁷ μεμιγμένα ἥ· ἀλγεῖ δὲ ὅταν τού-

¹ For ἴσχυρότερον A reads ἴσχυρον.

² γεννᾶται MV: γίνεται A.

³ τῇ A: τινὰ MV.

NATURE OF MAN, III.-IV.

with moist be not tempered and equal—should the one constituent be much in excess of the other, and the stronger be much stronger than the weaker. Wherefore how is it likely for a thing to be generated from one, when generation does not take place from more than one unless they chance to be mutually well-tempered? Therefore, since such is the nature both of all other things and of man, man of necessity is not one, but each of the components contributing to generation has in the body the power it contributed. Again, each component must return to its own nature when the body of a man dies, moist to moist, dry to dry, hot to hot and cold to cold. Such too is the nature of animals, and of all other things. All things are born in a like way, and all things die in a like way. For the nature of them is composed of all those things I have mentioned above, and each thing, according to what has been said, ends in that from which it was composed. So that too is whither it departs.

IV. The body of man has in itself blood, phlegm, yellow bile and black bile; these make up the nature of his body, and through these he feels pain or enjoys health. Now he enjoys the most perfect health when these elements are duly proportioned to one another in respect of compounding, power and bulk, and when they are perfectly mingled. Pain is

⁴ ἀναχωρέειν A : ἀποχωρέειν MV.

⁵ ἐνταῦθα οὖν καὶ ἀπεχώρησεν reads like a gloss, or an alternative reading for τελευτὴ ἐσ τὸ αὐτό.

⁶ A omits κρήσιος καὶ.

⁷ After μάλιστα MV have ἦν and A has εἰ above the line in a corrector's hand.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

των τι ἔλασσον ἢ πλέον ἢ ἡ¹ χωρισθῆ ἐν τῷ σώματι καὶ μὴ κεκρημένον ἢ τοῖσι σύμπασιν.²

10 ἀνάγκη γάρ, ὅταν τούτων τι χωρισθῆ καὶ ἐφ' ἔωντοῦ στῇ, οὐ μόνον τοῦτο τὸ χωρίον ἔνθεν ἔξεστη ἐπίνοσον γίνεσθαι, ἀλλὰ καὶ ἔνθα ἀν στῇ καὶ ἐπιχυθῆ,³ ὑπερπιμπλάμενον ὁδύνην τε καὶ πόνον παρέχειν. καὶ γὰρ ὅταν τι τούτων ἔξω τοῦ σώματος ἐκρυῆ πλέον τοῦ ἐπιπολάζοντος, ὁδύνην παρέχει ἡ κένωσις. ἣν τ' αὖ πάλιν ἔσω ποιήσηται τὴν κένωσιν καὶ τὴν μετάστασιν καὶ τὴν ἀπόκρισιν ἀπὸ τῶν ἄλλων, πολλὴ αὐτῷ ἀνάγκη διπλῆν τὴν ὁδύνην παρέχειν κατὰ τὰ

20 εἰρημένα, ἔνθεν τε ἔξεστη καὶ ἔνθα ὑπερέβαλεν.

V. Εἶπον δὴ,⁴ ἂν φῆσω τὸν ἀνθρωπὸν εἶναι, ἀποφανεῖν αἱεὶ⁵ ταῦτα ἔόντα καὶ κατὰ νόμον καὶ κατὰ φύσιν· φημὶ δὴ εἴηται⁶ αἷμα καὶ φλέγμα καὶ χολὴν ξανθὴν καὶ μέλαιναν. καὶ τούτων πρῶτον μὲν κατὰ νόμον τὰ ὄνόματα διωρίσθαι φημὶ καὶ οὐδενὶ αὐτῶν τὸ αὐτὸ δοῦμα εἶναι, ἐπειτα κατὰ φύσιν τὰς ἴδεας κεχωρίσθαι, καὶ οὕτε τὸ φλέγμα οὐδὲν ἐοικέναι τῷ αἷματι, οὕτε τὸ αἷμα τῇ χολῇ,⁷ οὕτε τῇ χολῇ τῷ φλέγματι. πῶς

10 γὰρ ἀν ἐοικότα ταῦτα εἴη ἀλλήλοισιν, ὃν οὕτε τὰ χρώματα ὅμοια φαίνεται προσορώμενα, οὕτε τῇ χειρὶ ψαύοντι ὅμοια δοκεῖ εἶναι;⁸ οὕτε

¹ A omits ἢ ἡ, perhaps rightly. M omits, with εἴη ἡ in margin. V has εἴη ἡ in the text.

² ξύμπασιν MV: πᾶσιν A.

³ The reading is that of A. MV have ξνθεν τε ἔξεστηκεν· οὐ μόνον τοῦτο τὸ χωρίον νοσερὸν γίνεται, and omit στῇ καὶ.

⁴ εἰπῶν δὲ A: εἶπον δὴ MV.

⁵ ἀποφανεῖναι oī A (Littré says ἀποφανῆναι oī out of ἀποφανεῖν αἱεὶ, but the rotograph only shows that ει is

felt when one of these elements is in defect or excess, or is isolated in the body without being compounded with all the others. For when an element is isolated and stands by itself, not only must the place which it left become diseased, but the place where it stands in a flood must, because of the excess, cause pain and distress. In fact when more of an element flows out of the body than is necessary to get rid of superfluity, the emptying causes pain. If, on the other hand, it be to an inward part that there takes place the emptying, the shifting and the separation from other elements, the man certainly must, according to what has been said, suffer from a double pain, one in the place left, and another in the place flooded.

V. Now I promised to show that what are according to me the constituents of man remain always the same, according to both convention and nature.¹ These constituents are, I hold, blood, phlegm, yellow bile and black bile. First I assert that the names of these according to convention are separated, and that none of them has the same name as the others; furthermore, that according to nature their essential forms are separated, phlegm being quite unlike blood, blood being quite unlike bile, bile being quite unlike phlegm. How could they be like one another, when their colours appear not alike to the sight nor does their touch seem alike to the hand? For they are

¹ See p. 9.

written over some mark, and that of is, apparently, on a thorough erasure): ἀποφαίνειν αἰεὶ MV.

⁶ δὲ εἴναι A : δ' εἴναι MV : δὴ εἴναι Littré.

⁷ τῶ αἷματι ἡ χολή A : τῷ αἷμα (sic) M.

⁸ ὅμοια δὲ (οὐ above the line) δοκεῖ A.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

γὰρ θερμὰ ὁμοίως ἔστιν, οὐτε ψυχρά, οὐτε
 ξηρά, οὐτε ύγρα. ἀνάγκη τούς τούς, ὅτε τοσοῦτον
 διήλλακται ἀλλήλων τὴν ἰδέην τε καὶ τὴν
 δύναμιν, μὴ ἐν αὐτὰ εἶναι, εἴπερ μὴ πῦρ τε καὶ
 ὕδωρ ἐν ἔστιν.¹ γνοίης δ' ἀν τοῖσδε, ὅτι οὐχ ἐν
 ταῦτα πάντα ἔστιν, ἀλλ' ἔκαστον αὐτῶν ἔχει
 δύναμίν τε καὶ φύσιν τὴν ἐωսτοῦ ἥν γάρ τινι
 20 διδῷ² ἀνθρώπῳ φάρμακον ὃ τι φλέγμα ἄγει,
 ἐμεῖται σοι φλέγμα, καὶ ἥν διδῷ φάρμακον ὃ
 τι χολὴν ἄγει, ἐμεῖται σοι χολῆ. κατὰ ταῦτα
 δὲ καὶ χολὴ μέλαινα καθαίρεται,³ ἥν διδῷ φάρμακον
 ὃ τι χολὴν μέλαιναν ἄγει· καὶ ἥν
 τρώσῃς αὐτοῦ τοῦ σώματος τι ὥστε ἔλκος⁴
 γενέσθαι, ρύησεται αὐτῷ αἷμα. καὶ ταῦτα ποιήσει
 σοι πάντα πᾶσαν ἡμέρην καὶ νύκτα καὶ χειμῶνος
 καὶ θέρεος, μέχρι ἀν δυνατὸς ἥ τὸ πνεῦμα ἔλκειν
 ἐς ἐωστὸν καὶ πάλιν μεθιέναι, ἥ ἔστ’ ἀν τινος
 30 τούτων στερηθῆ τῶν συγγεγονότων. συγγέγονε
 δὲ ταῦτα τὰ εἰρημένα· πῶς γὰρ οὐ συγγέγονε;
 πρῶτον μὲν φανερός ἔστιν ὥνθρωπος ἔχων ἐν
 ἐωστῷ ταῦτα πάντα αἰεὶ⁵ ἔως ἀν ζῆ, ἔπειτα δὲ
 γέγονεν ἐξ ἀνθρώπου ταῦτα πάντα ἔχοντος,
 τέθραπταί τε ἐν ἀνθρώπῳ ταῦτα πάντα ἔχοντι,
 36 ὅσα ἐγώ φημι τε καὶ ἀποδείκνυμι.

VII. Οἱ δὲ λέγοντες ὡς ἐν ἔστιν ὥνθρωπος,
 δοκέοντες μοι ταύτη τῇ γνώμῃ χρῆσθαι⁶ ὄρέοντες
 τοὺς πίνοντας τὰ φάρμακα καὶ ἀπολλυμένους
 ἐν τῇσιν ὑπερκαθάρσεσι, τοὺς μὲν χολὴν ἐμέ-

¹ ὕδωρ ἐν ἔστι A: ὕδωρ ταυτὸν ἔστι MV: ὕδωρ ἐν τε καὶ ταῦτόν ἔστιν Littré after Galen.

² εἰ γάρ τι δοίης (not διδοίης, as Littré says) A: ἥν γάρ τινι δίδως MV.

NATURE OF MAN, v.-vi.

not equally warm, nor cold, nor dry, nor moist. Since then they are so different from one another in essential form and in power, they cannot be one, if fire and water are not one. From the following evidence you may know that these elements are not all one, but that each of them has its own power and its own nature. If you were to give a man a medicine which withdraws phlegm, he will vomit you phlegm; if you give him one which withdraws bile, he will vomit you bile. Similarly too black bile is purged away if you give a medicine which withdraws black bile. And if you wound a man's body so as to cause a wound, blood will flow from him. And you will find all these things happen on any day and on any night, both in winter and in summer, so long as the man can draw breath in and then breathe it out again, or until he is deprived of one of the elements congenital with him. Congenital with him (how should they not be so?) are the elements already mentioned. First, so long as a man lives he manifestly has all these elements always in him; then he is born out of a human being having all these elements, and is nursed in a human being having them all, I mean those elements I have mentioned with proofs.

VI. Those who assert that man is composed of one element seem to me to have been influenced by the following line of thought. They see those who drink drugs and die through excessive purgings vomiting,

³ χολὴ μέλαινα καθαίρεται A : χολὴν μέλαιναν καθαίρει MV.

⁴ ἔλκος A : τραῦμα MV (in M over an erasure).

⁵ αἰεὶ M : ἀεὶ V : ἰδεῖν A.

⁶ χρῆσθαι AV : κεχρῆσθαι M.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

οντας, τοὺς δέ τινας φλέγμα, τοῦτο δὲ ἔκαστον αὐτῶν ἐνόμισαν εἶναι τὸν ἀνθρωπὸν, ὅ τι καθαιρόμενον εἰδον αὐτὸν ἀποθανόντα· καὶ οἱ τὸ αἷμα φάντες εἶναι τὸν ἀνθρωπὸν τῇ αὐτῇ¹ γυνώμῃ χρέονται· ὄρέοντες ἀποσφαξομένους τοὺς ἀν-
10 θρώπους καὶ τὸ αἷμα ρέον ἐκ τοῦ σώματος, τοῦτο νομίζουσιν εἶναι τὴν ψυχὴν τῷ ἀνθρώπῳ· καὶ μαρτυρίοισι τούτοισι πάντες χρέονται ἐν τοῖσι λόγοισιν. καίτοι τὸ μὲν πρῶτον² ἐν τῇσιν ὑπερκαθάρσεσιν οὐδείς πω ἀπέθανε χολὴν μούνον καθαρθείς· ἀλλ’ ὥπόταν πίῃ τις φάρμακον ὅ τι χολὴν ἄγει, πρῶτον μὲν χολὴν ἔμει, ἔπειτα δὲ καὶ φλέγμα· ἔπειτα δὲ ἐπὶ τούτοισιν ἐμέουσι χολὴν μέλαιναν ἀναγκαζόμενοι,³ τελευτῶντες δὲ καὶ αἷμα ἐμέουσι καθαρόν. τὰ αὐτὰ δὲ πάσχουσι
20 καὶ ὑπὸ τῶν φαρμάκων τῶν τὸ φλέγμα ἀγόντων· πρῶτον μὲν γὰρ φλέγμα ἐμέουσιν, ἔπειτα δὲ χολὴν ξανθήν, ἔπειτα δὲ μέλαιναν, τελευτῶντες δὲ αἷμα καθαρόν, καὶ ἐν τῷδε ἀποθυῆσκουσιν. τὸ γὰρ φάρμακον, ὅταν ἐσέλθῃ ἐς τὸ σῶμα, πρῶτον μὲν ἄγει δὲ ἀν αὐτῷ κατὰ φύσιν μάλιστα ἢ τῶν ἐν τῷ σώματι ἐνεόντων, ἔπειτα δὲ καὶ τἄλλα ἔλκει τε καὶ καθαίρει. ὡς γὰρ τὰ φυόμενά τε καὶ σπειρόμενα, ὥπόταν ἐς τὴν γῆν ἔλθῃ, ἔλκει ἔκαστον τὸ κατὰ φύσιν αὐτῷ ἐνεὸν ἐν τῇ γῇ, ἔνι δὲ καὶ ὀξὺ
30 καὶ πικρὸν καὶ γλυκὺ καὶ ἀλμυρὸν καὶ παντοῖον· πρῶτον μὲν οὖν πλεῖστον τούτου εἴλκυσεν ἐς ἑωυτό, ὅ τι ἀν ἢ αὐτῷ κατὰ φύσιν μάλιστα, ἔπειτα δὲ ἔλκει καὶ τἄλλα· τοιοῦτον δέ τι καὶ τὰ φάρμακα ποιεῖ ἐν τῷ σώματι· ὅσα ἀν χολὴν ἄγῃ, πρῶτον μὲν ἀκρητεστάτην ἐκάθηρε χολήν, ἔπειτα δὲ μεμιγμένην· καὶ τὰ τοῦ φλέγματος

NATURE OF MAN, VI.

in some cases bile, in others phlegm; then they think that the man is composed of that one thing from the purging of which they saw him die. Those too who say that man is composed of blood use the same line of thought. They see men who are cut¹ bleeding from the body, and so they think that blood composes the soul of a man. Such is the evidence they all use in their discussions. Yet first, nobody yet in excessive purgings has vomited bile alone when he died. But when a man has drunk a drug which withdraws bile, he first vomits bile, then phlegm also. Afterwards under stress men vomit after these black bile, and finally they vomit also pure blood. The same experiences happen to those who drink drugs which withdraw phlegm. First they vomit phlegm, then yellow bile, then black, and finally pure blood, whereon they die. For when the drug enters the body, it first withdraws that constituent of the body which is most akin to itself, and then it draws and purges the other constituents. For just as things that are sown and grow in the earth, when they enter it, draw each that constituent of the earth which is nearest akin to it—these are the acid, the bitter, the sweet, the salt and so on—first the plant draws to itself mostly that element which is most akin to it, and then it draws the other constituents also. Such too is the action of drugs in the body. Those that withdraw bile first evacuate absolutely pure bile, then bile that is mixed.

¹ Literally, “have their throat cut.”

¹ τοιαύτη A.

² καίτοι τὸ μὲν πρῶτον A : καὶ πρῶτον μὲν MV.

³ ἀναγκαζόμενοι MV : A omits.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

φάρμακα πρῶτον μὲν ἀκρητέστατον τὸ φλέγμα
ἄγει, ἔπειτα δὲ μεμιγμένον· καὶ τοῖσιν ἀποσφα-
ζομένοισι τὸ αἷμα ρεῖ πρῶτον θερμότατόν¹ τε
40 καὶ ἐρυθρότατον, ἔπειτα δὲ ρεῖ φλεγματωδέστερον
41 καὶ χολωδέστερον.

VII. Αὔξεται δὲ ἐν τῷ ἀνθρώπῳ τὸ φλέγμα
τοῦ χειμῶνος· τοῦτο γὰρ τῷ χειμῶνι κατὰ φύσιν
ἔστι μάλιστα τῶν ἐν τῷ σώματι ἐνεόντων,
ψυχρότατον γάρ ἔστιν.² τεκμήριον δὲ τούτου,
ὅτι τὸ μὲν φλέγμα ψυχρότατον, εἰ θέλοις³
ψαῦσαι φλέγματος καὶ χολῆς καὶ αἷματος,⁴ τὸ
φλέγμα εὐρήσεις ψυχρότατον ἔόν· καίτοι γλισ-
χρότατόν ἔστι καὶ βίῃ μάλιστα ἄγεται μετὰ⁵
χολὴν μέλαιναν· ὅσα δὲ βίῃ ἐρχεται, θερμότερα
γίνεται, ἀναγκαζόμενα ὑπὸ τῆς βίης· ἀλλ' ὅμως
10 καὶ πρὸς ταῦτα πάντα ψυχρότατον ἔὸν τὸ
φλέγμα φαίνεται ὑπὸ τῆς φύσιος τῆς ἐωսτοῦ.
ὅτι δὲ ὁ χειμῶν πληροῦ τὸ σῶμα φλέγματος,
γνοίης ἀν τοῖσδε· οἱ ἀνθρωποι πτύουσι καὶ
ἀπομύσσονται φλεγματωδέστατον τοῦ χειμῶνος,
καὶ τὰ οἰδήματα λευκὰ⁶ γίνεται μάλιστα ταύ-
την τὴν ὥρην, καὶ τάλλα νοσήματα φλεγμα-
τώδεα. τοῦ δὲ ἥρος τὸ φλέγμα ἔτι μένει ἰσχυρὸν⁷
ἐν τῷ σώματι, καὶ τὸ αἷμα αὔξεται· τά τε γὰρ
ψύχεα ἐξανίει,⁸ καὶ τὰ ὕδατα ἐπιγίνεται, τὸ δὲ
20 αἷμα κατὰ ταῦτα⁹ αὔξεται ὑπό τε τῶν ὅμβρων

¹ τὸ αἷμα ρεῖ πρῶτον θερμότατον Α: τὸ αἷμα ρέει πρῶτον μὲν θερμότατον ΜΒ.

² τοῦτο γὰρ τῷ χειμῶνι κατὰ φύσιν μάλιστα τῶν ἐν τῷ σώματι ἐνεόντων ψυχρότατον ἔστιν Α: τοῦτο γὰρ τῷ χειμῶνι κατὰ φύσιν μάλιστα τῶν ἐν τῷ σώματι ἐνεόντων ψυχρότατον γάρ ἔστι Μ: τοῦτο γὰρ τῷ χειμῶνι μάλιστα κατὰ φύσιν τῶν ἐν τῷ σώματι ἐνεόντων ψυχρότατον ἔστι Β.

NATURE OF MAN, VI.-VII.

Those that withdraw phlegm first withdraw absolutely pure phlegm, and then phlegm that is mixed. And when men are cut,¹ the blood that flows is at first very hot and very red, and then it flows with more phlegm and bile mixed with it.

VII. Phlegm increases in a man in winter; for phlegm, being the coldest constituent of the body, is closest akin to winter. A proof that phlegm is very cold is that if you touch phlegm, bile and blood, you will find phlegm the coldest. And yet it is the most viscid, and after black bile requires most force for its evacuation. But things that are moved by force become hotter under the stress of the force. Yet in spite of all this, phlegm shows itself the coldest element by reason of its own nature. That winter fills the body with phlegm you can learn from the following evidence. It is in winter that the sputum and nasal discharge of men is fullest of phlegm; at this season mostly swellings become white, and diseases generally phlegmatic. And in spring too phlegm still remains strong in the body, while the blood increases. For the cold relaxes, and the rains come on, while the blood accordingly increases

¹ Literally “have their throats cut.”

³ θέλοις A: ἔθέλοις M: ἔθέλεις (-ois?) V.

⁴ A omits καὶ αἷματος.

⁵ μετὰ MV: μετὰ δὲ A.

⁶ λευκὰ A: λευκότατα MV.

⁷ ἔτι μὲν ἴσχυρὸν τὸ φλέγμα ἔστιν A: τὸ φλέγμα ἔτι μὲν ἴσχυρότερον M: τὸ φλέγμα ἔστι μὲν ἴσχυρότερον V: τὸ φλέγμα ἔτι μένει ἴσχυρὸν Littré, from Galen and notes in Foes.

⁸ ἔξανεῖτε A: ἔξανεῖ MV.

⁹ A omits κατὰ ταῦτα.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

καὶ ὑπὸ τῶν θερμημέριων· κατὰ φύσιν γὰρ
 αὐτῷ ταῦτά ἔστι μάλιστα τοῦ ἐνιαυτοῦ· ὑγρόν
 τε γάρ ἔστι καὶ θερμόν. γνοίης δ' ἀν τοῖσδε·
 οἱ ἄνθρωποι τοῦ ἥρος καὶ τοῦ θέρεος μάλιστα
 ὑπό τε τῶν δυσεντεριῶν ἀλίσκονται, καὶ ἐκ τῶν
 ρινῶν τὸ αἷμα¹ ῥεῖ αὐτοῖσι, καὶ θερμότατοί
 εἰσι καὶ ἐρυθροί· τοῦ δὲ θέρεος τό τε αἷμα ἵσχυει
 ἔτι, καὶ ἡ χολὴ αἴρεται ἐν τῷ σώματι καὶ
 παρατείνει ἐς τὸ φθινόπωρον· ἐν δὲ τῷ φθινο-
 πώρῳ τὸ μὲν αἷμα ὀλίγον γίνεται, ἐναντίον γὰρ
 αὐτοῦ τὸ φθινόπωρον τῇ φύσει ἔστιν· ἡ δὲ χολὴ
 τὴν θερείην² κατέχει τὸ σῶμα καὶ τὸ φθινό-
 πωρον. γνοίης δ' ἀν τοῖσδε· οἱ ἄνθρωποι αὐ-
 τόματοι ταύτην τὴν ὥρην χολὴν ἐμέουσι, καὶ ἐν
 τῇσι φαρμακοποσίῃσι χολωδέστατα καθαίρονται,
 δῆλον δὲ καὶ τοῖσι πυρετοῖσι καὶ τοῖσι χρώμασι
 τῶν ἀνθρώπων. τὸ δὲ φλέγμα τῆς θερείης³
 ἀσθενέστατόν ἔστιν αὐτὸν ἐωτοῦ· ἐναντίη γὰρ
 αὐτοῦ τῇ φύσει ἔστιν ἡ ὥρη, ξηρή τε ἐοῦσα⁴ καὶ
 40 θερμή. τὸ δὲ αἷμα τοῦ φθινοπώρου ἐλάχιστον
 γίνεται ἐν τῷ ἀνθρώπῳ, ξηρόν τε γάρ ἔστι τὸ
 φθινόπωρον καὶ ψύχειν ἥδη ἄρχεται τὸν ἄν-
 θρωπον· ἡ δὲ μέλαινα χολὴ τοῦ φθινοπώρου
 πλείστη τε καὶ ἴσχυροτάτη ἔστιν. ὅταν δὲ
 ὁ χειμὼν καταλαμβάνῃ, ἡ τε χολὴ ψυχομένη
 ὀλίγη γίνεται, καὶ τὸ φλέγμα αὔξεται πάλιν
 ὑπό⁵ τε τῶν ὑετῶν τοῦ πλήθεος καὶ⁶ τῶν νυκτῶν
 τοῦ μήκεος. ἔχει μὲν οὖν ταῦτα πάντα αἰεὶ⁷ τὸ
 σῶμα τοῦ ἀνθρώπου, ὑπὸ δὲ τῆς ὥρης περισ-
 50 ταμένης ποτὲ μὲν πλείω γίνεται αὐτὰ ἐωτῶν,
 ποτὲ⁸ δὲ ἐλάσσω, ἔκαστα κατὰ μέρος καὶ⁹ κατὰ

¹ τὰ αἷματα Α : αἷμα MV.

NATURE OF MAN, VII.

through the showers and the hot days. For these conditions of the year are most akin to the nature of blood, spring being moist and warm. You can learn the truth from the following facts. It is chiefly in spring and summer that men are attacked by dysenteries, and by hemorrhage from the nose, and they are then hottest and red. And in summer blood is still strong, and bile rises in the body and extends until autumn. In autumn blood becomes small in quantity, as autumn is opposed to its nature, while bile prevails in the body during the summer season and during autumn. You may learn this truth from the following facts. During this season men vomit bile without an emetic, and when they take purges the discharges are most bilious. It is plain too from fevers and from the complexions of men. But in summer phlegm is at its weakest. For the season is opposed to its nature, being dry and warm. But in autumn blood becomes least in man, for autumn is dry and begins from this point to chill him. It is black bile which in autumn is greatest and strongest. When winter comes on, bile being chilled becomes small in quantity, and phlegm increases again because of the abundance of rain and the length of the nights. All these elements then are always comprised in the body of a man, but as the year goes round they become now greater and now less, each in turn and

² τοῦ θέρεος A : τὴν θερίην M : τὴν θερεῖην V.

³ τοῦ θέρεος A : τῆς θερίης M : τῆς θερείης V. Littré records a reading τῆς θέρεος θερείης.

⁴ ἐστα A : γάρ ἐστι MV.

⁵ ὑπὸ A : ἀπὸ MV.

⁶ MV read ὑπὸ before τῶν νυκτῶν.

⁷ ἀτδία A : ἀελ MV.

⁸ ποτὲ . . . ποτὲ MV : τότε . . . τότε A.

⁹ κατὰ μέρος τε καὶ A.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

φύσιν. ὡς γὰρ¹ ὁ ἐνιαυτὸς μετέχει μὲν πᾶς πάντων καὶ τῶν θερμῶν καὶ τῶν ψυχρῶν καὶ τῶν ξηρῶν καὶ τῶν ὑγρῶν, οὐ γὰρ ἀν μείνειε τούτων² οὐδὲν οὐδένα χρόνου ἄνευ πάντων τῶν ἐνεόντων ἐν τῷδε τῷ κόσμῳ, ἀλλ' εἰ ἐν τί γε³ ἐκλίποι, πάντ' ἀν ἀφανισθείη⁴ ἀπὸ γὰρ τῆς αὐτῆς ἀνάγκης πάντα συνέστηκέ τε καὶ τρέφεται ὑπ'⁵ ἀλλήλων· οὕτω δὲ καὶ εἴ τι ἐκ τοῦ ἀν-
60 θρώπου ἐκλίποι τούτων τῶν συγγεγονότων, οὐκ ἀν δύναιτο ζῆν ἀνθρωπος. ίσχύει δ' ἐν τῷ ἐνιαυτῷ τοτὲ μὲν ὁ χειμῶν μάλιστα, τοτὲ δὲ τὸ ἔαρ, τοτὲ δὲ τὸ θέρος, τοτὲ δὲ τὸ φθινόπωρον· οὕτω δὲ καὶ ἐν τῷ ἀνθρώπῳ τοτὲ μὲν τὸ φλέγμα ίσχύει, τοτὲ δὲ τὸ αἷμα, τοτὲ δὲ ἡ χολή, πρῶτον μὲν ἡ ξανθή, ἔπειτα δ' ἡ μέλαινα καλεομένη. μαρτύριον δὲ σαφέστατον, εἰ θέλοις⁶ τῷ αὐτῷ ἀνθρώπῳ δοῦναι τὸ αὐτὸ φάρμακον τετράκις τοῦ ἐνιαυτοῦ, ἐμεῖται σοι τοῦ μὲν χειμῶνος φλεγμα-
70 τωδέστατα, τοῦ δὲ ἥρος ὑγρότατα, τοῦ δὲ θέρεος
71 χολωδέστατα, τοῦ δὲ φθινοπώρου μελάντατα.

VIII. Ὁφείλει οὖν, τούτων ὡδε ἔχόντων, ὅσα μὲν τῶν νοσημάτων χειμῶνος αὔξεται, θέρεος φθίνειν,⁷ ὅσα δὲ θέρεος αὔξεται, χειμῶνος λήγειν, ὅσα μὴ αὐτῶν ἐν περιόδῳ ἡμερέων ἀπαλλάσσεται· τὴν δὲ περίοδον αὗτις φράσω τὴν τῶν ἡμερέων. ὅσα δὲ ἥρος γίνεται νοσήματα, προσδέχεσθαι χρὴ φθινοπώρου τὴν ἀπάλλαξιν ἔσεσθαι αὐτῶν· ὅσα δὲ φθινοπωρινὰ νοσήματα, τούτων τοῦ ἥρος

¹ ὡς γὰρ A: ὥσπερ MV.

^{ει}

² μείνειεν A: μενηιεν τουτέων M: μενεῖ τουτέων V. Holkhamensis 282 reads μενεῖ, but according to Littré C has μείνει.

NATURE OF MAN, VII.-VIII.

according to its nature. For just as every year participates in every element, the hot, the cold, the dry and the moist—none in fact of these elements would last for a moment without all the things that exist in this universe, but if one were to fail all would disappear, for by reason of the same necessity all things are constructed and nourished by one another—even so, if any of these congenital elements were to fail, the man could not live. In the year sometimes the winter is most powerful, sometimes the spring, sometimes the summer and sometimes the autumn. So too in man sometimes phlegm is powerful, sometimes blood, sometimes bile, first yellow, and then what is called black bile. The clearest proof is that if you will give the same man to drink the same drug four times in the year, he will vomit, you will find, the most phlegmatic matter in the winter, the moistest in the spring, the most biliary in the summer, and the blackest in the autumn.

VIII. Now, as these things are so, such diseases as increase in the winter ought to cease in the summer, and such as increase in the summer ought to cease in the winter, with the exception of those which do not change in a period of days—the period of days I shall speak of afterwards. When diseases arise in spring, expect their departure in autumn. Such diseases as arise in autumn must have their

³ ἐν τί γε Α : ἐν τι MV.

⁴ ἀφανισθεῖη MV : ἀφανισθῆ A.

⁵ ὑπ' A : ἀπ' MV.

⁶ θέλοις AV : ἐθέλοις M : ἐθέλεις Littré.

⁷ φθίνειν A : λήγειν MV.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

ἀνάγκη τὴν ἀπάλλαξιν γενέσθαι· ὅ τι δ' ἀν τὰς
 10 ὥρας ταύτας ὑπερβάλλῃ¹ νόσημα, εἰδέναι χρὴ ώς
 ἐνιαύσιον αὐτὸν² ἐσόμενον. καὶ τὸν ἵητρὸν οὕτω
 χρὴ ἴησθαι³ τὰ νοσήματα ώς ἐκάστου τούτων
 14 ισχύοντος ἐν τῷ σώματι κατὰ τὴν ὥρην τὴν αὐτῷ
 κατὰ φύσιν ἐοῦσαν μάλιστα.

IX. Εἰδέναι δὲ χρὴ καὶ τάδε πρὸς ἔκείνοις·
 ὅσα πλησμονὴ τίκτει νοσήματα, κένωσις ἴηται,
 ὅσα δὲ ἀπὸ κενώσιος γίνεται, πλησμονὴ ἴηται,
 ὅσα δὲ ἀπὸ ταλαιπωρίης γίνεται, ἀνάπαυσις
 ἴηται, ὅσα δὲ ὑπ' ἀργίης τίκτεται, ταλαι-
 πωρίη ἴηται.⁴ τὸ δὲ σύμπαν γνῶναι, δεῖ τὸν
 ἵητρὸν ἐναντίον ἵστασθαι τοῖσι καθεστεῶσι⁵ καὶ
 νοσήμασι καὶ εἴδεσι⁶ καὶ ὥρησι καὶ ἡλικίησι, καὶ
 τὰ συντείνοντα λύειν, καὶ τὰ λελυμένα συντείνειν·
 10 οὕτω γὰρ ἀν μάλιστα τὸ κάμνον ἀναπαύοιτο, ἢ τε
 ἴησις τοῦτο μοι δοκεῖ εἶναι. αἱ δὲ νοῦσοι γίνονται,
 αἱ μὲν ἀπὸ τῶν διαιτημάτων, αἱ δὲ ἀπὸ τοῦ
 πνεύματος, ὃ ἐσαγόμενοι ζῶμεν. τὴν δὲ διάγνω-
 σιν χρὴ ἐκατέρου ὡδε ποιεῖσθαι· ὅταν μὲν ὑπὸ⁷
 νοσήματος ἐνὸς πολλοὶ ἀνθρωποι ἀλίσκωνται
 κατὰ τὸν αὐτὸν χρόνον, τὴν αἰτίην χρὴ ἀνατιθέναι
 τούτῳ ὅ τι κοινότατόν ἐστι καὶ μάλιστα αὐτῷ
 πάντες χρεόμεθα· ἐστι δὲ τοῦτο ὃ ἀγαπνέομεν.
 φανερὸν γὰρ δὴ ὅτι τά γε διαιτήματα ἐκάστου
 20 ἡμῶν οὐκ αἴτιά ἐστιν, ὅτε γε⁸ ἄπτεται πάντων
 ἡ νοῦσος ἔξῆς καὶ τῶν νεωτέρων καὶ τῶν πρεσβυ-
 τέρων, καὶ γυναικῶν καὶ ἀνδρῶν ὁμοίως, καὶ τῶν

¹ ὑπερβάλλῃ A and Holk. 282: ὑπερβάλῃ M: ὑπερβάλῃ V.

² αὐτὸν deleted by Wilamowitz.

³ οὕτω χρὴ ἴησθαι πρὸς MV: χρὴ οὕτως ἴησθαι A.

⁴ ὅσα δὲ ὑπερτέρη ἀργίη νοσήματα τίκτει, ταῦτα ταλαιπωρίη

NATURE OF MAN, VIII.-IX.

departure in spring. Whenever a disease passes these limits, you may know that it will last a year. The physician too must treat diseases with the conviction that each of them is powerful in the body according to the season which is most conformable to it.

IX. Furthermore, one must know that diseases due to repletion are cured by evacuation, and those due to evacuation are cured by repletion; those due to exercise are cured by rest, and those due to idleness are cured by exercise. To know the whole matter, the physician must set himself against the established character of diseases, of constitutions, of seasons and of ages; he must relax what is tense and make tense what is relaxed. For in this way the diseased part would rest most, and this, in my opinion, constitutes treatment. Diseases¹ arise, in some cases from regimen, in other cases from the air by the inspiration of which we live. The distinction between the two should be made in the following way. Whenever many men are attacked by one disease at the same time, the cause should be assigned to that which is most common, and which we all use most. This it is which we breathe in. For it is clear that the regimen of each of us is not the cause, since the disease attacks all in turn, both younger and older, men as much as women, those who drink wine as much as

¹ This passage is quoted, or rather paraphrased, in the *Anonymous Londinensis* VII. 15.

ἱάται Α : δκόσα δ' ὑπ' ἀργίης νοσήματα τίκτεται ταλαιπωρίη ἤται
MV.

⁵ καθεστεῶσι MV : καθεστηκόσι Α.

⁶ εἰδεσι MV : ἰδέρσι Α.

⁷ ὅτε γε Α : ὅτε τε MV.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

θωρησσομένων καὶ τῶν ὑδροποτεόντων, καὶ τῶν μάξαν ἐσθιόντων καὶ τῶν ἄρτον σιτευμένων, καὶ τῶν πολλὰ ταλαιπωρεόντων καὶ τῶν δλίγα· οὐκ ἀν οὖν τά γε διαιτήματα αἴτια εἴη, ὅταν διαιτώμενοι πάντας τρόπους οἱ ἄνθρωποι ἀλίσκωνται ὑπὸ τῆς αὐτῆς νούσου. ὅταν δὲ αἱ νοῦσοι γίνωνται παντοδαπαὶ κατὰ τὸν αὐτὸν χρόνον,¹ δῆλον ὅτι τὰ διαιτήματά ἔστιν αἴτια ἔκαστα ἑκάστοισι, καὶ τὴν θεραπείην χρὴ ποιεῖσθαι ἐναντιούμενον τῇ προφάσει τῆς νούσου, ὥσπερ μοι πέφρασται καὶ ἐτέρωθι, καὶ τῇ τῶν διαιτημάτων μεταβολῇ.² δῆλον γὰρ ὅτι οἷσί γε χρῆσθαι εἰωθεν³ ὄνθρωπος διαιτήμασιν, οὐκ ἐπιτήδειά οὖ ἔστιν ἢ πάντα, ἢ τὰ πλείω, ἢ ἐν γέ τι αὐτῶν· ἀ δεῖ καταμαθόντα μεταβάλλειν, καὶ σκεψάμενον τοῦ ἀνθρώπου τὴν φύσιν⁴ τὴν τε ἡλικίην καὶ τὸ εἶδος καὶ τὴν ὥρην τοῦ ἔτεος καὶ τῆς νούσου τὸν τρόπον, τὴν θερα-
40 πείην ποιεῖσθαι, ποτὲ μὲν ἀφαιρέοντα, ποτὲ δὲ⁵ προστιθέντα, ὥσπερ μοι καὶ⁶ πάλαι εἴρηται, πρὸς ἔκαστα⁷ τῶν ἡλικιῶν καὶ τῶν ὡρέων καὶ τῶν εἰδέων καὶ τῶν νούσων ἐν τε τῇ φαρμακείῃ⁸ προστρέπεσθαι καὶ ἐν τῇ διαιτῃ.⁹ ὅταν δὲ νοσήματος ἐνὸς ἐπιδημίῃ καθεστήκη, δῆλον ὅτι¹⁰ οὐ τὰ διαιτήματα αἴτιά ἔστιν, ἀλλ' ὁ ἀναπνέομεν, τοῦτο αἴτιόν ἔστι, καὶ δῆλον ὅτι τοῦτο νοσηρήν τινα ἀπόκρισιν ἔχον ἀνίει. τοῦτον χρὴ¹¹ τὸν

¹ κατὰ τὸν αὐτὸν χρόνον MV: κατὰ τὸν αὐτὸν χρόνον A.

² ἐκ τῶν διαιτημάτων μεταβάλλειν A: τῶν διαιτημάτων μεταβολῇ MV; τῇ τῶν διαιτημάτων μεταβολῇ Littré with many late MSS. Wilamowitz deletes καὶ . . . μεταβάλλειν.

³ χρῆσθαι εἰωθεν MV: εἰώθη χρεῖσθαι (not χρῆσθαι as Littré says) A.

⁴ A omits τὴν φύσιν.

⁵ ποτὲ μὲν . . . ποτὲ δὲ MV: τὰ μὲν . . . τὰ δὲ A.

teetotallers, those who eat barley cake as much as those who live on bread, those who take much exercise as well as those who take little. For regimen could not be the cause, when no matter what regimen they have followed all men are attacked by the same disease. But when diseases of all sorts occur at one and the same time, it is clear that in each case the particular regimen is the cause, and that the treatment carried out should be that opposed to the cause of the disease, as has been set forth by me elsewhere also, and should be by change of regimen. For it is clear that, of the regimen the patient is wont to use, either all, or the greater part, or some one part, is not suited to him. This one should learn and change, and carry out treatment only after examination of the patient's constitution, age, physique, the season of the year and the fashion of the disease, sometimes taking away and sometimes adding, as I have already said, and so making changes in drugging or in regimen to suit the several conditions of age, season, physique and disease. But when an epidemic of one disease is prevalent, it is plain that the cause is not regimen but what we breathe, and that this is charged with some unhealthy exhalation. During this period these

⁶ MV omit *καλ.*

⁷ ἔκαστα A : ἔκάστας MV.

⁸ τῆ φαρμακείη A : τῆσι φαρμακίησι M : τῆσι φαρμακείησι V.

⁹ τῆ διαιτή A: τῆσι διαιτήμασιν M : τοῦσι διαιτήμασιν V.

¹⁰ δῆλον ὅτι M : καλ δῆλον ὅ ὅτι A : δηλονότι V.

¹¹ δῆλον ἔτι τοῦτο νοσηρὴν τὴν ἀπόκρισιν ἔχον ἀν εἰη, τοῦτον χρὴ A : καλ δῆλον ὅτι τοῦτο νοσηρὴν τινα ἀπόκρισιν ἔχων ἀν εἰη· τοῦτον χρὴ M : καλ δῆλον ὅτι τοῦτο νοσηρὴν τινα ἀπόκρισιν ἔχον ἀν εἰη· τοῦτον δεῖ V. καλ δῆλον ὅτι τοῦτο νοσηρὴν τινα ἀπόκρισιν ἔχον ἀνίει Littré. Villaret keeps the reading of A from *καθεστήκη*, putting a full stop at εἰη.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

χρόνον τὰς παραινέσιας ποιεῖσθαι τοῖσιν ἀν-
 50 θρώποισι τοιάσδε· τὰ μὲν διαιτήματα μὴ μετα-
 βάλλειν, ὅτι¹ γε οὐκ αἴτιά ἔστι τῆς νούσου, τὸ δὲ
 σῶμα ὄρᾶν, ὅπως ἔσται ώς ἀογκότατον² καὶ
 ἀσθενέστατον, τῶν τε σιτίων ἀφαιρέοντα καὶ τῶν
 ποτῶν, οἷσιν εἰώθει χρῆσθαι, κατ' ὀλίγον· ἦν γὰρ
 μεταβάλη³ ταχέως τὴν δίαιταν, κίνδυνος καὶ ἀπὸ
 τῆς μεταβολῆς νεώτερόν τι γενέσθαι ἐν τῷ σώματι,
 ἀλλὰ χρὴ τοῖσι μὲν διαιτήμασιν οὕτω χρῆσθαι,
 ὅτε γε⁴ φαίνεται οὐδὲν⁵ ἀδικέοντα τὸν ἄνθρωπον·
 60 τοῦ δὲ πνεύματος ὅπως ἡ ρύσις ώς ἐλαχίστη ἐσ-
 τὸ σῶμα ἐσίη⁶ καὶ ώς ξενωτάτη,⁷ προμηθεῖσθαι,
 τῶν τε χωρίων τοὺς τόπους μεταβάλλοντα⁸ ἐσ-
 δύναμιν, ἐν οἷσιν ἀν ἡ νοῦσος καθεστήκη, καὶ
 τὰ σώματα λεπτύνοντα· οὕτω γὰρ ἀν ἥκιστα πολ-
 λῷ τε καὶ πυκνοῦ τοῦ πνεύματος⁹ χρῆζοιεν
 66 οἱ ἄνθρωποι.

Χ. Ὅσα δὲ τῶν νοσημάτων γίνεται ἀπὸ τοῦ¹⁰
 σώματος τῶν μελέων τοῦ ἰσχυροτάτου, ταῦτα¹¹ δὲ
 δεινότατά ἔστιν· καὶ γὰρ ἦν αὐτοῦ μένη¹² ἐνθα ἀν
 ἄρξηται, ἀνάγκη, τοῦ ἰσχυροτάτου τῶν μελέων
 πονεομένου, ἅπαν τὸ σῶμα πονεῖσθαι· καὶ ἦν ἐπί¹³
 τι τῶν ἀσθενεστέρων ἀφίκηται ἀπὸ τοῦ ἰσχυρο-
 τέρου, χαλεπαὶ αἱ ἀπολύσιες γίνονται. ὅσα δ'
 ἀν ἀπὸ τῶν ἀσθενεστέρων¹⁴ ἐπὶ τὰ ἰσχυρότερα

¹ ὅτι A: ὅτε MV.

² ἀογκότατον A: ως ἀογκότατον M (ως above the line): ως
 εὐσγκότατον V.

³ μεταβάλη M: μεταβάλλειν A: μεταβάλη V.

⁴ ὅτε γε MV: ὅτε A.

⁵ οὐδὲν AMV: μηδὲν Littré.

⁶ σῶμα ἐσίη A: σῶμα ἐσίοι MV: στόμα ἐσίη Littré.

⁷ ξενωτάτη ἔσται M: ξεναιτάτη A: ξενοτάτη ἔσται V.

NATURE OF MAN, ix.-x.

are the recommendations that should be made to patients. They should not change their regimen, as it is not the cause of their disease, but rather take care that their body be as thin and as weak as possible, by diminishing their usual food and drink gradually. For if the change of regimen be sudden, there is a risk that from the change too some disturbance will take place in the body, but regimen should be used in this way when it manifestly does no harm to a patient. Then care should be taken that inspiration be of the lightest, and also from a source as far removed as possible ; the place should be moved as far as possible from that in which the disease is epidemic, and the body should be reduced, for such reduction will minimise the need of deep and frequent breathing.

X. Those diseases are most dangerous which arise in the strongest¹ part of the body. For should the disease remain where it began, the whole body, as the strongest limb in it feels pain, must be in pain ; while should the disease move from a stronger part to one of the weaker parts, the riddance of it proves difficult. But when diseases move from weaker parts to stronger parts, it is easier to get rid of

¹ I follow Galen and Littré in taking “the strongest parts” to be those which are naturally, *i.e.* constitutionally, the most healthy members of the body.

⁸ μεταβάλλοντα MV : μεταβάλλοντας A.

⁹ τοῦ πνεύματος A : πνεύματος MV.

¹⁰ ἀπὸ τοῦ MV : ἀπ' αὐτοῦ τοῦ A.

¹¹ ταῦτα MV : ταῦτα δὲ A.

¹² μενῆ A : μὲν μένη M : μὲν μένη V.

¹³ ἐπὶ τῶν ἀσθενεστέρων τι A : ἐπὶ τῶν ἀσθενεστέρων τι (with τι above the line after ἐπὶ) M : ἐπὶ τι τῶν ἀσθενεστέρων V.

¹⁴ V omits from ἀφίκηται το ἀσθενεστέρων.

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

ἔλθη, εὐλυτώτερά ἔστιν, ὑπὸ γὰρ τῆς ἴσχύος ἀνα-
10 λώσεται¹ ρήγιδίως τὰ ἐπιρρέοντα.

XI. Αἱ παχύταται τῶν φλεβῶν ὥδε πεφύκασιν.
τέσσαρα ζεύγεα ἔστιν ἐν τῷ σώματι, καὶ ἐν μὲν
αὐτῶν ἅπὸ τῆς κεφαλῆς ὅπισθεν διὰ τοῦ αὐχένος,
ἔξωθεν παρὰ² τὴν ράχιν ἔνθεν τε καὶ ἔνθεν παρὰ³
τὰ ἴσχία ἀφικνεῖται καὶ ἐς τὰ σκέλεα, ἐπειτα διὰ
τῶν κυνημέων ἐπὶ⁴ τῶν σφυρῶν τὰ ἔξω καὶ ἐς
τοὺς πόδας ἀφήκει.⁵ δεῖ οὖν τὰς φλεβοτομίας τὰς
ἐπὶ τῶν ἀλγημάτων τῶν ἐν τῷ νώτῳ καὶ τοῖσιν
10 ἴσχίοισιν ἅπὸ τῶν ἴγνυών ποιεῖσθαι καὶ ἀπὸ τῶν
σφυρῶν ἔξωθεν.⁶ αἱ δ' ἔτεραι φλέβες ἅπὸ⁷ τῆς
κεφαλῆς παρὰ τὰ ὤτα διὰ τοῦ αὐχένος, αἱ σφα-
γίτιδες καλεόμεναι, ἔσωθεν παρὰ τὴν ράχιν ἐκα-
τέρωθεν φέρουσι παρὰ τὰς ψόας ἐς τοὺς ὄρχιας καὶ
ἐς τοὺς μηρούς, καὶ διὰ τῶν ἴγνυών ἐκ⁸ τοῦ ἔσωθεν
μέρεος, ἐπειτα διὰ τῶν κυνημέων ἐπὶ⁹ τὰ σφυρὰ τὰ
ἔσωθεν καὶ τοὺς πόδας. δεῖ οὖν τὰς φλεβοτομίας
ποιεῖσθαι πρὸς τὰς ὁδύνας τὰς ἀπὸ τῶν ψοῶν καὶ
τῶν ὄρχίων, ἀπὸ τῶν ἴγνυών καὶ ἀπὸ τῶν σφυρῶν
ἔσωθεν. αἱ δὲ τρίται φλέβες ἐκ τῶν κροτάφων
20 διὰ τοῦ αὐχένος ὑπὸ τὰς ὡμοπλάτας,¹⁰ ἐπειτα
συμφέρονται ἐς τὸν πλεύμονα καὶ ἀφικνέονται ἡ
μὲν ἀπὸ τῶν δεξιῶν ἐς τὰ ἀριστερά, ἡ δὲ ἀπὸ τῶν
ἀριστερῶν ἐς τὰ δεξιά, καὶ ἡ μὲν δεξιὴ ἀφικνεῖται
ἐκ τοῦ πλεύμονος¹¹ ὑπὸ τὸν μαζὸν καὶ ἐς τὸν
σπλῆνα καὶ ἐς τὸν νεφρόν, ἡ δὲ ἀπὸ τῶν ἀριστε-
ρῶν ἐς τὰ δεξιὰ ἐκ τοῦ πλεύμονος ὑπὸ τὸν μαζὸν

¹ ἀποκληίζεται A : ἀπαλλάσσεται MV : ἀγαλάσσεται Littré from a note of Galen.

² παρὰ AM (M has ἐπὶ above the line) : ἐπὶ V.

³ Fredrich reads ἐς for παρὰ.

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them, as the strength of the stronger part will easily consume the humours that flow into them.

XI. The thickest of the veins have the following nature. There are four pairs in the body. One pair extends from behind the head through the neck, and on either side of the spine externally reaches to the loins and legs, and then stretches through the shanks to the outside of the ankles and to the feet. So bleeding for pains in the back and loins should be made on the outside, behind the knee or at the ankle. The other pair of veins extend from the head by the ears through the neck, and are called jugular veins. They stretch right and left by the side of the spine internally along the loins to the testicles and thighs, then on the inside through the hollow of the knee, and finally through the shanks to the ankles on the inside and to the feet. Accordingly, to counteract pains in the loins and testicles, bleeding should be performed in the hollow of the knee and in the ankles on the inner side. The third pair of veins passes from the temples through the neck under the shoulder-blades, then they meet in the lungs and reach, the one on the right the left side, and the one on the left the right. The right one reaches from the lungs under the breast both to the spleen and to the kidneys, and the left one to the right from the lungs under

⁴ ἐπὶ A : καὶ MV.

⁵ διήκει MV : ἀφίκη A.

⁶ ἔξωθεν MV : ποιέεσθαι A.

⁷ φλέβες ἀπὸ A : φλέβες ἔχουσιν ἐκ MV : φλέβες ἐκ Littré.

⁸ Fredrich brackets ἐκ.

⁹ παρὰ MV : ἐπὶ A.

¹⁰ ὡμοπλάτας MV : ὡμοπλάτους A.

¹¹ A omits ἢ δὲ ἀπὸ . . . πλεύμονος.

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καὶ ἐστὸν ἡπαρ καὶ ἐστὸν νεφρόν, τελευτῶσι δὲ ἐστὸν ἀρχὸν αὐταις ἀμφότεραι. αἱ δὲ τέταρται ἀπὸ τοῦ ἔμπροσθεν τῆς κεφαλῆς καὶ τῶν ὀφθαλμῶν 30 ὑπὸ τὸν αὐχένα καὶ τὰς κληδας, ἔπειτα δὲ ἐπὶ¹ τῶν βραχιονῶν ἄνωθεν ἐστὰς συγκαμπάς, ἔπειτα δὲ διὰ τῶν πήχεων ἐστοὺς καρποὺς καὶ τοὺς δακτύλους, ἔπειτα ἀπὸ τῶν δακτύλων πάλιν διὰ τῶν στηθέων καὶ τῶν πήχεων ἄνω ἐστὰς συγκαμπάς, καὶ διὰ τῶν βραχιονῶν τοῦ κάτωθεν μέρεος ἐστὰς μασχάλας, καὶ ἐκ τῶν πλευρέων ἄνωθεν ἡ μὲν ἐστὸν σπλῆνα ἀφικνεῖται, ἡ δὲ ἐστὸν ἡπαρ, ἔπειτα δὲ ὑπὲρ τῆς γαστρὸς ἐστὸν αἰδοῖον τελευτῶσιν ἀμφότεραι. καὶ αἱ μὲν παχέαι² τῶν 40 φλεβῶν ὥδε ἔχουσιν.³ εἰσὶ δὲ καὶ ἀπὸ τῆς κοιλίης φλέβες ἀνὰ τὸ σῶμα πάμπολλαι⁴ τε καὶ παντοῖαι, δι᾽ ὧν ἡ τροφὴ τῷ σώματι ἔρχεται. φέρουσι δὲ καὶ ἀπὸ τῶν παχειῶν φλεβῶν ἐστὴν κοιλίην καὶ τὸ ἄλλο σῶμα καὶ ἀπὸ τῶν ἔξω⁵ καὶ ἀπὸ τῶν ἔσω, καὶ ἐστὶ ἄλληλας διαδιδόασιν⁶ αἱ τε ἔσωθεν ἔξω καὶ αἱ ἔξωθεν ἔσω. τὰς οὖν φλεβοτομίας⁷ ποιεῖσθαι κατὰ τούτους τοὺς λόγους· ἐπιτηδεύειν δὲ χρὴ τὰς τομὰς ὡς προσωτάτω τάμνειν ἀπὸ τῶν χωρίων, ἔνθα ἀν αἱ 50 ὁδύναι μεμαθήκωσι⁸ γίνεσθαι καὶ τὸ αἷμα συλλέγεσθαι· οὕτω γὰρ ἀν ἡ τε μεταβολὴ ἡκιστα γίνοιτο μεγάλη ἔξαπίνης, καὶ τὸ ἔθος μεταστήσαις⁹ ἀν ὥστε μηκέτι ἐστὸν αὐτὸν χωρίον 54 συλλέγεσθαι.

¹ ἔπειτα δὲ ἐπὶ A : ἔπειτα ὑπὲρ MV.

² παχέαι A : παχύταται MV.

³ ὥδε ἔχουσιν MV : οὕτω πεφύκασιν A.

⁴ πολαῖ (sic) A : παμπολαῖ M : παμπολλαῖ V.

the breast both to the liver and to the kidneys, both of them ending at the anus. The fourth pair begin at the front of the head and eyes, under the neck and collar-bones, passing on the upper part of the arms to the elbows, then through the forearms to the wrists and fingers, then back from the fingers they go through the ball of the hand and the forearm upwards to the elbow, and through the upper arm on the under side to the armpit, and from the ribs above one reaches to the spleen and the other to the liver, and finally both pass over the belly to the privy parts. Such is the arrangement of the thick veins. From the belly too extend over the body very many veins of all sorts, by which nourishment comes to the body. Veins too lead from the thick veins to the belly and to the rest of the body both from the outside and from the inside; they communicate with one another, the inside ones outside and the outside ones inside. Bleeding then should be practised according to these principles. The habit should be cultivated of cutting as far as possible from the places where the pains are wont to occur and the blood to collect. In this way the change will be least sudden and violent, and you will change the habit so that the blood no longer collects in the same place.

⁵ ἔξωτάτων A : ἔξωτάτωι (with -τάτωι καὶ ἀπὸ τῶν deleted) M : ἔξω V.

⁶ διαδίδουσιν A : διαδιδόσιν (with δια half erased) M : διδόσιν V.

⁷ After φλεβοτομίας A has χρῆ.

⁸ μεμαθητικός with μεμαθήκασι in margin A : μεμαθήκασι MV : μεμαθήκωσι Littré.

⁹ μεταστήσιας A : μεταστῆσαι MV : μεταστήσαις Littré.

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XII. "Οσοι πῦνον πολλὸν πτύουσιν ἄτερ πυρετοῦ ἔόντες,¹ καὶ οἱσιν ὑπὸ τὸ οὖρον πῦνον ὑφίσταται πολλὸν ἄτερ ὀδύνης ἔοῦσι,² καὶ ὅσοις τὰ ὑποχωρήματα αἷματώδεα ὥσπερ ἐν τῇσι δυσεντερίησι καὶ χρόνιά ἔστιν ἔοῦσι³ πέντε καὶ τριήκοντα ἐτέων καὶ γεραιτέροισι, τούτοισι πᾶσιν ἀπὸ τοῦ αὐτοῦ τὰ νοσήματα γίνεται· ἀνάγκη γὰρ τούτους ταλαιπώρους τε γενέσθαι⁴ καὶ φιλοπόνους τῷ σώματι καὶ ἐργάτας νεηνίσκους ἔόντας, ἔπειτα 10 δὲ ἔξανεθέντας τῶν πόνων σαρκωθῆναι μαλθακῇ σαρκὶ καὶ πολὺ διαφερούσῃ τῆς προτέρης, καὶ πολλὸν διακεκριμένον ἔχειν τὸ σῶμα τό τε προϋπάρχον καὶ τὸ ἐπιτραφέν, ὥστε μὴ ὅμονοεῖν.⁵ ὅταν οὖν νόσημά τι καταλάβῃ τοὺς οὔτω διακειμένους, τὸ μὲν παραχρῆμα διαφεύγουσιν, ὕστερον δὲ μετὰ τὴν νοῦσον χρόνῳ τήκεται τὸ σῶμα, καὶ ἥτι⁶ διὰ τῶν φλεβῶν, ἢ ἀν εὐρυχωρίης μάλιστα τύχῃ, ἵχωροειδές· ἢν μὲν οὖν ὄρμήσῃ ἐς τὴν κοιλίην τὴν κάτω, σχεδόν τι οἶόν περ ἐν τῷ σώματι 20 ἀν ἐνῆ⁷ τοιοῦτον καὶ τὸ διαχώρημα γίνεται· ἡ τε γὰρ τῆς ὁδοῦ κατάντεος ἔούσης, οὐχ ἴσταται⁸ πολὺν χρόνον ἐν τῷ ἐντέρῳ. οἱσι δὲ ἀν ἐς τὰ στήθεα ἐσρυῆ, ὑπόπυον γίνεται· ἄτε γὰρ τῆς καθάρσιος ἀγάντεος ἔούσης, καὶ χρόνον ἐναυλιζόμενον πολὺν ἐν τῷ στήθει, κατασήπεται καὶ γίνεται πυοειδές. οἱσι δὲ ἀν ἐς τὴν κύστιν ἐξερεύγηται, ὑπὸ τῆς θερμότητος τοῦ χωρίου τοῦτο καὶ θερμὸν καὶ⁹ λευκὸν γίνεται, καὶ διακρίνεται.

ες

¹ ἄτερ πυρετοῦ ἔόντες AV : ἄτε πυρετοῦ ἔόντος M : ἔόντος O (according to Littré).

² ἔοῦσι AV : ἔοῦσιν M : ἔοῦσης Littré.

XII. Such as expectorate much pus without fever, or have a thick sediment of pus in the urine without pain, or whose stools remain stained with blood, as in dysentery, during a long period, being thirty-five years or older, all these are ill from the same cause. For these patients must have been in their youth hard-working, diligent and industrious ; afterwards when delivered from their labours they must have put on soft flesh very different from their former flesh, and there must be a wide difference between the previous condition and the hypertrophied condition of their body, so that there is no longer harmony. Accordingly when a disease seizes men in such a condition, at first they escape, but after the disease the body in time wastes and serous matter flows through the veins wherever it finds the broadest passage. Now if the flux be to the lower bowel, the stools become very like the matter shut up in the body, because as the passage slopes downwards the matter cannot remain long in the intestine. When the flux is to the chest the patients suffer suppuration, because since the purging is along an upward passage and abides a long time in the chest it rots and turns to pus. When the matter empties itself into the bladder, owing to the warmth of the place the matter becomes hot and white, and separates itself

³ ἔστιν, ἔσυσι A : & (on ἔστι?) νέοισιν ἔσυσιν M : & νέοισιν ἔσυσι V.

⁴ τε γενέσθαι MV : γεγενῆσθαι A.

⁵ δμολογέειν AV : δμονοέειν M (in margin δμολογέειν).

⁶ βεῖ A : βέει M : διαρρέει V.

⁷ ἐνῇ A : ἐνέη MV : ἀν ἐνέη Littré.

⁸ ζσταται A : ζσχεται MV.

⁹ τοῦτο καὶ θερμὸν καὶ omitted by A.

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καὶ τὸ μὲν ἀραιότατον ἐφίσταται¹ ἄνω, τὸ δὲ
 30 παχύτατον κάτω, δὲ δὴ πῦνον καλεῖται. γίνονται
 δὲ καὶ οἱ λίθοι τοῖσι παιδίοισι διὰ τὴν θερμότητα
 τοῦ χωρίου τε τούτου καὶ τοῦ ὅλου σώματος,
 τοῖσι δὲ ἀνδράσιν οὐ γίνονται λίθοι διὰ τὴν
 ψυχρότητα τοῦ σώματος. εὖ γὰρ χρὴ εἰδέναι,
 ὅτι ὁ ἄνθρωπος τῇ πρώτῃ τῶν ἡμερέων θερμότα-
 τος ἔστιν αὐτὸς ἐώσιτον, τῇ δὲ ὑστάτῃ ψυχρότα-
 τος· ἀνάγκη γὰρ αὐξανόμενοι καὶ χωρέον τὸ
 σῶμα πρὸς βίην θερμὸν εἶναι· ὅταν δὲ ἄρχηται
 μαραίνεσθαι² τὸ σῶμα, καταρρέον πρὸς εὔπετειαν,
 ψυχρότερον γίνεται· καὶ κατὰ τοῦτον τὸν λόγον,
 40 ὅσον τῇ πρώτῃ τῶν ἡμερέων πλεῖστον αὐξέται ὁ
 ἄνθρωπος, τοσοῦτον θερμότερος³ γίνεται, καὶ τῇ
 ὑστάτῃ τῶν ἡμερέων, ὅσον πλεῖστον καταμα-
 ραίνεται, τοσοῦτον ἀνάγκη ψυχρότερον⁴ εἶναι.
 ὑγιέες δὲ γίγνονται αὐτόματοι οἱ οὕτω δια-
 κείμενοι, πλεῖστοι μὲν ἐν τῇ ὥρῃ, ἢ ἀν ἄρξωνται
 τήκεσθαι, πεντεκαιτεσσαρακονθήμεροι⁵ ὅσοι δ'
 ἀν τὴν ὥρην ταύτην ὑπερβάλλωσιν, ἐνιαυτῷ
 αὐτόματοι ὑγιέες γίνονται,⁶ ἢν μή τι ἔτερον κακουρ-
 49 γῆται ὄνθρωπος.

XIII. "Οσα τῶν νοσημάτων ἔξ ὀλίγου γίνεται,
 καὶ ὅσων αἱ προφάσιες εὑγνωστοι, ταῦτα δὲ
 ἀσφαλέστατά ἔστι προαγορεύεσθαι· τὴν δὲ ἵησιν
 χρὴ ποιεῖσθαι αὐτὸν⁷ ἐναντιούμενον τῇ προφάσει
 τῆς νούσου· οὕτω γὰρ ἀν λύοιτο τὸ τὴν νοῦσον
 6 παρασχὸν ἐν τῷ σώματι.⁸

¹ ἐφίσταται MV : ἀμφίσταται A.

² ἄρχηται μαραίνεσθαι MV : ἄρξηται θερμαίνεσθαι A.

³ θερμότερος MV : θερμότατος A.

⁴ ἀνάγκη ψυχρότερον MV : ψυχρότατον ἀνάγκη A.

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out. The finest part becomes scum on the top, while the thickest sinks to the bottom and is called pus. Stones too form in children because of the heat of this place and of the whole body, but in men stones do not form because of the coldness of the body. For you must know that a man is warmest on the first day of his existence and coldest on the last. For it must be that the body is hot which grows and progresses with force ; but when the body begins to decay with an easy decline it grows cooler. It is on account of this that a man, growing most on his first day, is proportionally hotter then ; on his last day, decaying most, he is proportionally cooler. Most patients in the condition described above recover their health spontaneously forty-five days from the day on which they began to waste. Such of them as exceed this period, should no other illness occur, recover spontaneously in a year.

XIII. Diseases which arise soon after their origin, and whose cause is clearly known, are those the history of which can be foretold with the greatest certainty. The patient himself must bring about a cure by combating the cause of the disease, for in this way will be removed that which caused the disease in the body.

⁵ A omits *τήκεσθαι* and has *Β τε καὶ μὲν ἡμερέων*. Galen mentions readings with 45 and 40. Villaret reads, *δυοῖν καὶ τεσσαράκοντα ἡμερέων*.

⁶ A omits *ὑγιέες γίνονται* and M has it in the margin.

⁷ αὐτὸν A : αὐτέων MV.

⁸ οὗτω γὰρ λύοι τὸ τὴν νοῦσον παρεχον τῷ σώματι A : οὗτω γὰρ δὲ λύοιτο τὸ τὴν νοῦσον παρασχόν ἐν τῷ σώματι M : οὗτω γὰρ δὲ λύοι το τὴν νοῦσον παρασχόν ἐν τῷ σώματι V. Littré says that C has *παρασχῶν*.

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XIV. Οἰσι δὲ ψαμμοειδέα ὑφίσταται ἡ πῶροι
ἐν τοῖσιν οὔροισι, τούτοισι τὴν ἀρχὴν φύματα
ἐγένετο πρὸς τῇ φλεβὶ τῇ παχείῃ, καὶ διεπύησεν,
ἔπειτα δέ, ἄτε οὐ ταχέως ἐκραγέντων τῶν φυ-
μάτων, πῶροι συνετράφησαν ἐκ τοῦ πύου, οἵτινες
ἴξω θλίβονται¹ διὰ τῆς φλεβὸς σὺν τῷ οὔρῳ
ἐς τὴν κύστιν. οἰσι δὲ μοῦνον αἷματώδεα² τὰ
οὐρήματα, τούτοισι δὲ αἱ φλέβες πεποιήκασιν.
οἰσι δὲ ἐν τῷ οὐρήματι παχεῖ ἔόντι σαρκίᾳ
10 σμικρὰ τριχοειδέα συνεξέρχεται, ταῦτα δὲ ἀπὸ
τῶν νεφρῶν εἰδέναι χρὴ ἔόντα καὶ ἀπὸ ἀρθρι-
τικῶν³ ὅσοισι δὲ καθαρὸν τὸ οὖρον, ἄλλοτε δὲ καὶ
ἄλλοτε οἷον πίτυρα ἐμφαίνεται⁴ ἐν τῷ οὐρήματι,
14 τούτων δὲ ἡ κύστις ψωριᾶ.

XV. Οἱ πλεῖστοι τῶν πυρετῶν γίνονται ἀπὸ
χολῆς· εἴδεα δὲ σφέων ἐστὶ τέσσαρα, χωρὶς τῶν
ἐν τῇσιν ὁδύνησι γινομένων τῇσιν ἀποκεκρι-
μένησιν· ὄνόματα δ' αὐτοῖσιν ἐστι σύνοχος καὶ
ἀμφημερινὸς καὶ τριταῖος καὶ τεταρταῖος. ὁ
μὲν οὖν σύνοχος καλεόμενος γίνεται ἀπὸ πλείστης
χολῆς καὶ ἀκρητεστάτης, καὶ τὰς κρίσιας ἐν
ἔλαχίστῳ χρόνῳ ποιεῖται· τὸ γὰρ σῶμα οὐ
διαψυχόμενον οὐδένα χρόνον συντήκεται ταχέως,
10 ἄτε ὑπὸ πολλοῦ τοῦ θερμοῦ θερμαινόμενον. ὁ δὲ
ἀμφημερινὸς μετὰ τὸν σύνοχον ἀπὸ πλείστης
χολῆς γίνεται, καὶ ἀπαλλάσσεται τάχιστα τῶν
ἄλλων, μακρότερος δέ ἐστι τοῦ συνόχου, ὅσῳ
ἀπὸ ἐλάσσονος γίνεται χολῆς, καὶ ὅτι ἔχει
ἀνάπτανσιν τὸ σῶμα, ἐν δὲ τῷ συνόχῳ οὐκ ἀν-

¹ ἐξ ᾧ λείβονται A : ἐκ τοῦ πύου οἵτινες ίξω θλίβονται MV.

² MV omit μοῦνον and insert μὲν after αἷματώδεα.

XIV. Patients whose urine contains a deposit of sand or chalk suffer at first from tumours near the thick vein, with suppuration; then, since the tumours do not break quickly, from the pus there grow out pieces of chalk, which are pressed outside through the vein into the bladder with the urine. Those whose urine is merely blood-stained have suffered in the veins. When the urine is thick, and there are passed with it small pieces of flesh like hair, you must know that these symptoms result from the kidneys and arthritic complaints. When the urine is clear, but from time to time as it were bran appears in it, the patients suffer from psoriasis of the bladder.

XV. Most fevers come from bile. There are four sorts of them, apart from those that arise in distinctly separate pains.¹ Their names are the continued, the quotidian, the tertian and the quartan. Now what is called the continued fever comes from the most abundant and the purest bile, and its crises occur after the shortest interval. For since the body has no time to cool it wastes away rapidly, being warmed by the great heat. The quotidian next to the continued comes from the most abundant bile, and ceases quicker than any other, though it is longer than the continued, proportionately to the lesser quantity of bile from which it comes; moreover the body has a breathing space, whereas in the continued there is

¹ That is, apart from fevers which accompany certain specific diseases and various wounds. The four kinds of fevers are those now recognised as malarial.

³ A omits καὶ ἀπὸ ἀρθριτικῶν.

⁴ ἄλλοτε δὲ καὶ ἄλλοτε οὖν πίτυρα ἐμφαίνεται Α : ἄλλοτε καὶ ἄλλοτε δύοιν εἰ πίτυρα ἐπιφαίνεται ΜΒ.

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παύεται οὐδένα χρόνον. ὁ δὲ τριταῖος μακρότερός ἐστι τοῦ ἀμφημερινοῦ, καὶ ἀπὸ χολῆς ἐλάσσονος γίνεται· ὅσῳ δὲ πλείονα χρόνου ἐν τῷ τριταίῳ ἡ ἐν τῷ ἀμφημερινῷ τὸ σῶμα ἀναπαύεται, τοσούτῳ χρονιώτερος οὗτος ὁ πυρετὸς τοῦ ἀμφημερινοῦ ἐστίν. οἱ δὲ τεταρταῖοι τὰ μὲν ἄλλα κατὰ τὸν αὐτὸν λόγον, χρονιώτεροι δέ εἰσι τῶν τριταίων, ὅσῳ ἔλασσον μετέχουσι μέρος τῆς χολῆς τῆς τὴν θερμασίην παρεχούσης, τοῦ τε¹ διαψύχεσθαι τὸ σῶμα πλέον μετέχουσιν· προσγίνεται δὲ αὐτοῖσιν ἀπὸ μελαίνης χολῆς τὸ περισσὸν² τοῦτο καὶ δυσαπάλλακτον· μέλαινα γὰρ χολὴ τῶν ἐν τῷ σώματι ἐνεόντων χυμῶν γλυσχρότατον, καὶ τὰς ἔδρας χρονιωτάτας ποιεῖται.

30 γνώσῃ δὲ τῷδε, ὅτι οἱ τεταρταῖοι πυρετοὶ μετέχουσι τοῦ μελαγχολικοῦ φθινοπώρου μάλιστα οἱ ἄνθρωποι ἀλίσκονται ὑπὸ τῶν τεταρταίων καὶ ἐν τῇ ἡλικίῃ τῇ ἀπὸ πέντε καὶ εἴκοσιν³ ἐτέων ἐς τὰ πέντε καὶ τεσσαράκοντα,⁴ ἡ δὲ ἡλικίῃ αὕτη ὑπὸ μελαίνης χολῆς κατέχεται μάλιστα πασέων τῶν ἡλικιῶν, ἡ τε φθινοπωρινὴ ὥρη μάλιστα πασέων τῶν ὥρεων. ὅσοι δ' ἀν ἀλῶσιν ἔξω τῆς ὥρης ταύτης καὶ τῆς ἡλικίης ὑπὸ τεταρταίου, εὖ χρὴ εἰδέναι μὴ χρόνιον ἐσόμενον τὸν πυρετόν, ἢν 40 μὴ ἄλλο τι κακουργῆται ὥνθρωπος.

¹ τοῦ τε Α: τοῦ δὲ Μ. V.

² τό τε περισσὸν Α: τὸ περισσὸν Μ. V.

³ (ε· καὶ) κΑ: εἴκοσιν Μ: τριήκοντα V.

⁴ β τε καὶ μ Α: πέντε καὶ τεσσαράκοντα Μ. V.

no breathing space at all. The tertian is longer than the quotidian and is the result of less bile. The longer the breathing space enjoyed by the body in the case of the tertian than in the case of the quotidian, the longer this fever is than the quotidian. The quartans are in general similar, but they are more protracted than the tertians in so far as their portion is less of the bile that causes heat, while the intervals are greater in which the body cools. It is from black bile that this excessive obstinacy arises. For black bile is the most viscous of the humours in the body, and that which sticks fast the longest. Hereby you will know that quartan fevers participate in the atrabilious element, because it is mostly in autumn that men are attacked by quartans, and between the ages of twenty-five and forty-five.¹ This age is that which of all ages is most under the mastery of black bile, just as autumn is the season of all seasons which is most under its mastery. Such as are attacked by a quartan fever outside this period and this age you may be sure will not suffer from a long fever, unless the patient be the victim of another malady as well.

¹ With the reading of A, "forty-two."

REGIMENT IN HEALTH

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

I. Τοὺς ἴδιώτας ὡδε χρὴ διαιτᾶσθαι· τοῦ μὲν χειμῶνος ἐσθίειν ὡς πλεῖστα, πίνειν δὲ ὡς ἐλάχιστα, εἰναι δὲ τὸ πόμα οἶνον ὡς ἀκρητέστατον, τὰ δὲ σιτία ἄρτον καὶ τὰ ὅψα ὅπτὰ πάντα, λαχάνοισι δὲ ὡς ἐλαχίστοισι χρῆσθαι ταύτην τὴν ὥρην· οὕτω γὰρ ἀν μάλιστα τὸ σῶμα ξηρόν τε εἴη καὶ θερμόν. ὅταν δὲ τὸ ἕαρ ἐπιλαμβάνῃ, τότε πόμα χρὴ πλέον ποιεῖσθαι καὶ ὑδαρέστατον¹ καὶ κατ' ὀλίγον, καὶ τοῖσι σιτίοισι μαλακωτέροισι
10 χρῆσθαι καὶ ἐλάσσοσι, καὶ τὸν ἄρτον ἀφαιρέοντα μάζαν προστιθέναι, καὶ τὰ ὅψα κατὰ τὸν αὐτὸν λόγον ἀφαιρεῖν, καὶ ἐκ τῶν ὅπτῶν πάντα ἐφθὰ ποιεῖσθαι, καὶ λαχάνοισιν ἥδη χρῆσθαι² τοῦ ἥρος ὀλίγοις, ὅπως ἐς τὴν θερίην καταστήσεται ὄνθρωπος τοῖσι τε σιτίοισι μαλθακοῖσι πᾶσι χρώμενος³ καὶ τοῖσιν ὅψοισιν ἐφθοῖσι καὶ λαχάνοις ὡμοῖσι καὶ ἐφθοῖσι· καὶ τοῖσι πόμασιν, ὡς ὑδαρεστάτοισι καὶ πλείστοισιν, ἀλλ' ὅπως μὴ μεγάλη⁴ ἡ μεταβολὴ ἔσται κατὰ μικρὸν μὴ
20 ἔξαπίνης χρωμένῳ. τοῦ δὲ θέρεος τῇ τε μάζῃ μαλακῇ⁵ καὶ τῷ ποτῷ ὑδαρεῖ καὶ πολλῷ καὶ τοῖσιν ὅψοισι ἐφθοῖσι πᾶσι· δεῖ γὰρ χρῆσθαι

¹ ποιεεσθαι· καὶ ὑδαρέστατον A : ποιέειν καὶ ὑδαρέστερον MV.

² ἥδη χρῆσθαι A : διαχρῆσθαι MV.

³ μαλθακοῖσι πᾶσι χρώμενος A : μαλακωτέροισι χρεόμενος M : μαλακωτέροισι χρώμενος V.

REGIMENT IN HEALTH

I THE layman¹ ought to order his regimen in the following way. In winter eat as much as possible and drink as little as possible ; drink should be wine as undiluted as possible, and food should be bread, with all meats roasted ; during this season take as few vegetables as possible, for so will the body be most dry and hot. When spring comes, increase drink and make it very diluted, taking a little at a time ; use softer foods and less in quantity ; substitute for bread barley-cake ; on the same principle diminish meats, taking them all boiled instead of roasted, and eating when spring comes a few vegetables, in order that a man may be prepared for summer by taking all foods soft, meats boiled, and vegetables raw or boiled. Drinks should be as diluted and as copious as possible, the change to be slight, gradual and not sudden. In summer the barley-cake to be soft, the drink diluted and copious, and the meats in all cases boiled. For one must use these, when it is

¹ By "layman" (*iδιώτης*) in this passage is meant the ordinary, normal person, whose business does not require, as does that, e.g., of the professional athlete, special diet and exercise.

⁴ καὶ μὴ μεγάλη A : καὶ ὅκως μὴ μεγάλη (ὅκως above line in another hand) M : καὶ ὅκως μὴ μεγάλη V. Villaret omits ὅπως and reads ἔστω for ἔσται.

⁵ Here V has τρέφεσθαι.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

τούτοισιν, ὅταν θέρος ἦ, ὅπως τὸ σῶμα ψυχρὸν
καὶ μαλακὸν γένηται· ἡ γὰρ ὥρη θερμή τε καὶ
ξηρή, καὶ παρέχεται τὰ σώματα καυματώδεα καὶ
αὐχμηρά· δεῦ οὖν τοῖσιν ἐπιτηδεύμασιν ἀλέξασθαι.
κατὰ δὲ τὸν αὐτὸν λόγον, ὥσπερ ἐκ τοῦ χειμῶνος
ἐσ τὸ ἥρ, οὕτω ἐκ τοῦ ἥρος ἐσ τὸ θέρος κατα-
στίσεται,¹ τῶν μὲν σιτίων ἀφαιρέων, τῷ δὲ ποτῷ
30 προστιθείσ· οὕτω δὲ καὶ τὰ ἔναντία ποιέοντα
καταστῆσαι ἐκ τοῦ θέρεος ἐσ τὸν χειμῶνα. ἐν δὲ
τῷ φθινοπώρῳ τὰ μὲν σιτία πλέω ποιεύμενον καὶ
ξηρότερα καὶ τὰ ὄψα κατὰ λόγον, τὰ δὲ ποτὰ
ἔλασσω καὶ ἀκρητέστερα, ὅπως ὁ τε χειμὼν
ἀγαθὸς² ἔσται καὶ ὡνθρωπος διαχρήσεται τοῖσι
τε πόμασιν ἀκρητεστάτοισι καὶ ὀλίγοισι καὶ
τοῖσι σιτίοισιν ὡς πλείστοισί τε καὶ ξηροτάτοισιν.
οὕτω γὰρ ἀν καὶ ὑγιαίνοι μάλιστα καὶ ριγώη
39 ἥκιστα· ἡ γὰρ ὥρη ψυχρὴ τε καὶ ὑγρή.

II. Τοῖσι δὲ εἰδεσι τοῖσι σαρκώδεσι καὶ μαλα-
κοῖσι καὶ ἐρυθροῖσι συμφέρει τὸν πλεῖστον χρόνον
τοῦ ἐνιαυτοῦ ξηροτέροισι τοῖσι διαιτήμασι χρῆσ-
θαι· ὑγρὴ γὰρ ἡ φύσις τῶν εἰδέων τούτων. τοὺς
δὲ στρυφιούς τε καὶ προσεσταλμένους καὶ
πυρροὺς καὶ μέλανας τῇ ὑγροτέρῃ διάτῃ χρῆσθαι
τὸ πλεῖστον τοῦ χρόνου· τὰ γὰρ σώματα τοιαῦτα
ὑπάρχει ξηρὰ ἔόντα. καὶ τοῖσι νέοισι τῶν
σωμάτων συμφέρει μαλθακωτέροισί τε καὶ ὑγρο-
10 τέροισι χρῆσθαι τοῖσι διαιτήμασιν· ἡ γὰρ ἡλικίη
ξηρή, καὶ τὰ σώματα πέπηγεν.³ τοὺς δὲ πρεσ-
βυτέρους τῷ ξηροτέρῳ τρόπῳ χρὴ τὸ πλείστον τοῦ
χρόνου διάγειν· τὰ γὰρ σώματα ἐν ταύτῃ τῇ

¹ ἐκ τοῦ χειμῶνος ἐσ τὸ ἥρ, οὕτω (καὶ M) ἐκ τοῦ ἥρος εἰς [ἐσ M]
τὸ θέρος καταστήσεται MV: ἔως τὸ Καρ ἐκ τοῦ χειμῶνος· οὕτως

REGIMENT IN HEALTH, I.-II.

summer, that the body may become cold and soft. For the season is hot and dry, and makes bodies burning and parched. Accordingly these conditions must be counteracted by way of living. On the same principle the change from spring to summer will be prepared for in like manner to that from winter to spring, by lessening food and increasing drink. Similarly, by opposing opposites prepare for the change from summer to winter. In autumn make food more abundant and drier, and meats too similar, while drinks should be smaller and less diluted, so that the winter may be healthy and a man may take his drink neat and scanty and his food as abundant and as dry as possible. For in this way he will be most healthy and least chilly, as the season is cold and wet.

II. Those with physiques that are fleshy, soft and red, find it beneficial to adopt a rather dry regimen for the greater part of the year. For the nature of these physiques is moist. Those that are lean and sinewy, whether ruddy or dark, should adopt a moister regimen for the greater part of the time, for the bodies of such are constitutionally dry. Young people also do well to adopt a softer and moister regimen, for this age is dry, and young bodies are firm. Older people should have a drier kind of diet for the greater part of the time,

ἐς τὸ θέρος καταστῆσαι A. In some respects the reading of A is preferable, except for the use of *ἔως*.

² A omits *ἀγαθὸς* here. The sentence which follows seems a rather idle repetition of the preceding, and possibly the whole from *ὅπως ὁ τε χειμῶν to ξηροτάτοισιν* should be deleted as a gloss.

³ *καὶ τὰ σώματα πέπηγεν* MV (*πέπηγε* M): *πέπηγεν* ἔτι A.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

ιήλικίη ὑγρὰ καὶ μαλθακὰ καὶ ψυχρά. δεῖ οὖν πρὸς τὴν ιήλικίην καὶ τὴν ὥρην καὶ τὸ ἔθος καὶ τὴν χώρην¹ καὶ τὰ εἴδεα τὰ διαιτήματα ποιεῖσθαι ἐναντιούμενον τοῖσι καθισταμένοισι καὶ θάλπεσι

18 καὶ χειμῶσιν· οὕτω γὰρ ἀν μάλιστα ὑγιαίνοιεν.

III. Καὶ ὄδοιπορεῖν τοῦ μὲν χειμῶνος ταχέως χρῆ, τοῦ δὲ θέρεος ἡσυχῆ, ἵν μὴ διὰ καύματος ὄδοιπορῆ· δεῖ δὲ τοὺς μὲν σαρκώδεας θᾶσσον ὄδοιπορεῖν,² τοὺς δὲ ἴσχνους ἡσυχαίτερον.³ λουτροῖσι δὲ χρὴ πολλοῖσι χρῆσθαι τοῦ θέρεος, τοῦ δὲ χειμῶνος ἐλάσσοσι, τοὺς στρυφνοὺς χρὴ μᾶλλον λούεσθαι τῶν σαρκωδέων. ἡμφιέσθαι δὲ χρὴ τοῦ μὲν χειμῶνος καθαρὰ ἴματα, τοῦ δὲ

9 θέρεος ἐλαιοπινέα.

IV. Τοὺς δὲ παχέας χρῆ, ὅσοι βούλονται λεπτοὶ γενέσθαι, τὰς ταλαιπωρίας νήστιας ἔόντας ποιεῖσθαι ἀπάσας, καὶ τοῖσι σιτίοισιν ἐπιχειρεῖν ἀσθμαίνοντας καὶ μὴ ἀνεψυγμένους καὶ προπεπωκότας οἶνον κεκρημένον μὴ σφόδρα ψυχρόν, καὶ τὰ ὄψα σκευάζειν σησάμοις ἢ ἡδύσμασι καὶ τοῖσιν ἄλλοισι τοῖς τοιουτοτρόποισι· καὶ πίονα δὲ⁴ ἔστω· οὕτω γὰρ ἀν ἀπὸ ἐλαχίστων ἐμπιπλαῖντο· καὶ μονοσιτεῖν καὶ ἀλουτεῖν καὶ 10 σκληροκοιτεῖν καὶ γυμνὸν περιπατεῖν ὅσον οἶόν τε μάλιστ’ ἀν ἢ. ὅσοι δὲ βούλονται λεπτοὶ ἔόντες παχέες γενέσθαι, τά τε ἄλλα ποιεῦν τάνατία κείνοις, καὶ νήστιας μηδεμίην ταλαιπωρίην 14 ποιεῖσθαι.⁵

¹ καὶ τὸ ἔθος καὶ τὴν χώρην omitted by A.

² A reads ἡλίου for καύματος and omits ὄδοιπορῆ το θᾶσσον.

³ ἡσυχαίτερον AV and Holkhamensis 282: ἡσυχαίστερον M: δλιγέστερον Caius 50 and (according to Littré) C. This

REGIMENT IN HEALTH, II.-IV.

for bodies at this age are moist and soft and cold. So in fixing regimen pay attention to age, season, habit, land, and physique, and counteract the prevailing heat or cold. For in this way will the best health be enjoyed.

III. Walking should be rapid in winter and slow in summer, unless it be under a burning heat. Fleshy people should work faster, thin people slower. Bathe frequently in summer, less in winter, and the lean should bathe more than the fleshy. In winter wear unoiled cloaks, but soak them in oil in summer.

IV. Fat people who wish to become thin should always fast when they undertake exertion, and take their food while they are panting and before they have cooled, drinking beforehand diluted wine that is not very cold. Their meats should be seasoned with sesame, sweet spices, and things of that sort. Let them also be rich. For so the appetite will be satisfied with a minimum. They should take only one full meal a day, refrain from bathing, lie on a hard bed, and walk lightly clad as much as is possible. Thin people who wish to become fat should do the opposite of these things, and in particular they should never undertake exertion when fasting.

curious difference between Holkhamensis and C (both copies of V), and agreement of C with a MS. of a totally different class, cannot be due to mere chance. As both C and Holkhamensis were copied by the same scribe from V, it looks as though C had been "edited."

⁴ Villaret omits δέ.

⁵ *νήστιας μηδεμίην ταλαιπωρίην ποιέεσθαι* Littré: *νηστείην μηδεμίην καὶ ταλαιπωρίην ποιέεσθαι* (with καὶ above the line) A: *νῆστιν* (Μ νηστιν with final -ν on an erasure) *μὴδὲ μίην ποιέεσθαι* MV.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

V. Τοῖσι δὲ ἐμέτοισι χρὴ καὶ τοῖσι κατακλύσμασι τοῖσι τῆς κοιλίης ὡδε χρῆσθαι· ἔξ μῆνας τοὺς χειμερινοὺς ἐμεῖν, οὗτος γὰρ ὁ χρόνος φλεγματωδέστερος τοῦ θερινοῦ, καὶ τὰ νοσήματα γίνεται περὶ τὴν κεφαλὴν καὶ τὸ χωρίον τοῦτο τὸ ὑπὲρ τῶν φρενῶν· ὅταν δὲ ἥθι θάλπος, τοῖσι κατακλύσμασι χρῆσθαι, ή γὰρ ὥρη καυματώδης, καὶ χολωδέστερον τὸ σῶμα, καὶ βαρύτητες ἐν τῇ ὄσφυΐ καὶ ἐν τοῖσι γούνασι, καὶ θέρμαι γίνονται, καὶ ἐν τῇ 10 γαστρὶ στρόφοι· δεῖ οὖν τὸ σῶμα ψύχειν καὶ τὰ μετεωριζόμενα κάτω ὑπάγειν ἀπὸ¹ τῶν χωρίων τούτων. ἔστω δὲ τὰ κατακλύσματα τοῖσι μὲν παχυτέροισι καὶ ὑγροτέροισιν ἀλμυρώτερα καὶ λεπτότερα, τοῖσι δὲ ξηροτέροισι καὶ προσεσταλμένοισι καὶ ἀσθενεστέροισι λιπαρώτερα καὶ παχύτερα· ἔστι δὲ τῶν κατακλυσμάτων λιπαρὰ καὶ παχέα τὰ ἀπὸ τῶν γαλάκτων καὶ ἀπὸ ἐρεβίνθων ὕδωρ ἔφθὸν καὶ τῶν ἄλλων τοιούτων· λεπτὰ δὲ καὶ ἀλμυρὰ τὰ τοιαῦτα, ἀλμη² καὶ 20 θάλασσα. τοὺς δὲ ἐμέτους ὡδε χρὴ ποιεῖσθαι· ὅσοι μὲν τῶν ἀνθρώπων παχέες εἰσὶ καὶ μὴ ἴσχνοι,³ νήστιες ἐμεόντων δραμόντες ἢ ὁδοιπορήσαντες διὰ τάχεος κατὰ μέσον ἡμέρης· ἔστω δὲ ἡμικοτύλιον ὑσσώπου τετριμένης ἐν ὕδατος χοέῃ, καὶ τοῦτο ἐκπιέτω, ὅξος παραχέων καὶ ἄλας παραβάλλων, ὅπως ἀν μέλλῃ ἥδιστον ἔσεσθαι, πινέτω δὲ τὸ πρῶτον ἡσυχαίτερον, ἔπειτα δ' ἐπὶ θᾶσσον. οἱ δὲ λεπτότεροι καὶ ἀσθενέσ-

¹ ἀπὸ A : ἐκ MV.

² ἀλμη A: κράμβη MV and Holkhamensis 282: κράμβην C (according to Littré). If Littré has correctly collated C, this is a case where this MS. differs from V and the Holkham MS.

REGIMENT IN HEALTH, v.

V. Emetics and clysters for the bowels should be used thus. Use emetics during the six winter months, for this period engenders more phlegm than does the summer, and in it occur the diseases that attack the head and the region above the diaphragm. But when the weather is hot use clysters, for the season is burning, the body bilious, heaviness is felt in the loins and knees, feverishness comes on and colic in the belly. So the body must be cooled, and the humours that rise must be drawn downwards from these regions. For people inclined to fatness and moistness let the clysters be rather salt and thin; for those inclined to dryness, leanness and weakness let them be rather greasy and thick. Greasy, thick clysters are prepared from milk, or water boiled with chick-peas or similar things. Thin, salt clysters are made of things like brine and sea-water. Emetics should be employed thus. Men who are fat and not thin should take an emetic fasting after running or walking quickly in the middle of the day. Let the emetic consist of half a *cotyle* of hyssop compounded with a *chous*¹ of water, and let the patient drink this, pouring in vinegar and adding salt, in such a way as to make the mixture as agreeable as possible. Let him drink it quietly at first, and then more quickly. Thinner and weaker people should partake of food

¹ If the *chous* contained 12 *cotylae* or $5\frac{3}{4}$ pints it is plain that the prescription gives the proportions of the mixture rather than the size of the dose. A dose of 6 pints seems heroic.

³ A omits *καλ μῆ iσχνοι.*

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

τεροι ἀπὸ σιτίων ποιείσθωσαν τὸν ἔμετον
30 τρόπου τοιόνδε· λουσάμενος θερμῷ προπιέτω
ἀκρήτου κοτύλην, ἔπειτα σιτία παντοδαπὰ
ἐσθιέτω, καὶ μὴ πινέτω ἐπὶ τῷ σιτίῳ μηδὲ ἀπὸ
τοῦ σιτίου, ἀλλ’ ἐπισχέτω ὅσον δέκα στάδια
διελθεῖν, ἔπειτα δὲ συμμίξας οἶνους τρεῖς πίνειν
διδόναι αὐστηρὸν καὶ γλυκὺν καὶ ὀξύν, πρώτου μὲν
ἀκρητέστερόν τε καὶ κατ’ ὀλίγον καὶ διὰ πολλοῦ
χρόνου, ἔπειτα δὲ ὑδαρέστερόν τε καὶ θᾶσσον καὶ
κατὰ πολλόν. ὅστις δὲ εἴωθε τοῦ μηνὸς δὶς
ἔξεμεῖν, ἀμεινον ἐφεξῆς ποιεῖσθαι τοὺς ἔμέτους ἐν
40 δυσὶν ἡμέρησι μᾶλλον, ἢ διὰ πεντεκαίδεκα· οἱ δὲ
πᾶν τούναντίον ποιέουσιν. ὅσοις δὲ ἐπιτήδειον
ἀγεμεῖν τὰ σιτία, ἢ ὅσοισιν αἱ κοιλίαι οὐκ
εὐδιέξοδοι, τούτοισι πᾶσι συμφέρει πολλάκις τῆς
ἡμέρης ἐσθίειν, καὶ παντοδαποῖσι βρώμασι
χρῆσθαι καὶ ὄψοισι πάντας τρόπους ἐσκευασμέ-
νοισι, καὶ οἶνους πίνειν δισσοὺς καὶ τρισσούς.
ὅσοι δὲ μὴ ἀνεμέουσι τὰ σιτία, ἢ καὶ κοιλίας
ἔχονσιν ὑγράς, τούτοισι δὲ πᾶσι τούναντίον τούτου
49 τοῦ τρόπου συμφέρει ποιεῖν.

VII. Τὰ δὲ¹ παιδία χρὴ τὰ νήπια βρέχειν ἐν θερμῷ
ὑδατι πολὺν χρόνον, καὶ πίνειν διδόναι ὑδαρέα
τὸν οἶνον καὶ μὴ ψυχρὸν παντάπασι, τοῦτον δὲ
διδόναι, ὃς ἦκιστα τὴν γαστέρα μετεωρεῖ καὶ
φῦσαν παρέξει· ταῦτα δὲ ποιεῖν, ὅπως οἵ τε
σπασμοὶ ἡσσον ἐπιλάβωσι, καὶ μείζονα γίνηται
καὶ εὐχροώτερα. τὰς δὲ² γυναικας χρὴ διαι-
τᾶσθαι τῷ ξηροτέρῳ τῶν τρόπων· καὶ γὰρ τὰ
σιτία τὰ³ ξηρὰ ἐπιτηδειότερα πρὸς τὴν μαλθακό-
10 τητα τῶν σαρκῶν, καὶ τὰ πόματα ἀκρητέστερα
ἀμείνω πρὸς τὰς ὑστέρας καὶ τὰς κυοτροφίας.⁴

REGIMEN IN HEALTH, v.-vi.

before the emetic in the following way. After bathing in hot water let the patient first drink a cotyle of neat wine ; then let him take food of all sorts without drinking either during or after the meal, but after waiting time enough to walk ten stades, give him to drink a mixture of three wines, dry, sweet and acid, first rather neat, and taken in small sips at long intervals, then more diluted, more quickly and in larger quantities.

He who is in the habit of taking an emetic twice a month will find it better to do so on two successive days than once every fortnight, though the usual custom is just the contrary. Those who benefit from vomiting up their food, or whose bowels do not easily excrete, all these profit by eating several times a day, partaking of all sorts of food and of meats prepared in every way, and by drinking two or three sorts of wine. Those who do not vomit up their food, or have loose bowels, all these profit by acting in exactly the opposite way to this.

VI. Infants should be washed in warm water for a long time, and be given to drink their wine well diluted and not altogether cold, and such that will least swell the belly and cause flatulence. This must be done that they may be less subject to convulsions, and that they may become bigger and of a better colour. Women should use a regimen of a rather dry character, for food that is dry is more adapted to the softness of their flesh, and less diluted drinks are better for the womb and for pregnancy.

¹ A omits δέ.

² A omits δέ.

³ A omits τά.

⁴ κυοτροφίας Littré, slightly altering two inferior MSS. A reads σκιητροφίας and MV σκιατροφίας. Littré's reading certainly seems correct, but the other one must be very old, going back to the archetype of AM and V.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

VII. Τοὺς γυμναζομένους χρὴ τοῦ χειμῶνος καὶ τρέχειν καὶ παλαίειν, τοῦ δὲ θέρεος παλαίειν μὲν ὀλίγα, τρέχειν δὲ μή, περιπατεῖν δὲ πολλὰ κατὰ ψῦχος. ὅσοι κοπιώσιν ἐκ τῶν δρόμων, τούτους παλαίειν χρή· ὅσοι δὲ παλαίοντες κοπιῶσι, τούτους τρέχειν χρή· οὕτω γὰρ ἀν ταλαιπωρέων τῷ κοπιῶντι τοῦ σώματος διαθερμάνοιτο καὶ συνιστῷ¹ καὶ διαναπαύοιτο μάλιστα. ὅπόσους γυμναζομένους διάρροιαι λαμβάνουσι,

10 καὶ τὰ ὑποχωρήματα σιτώδεα καὶ ἄπεπτα, τούτοισί τε τῶν γυμνασίων ἀφαιρεῖν μὴ ἐλάσσω τοῦ τρίτου μέρεος, καὶ τῶν σιτίων τοῖσιν ἡμίσεσι χρῆσθαι· δῆλον γὰρ δὴ ὅτι ἡ κοιλίη συνθάλπειν οὐ δύναται ὥστε πέσσεσθαι τὸ πλῆθος τῶν σιτίων² ἔστω δὲ τούτοισι τὰ σιτία ἄρτος ἔξοπτότατος, ἐν οἷνῳ ἐντεθρυμμένος, καὶ τὰ ποτὰ ἀκρητέστατα καὶ ἐλάχιστα, καὶ περιπάτοισι μὴ χρήσθωσαν ἀπὸ τοῦ σιτίου· μονοσιτεῖν δὲ χρὴ ὑπὸ³ τοῦτον τὸν χρόνον· οὕτω γὰρ ἀν μάλιστα

20 συνθάλποιτο ἡ κοιλίη, καὶ τῶν ἐσιόντων ἐπικρατοίη. γίνεται δὲ ὁ τρόπος οὗτος τῆς διαρροίης τῶν σωμάτων τοῖσι πυκνοσάρκοισι μάλιστα, ὅταν ἀναγκάζηται ὥνθρωπος κρεηφαγεῖν, τῆς φύσιος ὑπαρχούσης τοιαύτης· αἱ γὰρ φλέβες πυκνωθεῖσαι οὐκ ἀντιλαμβάνονται τῶν σιτίων τῶν ἐσιόντων· ἔστι δὲ αὕτη μὲν ἡ φύσις ὀξέη, καὶ τρέπεται ἐφ' ἐκάτερα, καὶ ἀκμάζει ὀλίγον χρόνον ἡ εὐεξίη ἐν τοῖσι τοιουτορόποισι τῶν σωμάτων. τὰ δὲ ἀραιότερα τῶν εἰδέων καὶ 30 δασύτερα καὶ τὴν ἀναγκοφαγίην⁴ δέχεται, καὶ τὰς ταλαιπωρίας μᾶλλον,⁵ καὶ χρονιώτεραι γίνονται

¹ συνιστῷ is omitted by A.

REGIMENT IN HEALTH, VII.

VII. Athletes in training should in winter both run and wrestle ; in summer they should wrestle but little and not run at all, walking instead a good deal in the cool. Such as are fatigued after their running ought to wrestle ; such as are fatigued by wrestling ought to run. For by taking exercise in this way they will warm, brace and refresh best the part of the body suffering from fatigue. Such as are attacked by diarrhoea when training, whose stools consist of undigested food, should reduce their training by at least one-third and their food by one-half. For it is plain that their bowels cannot generate the heat necessary to digest the quantity of their food. The food of such should be well-baked bread crumbled into wine, and their drink should be as undiluted and as little as possible, and they ought not to walk after food. At this time they should take only one meal each day, a practice which will give the bowels the greatest heat, and enable them to deal with whatever enters them. This kind of diarrhoea attacks mostly persons of close flesh, when a man of such a constitution is compelled to eat meat, for the veins when closely contracted cannot take in the food that enters. This kind of constitution is apt sharply to turn in either direction, to the good or to the bad, and in bodies of such a sort a good condition is at its best only for a while. Physiques of a less firm flesh and inclined to be hairy are more capable of forcible feeding and of fatigue, and their good condition is of

² Before *σιτίων* A has *ἐσιδντών*.

³ A omits *ὑπό*.

⁴ Littré with slight authority reads *κρεηφαγίην*, “meat-eating.”

⁵ For *μᾶλλον* A has *μάλιστα*.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

αύτοῖσιν αἱ εὐεξίαι. καὶ ὅσοι τὰ σιτία ἀνερεύγονται τῇ ὑστεραιή, καὶ τὰ ὑποχόνδρια μετεωρίζεται αὐτοῖσιν ὡς ἀπέπτων τῶν σιτίων ἔοντων, τούτοισι καθεύδειν μὲν πλείονα χρόνον συμφέρει, τῇ δὲ ἄλλῃ ταλαιπωρίῃ ἀγαγκάζειν χρὴ αὐτῶν τὰ σώματα, καὶ τὸν οἶνον ἀκρητέστερον πινόντων καὶ πλείω, καὶ τοῖσι σιτίοισιν ἐλάσσοσι χρῆσθαι ὑπὸ τοῦτον τὸν χρόνον δῆλον γὰρ δὴ ὅτι ἡ 40 κοιλίη ὑπὸ ἀσθενείης καὶ ψυχρότητος οὐ δύναται τὸ πλῆθος τῶν σιτίων καταπέσσειν. ὅσους δὲ δίψαι λαμβάνουσι, τούτοισι τῶν τε σιτίων καὶ τῶν ταλαιπωριέων ἀφαιρεῖν, καὶ τὸν οἶνον πινόντων ὑδαρέα τε καὶ ὅτι ψυχρότατον. οἷσι δὲ ὁδύναι γίνονται τῶν σπλάγχνων ἢ ἐκ γυμνασίης¹ ἢ ἐξ ἄλλης τινὸς ταλαιπωρίης, τούτοισι συμφέρει ἀναπαύεσθαι ἀσίτοισι, πόματι δὲ χρῆσθαι ὅ τι ἐλάχιστον ἐσ τὸ σῶμα ἐσελθὸν πλεῖστον οὐρον διάξει, ὅπως αἱ φλέβες αἱ διὰ 50 τῶν σπλάγχνων πεφυκυῖαι μὴ κατατείνωνται πληρεύμεναι· ἐκ γὰρ τῶν τοιούτων τά τε² φύματα 52 γίνονται καὶ οἱ πυρετοί.

VIII. Οἰσιν αἱ νοῦσοι ἀπὸ τοῦ ἐγκεφάλου γίνονται, νάρκη πρῶτον ἵσχει τὴν κεφαλήν, καὶ οὐρεῖ θαμινά, καὶ τἄλλα πάσχει ὅσα ἐπὶ στραγγουρίῃ· οὗτος ἐφ' ἡμέρας ἐννέα τοῦτο πάσχει· καὶ ἦν μὲν³ ῥαγῆ κατὰ τὰς ρίνας ἢ κατὰ τὰ ὤτα ὑδωρ ἢ⁴ βλέννα, ἀπαλλάσσεται τῆς νούσου, καὶ τῆς στραγγουρίης παύεται· οὐρεῖ δὲ ἀπόνως πολὺ καὶ λευκόν, ἔστ' ἀν εἴκοσιν ἡμέρας παρέλθῃ· καὶ ἐκ τῆς κεφαλῆς ἡ ὁδύνη ἐκλείπει τῷ ἀνθρώπῳ, 10 ἐσορέοντι δὲ βλάπτεται οἱ ἡ αὐγῆ.

¹ Λ has γυμνασίων.

REGIMENT IN HEALTH, VII.—VIII.

longer duration. Such as throw up their food the day after, whose hypochondria are swollen because of the undigested food, are benefited by prolonging their sleep, but apart from this their bodies should be subjected to fatigue, and they should drink more wine and less diluted, and at such times partake of less food. For it is plain that their bellies are too weak and cold to digest the quantity of food. When people are attacked by thirst, diminish food and fatigue, and let them drink their wine well diluted and as cold as possible. Those who feel pains in the abdomen after exercise or after other fatigue are benefited by resting without food; they ought also to drink that of which the smallest quantity will cause the maximum of urine to be passed, in order that the veins across the abdomen may not be strained by repletion. For it is in this way that tumours and fevers arise.

VIII.¹ When a disease arises from the brain, at first a numbness seizes the head and there is frequent passing of urine with the other symptoms of strangury; this lasts nine days. Then, if water or mucus break out at the nostrils or ears, the illness ceases and there is no more strangury. The patient passes without pain copious white urine for the next twenty days. His headache disappears, but his vision is impaired.

¹ Chapter VIII is a fragment from the beginning of *περὶ νούσων* II.

² A omits *τὰ τέ*.

³ A omits *μέν*.

⁴ For *ἢ* A has *καὶ*.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

IX. "Ανδρα δὲ¹ χρή, ὃς² ἐστι συνετός, λογι-
σάμενον ὅτι τοῖσιν ἀνθρώποισι πλείστου ἄξιόν
ἐστιν ἡ ὑγιείη, ἐπίστασθαι ἐκ³ τῆς ἔωντοῦ γνώμης
⁴ ἐν τῇσι νούσοισιν ὠφελεῖσθαι.

¹ A omits δέ. ² ὃς MV: ὃστις A.

³ ἐκ MV: ἀπὸ A.

REGIMENT IN HEALTH, ix.

IX.¹ A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit in his illnesses.

¹ Chapter IX is a fragment from the beginning of *περὶ παθῶν* (Littré, vi. 208).

HUMOURS

ΠΕΡΙ ΧΥΜΩΝ

I. Τὸ χρῶμα τῶν χυμῶν, ὅπου μὴ ἀμπωτίσ¹ ἔστι τῶν χυμῶν, ὥσπερ ἀνθέων² ἀκτέα, ἢ ρέπει τῶν συμφερόντων χωρίων, πλὴν ὃν οἱ πεπασμοὶ ἐκ τῶν χρόνων· οἱ πεπασμοὶ ἔξω ἢ ἔσω ρέπουσιν, ἢ ἄλλῃ ὅπη δεῖ.³ εὐλαβείη· ἀπειρίη· δυσπειρίη· μαδαρότης· σπλάγχνων κενότης, τοῖσι κάτω, πλήρωσις, τοῖσιν ἄνω, τροφή· ἀναρροπίη, καταρροπίη· τὰ αὐτόματα ἄνω καὶ κάτω, ἢ ὠφελεῖ

¹ ὃς ἄν ἀνπάτις (changed into ἀνθήτω τίς) A : ὃκου μὴ ἀμπωτίς M.

² ἀνθέων A : ἀνθέων M.

³ Here A has οὐδεμία εὐλάβεια· οὖ δεῖ.

I translate the text, which is Littré's. It goes back to the Galenic commentary, which gives three rather forced explanations. (1) Like flowers, humours have their proper colour; (2) the colour of humours is "florid"; (3) consider the colour of humours when they have not left the surface of the flesh leaving it sapless. The repetition of χυμῶν and the variant in A for ἀμπωτίς suggest that the original was either τὸ χρῶμα τῶν χυμῶν ὥσπερ ἀνθέων (the corrector of M wrote ο over ω of ἀνθέων) or τὸ χρῶμα τῶν χυμῶν, ὃς ἄν ἀνθῆ. The verb ἀνθῶ, as in *Sacred Disease* VIII (Vol. II, p. 155), seems to mean ἔξανθῶ, "break out," in sores, etc. The sense would be "judge of the colour of humours from an outbreak." ὥσπερ ἀνθέων and ὃς ἄν ἀνθῆ look like the alternative readings which so many places in the *Corpus* show as a "conflated" whole. The Galenic commentary mentions an ancient reading, τὸ χρῶμα τῶν χυμῶν, ὅπου οὐκ ἔστι ταραχὴ αὐτᾶν, ὥσπερ τῶν ἀνθῶν ἐν διαδοχῇ τῶν ἡλικιῶν ὑπαλλάττεται—an obvious paraphrase.

HUMOURS

I. THE colour of the humours, where there is no ebb of them, is like that of flowers.¹ They must be drawn along the suitable parts whither they tend,² except those whose coction comes in due time. Coction tends outwards or inwards, or in any other necessary direction. Caution.³ Lack of experience. Difficulty of learning by experience. Falling out of hair. Emptiness of bowels, for the lower, repletion, for the upper, nourishment.⁴ Tendency upwards;⁵ tendency downwards. Spontaneous movements upwards, downwards; beneficial,

² I take ḡ with *τῶν συμφερόντων χωρίων*, which is partitive. Littré reads διὰ τῶν συμφερόντων χωρίων, with the footnote “διὰ om. Codd.” I find it, however, in the Cains MS. § 2.

³ The meaning is most uncertain, and the variant in A suggests either corruption in the vulgate or an attempt at paraphrase. The Galenic commentary quotes with approval the reading εὐλαβείη ἀπειρίη, “caution for inexperience.” One is very tempted to think that the original was εὐλαβείη δυσπειρίη, “be cautious when it is difficult to judge by experience,” and that ἀπειρίη is a gloss.

⁴ I leave these extraordinary phrases as they are printed in Littré, our MSS. showing no important variants. However, my own feeling is that we ought to read : πλαδαρότης σπλάγχνων, κενότης τοῖσι κάτω, πλήρωσις τοῖσιν ἄνω. τροφή. κ.τ.λ. “Flabbiness of the bowels means emptiness in the lower bowels, fulness in the upper”—not a bad description of certain forms of dyspepsia.

⁵ Apparently of the humours, and similarly with the other nouns in the present context.

ΠΕΡΙ ΧΥΜΩΝ

καὶ βλάπτει.¹ συγγενὲς εἶδος, χώρη, ἔθος, ἡλικίη,
 10 ὥρη, κατάστασις νούσου, ὑπερβολή, ἐλλειψις,
 οἷςιν ὅπόσον λείπεται, ἢ οὐ.² ἄκη ἔκκλισις παρο-
 χέτευσις ἐς κεφαλήν, ἐς τὰ πλάγια, ἢ μάλιστα
 ἥπει· ἢ ἀντίσπασις, ἐπὶ τοῖσιν ἄνω, κάτω, ἄνω,
 ἐπὶ τοῖσι κάτω· ἢ ξηρῆναι· ἢ οἷσι τὰ κάτω, ἢ
 ἄνω ἐκπλύνεται, ἢ οἷσι παρηγορήσεται.³ μὴ τὰ
 ἔκκεχυμωμένα ἐς τὸ ἔσω ἀπολαμβάνειν, ἀλλὰ
 τὰς ἀφόδους ξηραίνειν. τάραξις, κατάκλυσις,
 διάνιψις, οἷσιν ἀποστήσεται πρὸς ἔδρην, ὅθεν
 ἀθέλγεται,⁴ ἢ φάρμακον, ἢ ἔλκος, ἢ χυμός τις
 20 συνεστηκώς, ἢ βλάστημα, ἢ φύσα, ἢ σῖτος, ἢ
 21 θηρίον, ἢ καῦμα, ἢ ἄλλο τι πάθος.

II. Σκεπτέα ταῦτα· τὰ αὐτόματα λιγούντα, ἢ
 οἷον αἱ ἀπὸ καυμάτων ἐπεγειρόμεναι φλύκτεις,

¹ μαδαρότης· σπλάγχνων κενότης· τοῖσι πλείστοισιν· ἢ τοῖσι
 κάτω πλήρωσις· τοῖσιν ἄνω τροφή· τὰ αὐτόματα ἄνω κάτω
 ὠφελέει καὶ βλάπτει Α: μαδαρότης· σπλάγχνων κενότης· τοῖσι
 κάτω πλήρωσις· τοῖσιν ἄνω τροφή· ἀναρροπή· καταρροπή· τὰ
 αὐτόματα ἄνω καὶ κάτω· ἢ ὠφελέει καὶ βλάπτει Μ.

² A reads ἢ for οἷσιν δποσον and omits ἢ οὐ. Littré adds
 κάθαρσις καὶ κένωσις before ἄκη (from the Galenic commentary).

³ ἢ οἷσιν ἄνω παρηγορήσεται Α: ἢ οἷσι παρηγορήσεται Μ.

⁴ ἔξαθέλγεται Α.

¹ εἶδος here seems equivalent to φύσις. See A. E. Taylor,
Varia Socratica, p. 228.

² For κατάστασις see Vol. I, p. 141.

³ With the reading of A, “defect, and the nature of the
 deficiency.”

“ This means apparently that “loose” humours in the
 body ought not to be confined within it, but dried up as

HUMOURS, I.—II.

harmful. Congenital constitution,¹ country, habit, age, season, constitution of the disease,² excess, defect, the deficient and the amount of the deficiency, or the contrary.³ Remedies. Deflection. Deviation, to head, to the sides, along the route to which the chief tendencies are. Or revulsion, downwards when there is an upwards tendency, upwards when there is a downwards tendency. Drying up. Cases in which the upper parts, or the lower, are washed out; cases for soothing remedies. Do not shut up extravasated humours inside, but dry up the evacuations.⁴ Disturbance; flooding out, washing through,⁵ for those who will have an abscession to the seat, whereby is withdrawn poison,⁶ or sore, or solidified humour, or growth, or flatulence,⁷ or food, or creature,⁸ or inflammation, or any other affection.

II. Observe these things: symptoms which cease of themselves, or for example the blisters that rise

evacuations. Littré has “par des moyens sieeatifs faciliter les voies”—a very doubtful rendering. Personally I think that the original was *τῆσιν ἀφόδοις* (*ἀφόδοις* and *ἀφόδους* are very similar) and that the meaning is “dry up by evacuations.”

⁵ The Caius MS. §⁹ omits *διάνιψις*, and it is probably a gloss on *κατάκλυσις*, or *vice versa*. The general meaning of this passage I take to be that a *τάραξις* of the humours calls for a elyster, should there be signs that the trouble will be resolved to the seat. *ταραχή* and its cognates are generally used of bowel trouble.

⁶ *φάρμακον* in the *Corpus* generally means “purge.” The meaning here (*substance délétère*, Littré) seems unique in the Hippoeratic *corpus*.

⁷ Erotian says (Nachmanson, p. 90) *ἐν δὲ τῷ Περὶ Χυμῶν τὸ ἐμφύσημα λέγει*.

⁸ Apparently worms.

ΠΕΡΙ ΧΥΜΩΝ

έφ' οἷσιν οῖα βλάπτει ἢ ὠφελεῖ,¹ σχήματα, κίνησις, μετεωρισμός, παλινίδρυσις, ὑπνος, ἐγρήγορσις,² ἢ τε ποιητέα ἢ κωλυτέα φθάσαι.³ παίδευσις ἐμέτου,⁴ κάτω διεξόδου,⁵ πτυνάλου,⁶ μύξης, βηχός,⁷ ἐρεύξιος, λυγμοῦ,⁸ φύσης,⁹ οὔρου, πταρμοῦ, δακρύων,¹⁰ κυησμῶν, τιλμῶν, ψαυσίων,¹¹ δίψης, λιμοῦ, πλησμονῆς, ὑπνων, πόνων, ἀποιήης,¹⁰ σώματος, γυνώμης, μαθίσιος, μυήμης, φωνῆς,¹¹ σιγῆς.¹²

III. Τῇ ύστερικῇ καθάρσεις, τὰ ἄνωθεν¹³ καταρρηγνύμενα, καὶ στροφέοντα, λιπαρά, ἄκρητα, ἀφρώδεα, θερμά, δάκνοντα, ἴώδεα, ποικίλα, ξυσματώδεα, τρυγώδεα, αίματώδεα, ἄφυστα,¹⁴ ὠμά, ἐφθά,¹⁵ αὖ, ἄσσα περιρρέοι,¹⁶ εὐφορίην καθορέων ἢ δυσφορίην, πρὸν κίνδυνον εἶναι,¹⁷ οἷα οὐ δεῖ παύειν. πεπασμός, κατάβασις τῶν κάτω, ἐπιπόλασις τῶν ἄνω, καὶ τὰ ἐξ ύστερέων, καὶ ὁ ἐν ὧσὶ ρύπος.¹⁸

¹ τὰ αὐτόματα λήγοιτα ἐφ' οἷσί τε οἴα βλάπτει ἢ ὠφελέει. A : τὰ αὐτόματα λήγοντα ἢ οἷον αἱ ἀπὸ καυμάτων ἐπεγειρθμεναι φλύκτεις ἐφ' οἷσιν οἴα βλάπτηται ἢ ὠφελέει. M.

² ἐγερσις A : ἐγρήγορσις M. After ἐγρήγορσις the Galenic text implies ἀλύκη, χάσμη, φρίκη. Littré adds these words to his text.

³ φύσα A : φθάσοι M.

⁴ παρόδευσις ἐμέτου A : παίδευσις ἐμέτου M.

⁵ διέξοδοι A : διεξόδου M.

⁶ M has ἢ before πτυνάλου, but A omits.

⁷ βηχὸς μύξης A : μύξης βηχός M.

⁸ A omits λιγμοῦ.

⁹ φυσέων (ἐ apparently on an erasure) A : φύσης M.

¹⁰ δακρύου A : δακρύων M.

¹¹ ψαύσιος A : ψαυσίων M.

¹² σιγῆς A : σιγῆς M.

¹³ A reads : καὶ ταῦτα σκεπτέα ἀφρδς, ύστερικὴ κάθαρσις τὰ ἄνωρεν.

¹⁴ A omits τρυγώδεα, αίματώδεα, ἄφυστα.

HUMOURS, II.-III.

upon burns,¹ what are harmful or beneficial and in what cases, positions, movement, rising,² subsidence, sleep, waking,³ to be quick when something must be done or prevented. Instruction⁴ about vomit, evacuation below, sputum, mucus, coughing, belching, hiccupping, flatulence, urine, sneezing, tears, itching, pluckings, touchings, thirst, hunger, repletion, sleep, pain, absence of pain, body, mind, learning, memory, voice, silence.

III. In affections of the womb, purgations; evacuations from above, with colic, that are greasy, uncompounded, foamy, hot, biting, verdigris-coloured, varied, with shreds, lees or blood, without air, unconcocted, concocted, desiccated, the nature of the liquid part, looking at the comfort or discomfort of the patient before danger comes, and also what ought not to be stopped. Coction, descent of the humours below, rising of the humours above, fluxes from the womb, the wax in the ears. Orgasm, opening,

¹ This phrase should probably be omitted (as by A). It reads like a gloss. A's reading gives "symptoms which cease of themselves, and in what cases; what are harmful or beneficial."

² μετεωρισμός is here opposed to παλινδροσις, and means either as in *Prognostic* (with Littré), "lifting up of the body," or (with Foës) "inflation of humours."

³ The words given here by Littré mean "restlessness, yawning, shivering."

⁴ The reading of A, παρδδευσις ("passing along"), is attractive, but only a few of the genitives suit it. Perhaps it arose from a gloss on διεξόδου.

¹⁵ A omits ἐφθά.

¹⁶ ζσα περιπρεῖ A : ἄσσα περιπρέοι M.

¹⁷ πρὶν ή κίνδυνον εἶναι A : πρὶν κίνδυνον iέναι M.

¹⁸ καὶ τὰ ἐν ὠσὶ βύπος A : καὶ δὲν ὠσὶ βύπος M.

ΠΕΡΙ ΧΥΜΩΝ

όργασμός, ἄνοιξις, κένωσις, θάλψις, ψύξις, ἔσω-
10 θεν, ἔξωθεν, τῶν μέν, τῶν δ' οὐ. ὅταν ἦ κάτω-
θεν ὀμφαλοῦ τὸ στρέφον, βραδύς, μαλθακὸς ὁ
12 στρόφος, ἐς τούναντίον.

IV. Τὰ διαχωρέοντα, ἢ ῥέπει,¹ ἄγαφα, πέπονα,
ώμα, ψυχρά, δυσώδεα, ξηρά, ύγρα. μὴ καν-
σώδεσι δίψα² πρόσθεν μὴ ἐνεούσα, μηδὲ καῦμα,
μηδὲ ἄλλη πρόφασις, οὖρον,³ ρινὸς ύγρασμός.
τὴν ἔρριψιν, καὶ τὸν αὐασμόν, καὶ τὸ ἀσύμπτω-
τον, καὶ τὸ θαλερὸν⁴ πνεῦμα, ὑποχόνδριον, ἄκρεα,
ὄμματα προσκακούμενα, χρωτὸς⁵ μεταβολή, σφυγ-
μοί, ψύξιες,⁶ παλμοί, σκληρυσμὸς δέρματος, νεύ-
ρων, ἄρθρων, φωνῆς, γνώμης, σχῆμα ἐκούσιον, τρί-
10 χες, ὄνυχες, τὸ εὔφορον, ἢ μή, οὐδεῖ.⁷ σημεῖα ταῦ-
τα· ὀδμαὶ χρωτός, στόματος, ὡτός, διαχωρίματος,
φύσης, οὖρου, ἔλκεος, ἴδρωτος, πτυάλου, ρινός,
χρὼς ἀλμυρός, ἢ πτύαλον, ἢ ρίς, ἢ δάκρυον, ἢ
ἄλλοι χυμοί.⁸ πάντη ὄμοια τὰ ὠφέλεοντα, τὰ
βλάπτοντα. ἐνύπνια οἰα ἀν ὄρη, καὶ ἐν τοῖσιν
ὕπνοισιν οἰα ἀν ποιῆ, ἢν ἀκούῃ ὀξύ, καὶ πυθέσθαι⁹
προθυμῆται. ἐν τῷ λογισμῷ μέζω καὶ ἵσχυρότερα

¹ ἢ ῥέπει ἢ δι' ἢ ῥέπει Α.

² πέπονα· ἢ ψυχρὰ· ἢ θερμὰ· φυσώδεα· ξηρᾶ, ἢ ύγρᾶ· μὴ
κανσώδεσι ἢ δίψα Α: πέπονα· ώμά· ψυχρά· δυσώδεα· ξηρά· ύγρά·
ὸδμὴ κακώδεα· δίψα πρόσθεν μὴ ἐνεοῖσ· Μ

³ οὖρων Α: οὖρον Μ.

⁴ θαλερὸν Α Μ: θολερὸν Littré.

⁵ χρωτὸς Α: χρώματος Μ.

⁶ ψύξιες Α: ψύξις Μ.

⁷ ἢν μη οὐδεῖ (η of μη on an erasure) Α: ἢ μή· οὐδεῖ Μ.

⁸ ἢ ἄλλοιος χυμός Α: ἢ ἄλλοι χυμοί Μ.

⁹ πύθεσθαι Α: πείθεσθαι Μ.

HUMOURS, III.-IV.

emptying, warming, chilling, within or without, in some cases but not in others. When that which causes the colic is below the navel the colic is slow and mild, and *vice versa*.

IV. The evacuations, whither they tend; without foam, with coction, without coction, cold, fetid, dry, moist. In fevers not ardent, thirst that was not present before, brought about neither by heat nor by any other cause, urine, wetness of the nostrils. Prostration, dryness or fulness of the body; rapid¹ respiration; hypochondrium; extremities; eyes sickly; change of complexion; pulsations; chills; palpitations; hardness of the skin, muscles, joints, voice, mind;² voluntary posture; hair; nails; power, or the want of power, to bear easily what is necessary. These are signs:—smell of the skin, mouth, ear, stools, flatulence, urine, sores, sweat, sputum, nose; saltness of skin, sputum, nose, tears, or of the humours generally. In every way similar the things that benefit, the things that harm.³ The dreams the patient sees, what he does in sleep; if his hearing be sharp, if he be interested in information.⁴ In estimating signs take the majority that are more important and more promi-

¹ The word *θαλερός* is poetic in the sense of “frequent” (*θαλερός γάδος* in *Odyssey*). But this is no objection when the style is aphoristic. *θολερόν* would mean “troubled,” poetic again in this sense.

² If *φωνῆς* and *γνώμης* are not mere slips for *φωνή* and *γνώμη*, *σκληρυσμός* must be used metaphorically with them to signify a rigidity of voice and thought not uncommon in serious cases of illness.

³ I take this to mean that all good signs show a similarity, and so do all bad signs.

⁴ The reading *πείθεσθαι* would mean “is readily obedient to orders.”

ΠΕΡΙ ΧΥΜΩΝ

τὰ πλείω, ἐπικαιρότερα τὰ σώζοντα τῶν ἑτέρων.¹
 ἦν αἰσθάνωνται πάση αἰσθήσει πάντων, καὶ
 20 φέρωσιν,² ὅποιον ὁδμάς, λόγους, ἴματια,³ σχήματα,
 τοιαῦτα, εὐφόρως. ἄπερ καὶ αὐτόμata ἐπιφαινό-
 μενα ὡφελεῖ, καὶ ποτε κρίσιν καὶ τὰ τοιαῦτα⁴
 ἐμποιεῖ, οἷον φῦσαι, οὖρον, οἷον ὅσον καὶ πότε·
 ὅπόσα δ' ἐναντία, ἀποτρέπειν, μάχεσθαι αὐτοῖςιν.
 τὰ ἐγγὺς καὶ τὰ κοινὰ τοῖσι παθήμασι πρῶτα καὶ
 26 μάλιστα κακοῦται.

V. Κατάστασιν δὲ τῆς νούσου⁵ ἐκ τῶν πρώτων
 ἀρχομένων ὅ τι ἀν ἐκκρίνηται, ἐκ τῶν οὔρων
 ὅποια ἀν ἦ, καὶ οἵ τις σύμπτωσις, χροιῆς
 ἐξάλλαξις,⁶ πνεύματος μείωσις,⁷ καὶ τἄλλα μετὰ
 τούτων ἐπιθεωρεῖν.⁸ τὰ μὴ ὅμοια ἀ δεῖ εἰδέναι,⁹
 διέξοδοι οὔρων,¹⁰ καθ' ὑστέρας, πτύαλα, κατὰ
 ρήνας, ὅμματα, ἰδρώς, ἐκ φυμάτων, ἥ¹¹ τρωμάτων.
 ἥ¹² ἐξανθημάτων, ὅσα αὐτόμata, ὅσα τέχνησιν, ὅτι
 ὅμοια ἀλλήλοισι πάντα τὰ κρίνοντα, καὶ τὰ
 10 ὡφελέοντα, καὶ τὰ βλάπτοντα, καὶ τὰ ἀπολλύντα,¹³

¹ μείω καὶ ἵσχυρότερα τα πλείω, ἐπικαιρότερα τὰ σώζοντα τῶν
 ἑτέρων A: μέω ἵσχυρότερα τὰ πλείω. ἐπίκαιρα τὰ σώζοντα τῶν
 ἑτέρων M. μέω καὶ ἵσχυρότερα τὰ πλείω, ἐπίκαιρα, σώζοντα.
 μὴ ἐπίκαιρα, τῶν ἑτέρων Littré, rewriting the text from the
 Galenic commentary. Littré does not note that A gives
 ἐπικαιρότερα, not ἐπίκαιρα.

² φέρωσιν A: φέρουσιν M. ³ ἴματια A: εἴματα M.

⁴ καὶ ποτὲ κρίσιν· καὶ τὰ τοιαῦτα A: καὶ δικότε κρίσιν τὰ
 τοιαῦτα M. After ἐπιποιεῖ Ms add καὶ τοσαῦτα καὶ τοιαῦτα.

⁵ τῆς νούσου A: Μ omits

⁶ ἐξάλλαξις A: ἐπάλλαξις M.

⁷ μείωσις A: μινύθησις M.

⁸ ἐπιθεωρέειν A: τὰ διαιτήμata M.

⁹ τὰ μὴ ὅμοια ἀ δεῖ εἰδέναι A: τὸ μὲν εἰ ὅμοια τὰ ἀπιθντα δεῖ
 εἰδέναι M.

¹⁰ οὔρων A: οὖρα M.

¹¹ ᥦ A: ἐκ M.

¹² ᥦ A: omitted by M.

nent—those that denote recovery are more seasonable than the others.¹ If the patients perceive everything with every sense and bear easily, for example, smells, conversation, clothes, postures and so on. Symptoms which benefit even when they manifest themselves spontaneously (and sometimes these too bring about a crisis), such as flatulence and urine, of the right kind, of the right amount, and at the right time.² What is contrary avert; combat it. Parts near and common to affected places suffer lesions first and most.

V. In examining the constitution of a disease look to the excretions in the initial stages, the nature of the urine, the state of collapse, change of colour, diminution of respiration and the other symptoms besides. The abnormal conditions that must be known: passage of urine, menstruation, sputum, nasal discharge, eyes, sweat, discharge from tumours, from wounds, from eruptions, what is spontaneous and what artificial; for all critical symptoms follow a norm, as do those that help, those that harm and those that kill. They must be known, that the bad may be shunned and

¹ I translate the reading of A, but I suspect that a gloss has crept into the text, possibly τὰ σφύντα τῶν ἔτερων. Littré's translation, "les plus nombreux, les plus forts et les plus considérables," is surely impossible.

² I have punctuated from *σχήματα* to *οἶον* roughly as it is in A. Littré puts a full-stop at *σχήματα* and a comma at *εὐφόρως*, translating, "Il y a bonne tolérance, quand les symptômes survenant spontanément soulagent, et quand ils font crise, et quand ils sont suffisants en qualité et en quantité, comme les gaz, etc." In any case the sentence is broken, but the vulgate, which Littré follows, is intolerable.

ΠΕΡΙ ΧΥΜΩΝ

ώς τὰ μὲν περιφεύγων ἀποτρέπη, τὰ δὲ προσκαλῆται καὶ ἄγη καὶ δέχηται.¹ καὶ τἄλλα δὲ οὕτω, δέρματος, ἀκρέων, ὑποχονδρίων, ἄρθρων, στόματος, ὅμματος,² σχημάτων, ὕπιων, οἷα κρίνει, καὶ ὅτε καὶ τὰ τοιαῦτα³ μηχανᾶσθαι. καὶ ἔτι⁴ ὅπόσαι ἀποστάσιες τοιαῦται γίνονται,⁵ οἷαι ὡφελέουσι, βρώμασι, πόμασιν, ὀδμῆσιν, ὀράμασιν, ἀκούσμασιν, ἐννοήμασιν, ἀφόδοισιν, θάλψει, ψύξει, ὑγροῖσι, ξηροῖσιν, ὑγρῆναι, ξηρῆναι, χρίσμασιν, ἐγχρίσμασιν,⁶ ἐπιπλάστοισιν, ἐμπλάστοισιν, ἐπιπάστοισιν, ἐπιδέτοισιν, ἐπιθέτοισι, σχήματα, ἀνάτριψις, ἔασις,⁷ πόνος, ἀργή, ὕπνος, ἀγρυπνίη, πνεύμασιν ἄνωθεν, κάτωθεν, κοινοῖσιν, ἴδιοισι, τεχνητοῖσιν, ἐν τοῖσι παροξύσμοισι μήτε ἐοῦσι, μήτε μέλλουσι, μήτ' ἐν ποδῶν ψύξει, ἀλλ' ἐν καταρρόπῳ τῇ νούσῳ.

V1. Τοῖσιν ἐν τῇσι περιόδοισι παροξύσμοισι τὰ προσάρματα μὴ διδόναι μηδὲ ἀναγκάζειν, ἀλλ' ἀφαιρεῖν τῶν προσθεσίων πρὸ τῶν κρισίων.⁷ τὰ κρινόμενα καὶ τὰ κεκριμένα⁸ ἀπαρτὶ⁹ μὴ κινεῖν, μήτε φαρμακείησι, μήτε ἄλλοισιν ἐρεθισμοῖσιν, μηδὲ νεωτεροποιεῖν,¹⁰ ἀλλ' ἔāν. [τὰ

¹ ὅσα μὲν περιφεύγει ἀποτρέπει· τὰ δὲ προσκαλέηται καὶ ἄγη καὶ δέχεται A: ὡς τὰ μὲν περιφεύγων, ἀποτρέπει. τὰ δὲ προκαλεῖται καὶ ἄγη καὶ δέχηται. M.

² στόματος· ὅμματος A: ὅμματος· στόματος M.

³ καὶ ὅτε καὶ τὰ τοιαῦτα A: καὶ ὅτε τὰ τοιαῦτα M. Littré with Galen adds δεῖ after τοιαῦτα.

⁴ A omits καὶ ἔτι.

⁵ δόποσαι ἀποστάσιες τοιαῦται γίνωνται A: δσαι τοιαῦται ἀποτάσιες γίνονται M.

⁶ ἔασις A: ἔασις M: Υησις vulgate.

⁷ πρὸ τῶν κρισίων omitted by A.

⁸ καὶ τὰ κεκριμένα omitted by A.

⁹ ἀπάρτι A: ἀρτίως M.

averted, and that the good may be invited, encouraged and welcomed. Similarly with other symptoms, of the skin, extremities, hypochondria, joints, mouth, eye, postures, sleep, such as denote a crisis, and when symptoms of this kind must be provoked. Moreover, abscessions of a helpful character must be encouraged by foods, drinks, smells, sights, sounds, ideas, evacuations, warmth, cooling, moist things, dry things, moistening, drying, anointings, ointments, plasters, salves, powders, dressings, applications [postures, massage, leaving alone, exertion, rest, sleep, keeping awake],¹ breaths from above, from below, common, particular, artificial²—not, however, when paroxysms are present or imminent, nor when the feet are chilled, but when the disease is declining.

VI. At the periodic paroxysms do not give nourishment; do not force it on the patient, but diminish the quantity before the crisis. Do not disturb a patient either during a crisis or just after one, either by purgings or by other irritants; do not try experiments either, but leave the patient

¹ It is hard to see how these nominatives came to be included among the datives. Perhaps they are an addition to the text from a marginal note of a commentator. The dictionaries do not recognise ξασις, but, although the editions read ξησις, the word is correctly formed from ξάω and makes excellent sense in this passage.

² These difficult words I take to mean (*a*) letting the air play upon the patient from different directions; (*b*) taking long or deep breaths, and (*c*) the use of a fan. It seems to be better to take κοινοῖσιν . . . τεχνητοῖσιν as agreeing with πνεύμασιν, and not as separate substantives.

¹⁰ μὴδὲ νεωτερωποιέειν A. Here M has μήτε νεωτεροποιέειν· μήτε φαρμακίησι μήτε κ.τ.λ.

ΠΕΡΙ ΧΥΜΩΝ

- κρίνοντα ἐπὶ τὸ βέλτιον μὴ αὐτίκα ἐπιφαίνεσθαι.]¹
 πέπονα φαρμακεύειν καὶ κινεῖν, μὴ ὡμά,² μηδὲ
 ἐν ἀρχῆσιν, ἵν μὴ ὁργὰ· τὰ δὲ πολλὰ οὐκ ὁργὰ.
 10 ἂ δεῖ ἄγειν, ὅπη ἀν μάλιστα ῥέπη διὰ³ τῶν
 συμφερόντων χωρίων, ταύτη ἄγειν. τὰ χωρέοντα
 μὴ τῷ πλήθει τεκμαίρεσθαι, ἀλλ’ ὡς ἀν χωρῆ
 οἴλα δεῖ, καὶ φέρῃ εὐφόρως· ὅπου δὲ δεῖ, γυιώσαι,
 ἢ λειποθυμῆσαι, ἔως ἀν τοῦτο ποιηθῆ, οὕτεκα
 ποιεῖται⁴ εἴ τι ἄλλο τότε δεῖ, ἐπ’ ἄλλο ῥέψαι, ἢ
 ξηρῆναι, ἢ ὑγρῆναι, ἢ ἀντισπάσαι, ἵν εξαρκῆ ὁ
 νοσέων· τούτοισι τεκμαίρεσθαι· τὰ μὲν ξηρὰ
 θερμὰ ἔσται, τὰ δὲ ὑγρὰ ψυχρά⁵ διαχωρητικὰ
 δὲ τάνατία· ἐπὶ τὸ πολὺ δὲ ταῦτα. ἐν τῇσι⁶
 20 περισσῆσιν ἄνω, ἵν καὶ αἱ περίοδοι καὶ ἡ κατά-
 στασις τοιαύτη ἡ τῶν παροξυσμῶν⁷ γίνεται δὲ
 τὰ πλεῖστα ἐν τῇσιν ἀρτίησι κάτω· οὕτω γὰρ
 καὶ αὐτόματα ὠφελεῖ, ἵν αἱ⁸ περίοδοι τοὺς
 παροξυσμοὺς ἐν τῇσιν ἀρτίησι ποιέωνται· ἐν δὲ
 τοῖσι μὴ τοιούτοισιν,⁹ ἐν μὲν ἀρτίησιν ἄνω, ἐν δὲ

¹ τὰ κρίνοντα . . . ἐπιφαίνεσθαι not in MSS. but added by Mack and Littré from the Galenic commentary.

² πέπονα φαρμακεύειν καὶ κινέειν, μὴ ὡμά M : πέπονα φαρμα-
κεύειν· καὶ μὴ κινέειν ὡμὰ A.

³ ῥέπη διὰ omitted by M.

⁴ ἔως ἀν τοῦτο ποιησθῆ. ἢ τί ἄλλο, τότε δε’ ἐπ’ ἄλλο τρέψεται·
 ξηρῆναι· ἢ ἀντισπάσαι ἔως οὖ εἴνεκα ποιέεται A : ἔως ἀν τοῦτο
 ποιήσης ἐπάλλα ρέψαι ἢ ξηρῆναι, ἢ ὑγρῆναι. ἢ ἀντισπάσαι· οὖ
 ἔνεκα τοῦτο ποιέεται M.

⁵ After ψυχρά A has ξται.

⁶ ἐπὶ πολὺ δὲ ταῦτα· ἐν τῇσι A : ἐπὶ τὸ πολύ· ταῦτα τῇσι
 M : ὡς ἐπὶ τὸ πολὺ δὲ ταῦτα. ἐν τῇσι Littré.

⁷ ἵν καὶ αἱ περιοδικαὶ καταστάσιες τοιαῦται; ἔως τῶν παροξυσ-
μῶν· A : ἵν καὶ αἱ περίοδοι καὶ ἡ κατάστασις τοιαύτη ἔηι τῶν
 παροξυσμῶν· M.

⁸ ἵν αἱ A : ἵν μὴ αἱ M.

⁹ τοῖσιν μὴ τοιούτοισιν A : τοῖσι τοιούτοισι M.

HUMOURS, VI.

alone. [Critical signs of an improvement ought not to be expected to appear at once.] Purge or otherwise disturb concocted, not crude, humours, and avoid the onset of a disease, unless there be orgasm, a thing which rarely occurs then. Evacuate the humours that have to be evacuated in the direction in which they mostly tend, and by the convenient passages. Judge of evacuations, not by bulk, but by conformity to what is proper, and by the way in which the patient supports them. When occasion calls for it, reduce the patient, if need be, to a fainting condition, until the object in view be attained. If then there be need of anything further, shift your ground; dry up the humours, moisten them, treat by revulsion,¹ if, that is, the strength of the patient permits. Take as your tests² the following symptoms: the dry will be hot, and the moist cold; purgatives will produce the opposite effect. This is what usually happens. On odd days evacuations should be upwards if the periods and the constitution of the paroxysms be odd. On even days they are generally downwards, for so they are beneficial even when spontaneous, if the periods cause the paroxysms on the even days. But when the circumstances are not such,³ evacuations should be upwards on even days, downwards

¹ This apparently means that if there be a flux of the humours to one part of the body, they should be "drawn back" by medicines or applications. *E.g.* a flow of blood to the head should be treated by hot water applied to the feet.

² To find out, that is, whether your treatment has been successful.

³ That is, if the paroxysms and evacuations are neither both odd nor both even.

ΠΕΡΙ ΧΥΜΩΝ

περισσῆσι κάτω ὀλίγαι δὲ τοιαῦται,¹ αἱ δὲ
τοιαῦται δυσκριτώτεραι καταστάσιες. ἀτὰρ καὶ
τὰ πρόσω χρόνου προϊκούτα² ἀνάγκη οὕτως,
οἷον τρισκαιδεκαταῖα, τεσσαρεσκαιδεκαταῖα,
30 τρισκαιδεκάτη μὲν κάτω,³ τεσσαρεσκαιδεκάτη
δὲ ἄνω⁴ (πρὸς γὰρ τὸ κρίσιμον οὕτω συμφέρει),
καὶ ὅσα εἰκοσταῖα,⁵ πλὴν ὅσα κάτω. πολλὰ
δεῖ καθαίρειν, ταῦτα δὲ μὴ⁶ ἐγγὺς οὕτω κρίσιος,
ἀλλὰ προσωτέρω· δεῖ δὲ ὀλιγάκις ἐν ὀξέσι
35 πολλὰ ἄγειν.

VII. Τοῖσι κοπώδεσι τὸ σύμπαν,⁷ ἐν τοῖσι
πυρετοῖσιν ἐσ ἄρθρα καὶ παρὰ γνάθους μάλιστα
ἀποστάσιες γίνονται, ἐγγύς τι τῶν πόνων
ἐκάστου, ἐπὶ τὸ ἄνω μᾶλλον καὶ τὸ σύμπαν.⁸ ήν
ἀργὸς⁹ ἡ νοῦσος ἢ καὶ κατάρροπος, κάτω καὶ αἱ¹⁰

¹ ὀλίγαι δὲ τοιαῦται omitted by A.

² προϊκούτα (the -σ- apparently added afterwards) A : προήκοντα (with -σ- erased) M.

³ ἄνω A : κάτω M.

⁴ κάτω A : ἄνω M.

⁵ ὅσα εἰκοστεῖα καὶ τεσσαρακοστεῖα A : δκόσα εἰκοσταῖα M.

⁶ μὴ is omitted in M.

⁷ ἄγειν· τοῖσι δὲ κοπώδεσιν τὸ σύμπαν ἐν τοῖσι A : ἄγειν,
τοῖσι κοπώδεσι τὸ σύμπαν ἐν τοῖσι M.

⁸ πυρετώδεσι· καὶ ἐσ ἄρθρα καὶ παρὰ γνάθους ἐγγύς τι τῶν
πόνων ἡ ἔκαστον ἐπὶ τὰ ἄνω μᾶλλον· καὶ τὸ σύμπαν ἐν τοῖσι
πυρετοῖσι· καὶ ἐσ ἄρθρα καὶ παρὰ γνάθους A : πυρετοῖσιν ἐσ ἄρθρα
καὶ παρὰ γνάθους μάλιστα ἀποστάσιες γίνονται· ἐγγύς τι τῶν
πόνων ἐκάστου, ἐπὶ τὸ ἄνω μᾶλλον καὶ τὸ σύμπαν M.

⁹ ἀργὸς M and first hand in A : ἀνάρροπος corrector's hand
in A.

¹⁰ καὶ αἱ M : αἱ A, which also has ἢ after κατάρροπος.

¹ That is, constitutions when paroxysms are on odd days
and purges on even days, or *vice versa*. The cases considered
seem to be these :—

HUMOURS, VI.-VII.

on odd days. Such constitutions are rare,¹ and the crises are rather uncertain. Prolonged illnesses must be similarly treated—for example, those which last thirteen or fourteen days; purge on the thirteenth day downwards, on the fourteenth upwards (to do so is beneficial for the crisis), and similarly with diseases of twenty days,² except when purging should be downwards. Purging must be copious, and not near the crisis but some time before it. Rarely in acute diseases must evacuation be copious.

VII. Generally,³ in cases of fever with prostration, abscessions⁴ are most likely to occur at the joints and by the jaw, in each case near to the part where the pains are, more often, in fact generally, to an upper part. If the disease be sluggish and incline to the lower parts, the abscessions too collect in a

(a) A purge is necessary on an odd day. If paroxysms occur on odd days, purge upwards. If paroxysms occur on even days, purge downwards.

(b) A purge is necessary on an even day. If paroxysms occur on even days, purge downwards. If paroxysms occur on odd days, purge upwards.

² The readings in the text connect these cases with the rare cases mentioned above, where a necessity for purging occurs on a day when a paroxysm is not due. The usual cases are referred to in *πλὴν θσα κάτω*. This is very strange, or at least awkward, and the reading of A, which transposes *κάτω* and *ἄνω*, is certainly more natural, but it makes *πλὴν θσα κάτω* absurd. It is possible that these words are a marginal note which has slipped into the text, and that they should be deleted, *κάτω* and *ἄνω* being transposed as in A.

³ The Galenic commentary joins *τοῖσι κοπιώδεσι* with *ἄγειν*. Littré points out that *Aphorism IV. 31* is the source of the present passage, and in it *τοῖσι κοπιώδεσιν* occurs in close conjunction with *ἐν τοῖσι πυρετοῖσιν*.

⁴ For the meaning of “abscession” see Vol. I (Introduction), p. liii.

ΠΕΡΙ ΧΥΜΩΝ

ἀποστάσιες· μάλιστα δὲ πόδες θερμοὶ κάτω σημαίνουσι, ψυχροὶ δὲ ἄνω. οἷσι δὲ ἀνισταμένοις ἐκ τῶν νούσων, αὐτίκα δὲ χερσὶν ἢ ποσὶ πονήσασιν, ἐν τούτοις ἀφίστανται· ἀτὰρ καὶ ἦν
 10 τι προπεπονηκὸς¹ ἢ, πρὶν ἢ νοσεῖν, ἐς ταῦτα ἀποστηρίζεται, οἷον καὶ τοῖσιν ἐν Περίνθῳ βηχώδεσι καὶ κυναγχικοῖσιν ποιέουσι γάρ καὶ αἱ βῆχες ἀποστάσιας, ὥσπερ οἱ πυρετοί· ταῦτα² κατὰ τὸν αὐτὸν λόγον ἢ ἀπὸ³ χυμῶν, ἢ σώματος
 15 συντήξιος καὶ ψυχῆς.

VIII. Τοὺς μὲν οὖν χυμοὺς εἰδέναι, ἐν ᾧσιν⁴ ὥρησιν ἀνθέουσι, καὶ οἷα ἐν ἑκάστῃ νοσήματα ποιέουσι,⁵ καὶ οἷα ἐν ἑκάστῳ νοσήματι⁶ παθήματα. τὸ δὲ σῶμα τὸ ἄλλο, ἐς ὅ τι μάλιστα νόσημα ἢ φύσις ῥέπει⁷ † οἷόν τι σπλὴν οἰδέων ποιεῖ,⁸ τούτων τι καὶ ἡ⁹ φύσις· σχεδόν τι καὶ χρώματα κακοήθη, καὶ σώματα¹⁰ σειρέει,¹¹ καὶ εἴ 8 τι ἄλλο· ταῦτα διαγεγυμνάσθαι.¹² †

¹ τινὰ προπεπονηκῶς A : τι πεπονηκὼς ἔηι M.

² ταῦτα A : τοιαύτας M.

³ M omits ἢ before ἀπὸ and before σώματος.

⁴ ἐν ησιν A : altered to ἦν εἰσίν. This MS. omits ὥρησιν ἀνθέουσι, καὶ.

⁵ A omits ποιέουσι.

⁶ σώματι A : νοσήματι M.

⁷ ῥέπει M : τρέπει A.

⁸ ποιέοι A : ποιέει M.

⁹ A omits τούτων τι καὶ ἡ.

¹⁰ A omits σώματα.

¹¹ σειρεοῖ M : σιναροί A.

¹² διαγεγυμνάσθαι M : ἀγυμναστίη A (with ψυχῆς).

¹ The reading of A seems to be an attempt to make the grammar square with ταῦτα later on. But the accusative *τινά* is a curious “accusative of the part affected,” and probably *ταῦτα* is a simple *anacoluthon*.

² A reference to *Epidemics VI. 7, 7* (Littré v. 341).

³ This seems to mean that abscessions may be the result of

HUMOURS, VII.-VIII.

lower part. Hot feet especially signify a lower abscession, cold feet an upper abscession. When patients, on rising after an illness, suffer immediately pains in arms or feet, abscessions form in these parts. Moreover, if a part suffer pain before the illness,¹ it is in it that the humours settle, as was the case with those who in Perinthus² suffered from cough and angina. For coughs, like fevers, cause abscessions. These results are the same, whether they come from humours or from wasting of body and soul.³

VIII. Know in what seasons the humours break out, what diseases they cause in each, and what symptoms they cause in each disease. As to the body generally, know to what disease the physical constitution most inclines. For example, a swollen spleen produces a certain effect, to which the constitution contributes something. It is much the same with an evil complexion, or the body is parched, and so on. Be practised in these things.⁴

wasting diseases as well as of those caused by “peccant humours.”

⁴ This chapter towards the end is full of difficulties, and is so irregular, not to say violent, in grammar that I have printed the text between daggers. The general sense of the whole chapter is that the physician must know (1) the effect of the humours in various seasons and in various diseases, and (2) the disease to which an individual constitution is most inclined. Then it seems to be implied that a bad complexion, or a parched, hot skin may also denote a tendency to a particular disease. The sentence *οἶον . . . φύσις* is strange, both *τι* (before *σπλήν*) and *τούτων* being irregular. It would perhaps be a slight improvement to punctuate : *οἶον· τι σπλήν οἰδέων ποιεῖ; τούτων τι καὶ ἡ φύσις;* In the next sentence the variants *σιναροί* of A and *σώματα σειρέοι* of M, for *σώματα σειρέει* (Littré, from the Galenic commentary), seem to show that the text is unsound.

ΠΕΡΙ ΧΥΜΩΝ

IX. Ψυχῆς, ἀκρασίη ποτῶν καὶ βρωμάτων,¹ ὑπνου, ἐγρηγόρσιος, ἢ δι’ ἔρωτάς τινας, οἷον κύβων, ἢ διὰ τέχνας ἢ δι’ ἀνάγκας καρτερή πόνων, καὶ ὡντινων τεταγμένη ἢ ἄτακτος· αἱ μεταβολαὶ ἐξ οἶων² ἐσ οἷα. ἐκ τῶν ἡθέων, φιλοπονίη ψυχῆς, ἢ ζητῶν,³ ἢ μελετῶν, ἢ ὁρῶν,⁴ ἢ λέγων, ἢ εἴ τι ἄλλο, οἷον⁵ λῦπαι, δυσοργιστίαι, ἐπιθυμίαι· ἢ τὰ⁶ ἀπὸ συγκυρίης λυπήματα γνώμης, ἢ⁷ τὰ⁸ διὰ τῶν ὅμμάτων, ἢ⁹ ἀκοῆς·
10 οἷα τὰ σώματα, μύλης μὲν τριφθείσης πρὸς ἑωυτήν, ὀδόντες ἡμώδησαν, παρά τε κοῖλον παριόντι σκέλεα τρέμει, ὅταν τε τῇσι χερσί τις,¹⁰ ὃν μὴ δεῖται, αἱρῃ, αὐται τρέμουσιν, ὅφις ἐξαίφνης ὁφθεὶς χλωρότητα ἐποίησεν. οἱ φόβοι, αἰσχύνη,¹¹ λύπη, ἡδονή,¹² ὁργή, ἄλλα τὰ τοιαῦτα,¹³ οὕτως ὑπακούει ἐκάστῳ τὸ προσῆκον τοῦ σώματος τῇ πρήξει, ἐν τούτοισιν¹⁴ ἰδρῶτες, καρδίης
18 παλμός, καὶ τὰ τοιαῦτα.

X. Τῶν δυναμένων¹⁵ τὰ ἐξωθεν ὠφελέοντα ἢ βλάπτοντα, ἄλειψις, κατάχυσις, κατάχρισις,¹⁶

¹ βρωμάτων M : βροτῶν A.

² A omits from ὡντινων to οἶων.

³ ζητῶν A : ζητησίων M.

⁴ A omits ἢ ὁρῶν.

⁵ A omits οἶον.

⁶ ἢ τὰ A.

⁷ A adds ἢ before γνώμης.

⁸ M omits τὰ before διὰ.

⁹ M has διὰ τῆς.

¹⁰ M omits τις.

¹¹ M has οἶον before αἰσχύνη.

¹² A has ἡδονὴ λύπη.

¹³ ἄλλα τὰ τοιαῦτα A : τὰ ἄλλα τὰ τοιαῦτα M.

¹⁴ οὕτως ἔνακούη ἐκάστῳ τὸ προσῆκον τοῦ σώματος τῇ πρήξῃ· ἐν τούτοισι A : οὕτως ὑπακούει· ἐκάστῳ δὲ τὸ προσῆκον τοῦ σώματος, τῇ πρήξει ἐν τούτοισι (-ν in second hand) ὑπακούει· M.

¹⁵ τὰ τοιαῦτα τῶν δυναμένων τὰ ἐξωθεν· ἢ ὠφελέοντα· ἢ βλαπτοντα A : τὰ τοιαῦτα· τῶν δυναμίων τὰ ἐξωθεν ὠφελέοντα ἢ βλάπτοντα, M.

HUMOURS, IX.-X.

IX. Among psychical symptoms¹ are intemperance in drink and food, in sleep, and in wakefulness, the endurance of toil either for the sake of certain passions (for example, love of dice) or for the sake of one's craft or through necessity, and the regularity or irregularity of such endurance. States of mind before and after changes. Of moral characteristics: diligence of mind, whether in inquiry or practice or sight or speech;² similarly, for example, griefs, passionate outbursts, strong desires. Accidents grieving the mind, either through vision or through hearing. How the body behaves: when a mill grinds the teeth are set on edge; the legs shake when one walks beside a precipice; the hands shake when one lifts a load that one should not lift; the sudden sight of a snake causes pallor. Fears, shame, pain, pleasure, passion and so forth: to each of these the appropriate member of the body responds by its action. Instances are sweats, palpitation of the heart and so forth.

X. Of remedies that may help or harm those applied externally include anointing, affusions,

¹ The genitive *ψυχῆς* ("belonging to the soul are, etc.") is rather strange, and one is strongly tempted to adopt the reading of A, ἀγνωστίη *ψυχῆς*, "lack of self-control." Unfortunately this reading leaves *ταῦτα* without any construction.

² This phrase has no grammatical construction with the rest of the sentence, and the manuscript M, with its cognates, reads ζητησίων or ζητήσεων. Glaucias, an old commentator, not understanding the words, added the negative μή before the participles.

¹⁶ A reads καταχρόσεις· καταχύσεις altered to the singular apparently by the original scribe. So with the next two words.

ΠΕΡΙ ΧΥΜΩΝ

κατάπλασις, ἐπίδεσις ἐρίων καὶ τῶν τοιούτων, καὶ τὰ ἔνδοθεν ὑπακούει¹ τούτων² ὁμοίως³ ὥσπερ καὶ τὰ ἔξω τῶν ἔσω προσφερομένων· ἀτὰρ καὶ τάδε,⁴ ἐν ἐρίοισι κοίτη πινάδεσι, καὶ τὸ παρὰ βασιλεῦ⁵ λεγόμενον κύμινον, ὄρῶσιν, ὀσφραινομένοισιν· ὅσα κεφαλῆς ἀγωγά, ταρακτικά· λόγοι, φωνή, καὶ τὰ τοιαῦτα. μαζοί, γονή, ὑστέρη, σημεῖα
10 ταῦτ' ἐν τῇσιν ἡλικίησι, καὶ ἐν τοῖσι πνιγμοῖσι,
11 καὶ βηξί, τὰ πρὸς ὄρχιν.

XI. "Ωσπερ τοῖσι δένδρεσιν ἡ γῆ οὔτω τοῖσι ζώοισιν⁶ ἡ γαστήρ· καὶ τρέφει, καὶ θερμαίνει, καὶ ψύχει⁷ ὥσπερ γῆ κοπρευομένη χειμῶνος θερμαίνει, οὔτως ἡ γαστὴρ θερμὴ γίνεται.⁸ δένδρεα φλοιὸν λεπτὸν ξηρὸν ἔχει, ἔσωθεν δὲ ξηρόσαρκα,⁹ ὑγιηρά, ἀσηπτα, χρόνια, καὶ ζῷων, οἷον χελῶναι, καὶ ὅ τι τοιοῦτον.¹⁰ ἡλικίησιν, ὠρησιν,
11 ἐμιαυτοῖς ὅμοια τὰ ζῶντα· οὐ τρίβεται,¹¹ χρωμένοισι μετρίως βελτίω·¹² ὥσπερ ὄδρεῖον νέον διαπηδᾶ,¹³ παλαιούμενον στέγει, οὔτω καὶ ἡ γαστὴρ διέει¹⁴ τὴν τροφήν, καὶ ὑποστάθμιην ἴσχει
12 ὥσπερ ἀγγεῖον.

XII. Οἱ τρόποι τῶν νούσων· τὰ μὲν συγγενικὰ ἔστιν εἰδέναι πυθόμενον,¹⁵ καὶ τὰ ἀπὸ τῆς χώρης

¹ ὑπακούση A. ² τούτων A : τῶν τοιούτων M.

³ ὁμοίως A : οὐ μόνον M. ⁴ τάδε M : τὰ τοιάδε A.

⁵ βασιλεῦ M : πᾶσι A.

⁶ ζώοισιν (-ν in second hand) M : ζωδίοις A.

⁷ So A. The reading of M is ψύχει κενουμένη· πληρουμένη θερμαίνει.

⁸ κοπριωμένη χειμῶνος θερμαίνει· οὔτως ἡ γαστὴρ θερμὴ γίνεται A : κοπρευομένη χειμῶνος. θερμὴ ἡ κοιλίη M.

⁹ ἔνδοθεν μὲν σκληρόσαρκα· A : ἔσωθεν δέ. ξηρόσαρκα M.

¹⁰ Littré suggests that after τοιοῦτον there has fallen out some phrase like οὔτω καὶ ἡ κοιλίη, in order to make the text

HUMOURS, x.-xii.

inunction, cataplasms, bandages of wool and the like ; the internal parts of the body react to these remedies just as the external parts react to remedies applied internally. Moreover, a bed made out of unwashed fleeces, and the sight or smell of the cumin called "royal." Things that purge the head are disturbing, conversation, voice and so forth. Breasts, seed, womb are symptomatic at the various ages ; in chokings and in coughs, fluxes to the testicles.

XI. As the soil is to trees, so is the stomach to animals. It nourishes, it warms, it cools ; as it empties it cools, as it fills it warms. As a soil that is manured warms in winter, so the stomach grows warm. Trees have a slight, dry bark, but inside they are of dry texture, healthy, free from rot, durable ; so among animals are tortoises and the like. In their ages animals are like the seasons and the year. They do not wear out, but improve with moderate use. As a water-pot, when new, lets the liquid pass through it, but holds it as time goes on, so the stomach lets nourishment pass, and like a vessel retains a sediment.

XII. The fashions of diseases. Some are congenital and may be learned by inquiry, as also may those

conform to the Galenic commentary, which says that there is a comparison implied with the membranes of the stomach. Perhaps it is from here that M got its reading of the preceding sentence.

¹¹ After *τρίβεται* A adds *τὰ ζῶντα*.

¹² A omits *βελτίω*.

¹³ A has *διαπεῖ· εἰ δέ*, but the *εἰ* is cramped and was apparently added after the other words had been written.

¹⁴ *διέει* Littré : *ἰδέη* A : *δίει* M.

¹⁵ A has *πειθόμενον*, with *v* written over the *-ει-*.

ΠΕΡΙ ΧΥΜΩΝ

(οἰκέονται γὰρ οἱ πολλοί, διὸ πλέονες ἵσασι).¹ τὰ δὲ ἐκ τοῦ σώματος, καὶ τὰ ἀπὸ τῶν διαιτημάτων, καὶ καταστάσιος τῆς νούσου,² ἢ ἀπὸ ώρέων. αἱ δὲ χῶραι πρὸς τὰς ὥρας κακῶς κείμεναι τοιαῦτα τίκτουσι νοσήματα, ὅποιη ἀνὴρ, ταύτη ὁμοίως,³ οἷον ἀνώμαλον θάλπος ἢ⁴ ψῦχος τῆς αὐτῆς ἡμέρης, ὅταν τοιαῦτα ποιῇ,⁵

10 φθινοπωρινὰ ἐν τῇ χώρῃ τὰ νοσήματα· καὶ ἐν τῆσιν ἄλλησιν ὥρησι κατὰ λόγον. τὰ μὲν ἀπὸ ὀδμέων βορβορωδέων ἢ ἐλωδέων, τὰ δὲ⁶ ἀπὸ ὑδάτων, λιθιῶντα, σπληνώδεα, τὰ τοιαῦτα δ'

14 ἀπὸ πνευμάτων χρηστῶν τε καὶ κακῶν.⁷

XIII. "Ορης δὲ οἵαι ἔσονται αἱ νοῦσοι καὶ καταστάσιες,⁸ ἐκ τῶνδε· ἢν⁹ αἱ ωραι ὠραίως, εὐτάκτως, εὐκρινέας νούσους ποιέουσιν· αἱ δὲ ἐπιχώριοι τῆσιν ὥρησι νοῦσοι δῆλαι¹⁰ τοὺς τρόπους· ὅ τι δ' ἀν ἔξαλλάξῃ ἢ ὥρη, ὁμοια ἢ ἀνόμοια ἔσται¹¹ τὰ νοσήματα, οἷα ἐν τῇ ώρῃ ταύτη γίνεται· ἢν δ' ὁμοίως ἄγη,¹² τοιουτότροπα καὶ ἐπὶ τοιοῦτο είλκυσμένα, οἷον ἵκτερον φθινοπω-

¹ οἰκέονται γὰρ διὰ πλειόνων, καὶ πολλοὶ ἴσασι· M: οἰκέονται γὰρ οἱ πολλοὶ διό πλέονες ἴσασι· A.

² A has ἢ ἀπὸ before τῆς νούσου.

³ Possibly ταύτη ὁμοίως is a marginal explanation of the preceding words, and should be deleted.

⁴ A omits ἢ.

⁵ A has ὅταν τοιαῦτα ποιέῃ after νοσήματα.

⁶ τε A: δὲ M.

⁷ τὰ τοιαῦτα δ' ἀπὸ πνευμάτων χρηστῶν καὶ κακῶν. A: τὰ δέ, ἀπὸ πνευμάτων χρηστῶν τε καὶ κακῶν ἄρχονται M.

⁸ καταστάσιες M: καταστασίων A.

⁹ A omits ἢν.

¹⁰ δῆλαι A: δηλοῦσι M.

¹¹ ἢ ὥρη αὐτῇ καὶ οὕτως ἄγη, ὁμοια ἔσται A: ἢ ὥρη, ὁμοια, ἢ ἀνόμοια ἔσται M.

HUMOURS, XII.—XIII.

that are due to the district, for most people¹ are permanent residents there, so that those who know are numerous. Some are the result of the physical constitution, others of regimen, of the constitution of the disease, of the seasons. Countries badly situated with respect to the seasons engender diseases analogous to the season. E.g. when it produces irregular heat or cold on the same day, diseases in the country are autumnal, and similarly in the case of the other seasons. Some spring from the smells of mud or marshes, others from waters, stone, for example, and diseases of the spleen; of this kind are waters² because of winds good or bad.

XIII. What the character of a season's diseases and constitutions will be you must foretell from the following signs. If the seasons proceed normally and regularly, they produce diseases that come easily to a crisis. The diseases that are peculiar to the seasons are clear as to their fashions. According to the alterations in a season, the diseases such as arise in this season will be either like or unlike their usual nature.³ If the season proceeds normally, similar or somewhat similar to the normal will be the diseases, as, for example, autumnal jaundice;

¹ The difference between A and M suggests corruption, M appearing to be an attempt to improve on A. Perhaps *οἱ* should be omitted before *πολλοὶ*.

² So Littré, who bases his interpretation on *Airs, Waters, Places*, IX, where winds are said to give various characteristics to waters. Possibly, however, we should read with M *τὰ δέ* instead of *τοιαῦτα*.

³ Or, “unlike the seasons.”

¹² εἰδὲ δμοῖς ἄγει A : ἦν δὲ δμοῖς ἄγηι, οὐ M.

ΙΙΕΡΙ ΧΥΜΩΝ

ρινόν· ψύχεα γάρ¹ ἐκ θαλπέων, καὶ θάλπος ἐκ
 10 ψύχεος² καὶ ἦν τὸ θερινὸν χολῶδες γένηται, καὶ
 αὐξηθὲν ἐγκαταλειφθῆ, καὶ ὑπόσπληνοι.³ ὅταν
 οὖν καὶ ἥρ⁴ οὔτως ἀγάγῃ, καὶ ἥρος γίνονται
 ἵκτεροι· ἐγγυτάτῳ γάρ αὕτῃ ἡ κίνησις⁵ τῇ ὥρῃ
 κατὰ τοῦτο τὸ εἰδός ἐστιν. ὅταν δὲ θέρος γένηται
 ἥρι ὄμοιον,⁶ ἰδρῶτες ἐν τοῖσι πυρετοῖσι, καὶ
 εὔτροποι, καὶ οὐ κατοξέεις, οὐδὲ κατάξηροι γλώσ-
 σησιν. ὅταν δὲ⁷ χειμέριον γένηται ἥρ⁸ καὶ
 ὀπισθοχειμών,⁹ χειμεριναὶ καὶ αἱ νοῦσοι, καὶ
 βηχάδεες, καὶ περιπλευμονικαί, καὶ κυναγχικαί.
 20 καὶ¹⁰ φθινοπώρου, τὸ ἦν μὴ¹¹ ἐν ὥρῃ καὶ ἔξαιφνης
 χειμάσῃ, μὴ¹² συνεχέως¹³ τοιαύτας¹⁴ νούσους
 ποιεῖ τὸ διὰ μὴ ἐν ὥρῃ ἥρχθαι, ἀλλὰ ἀνώμαλα
 γίνεται· διόπερ καὶ αἱ ὥραι ἄκριτοι καὶ ἀκατά-
 στατοι γίνονται, ὥσπερ καὶ¹⁵ αἱ νοῦσοι, ἐὰν προεκ-
 ρηγνύωνται, ἡ προκρίνωνται, ἡ ἐγκαταλείπωνται·
 φιλυπόστροφοι γάρ καὶ αἱ ὥραι γίνονται,¹⁶ οὔτω
 νοσοποιέουσαι. προσλογιστέον οὖν, ὅποιως¹⁷ ἀν¹⁸
 28 ἔχοντα τὰ σώματα αἱ ὥραι παραλαμβάνωσιν.

XIV. Νότοι βαρυήκοοι, ἀχλυώδεες, καρηβαρι-
 κοί, νωθροί,¹⁹ διαλυτικοί· ὅταν οὗτος²⁰ δυναστεύῃ,

¹ A omits from ἵκτερον τὸ γάρ. ² ψύχεος M: ψύξιος A.

³ A adds καὶ ἵκτεροι before καὶ ὑπόσπληνοι.

⁴ ἥρ M: ἔαρ A. ⁵ ἡ κίνησις M: κείνη A.

⁶ ἔστι δ' ὅτε τὸ θέρος ἔαρι ὄμοιον. ἰδρωτας A: ὅταν δὲ θέρος
 γένηται ἥρι ὄμοιον. ἰδρωτας M.

⁷ δὲ omitted by A. ⁸ ἔαρ A, without γένηται.

⁹ ὀπισθοχειμών M: ὀπίσω οὐ χειμών ἡ A.

¹⁰ A omits καὶ. ¹¹ A omits μή. ¹² A omits μή.

¹³ ξυνεχέας A: συνεχῶς M.

¹⁴ τοιαύτας M: ταύτας τὰς A. ¹⁵ A omits καὶ.

¹⁶ γίνονται M: γινωνται (ω changed to ο?) A.

¹⁷ ὄμοιως A: ὄκοιως M.

for cold spells succeed to hot spells and heat to cold. If the summer prove bilious, and if the increased bile be left behind, there will also be diseases of the spleen. So when spring too has had a bilious constitution, there occur cases of jaundice in spring also. For this motion¹ is very closely akin to the season when it has this nature. When summer turns out like to spring, sweats occur in fevers; these are mild, not acute, and do not parch the tongue. When the spring turns out wintry, with after-winter storms, the diseases too are wintry, with coughs, pneumonia or angina. So in autumn, should there be sudden and unseasonable wintry weather, symptoms are not continuously autumnal, because they began in their wrong season, but irregularities occur.² So seasons, like diseases, can fail to show crisis or to remain true to type, should they break out suddenly, or be determined too soon, or be left behind. For seasons, too, suffer from relapses, and so cause diseases. Accordingly, account must also be taken of the condition of a body when the seasons come upon it.

XIV. South winds cause deafness, dimness of

¹ That is, the disturbance of the humours which causes jaundice.

² The sense apparently is that an autumnal disease, beginning in a premature winter, does not show continuously autumnal symptoms. But A omits μή both before ἐν ἄρῃ and before συνεχέως, and the latter negative should be οὐ. The true reading seems to be lost.

¹⁸ A omits ἀν and reads παραλαμβάνουσιν.

¹⁹ νότος θαρυγκον. ἀχλυώδες. καρηθαρικόν. διαλυτικόν. νωθρὸν. A: νότοι θαρυγκοι· ἀχλυώδεες· καρηθαρικοί· νωθροί. διαλυτικοί M.

²⁰ οὔτος M: οὔτως A.

ΠΕΡΙ ΧΥΜΩΝ

τοιουτότροπα ἐν τῇσι¹ νούσοισι πάσχουσιν· ἐλκεα
μαδαρά, μάλιστα στόμα, αἰδοῖον, καὶ τἄλλα. ἦν
δὲ βόρειον, βῆχες, φάρυγγες, κοιλίαι σκληρότεραι,
δυσουρίαι² φρικώδεες, ὀδύναι³ πλευρέων, στη-
θέων· ὅταν οὗτος⁴ δυναστεύῃ, τοιαῦτα προσδέ-
χεσθαι τὰ νοσήματα μᾶλλον. ἦν μᾶλλον πλεο-
νάζη, αὐχμοῖσιν οἱ πυρετοὶ ἔπονται καὶ ὅμβροισιν,
10 ἐξ ὁποίων ἀν οἱ πλεονασμοὶ μεταπέσωσι, καὶ
ὅπως ἀν ἔχοντα τὰ σώματα παραλάβωσιν ἐκ
τῆς ἑτέρης ὥρης, καὶ ὁποιουτινοσοῦν χυμοῦ δυ-
ναστεύοντος ἐν τῷ σώματι. ἀτὰρ ἀνυδρίαι νότιοι,
βόρειοι· διαφέρει γὰρ καὶ τἄλλα οὕτω· μέγα γὰρ
καὶ τοῦτο· ἄλλος γὰρ ἐν ἄλλῃ ὥρῃ καὶ χώρῃ
μέγας, οἷον τὸ θέρος χολοποιόν, ἥρ ἔναιμον, τἄλλα
17 ὡς ἔκαστα.

XV. Λί μεταβολαὶ μάλιστα τίκτουσι νοσή-
ματα, καὶ αἱ μέγισται μάλιστα, καὶ ἐν τῇσιν
ὥρησιν αἱ μεγάλαι μεταλλαγαί, καὶ ἐν τοῖσιν
ἄλλοισιν· αἱ δὲ ἐκ προσαγωγῆς γίνονται,⁵ αἱ ὥραι
αὗται ἀσφαλέσταται, ὥσπερ καὶ δίαιται καὶ
ψῦχος καὶ θύλπος μάλιστα ἐκ προσαγωγῆς, καὶ
7 αἱ ἡλικίαι οὕτω μεταβαλλόμεναι.

XVI. Φύσιες δὲ ὡς πρὸς τὰς ὥρας, αἱ μὲν πρὸς
θέρος, αἱ δὲ πρὸς χειμῶνα εὖ καὶ κακῶς πεφύ-
κασιν, αἱ δὲ πρὸς χώρας καὶ ἡλικίας καὶ διαίτας
καὶ τὰς ἄλλας καταστάσιας τῶν νούσων ἄλλαι
πρὸς ἄλλας εὖ καὶ κακῶς πεφύκασι, καὶ ἡλικίαι
πρὸς χώρας καὶ ὥρας καὶ διαίτας καὶ πρὸς
καταστάσιας νούσων· καὶ ἐν τῇσιν ὥρησι, δίαιται,

¹ τῇσι M : τοῖσι A.

² δυσουρίαι M : δυσουρθεροι A.

³ ὀδύναι M : ὀδυνώδεες A.

⁴ οὗτος M : οὕτως A.

⁵ M has γίνεται with τὰ δὲ preceding.

HUMOURS, XIV.-XVI.

vision, headaches, heaviness, and are relaxing. When such winds prevail, their characteristics extend to sufferers from diseases. Sores are soft, especially in the mouth, the privy parts, and similar places. A north wind causes coughs, sore throats, constipation, difficult micturition accompanied by shivering, pains in the side and chest; such are the diseases that one must be prone to expect when this wind prevails. Should its predominance be greater still, the fevers which follow drought and rain are determined by the conditions that preceded this predominance, by the physical condition produced by the previous season, and by the particular humour that prevails in the body. Droughts accompany both south winds and north winds. Winds cause differences—and this too is important—in all other respects also. For humours vary in strength according to season and district; summer, for instance, produces bile; spring, blood, and so on in each case.

XV. It is changes that are chiefly responsible for diseases, especially the greatest changes, the violent alterations both in the seasons and in other things. But seasons which come on gradually are the safest, as are gradual changes of regimen and temperature, and gradual changes from one period of life to another.

XVI. The constitutions of men are well or ill adapted to the seasons, some to summer, some to winter; others again to districts, to periods of life, to modes of living, to the various constitutions of diseases. Periods of life too are well or ill adapted to districts, seasons, modes of living and constitutions of diseases. So with the seasons vary modes of

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καὶ σιτία, καὶ ποτά, ὁ μὲν γὰρ¹ χειμῶν ἀργὸς
ἔργων, καὶ πέπονα τὰ ἐσιόντα καὶ² ἀπλᾶ, μέγα
10 γὰρ καὶ τοῦτο· αἱ ὄπωραι δὲ ἔργασιμοι, ἥλιώσιες,
τὰ πινόμενα πυκνά,³ ἀκατάστata σιτία, οῖνοι,
12 ἀκρόδρυα.

XVII. "Ωσπερ δὲ⁴ ἐκ τῶν ὠρέων τὰς νούσους
ἔστι τεκμήρασθαι, ἔστι ποτὲ καὶ ἐκ τῶν νούσων
ῦδατα καὶ ἀνέμους καὶ ἀινδρίας προγινώσκειν,
οἶνον βόρεια, νότια· ἔστι γὰρ εὖ μαθόντι καὶ
ὅρθως ὅθεν σκεπτέα, οἶνον καὶ λέπραι τινὲς καὶ
περὶ τὰ ἄρθρα πόνοι,⁵ ῦδατα ὅταν μέλλῃ,
7 κυησμώδεες εἰσι, καὶ ἄλλα τοιαῦτα.

XVIII. Καὶ ὑσμάτων οἷα ἡ διὰ τρίτης, ἡ
ἐκάστης, ἡ διὰ περιόδων ἄλλων, καὶ τὰ συνεχέα·
καὶ ἀνέμων οἵ μὲν πολυήμεροι πνέουσι, καὶ
ἀντιπνέουσι ἄλλιηλοισιν, ἄλλοι δὲ διὰ βραχυτέ-
ρων, οἵ δὲ καὶ αὐτοὶ κατὰ περίοδον· ταῦτα ἔχει
τὴσι καταστάσεσιν ὁμοιότητας, ἐπὶ βραχύτερον
δὲ τὰ τοιαῦτα. καὶ εἴ μὲν ἐπὶ πλέον τὸ ἔτος
τοιοῦτον ἐὸν τὴν κατάστασιν ἐποίησε τοιαύτην,
ἐπὶ πλέον⁶ καὶ τὰ νοσήματα τοιαῦτα καὶ
10 μᾶλλον⁷ ἴσχυρότερα, καὶ μέγιστα νοσήματα
οὕτως ἐγένετο⁸ καὶ κοινότατα καὶ ἐπὶ πλεῖστον
χρόνον. ἐκ τῶν πρώτων ὕδατων, ὅταν ἔξ ἀνυ-
δρίης πολλῆς μέλλῃ ὕδωρ ἔσεσθαι, ἔστι περὶ⁹
ὑδρώπων προειπεῖν, καὶ ὅπόταν τἄλλα σμικρὰ
σημεῖα φανῆ ἐν νηυεμίῃ, ἡ ἐν μεταβολῇ, συνακ-

¹ δ μὲν γὰρ A : οἷα· ὅτι δ μὲν M.

² A omits καὶ.

³ πυκνά M : συχνά A.

⁴ ὡς δ' A.

⁵ οἷσι λέπραι καὶ τινες περὶ τὰ ἄρθρα A : οἶνον καὶ λέπραι
τινὲς, καὶ τὰ περὶ τὰ ἄρθρα πόνοι M. Probably πόνοι is a
note on τὰ περὶ τὰ ἄρθρα, but I have not altered Littré's
text.

HUMOURS, xvii.—xviii.

living, foods and drinks. In winter no work is done and foods are ripe and simple—an important point; in autumn work is done, exposure to the sun is beneficial, drinks are frequent and foods varied, with wine and fruits.

XVII. As it is possible to infer diseases from the seasons, so occasionally it is possible from diseases to forecast rains, winds and droughts; for example, north winds and south winds. For he who has noticed symptoms carefully and accurately has evidence on which to work; certain skin diseases, for instance, and pains at the joints are irritating when rain threatens, to quote one example out of many.

XVIII. Rains occur every other day, or every day, or at other intervals; some are continuous. Winds sometimes last for many days, and are opposed to one another; others are shorter; some, like rains, are periodic. These have resemblances to the seasonal constitutions, though less marked. If the year, having had a certain character to a marked degree, has given this character to the constitution, the diseases too have this character to a marked degree and are more severe; in this way have arisen very serious diseases, very widespread and lasting a very long period of time. After the first rains, when rain is coming after a long drought, it is possible to predict dropsies; and when the other slight signs appear at a period of calm, or at a change, one must infer

⁶ καὶ εἰ μὲν ἐπὶ πλεῖον τὸ ἔτος τοιοῦτον ἔδν, τὴν κατάστασιν ἐποίησεν τοιαύτην; ἐπὶ πλέον Α: ἦν μὲν ἐπὶ πλέον τὸ ἔτος τοιοῦτον, οἵην τὴν κατάστασιν ἐποίησε. ἐπὶ πλεῖον Μ.

⁷ Before μᾶλλον Μ adds ἦν.

⁸ τὰ μέγιστα οὕτω νοσήματα ἐγένετο Α: μέγιστα νοσήματα, οὕτως ἐγένετο Μ.

⁹ ἀνεμίη ἡ ἐν μεταβολῇ Α: νηνεμίηι ἐν μεταβολῇ. Μ.

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τέον,¹ ὅσαι μὲν ἐφ' οἵοισιν ὕδασιν ἡ² ἀνέμοισι³ νοῦσοι ἐπισημάνουσι, καὶ ἀκουστέον εἴ τις οἶδε, τοιοῦδε⁴ χειμῶνος προγενομένου, οἷον ἦρ ἡ

19 θέρος ἔσται.

XIX. Τὰ χρώματα οὐχ ὅμοια ἐν τῇσιν ὥρησιν, οὐδὲ ἐν βορείοισι καὶ νοτίοισιν, οὐδὲ ἐν τῇσιν ἥλικίησιν αὐτὸς πρὸς ἑωυτόν, οὐδὲ ἄλλος ἄλλω οὐδενί. σκεπτέον δὲ ἐξ ὧν ἵσμεν καὶ παρεόντων καὶ ἀτρεμεόντων περὶ χροιῶν,⁵ καὶ ὅτι αἱ ἥλικιαι τῇσιν ὥρησιν ἐμφερέες εἰσὶ καὶ χροιῆ καὶ

7 τρόπῳ.⁶

XX. Οἱ αἰμορροΐδας ἔχοντες οὔτε πλευρίτιδι, οὔτε περιπνευμονίῃ, οὔτε φαγεδαίνῃ, οὔτε δοθιῆσιν, οὔτε τερμίνθοισιν ἀλίσκονται,⁷ ἵσως δὲ οὐδὲ λέπρησιν, ἵσως δὲ οὐδὲ ἀλφοῖσιν.⁸ Ἰητρευθέντες γε⁹ μὴν ἀκαίρως, συχνοὶ τοιούτοισιν οὐ¹⁰ βραδέως ἔαλωσαν, καὶ ὀλέθρια οὕτως· καὶ ὅσαι ἄλλαι¹¹ ἀποστάσιες, οἷον σύριγγες, ἐτέρων ἄκος· ὅσα δέ, ἐφ' οἷσι γενόμενα ῥύεται, τούτων προγενόμενα κωλύματα¹² οἱ ὑποπτοι τόποι ὑποδεξάμενοι πόνῳ 10 ἥ βάρει ἥ ἄλλω τινὶ ῥύονται.¹³ ἄλλοισιν αἱ

¹ συνακτέον οὖν M : ξυνακτέον· A. ² Α omits ἡ.

³ Before νοῦσοι M adds αἱ. ⁴ τοιοῦδε A : δτι τοιούτου M.

⁵ παρεόντων, καὶ ἀτρεμεόντων, περὶ χροιῶν M : περιότων· καὶ ἀτρεμεόντων· καὶ περὶ χροιῶν A.

⁶ καὶ χροιὴν καὶ τρόπον A : καὶ χροιῆ καὶ τροπῶι· M.

⁷ Α omits ἀλίσκονται.

⁸ ἀλφοῖσιν M : ἄλλοισιν· A (the two accents are significant).

⁹ Α omits γε.

¹⁰ οὐ M : οὐδὲ A.

¹¹ ἄλλαι M : ἄλλων A.

¹² ὅσα δὲ ἐφ' οἷσι γενόμενα αἱρεται, τούτων προγενόμενα κωλύματα· A: ὅσα πέφυκεν ἐπιφαινόμενα παύειν. ῥύεται τούτων προσγενόμενα κωλύματα· M.

what diseases are typical of the various rains or winds, and must listen to anyone who knows the nature of the spring or summer that will follow a winter of such and such a character.

XIX. Complexions vary with the seasons; they are not the same in north winds as in south winds; individuals differ, and the same individual varies in complexion as he grows older. Judge of complexions by their permanent characteristics, realising that ages resemble seasons in colour as in character.

XX. Sufferers from hemorrhoids are attacked neither by pleurisy, nor by pneumonia, nor by spreading ulcer, nor by boils, nor by swellings, nor perhaps by skin-eruptions and skin-diseases. However, unseasonably cured, many have been quickly caught by such diseases, and, moreover, in a fatal manner. All other abscessions, too, such as fistula, are cures of other diseases. So symptoms that relieve complaints if they come after their development, prevent the development if they come before. Suspected places cause relief, by acting as receptacles owing to pain, weight, or any other cause.¹ In other cases

¹ The reading of A is a corruption of the reading of *Epidemics VI. 3, 23* and means, “Places receiving (peccant humours) from another place, through pain, weight or any other cause, bring relief.” A “suspected” place is one in which we might expect a morbid affection to arise, and pain here, or an accumulation of humours, might relieve affections elsewhere. The phenomenon is common enough in certain forms of neuralgia, the pains of which often jump from place to place in such a way that one pain seems to relieve another.

¹³ ἄλλους τόπους. οἱ τόποι οὗτοι δοξάμενοι ἡ πόνω ἡ βάρει· ἡ ἄλλω τῷ, ρύονται Α: ἄλλοισι αἱ κοινωνίαι· οἱ ὑποπτοι τόποι: ὑποδεξάμενοι πόνω ἡ βάρει, ἡ ἄλλαι τινὶ ρύονται. M.

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κοινωνίαι· διὰ τὴν ῥοπὴν οὐκ ἔτι αἷμα ἔρχεται,
 ἀλλὰ κατὰ τοῦ χυμοῦ τὴν ξυγγένειαν τοιαῦτα
 πτύουσιν· ἔστιν οὖσιν αἷμα ἀφίεσθαι ἐν καιρῷ¹
 ἐπὶ τοῖσι τοιούτοισιν, ἐπ' ἄλλοισι δὲ ὕσπερ ἐπὶ
 τούτοισι τοῦτο οὐκ εἰκός, κώλυσις. ἐπὶ τοῖσι δὲ
 δὴ² αἵματώδεα πτύουσιν ὥρη, πλευρῆτις, χολή.
 τὰ παρὰ τὸ οὖς οὖσιν ἀμφὶ κρίσιν γενόμενα μὴ
 ἐκπυῆσει, τούτου λαπασσομένου, ὑποστροφὴ³
 γίνεται,³ καὶ⁴ κατὰ λόγον τῶν ὑποστροφέων⁵
 20 τῆς ὑποστροφῆς γενομένης,⁶ αὐθις⁷ αἱρεται καὶ
 παραμένει,⁸ ὕσπερ αἱ τῶν πυρετῶν ὑποστροφαί,
 ἐν ὁμοίῃ περιόδῳ· ἐπὶ τούτοισιν ἐλπὶς ἐς ἄρθρα
 ἀφίστασθαι. οὗρον παχύ, λευκόν, οὖν τῷ⁹ τοῦ
 Ἀντιγένεος, ἐπὶ τοῖσι κοπιώδεσι τεταρταίοις
 ἔστιν ὅτε ἔρχεται, καὶ ρύεται τῆς ἀποστάσιος,
 ἦν δὲ πρὸς τούτῳ¹⁰ καὶ αἱμορραγήσῃ ἀπὸ ρύνων
 ἵκανως, καὶ πάνυ. ω̄ τὸ ἔντερον¹¹ ἐπὶ δεξιὰ
 ἄρθριτικῷ¹² ἐγένετο· ἦν ἡσυχαίτερος, ἐπεὶ δὲ
 29 τοῦτο ἴητρεύθη, ἐπιπονώτερος.

¹ A adds καὶ before ἐν καιρῷ.

² τούτοισι A: τοῖσι δὲ δὴ M.

³ τὰ παρ' οὓς οἷς ἀμφὶ κρίσιν γενόμενα μὴ ἐκπυῆση, τούτου λαπασσομένου· ὑποστροφὴ γίνεται· A: τὰ παρὰ τὸ οὖς· οὖσιν δὲν ἀμφὶ κρίσιν γινόμενα, ἦν μὴ ἐκπυῆση, τούτου ἀπαλλασσομένου, ὑπὸ στροφὴ γίνεται· M.

⁴ καὶ M: τὰ A.

⁵ ὑποστροφέων M: ὑποστροφεόντων A.

⁶ κρινόμενα AM: γενομένης Littré from Galen.

⁷ αὐθις M: ἄν τις A.

⁸ παραμένει M: παραμένη A.

there is the sympathetic action. The issue, through the flow, ceases to be one of blood, but the patients spit up matter connected with the humour. In some such cases seasonable blood-letting is possible, but in other cases blood-letting, as sometimes in the former cases, is not suitable but only a hindrance. Blood-spitting may be caused by the season, by pleurisy, or by bile. When swellings by the ear do not suppurate at a crisis,¹ a relapse occurs when the swelling softens; when the relapse follows the normal course of relapses, the swelling rises again and remains, following the same periods as occur when fevers relapse. In such cases expect an abscession to the joints. Thick, white urine, as in the case of the slave of Antigenes, sometimes is passed on the fourth day in prostrating fevers, and saves the patient from the abscession, and this is especially so if in addition there is a copious flow of blood from the nostrils. The patient whose right bowel was painful became easier when arthritis supervened, but when this symptom was cured the pains became worse.²

¹ Or, "occur at a crisis but do not suppurate."

² Chapter XX is the same as *Epidemics* VI. 3, 24 to 4, 3. The variations of reading are not very important, but we may note that ἐτέρων ἄκος appears in *Epidemics* as η ἐτέραι σκέψις. See the *Introduction* to the present treatise.

⁹ A has τῶ with o above ω: M has τό.

¹⁰ τούτωι M: τοῦτο A. ¹¹ ἐντερον M : ἐτερον A.

¹² So both A and M. Query: ἀρθριτικὸς as in *Epidemics*?

APHORISMS

ΑΦΟΡΙΣΜΟΙ

ΤΜΗΜΑ ΠΡΩΤΟΝ

I. Ὁ βίος βραχύς, ἡ δὲ τέχνη μακρή, ὁ δὲ¹ καιρὸς ὀξύς, ἡ δὲ πεῖρα σφαλερή, ἡ δὲ κρίσις χαλεπή. δεῖ δὲ οὐ μόνον ἐωυτὸν² παρέχειν τὰ δέοντα ποιέοντα, ἀλλὰ καὶ τὸν νοσέοντα³ καὶ τοὺς 5 παρεόντας καὶ τὰ ἔξωθεν.

II. Ἐν τῇσι ταραχῇσι τῆς κοιλίης⁴ καὶ τοῖσιν ἐμέτοισι τοῖσιν⁵ αὐτομάτοισι⁶ γινομένοισιν, ἦν μὲν οὖλα δεῖ καθαίρεσθαι καθαίρωνται,⁷ συμφέρει τε καὶ εὐφόρως φέρουσιν· ἦν δὲ μή, τούναντίον. οὕτω⁸ καὶ κενεαγγίη,⁹ ἦν μὲν οὖλα¹⁰ δεῖ γίνεσθαι γίνηται, συμφέρει τε καὶ εὐφόρως φέρουσιν· ἦν δὲ μή, τούναντίον. ἐπιβλέπειν οὖν δεῖ καὶ ὥρην καὶ 8 χώρην¹¹ καὶ ἡλικίην καὶ νούσους, ἐν ᾧσι¹² δεῖ ἡ οὔ.¹³

III. Ἐν τοῖσι γυμναστικοῖσιν αἱ ἐπ' ἄκρον εὐεξίαι σφαλεραί, ἦν ἐν τῷ ἐσχάτῳ ἔωσιν· οὐ γὰρ δύνανται μένειν ἐν τῷ αὐτῷ οὐδὲ¹⁴ ἀτρεμεῖν· ἐπεὶ¹⁵ δὲ οὐκ ἀτρεμέουσιν, οὐκέτι δύνανται¹⁶ ἐπὶ τὸ βέλτιον ἐπιδιδόναι· λείπεται οὖν ἐπὶ τὸ

¹ δὲ omitted by C'.

² ἐωυτὸν Urb.

³ τοὺς νοσέοντας V.

⁴ τῆισι κοιλίησι M: τῇσι κοιλίησι V: τῆς κοιλίησι Q.

⁵ C' has τοισι before τοῖσιν.

⁶ αὐτομάτοισι V: αὐτομάτοις C': αὐτομάτως Urb. M.

⁷ καθαίρηται Rein.

⁸ So C' Urb. M: οὕτω δὴ V: δὲ Littré.

⁹ κεναγγίην C': κεναγγείη Urb. V: κενεαγγείη M: κενεαγ-
γείην Q. ¹⁰ οὕτην Rein.

APHORISMS

FIRST SECTION

I. LIFE is short, the Art long, opportunity fleeting, experiment treacherous,¹ judgment² difficult. The physician must be ready, not only to do his duty himself, but also to secure the co-operation of the patient, of the attendants and of externals.

II. In disorders of the bowels, and in vomitings that are spontaneous, if the matters purged be such as should be purged, the patient profits and bears up well. If not, the contrary. So too artificial evacuations, if what takes place is what should take place, profit and are well borne. If not, the contrary. So one ought to have an eye to season, district, age and disease, to see if the treatment is, or is not, proper in the circumstances.

III. In athletes a perfect condition that is at its highest pitch is treacherous.³ Such conditions cannot remain the same or be at rest, and, change for the better being impossible, the only possible change is

¹ Or, "deceptive."

² It is just possible that *κρίσις* here means the crisis of a disease, and that the aphorism refers to the danger attending a crisis, and to the need for prompt and skilful treatment at such times.

³ Or, "dangerous."

¹¹ χάρην καὶ ὄρην Q.

¹² οἵσι Q. C' has ἡ εἰσὶ καὶ διοῦ. ¹³ μὴ Ermerins.

¹⁴ Ermerins omits ήν . . . ξωσιν' and μένειν . . . οὐδὲ.

¹⁵ ἐπειδὴ C'. ¹⁶ V places δύνανται after βέλτιον.

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χεῖρον. τούτων οὖν εἴνεκεν τὴν εὐεξίην λύειν συμφέρει μὴ Βραδέως, ἵνα πάλιν ἀρχὴν ἀναθρέψῃος λαμβάνῃ τὸ σῶμα. μηδὲ τὰς συμπτώσιας ἐσ τὸ ἔσχατον ἄγειν, σφαλερὸν¹ γάρ, ἀλλ' ὁκοίη² ἀν
10 ἡ φύσις ἢ τοῦ μέλλοντος ὑπομένειν, ἐσ τοῦτο ἄγειν. ὡσαύτως δὲ καὶ αἱ κενώσιες αἱ ἐσ τὸ
13 ἔσχατον ἄγουσαι σφαλερά· καὶ πάλιν αἱ ἀναλήψιες³ αἱ ἐν τῷ ἔσχάτῳ ἐοῦσαι⁴ σφαλερά.⁵

IV. Ἄι λεπταὶ καὶ ἀκριβέες δίαιται, καὶ⁶ ἐν τοῖσι μακροῖσιν αἰεὶ πάθεσι,⁷ καὶ ἐν τοῖσιν ὁξέσιν,⁸ οὐ μὴ ἐπιδέχεται, σφαλερά.⁹ καὶ πάλιν¹⁰ αἱ ἐσ τὸ ἔσχατον λεπτότητος ἀφιγμέναι δίαιται χαλεπαί·¹¹ καὶ γὰρ καὶ¹² αἱ πληρώσιες αἱ
6 ἐσ τὸ ἔσχατον ἀφιγμέναι¹³ χαλεπαί.¹⁴

V. Ἐν τῇσι λεπτῆσι διαίτησιν ἀμαρτάνουσιν οἱ νοσέοντες, διὸ μᾶλλον βλάπτονται πᾶν γὰρ¹⁵ ὃ ἀν γίνηται μέγα γίνεται μᾶλλον ἢ ἐν τῇσιν ὀλίγον ἀδροτέρησι διαίτησιν. διὰ τοῦτο καὶ τοῖσιν ὑγιαίνουσι σφαλερά αἱ πάνυ λεπταὶ καὶ ἀκριβέες καθεστηκῦαι¹⁶ δίαιται, ὅτι τὰ ἀμαρτανόμενα χαλεπώτερον φέρουσιν. διὰ τοῦτο οὖν¹⁷

¹ εἰς τὸ ἔσχάτην ἄγειν· σφαλερά Urb. M has ξυμπόσιας for συμπτώσιας.

² ὅκου Urb.

³ ἀναθρέψιες M.

⁴ ἀναλήψιες αἱ ἐσ τὸ ἔσχατον ἄγουσαι C'. Ermerins omits from ὡσαύτως to the end.

⁵ Ermerins omits ὡσαίτως . . . σφαλερά.

⁶ καὶ omitted by V. Ermerins omits from καὶ το δίαιται χαλεπαί.

⁷ Urb. has ἀεὶ πάθεσι in the margin in another hand.

⁸ After ὁξέσιν (spelt ὁξέσι) C' has νοσίμασιν. So S according to Littré. This suggests that πάθεσι is a gloss.

⁹ χαλεπαί V Q. ¹⁰ καὶ πάλιν omitted by Urb. V.

¹¹ λεπταὶ V. ¹² καὶ C'.

APHORISMS, I. iii.-v.

for the worse. For this reason it is an advantage to reduce the fine condition quickly, in order that the body may make a fresh beginning of growth. But reduction of flesh must not be carried to extremes, as such action is treacherous¹; it should be carried to a point compatible with the constitution of the patient. Similarly, too, evacuations carried to extremes are treacherous,¹ and again new growths, when extreme, are treacherous.¹

IV. A restricted and rigid regimen is treacherous,¹ in chronic diseases always, in acute, where it is not called for. Again, a regimen carried to the extreme of restriction is perilous; and in fact repletion too, carried to extremes, is perilous.

V. In a restricted regimen the patient makes mistakes, and thereby suffers more; for everything that occurs is more serious than with a slightly more liberal regimen. For this reason in health too an established regimen that is rigidly restricted is treacherous,¹ because mistakes are more hardly borne.

¹ Or, “dangerous.”

¹³ ἐν τῷ ἔσχάτῳ ἐοῦσαι Urb.

¹⁴ σφαλερά Urb. (and S according to Littré).

¹⁵ After γὰρ Littré with E adds τὸ ἀμάρτημα.

¹⁶ So C': ἀκριβέες καὶ καθεστηκύαι Urb. : καθεστηκύαι καὶ λεπταὶ καὶ ἀκριβεῖς V : λεπταὶ καὶ καθεστηκύαι καὶ ἀκριβέες M : λεπταὶ καθεστηκύαι καὶ ἀκριβέες Q.

Here V 2r, l. 13 ends:

καὶ λεπταὶ καὶ ἀκριβεῖς δίαιται

I. 14 ends: αἱ λεπταὶ καὶ ἀκριβεῖς δίαιται

I. 15 begins: σφαλερά ἐs τὰ πλεῖστα . . .

C 2^v, l. 8 ends: καὶ λεπταὶ καὶ ἀκριβεῖς δίαιται

I. 9 begins: σφαλερά ἐs τὰ πλεῖστα . . .

The scribe of C, who copied V, omitted one entire line.

¹⁷ διὰ τοῦτο οὖν omitted by C'.

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αἱ λεπταὶ καὶ ἀκριβέες δίαιται σφαλεραὶ¹ ἐς τὰ
πλεῖστα τῶν σμικρὸν² ἀδροτέρων.

VI. Ἐς δὲ τὰ ἔσχατα νοσήματα αἱ ἔσχαται
θεραπεῦαι ἐς ἀκριβείην κράτισται.

VII. Ὁκου μὲν οὖν κάτοξυ τὸ νόσημα, αὐτίκα
καὶ τοὺς ἔσχάτους πόνους ἔχει, καὶ τῇ ἔσχάτως
λεπτοτάῃ διαιτῇ ἀναγκαῖον χρῆσθαι ὅκου δὲ
μή, ἀλλ’ ἐνδέχεται ἀδροτέρως διαιτᾶν, τοσοῦτον
ὑποκαταβάνειν, ὁκόσον ἂν ἡ νοῦσος μαλθακω-
6 τέρη³ τῷν ἐσχύτῳν ἥ.

VIII. Ὁκόταν⁴ ἀκμάζῃ τὸ νόσημα, τότε λεπτο-
2 τάτῃ διαιτῇ ἀναγκαῖον χρῆσθαι.

IX. Συντεκμαίρεσθαι δὲ χρὴ⁵ καὶ τὸν νοσέ-
οντα, εἰ ἔξαρκέσει τῇ διαιτῇ πρὸς τὴν ἀκμὴν τῆς
νούσου,⁶ καὶ πότερον ἐκεῖνος ἀπαυδήσει πρό-
τερον,⁷ καὶ οὐκ ἔξαρκέσει τῇ διαιτῇ, ἥ ἡ νοῦσος
5 πρότερον ἀπαυδήσει καὶ ἀμβλυνεῖται.⁸

X. Ὁκόσοισι⁹ μὲν οὖν αὐτίκα ἡ ἀκμή, αὐτίκα
λεπτῶς διαιτᾶν ὁκόσοισι⁹ δὲ ὕστερον ἡ ἀκμή,
ἐς ἐκεῖνο καὶ πρὸ ἐκείνου σμικρὸν ἀφαιρετέον
ἔμπροσθεν δέ, πιοτέρως διαιτᾶν ὡς ἀν¹⁰ ἔξαρκέσῃ
5 ὁ νοσέων.

XI. Ἐν δὲ τοῖσι παροξυσμοῖσι ὑποστέλλεσθαι

¹ σφαλερώτεραι Erm. : μᾶλλον σφαλεραὶ Rein.

² μικρῶν C' Q : σμικρὸν Urb. V : σμικρῶν M.

³ μαλακοτέρη C'.

⁴ After ὁκόταν many MSS. have δὲ. It is omitted by Urb., while C' has γὰρ.

⁵ χρὴ omitted by V.

⁶ τῇ διαιτῇ πρὸς τὴν ἀκμὴν τῆς νούσου C' and Urb. : τῇ διαιτῇ
καὶ τῇ ἀκμὴν τῆς νούσου V : τῇ νούσῳ καὶ τῇ ἀκμῇ τῆς
νούσου M.

⁷ καὶ μὴ πρότερον ἐκεῖνος ἀπαυδήσει Urb. and Magnolus in
margin.

APHORISMS, I. v.-xi.

For this reason, therefore, a rigidly restricted regimen is treacherous¹ generally as compared with one a little more liberal.

VI. For extreme diseases extreme strictness of treatment is most efficacious.

VII. Where the disease is very acute, immediately, not only is the pain extreme, but also it is essential to employ a regimen of extreme strictness. In other cases, where a more liberal regimen is possible, relax the strictness according as the disease is milder than the most extreme type.

VIII. It is when the disease is at its height that it is necessary to use the most restricted regimen.

IX. Take the patient too into account and decide whether he will stand the regimen at the height of the disease; whether his strength will give out first and he will not stand the regimen, or whether the disease will give way first and abate its severity.

X. When the disease reaches its height immediately, regimen must be restricted immediately. When the height comes later, restrict regimen then and a little before then; before, however, use a fuller regimen, in order that the patient may hold out.²

XI. Lower diet during exacerbations, for to give

¹ Or, "dangerous."

² So Littré; and, as V omits *ἀντεῖται*, it is probable that the ancient interpretation took *ὡς* to be final. But it is perhaps better to take *ὡς* as meaning "how" or "in such a way that," in which case the translation will be "restricting it not more than the patient's strength permits."

⁸ ἀμβλυνεῖται M V and Urb.: ἀπαμβλύνηται C': Perhaps ἀπαμβλυνεῖται.

⁹ V has *οἰστι*.

¹⁰ V omits *ἀντεῖται*.

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χρή· τὸ προστιθέναι γὰρ βλάβη· καὶ ὁκόσα¹
κατὰ περιόδους παροξύνεται ἐν τοῖσι παροξυσ-
μοῖσιν ὑποστέλλεσθαι χρή.²

XII. Τοὺς δὲ παροξυσμοὺς καὶ τὰς καταστά-
σιας δηλώσουσιν³ αἱ νοῦσοι, καὶ αἱ ὥραι τοῦ
ἔτεος, καὶ αἱ⁴ τῶν περιόδων πρὸς ἀλλήλας ἀντα-
ποδόσιες,⁵ ἦν τε καθ' ἡμέρην, ἦν τε παρ' ἡμέρην,
ἦν τε καὶ διὰ πλείονος χρόνου γίνωνται ἀτὰρ
καὶ τοῖσιν ἐπιφαινομένοισιν, οἷον ἐν πλευριτικοῖσι
πτύαλον ἦν⁶ αὐτίκα ἐπιφαίνηται ἀρχομένου,
Βραχύνει, ἦν δ' ὕστερον ἐπιφαίνηται, μηκύνει·
καὶ οὖρα καὶ ὑποχωρήματα καὶ ἴδρωτες,⁷ καὶ
10 δύσκριτα καὶ εὔκριτα, καὶ βραχέα καὶ μακρὰ⁸ τὰ
11 νοσήματα, ἐπιφαινόμενα, δηλοῦ.⁹

XIII. Γέροντες εὐφορώτερα ηστείην φέρουσι,
δεύτερα οἱ καθεστηκότες, ἥκιστα μειρακία, πάντων
δὲ μάλιστα παιδία, τούτων δὲ ἦν¹⁰ τύχη αὐτὰ
ἐωντῶν προθυμότερα ἔόντα.

XIV. Τὰ αὐξανόμενα πλεῖστον ἔχει τὸ ἔμφυτον
θερμόν· πλείστης οὖν δεῖται τροφῆς· εἰ¹¹ δὲ μή,
τὸ σῶμα ἀναλίσκεται· γέρουσι δὲ ὀλίγον τὸ
θερμόν, διὰ τοῦτο ἄρα ὀλίγων ὑπεκκαυμάτων
δέονται· ὑπὸ πολλῶν γὰρ ἀποσβέννυται· διὰ
τοῦτο καὶ οἱ πυρετοὶ τοῖσι γέρουσιν οὐχ ὅμοίως
7 ὀξεῖς· ψυχρὸν γὰρ τὸ σῶμα.

XV. Αἱ κοιλίαι χειμῶνος καὶ ἥρος θερμόταται
φύσει, καὶ ὑπνοι μακρότατοι· ἐν ταύτησιν οὖν
τῆσιν ὥρησι καὶ τὰ προσάρματα πλείω δοτέον·

¹ V has ὕπα.

² τὸ . . . χρή omitted by C'. χρή is omitted by M.

³ ἀηλοῦσιν C' with many later MSS.

⁴ εἰ omitted by Urb. and S.

APHORISMS, I. xi.-xv.

food is harmful; lower diet too during the exacerbations wherever a disease is exacerbated periodically.

XII. Exacerbations and constitutions will be made plain by the diseases, by the seasons of the year, and by the correspondence of periods to one another, whether they come every day, every other day, or at a longer interval. Moreover, there are supervening symptoms; for example, in pleurisy, if expectoration supervene immediately on the commencement of the disease, it means a shorter illness, if afterwards, a longer one. Urine, stools, sweats, by the manner in which they supervene, show whether the disease will have a difficult crisis or an easy one, whether it will be short or long.

XIII. Old men endure fasting most easily, then men of middle age, youths very badly, and worst of all children, especially those of a liveliness greater than the ordinary.

XIV. Growing creatures have most innate heat, and it is for this reason that they need most food, deprived of which their body pines away. Old men have little innate heat, and for this reason they need but little fuel; much fuel puts it out. For this reason too the fevers of old men are less acute than others, for the body is cold.

XV. Bowels are naturally hottest in winter and in spring, and sleep is then longest; so it is in these seasons that more sustenance is necessary. For the

⁵ ἐπιδόσιες C' Urb. Galen and many later MSS.

⁶ αὐτίκα ήν V, with μὲν after ἀρχομένου. Some MSS. have μὲν after ήν.

⁷ After ιδρῶτες V has καὶ χρώματα.

⁸ καὶ μακρὰ omitted by C'.

⁹ σημαίνει V. ¹⁰ & τὸν Erm. and Rein.

¹¹ ήν C' Urb.

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καὶ γὰρ τὸ ἔμφυτον θερμὸν πολύ¹ τροφῆς οὖν πλειόνος δέονται² σημεῖον, αἱ ἡλικίαι καὶ οἱ ἀθληταί.³

XVI. Αἱ⁴ ὑγραὶ δίαιται πᾶσι τοῖσι πυρεταίνουσι συμφέρουσι, μάλιστα δὲ παιδίοισι, καὶ τοῖσιν ἄλλοισι τοῖσιν οὕτως εἰθισμένοισι διαιτῶσθαι.

XVII. Καὶ τοῦσιν⁵ ἅπαξ ἢ δίς, ἢ πλείω ἢ ἐλάσσω, καὶ κατὰ μέρος δοτέον δέ τι καὶ τῇ ὥρῃ, 3 καὶ τῇ χώρῃ,⁶ καὶ τῷ ἔθει, καὶ τῇ ἡλικίῃ.

XVIII. Θέρεος καὶ φθινοπώρου⁷ σιτία δυσφορώτατα φέρουσι, χειμῶνος ρήιστα, ἥρος 3 δεύτερον.

XIX. Τοῦσιν ἐν τῇσι⁸ περιόδοισι παροξυνομένοισι μηδὲν διδόναι, μηδ' ἀναγκάζειν, ἀλλ'⁹ 3 ἀφαιρεῖν τῶν προσθεσίων¹⁰ πρὸ τῶν κρισίων.¹¹

XX. Τὰ κρινόμενα καὶ τὰ κεκριμένα ἀρτίως μὴ κινεῖν, μηδὲ νεωτεροποιεῖν, μήτε φαρμακεῖνται, 3 μήτ' ἄλλοισιν ἐρεθισμοῖσιν, ἀλλ' ἔân.

XXI. Ἄ δεῖ ἄγειν, ὅκου ἀν μάλιστα ρέπη,¹² ταύτη ἄγειν, διὰ τῶν συμφερόντων χωρίων.

¹ πλεῖόν ἐστι Rein.

² δέονται C' Urb. M. δεῖται V.

³ Erm. omits καὶ γὰρ . . . ἀθληταί.

⁴ M V omit αῖ.

⁵ All our good MSS. have τοῖσιν or τοῖσι. Littré with slight authority reads οἶσιν. Littré would also read κατὰ μέρος δοτέον δοτέον δέ τι καὶ κ.τ.έ. Erm. and Rein. omit καὶ τοῖσιν.

⁶ V omits καὶ τῇ χώρῃ.

⁷ Before σιτία C' has τὰ, and before ρήιστα Urb. has δὲ.

⁸ τακτῆσι Rein.

⁹ C' omits ἀλλ'.

¹⁰ προσθεσίων Urb. ; προθεσήων V : προθέσεων C'.

APHORISMS, I. xv.—xxi.

innate heat being great, more food is required; witness the young and athletes.

XVI. A sloppy diet is beneficial in all fevers, especially in the case of children and of those used to such a diet.

XVII. To some, food should be given once, to others, twice; in greater quantity or in less quantity; a little at a time.¹ Something too must be conceded to season, district, habit, and age.

XVIII. In summer and in autumn food is most difficult to assimilate, easiest in winter, next easiest in spring.

XIX. When the patient is suffering from a periodic exacerbation, offer nothing and force nothing, but lessen the nourishment before the crisis.²

XX. Do not disturb a patient either during or just after a crisis, and try no experiments, neither with purges nor with other irritants, but leave him alone.

XXI. What matters ought to be evacuated, evacuate in the direction to which they tend, through the appropriate passages.

¹ The reading in this aphorism is more than dubious. The strong evidence for *τοῖσιν*, which makes no possible grammar with the rest of the sentence, is almost proof positive that the true text has been lost. Fortunately the general sense is quite plain.

² As Galen says, “crisis” here may mean either the exacerbation, or the summit of the disease, or the crisis in the strict sense of the word. The aphorism is so like XI. that some editors think it is an interpolation, though an early one.

¹¹ *τῶν κρίσεων* M V Urb.: *τῆς κρίσεως* C': *τῶν παροξυσμῶν* Erm.

¹² After *βέπη* C' has ἡ φύσις.

ΑΦΟΡΙΣΜΟΙ

XXII. Πέπονα φαρμακεύειν καὶ κινεῖν, μὴ
ώμα, μηδὲ ἐν ἀρχῆσιν, ἵν μὴ ὄργα· τὰ δὲ πλεῖστα¹
οὐκ ὄργα.

XXIII. Τὰ χωρέοντα μὴ τῷ πλήθει τεκμαί-
ρεσθαι, ἀλλ' ὡς ἀν χωρῆ οἷα δεῖ, καὶ φέρῃ²
εὐφόρως· καὶ ὅκου δεῖ μέχρι³ λειποθυμίης ἄγειν,
καὶ τοῦτο ποιεῖν, ἵν ἔξαρκῆ ὁ νοσέων.

XXIV. Ἐν τοῖσιν ὀξέσι πάθεσιν ὀλιγάκις καὶ
ἐν ἀρχῆσι τῇσι φαρμακείησι χρῆσθαι, καὶ τοῦτο
προεξευκρινήσαντα ποιεῖν.

XXV. Ἡν οἷα δεῖ καθαίρεσθαι καθαίρωνται,
συμφέρει τε καὶ εὐφόρως φέρουσιν· τὰ δὲ ἐναντία,
δυσχερῶς.

ΤΜΗΜΑ ΔΕΤΤΕΡΟΝ

I. Ἐν ὧ νοσήματι ὑπνος πόνον ποιεῖ, θανάσι-
μον· ἵν δὲ ὑπνος ὥφελῆ, οὐ θανάσιμον.

II. Ὅκου παραφροσύνην ὑπνος παύει, ἀγαθόν.

III. Ὕπνος, ἀγρυπνίη, ἀμφότερα μᾶλλον τοῦ
μετρίου γινόμενα,⁴ κακόν.

IV. Οὐ πλησμονή, οὐ λιμός, οὐδὲ ἄλλο οὐδὲν
ἀγαθόν, ὃ τι ἀν μᾶλλον τῆς φύσιος ἔστι.

V. Κόποι αὐτόματοι φράζουσι νούσους.

¹ πλεῖστα C' Urb. : πολλὰ M V.

² Rein. reads ὥστα for ὡς, εἰ before οἷα, and φέρει.

³ ἄχρι Urb. Q S. ⁴ C' has γινόμενα before μᾶλλον.

¹ An orgasm is literally a state of excitement, and in this aphorism signifies that the humours are “struggling to get out,” as Adams says.

APHORISMS, I. xxii.-II. v.

XXII. Purge or otherwise disturb concocted, not crude, humours, and avoid the onset of a disease, unless there be orgasm, which in most cases does not occur.¹

XXIII. Judge evacuations, not by bulk, but by their conformity to what is proper, and by the ease with which the patient bears them. Where occasion calls for purging until the patient faints, do even this, if the patient's strength be sufficient.

XXIV. In acute diseases use purgatives sparingly and at the onset, and then only after a thorough examination.

XXV. If the matters purged be such as should be purged, the patient benefits and bears up well; otherwise, the patient is distressed.²

SECOND SECTION

I. A disease in which sleep causes distress is a deadly one; but if sleep is beneficial, the disease is not deadly.³

II. When sleep puts an end to delirium it is a good sign.

III. Sleep or sleeplessness, in undue measure, these are both bad symptoms.

IV. Neither repletion, nor fasting, nor anything else is good when it is more than natural.⁴

V. Spontaneous weariness indicates disease.

² Most of *Aphorisms* XIX.-XXIV. will be found in *Humours* VI. The order of the propositions is not quite the same, and there are several interesting variant readings, which, however, do not seriously affect the sense.

³ "Deadly" means here only "very dangerous."

⁴ Perhaps, "too great for the constitution."

ΑΦΟΡΙΣΜΟΙ

VII. Ὁκόσοι, πονέοντές τι τοῦ σώματος, τὰ πολλὰ¹ τῶν πόρων μὴ² αἰσθάνονται, τούτοισιν ἡ 3 γνώμη νοσεῖ.

VIII. Τὰ ἐν πολλῷ χρόνῳ λεπτυνόμενα σώματα 2 νωθρῶς ἐπανατρέφειν, τὰ δὲ ἐν ὀλίγῳ, ὀλίγως.³

VIII. Ἡν ἐκ νούσου τροφὴν λαμβάνων τις⁴ μὴ ἴσχύῃ, σημαίνει τὸ σῶμα ὅτι πλείονι τροφῇ χρῆται⁵ ἢν δὲ τροφὴν μὴ λαμβάνοντος τοῦτο 4 γίνηται, σημαίνει⁶ ὅτι κενώσιος δεῖται.

IX. Τὰ σώματα χριή,⁷ ὅκου ἄν τις βούληται⁸ 2 καθαίρειν,⁹ εὔροα ποιεῖν.

X. Τὰ μὴ καθαρὰ τῶν σωμάτων,¹⁰ ὥκόσον¹¹ ἄν 2 θρέψῃς μᾶλλον, βλάψεις.

XI. Πάρον πληροῦσθαι ποτοῦ ἢ σιτίου.

XII. Τὰ ἐγκαταλιμπανόμενα ἐν τῇσι¹² νούσοισι 2 μετὰ κρίσιν ὑποστροφὰς ποιεῖν εἴωθειν.¹³

XIII. Ὁκόσοισι κρίσις γίνεται, τούτοισιν ἡ νὺξ δύσφορος ἡ πρὸ τοῦ παροξυσμοῦ, ἡ δὲ ἐπιοῦσα 3 εὐφορωτέρη ὡς ἐπὶ τὸ πολύ.

XIV. Ἐν τῇσι τῆς κοιλίης ρύσεσιν αἱ μεταβολαὶ

¹ Erm. Rein. place τὰ πολλὰ after τούτοισιν.

² μὴ C' Urb. M : οὐκ V. ³ ταχέως Erm.: ἀλέως Rein.

⁴ τις omitted by M.

⁵ ὅτι πλείονι τροφῇ τὸ σῶμα χρέεται M: ὅτι πλείονι τροφῇ χρῆται V: τῶν σώματι ὅτι πλείονι τροφῇ χρέεται C': τὸ σῶμα ὅτι πλείονι τροφῇ γρέεται Urb.

⁶ σημαίνει V C' Urb.: χρὴ εἰδέναι M.

⁷ χρὴ omitted by V.

⁸ ὅκου (ὅπου C') ἄν τις βούληται C' Urb.: ὅκου τις (τις V) βούλεται M V.

⁹ M has καθαίρεσθαι for καθαίρειν. After this aphorism C' has καὶ ἢν μεν ἀνω βουλη εύρυα ποιέειν στησαι τὴν κοιλιην· ἢν δε κάτω βουλη εύρυα ποιέειν, ὑγραιναι τὴν κοιλιην·

¹⁰ τῶν σωμάτων C' Urb.: σώματα M V.

¹¹ ὥκόσον C' Urb.: ὥκδσωι M: δκδσω V.

APHORISMS, II. VI.-XIV.

VI. Those who, suffering from a painful affection of the body, for the most part are unconscious of the pains, are disordered in mind.

VII. Bodies that have wasted away slowly should be slowly restored ; those that have wasted quickly should be quickly restored.

VIII. If a convalescent while taking nourishment¹ remains weak, it is a sign that the body is being over-nourished ; if there be weakness while he takes none,¹ it is a sign that evacuation is required.

IX. Bodies that are to be purged must be rendered fluent.²

X. Bodies that are not clean,³ the more you nourish the more you harm.

XI. It is easier to replenish with drink than with food.

XII. Matters left behind in diseases after the crisis are wont to cause relapses.

XIII. When a crisis occurs, the night before the exacerbation is generally⁴ uncomfortable, the night after more comfortable.

XIV. In fluxes of the bowels, changes in the

¹ The commentators from Galen have been worried by this phrase and the apparent inconsequence of the second part of the proposition. It is plain that *τροφὴν λαμβάνειν* means “to take nourishment readily and with appetite.”

² That is, ready to evacuate. The ancients gave various prescriptions to make bodies *εὔροα*. See p. 213.

³ That is, free from impurities, disordered or redundant humours.

⁴ ὡς ἐπὶ τὸ πολὺ goes with the whole sentence and not with *εὐφορωτέρη* only.

¹² ἐν omitted by C'.

¹³ Two late MSS. (and Galen) have *ὑποστρυφώδεια* instead of *ὑποστροφὰς ποιεῖν εἰωθεν*.

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τῶν διαχωρημάτων ὡφελέουσιν, ἵνα μὴ ἐς ποιηρὸν
3 μεταβάλλῃ.

XV. "Οκου φάρυγξ νοσεῖ, ή φύματα ἐν τῷ σώματι¹ ἐκφύεται,² σκέπτεσθαι τὰς ἐκκρίσιας· ἦν γὰρ χολώδεες ἔωσι, τὸ σῶμα συννοσεῖ· ἦν δὲ ὅμοιαι τοῖσιν ὑγιαίνουσι γίνωνται, ἀσφαλὲς τὸ σῶμα τρέφειν.

XVI. "Οκου λιμὸς οὐ δεῖ πονεῦν.

XVII. "Οκου ἀν τροφὴ πλείων παρὰ φύσιν
2 ἐσέλθῃ, τοῦτο νοῦσον ποιεῖ,³ δηλοῦ δὲ ή ἔησις.

XVIII. Τῷ τρεφόντῳ ἀθρόως καὶ ταχέως,
2 ταχεῖαι καὶ αἱ διαχωρίσιες γίνονται.

XIX. Τῶν ὀξέων νοσημάτων οὐ πάμπαν ἀσφαλέες αἱ προαγορεύσιες, οὔτε τοῦ θανάτου, οὔτε τῆς
3 ὑγιείης.

XX. 'Οκόσοισι νέοισιν ἐοῦσιν αἱ κοιλίαι ὑγραί εἰσι, τούτοισιν ἀπογηράσκουσι ξηραίνονται· ὁκόσοισι δὲ νέοισιν ἐοῦσι ξηραίνονται, τούτοισιν
4 ἀπογηράσκουσιν ὑγραίνονται.⁴

XXI. Λιμὸν θώρηξις λύει.

XXII. 'Απὸ πλησμονῆς ὁκόσα ἀν νοσήματα γένηται, κένωσις ἴηται, καὶ ὁκόσα ἀπὸ κενώσιος,
3 πλησμονή, καὶ τῷ ἄλλῳ ή ὑπεναντίωσις.

XXIII. Τὰ ὀξέα τῶν νοσημάτων κρίνεται ἐν
2 τεσσαρεσκαίδεκα ἡμέρησιν.

¹ For σώματι C' has τραχηλω with σω after it, the MS. being possibly imperfect at this point.

² ἐκθύει Rein.

³ For νοῦσον ποιεῖ M V have νοσοποιέει.

⁴ The MSS. show a great variety of readings in this

APHORISMS, II. xiv.-xxiii.

excreta are beneficial unless they change to what is bad.

XV. When the throat is affected, or tumours rise on the body,¹ examine the evacuations. If they are bilious, the whole body is affected; if they are such as they are in a state of health, it is safe to nourish the body.

XVI. When on a starvation diet a patient should not be fatigued.

XVII. When more nourishment is taken than the constitution can stand, disease is caused, as is shown by the treatment.

XVIII. Of foods that nourish all at once and quickly, the evacuations too come quickly.

XIX. In the case of acute diseases to predict either death or recovery is not quite safe.²

XX. Those whose bowels are loose in youth get constipated as they grow old; those whose bowels are constipated in youth have them loose as they grow old.

XXI. Strong drink dispels hunger.

XXII. Diseases caused by repletion are cured by depletion; those caused by depletion are cured by repletion, and in general contraries are cured by contraries.

XXIII. Acute diseases come to a crisis in fourteen days.

¹ The reading of C' seems to show that *σῶμα* means here "the part of the body about the throat," that is, the neck. Swellings here may denote either a local or a general disorder. Possibly *φύματα* here means "eruptions."

² Or, "not at all safe."

aphorism, and it is by some regarded as an interpolation. It is here printed as given by C'.

ΑΦΟΡΙΣΜΟΙ

XXIV. Τῶν ἑπτὰ ἡ τετάρτη ἐπίδηλος· ἔτέρης ἐβδομάδος ἡ δύδοη ἀρχή, θεωρητὴ δὲ ἡ ἐνδεκάτη· αὕτη γάρ ἐστι τετάρτη τῆς δευτέρης¹ ἐβδομάδος· θεωρητὴ δὲ πάλιν ἡ ἑπτακαιδεκάτη, αὕτη γάρ ἐστι τετάρτη μὲν ἀπὸ τῆς τεσσαρεσκαιδεκάτης,
6 ἐβδόμη δὲ ἀπὸ τῆς ἐνδεκάτης.

XXV. Οἱ θερινοὶ τεταρταῖοι τὰ² πολλὰ γίνονται βραχέες, οἱ δὲ φθινοπωρινοί, μακροί,
3 καὶ μᾶλλον³ οἱ πρὸς τὸν χειμῶνα συνάπτοντες.

XXVI. Πυρετὸν ἐπὶ σπασμῷ βέλτιου γενέσθαι
ἢ σπασμὸν ἐπὶ πυρετῷ.

XXVII. Τοῖσι μὴ κατὰ λόγον κουφίζουσιν οὐ δεῖ πιστεύειν, οὐδὲ φοβεῖσθαι λίην τὰ μοχθηρὰ γινόμενα παραλόγως· τὰ γὰρ πολλὰ τῶν τοιούτων ἐστὶν ἀβέβαια, καὶ οὐ πάνυ διαμένειν, οὐδὲ 5 χρονίζειν⁴ εἴωθεν.

XXVIII. Τῶν πυρεσσόντων μὴ παντάπασιν ἐπιπολαίως, τὸ διαμένειν καὶ μηδὲν ἐνδιδόναι τὸ σῶμα, ἢ καὶ συντήκεσθαι μᾶλλον τοῦ κατὰ λόγον, μοχθηρόν· τὸ μὲν γὰρ μῆκος νούσου σημαίνει, τὸ 5 δέ, ἀσθένειαν.

XXIX. Ἀρχομένων τῶν νούσων, ἦν τι δοκῆ κινεῖν, κίνει ἀκμαζουσῶν δέ, ήσυχίην ἔχειν βέλτιον
3 ἐστιν.

XXX. Περὶ τὰς ἀρχὰς καὶ τὰ τέλη, πάντα 2 ἀσθενέστερα,⁵ περὶ δὲ τὰς ἀκμάς, ἴσχυρότερα.⁶

¹ δευτέρης all important MSS.: ἔτέρης Littré.

² Urb. and several Paris MSS. have ὡς before τὰ πολλὰ.

³ μᾶλλον C' V: μάλιστα Urb. M.

⁴ χρονίζειν C' Urb. M.: ἔχρονίζειν V.

⁵ ἀσθενέστερα C' V: ἀσθενέστατα Urb. M.

⁶ ἴσχυρότερα C' V: ἴσχυρότατα Urb. M.

APHORISMS, II. xxiv.-xxx.

XXIV. The fourth day is indicative¹ of the seven;² the eighth is the beginning of another week; the eleventh is to be watched, as being the fourth day of the second week; again the seventeenth is to be watched, being the fourth from the fourteenth and the seventh from the eleventh.

XXV. Summer quartans generally prove short, but those of autumn are long, especially those that are nigh to winter.

XXVI. It is better for a fever to supervene on a convulsion than a convulsion on a fever.

XXVII. One must not trust improvements that are irregular, nor yet fear overmuch bad symptoms that occur irregularly; for such are generally uncertain and are not at all wont to last or grow chronic.

XXVIII. When fevers are not altogether slight, for the body to remain without any wasting, and also for it to become unduly emaciated, is a bad symptom; the former signifies a long disease, the latter signifies weakness.

XXIX. At the beginning of diseases, if strong medicines³ seem called for, use them; when they are at their height it is better to let the patient rest.

XXX. At the beginning and at the end all symptoms are weaker, at the height they are stronger.

¹ ἐπίδηλος means much the same as θεωρητός, and signifies that a day indicates beforehand whether the usual critical days will be normal or abnormal. See Littré, iv. p. 479.

² The translators say "of the seventh day," though how they get this meaning from τῶν ἑπτα is difficult to say. Does the phrase mean "of the sevens," i.e. 7, 14, 21, etc.?

³ κυρεῖν often means to administer a purge, an enema, or an emetic.

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XXXI. Τῷ ἐξ ἀρρωστίης εύσιτέοντι, μηδὲν
2 ἐπιδιδόναι τὸ σῶμα, μοχθηρόν.

XXXII. Ὡς τὰ πολλὰ πάντες οἱ φαύλως
ἔχοντες, κατ' ἀρχὰς εύσιτέοντες, καὶ μηδὲν
ἐπιδιδόντες, πρὸς τῷ τέλει πάλιν ἀσιτέουσιν· οἱ
δὲ κατ' ἀρχὰς μὲν ἀσιτέοντες ἴσχυρῶς, ὕστερον
5 δὲ εύσιτέοντες, βέλτιον ἀπαλλάσσουσιν.

XXXIII. Ἐν πάσῃ νούσῳ τὸ ἐρρῶσθαι τὴν
διάνοιαν καὶ εὖ ἔχειν πρὸς τὰς προσφοράς, ἀγαθόν·
3 τὸ δὲ ἐγαντίον, κακόν.

XXXIV. Ἐν¹ τῇσι νούσοισιν ἥσσον κινδυ-
νεύουσιν,² οἷς ἀν οἰκείη τῆς φύσιος, καὶ τῆς ἐξιος,
καὶ τῆς ἡλικίης, καὶ τῆς ὥρης³ ἡ νοῦσος ὑπάρχῃ⁴
μᾶλλον, ἡ οἷσιν ἀν μὴ οἰκείη κατά τι τού-
5 των ἦ.

XXXV. Ἐν πάσησι τῇσι νούσοισι, τὰ περὶ
τὸν ὄμφαλὸν καὶ τὸ ἡτρον πάχος ἔχειν βέλτιόν
ἐστι, τὸ δὲ σφόδρα λεπτὸν καὶ ἐκτετηκός, μοχθηρόν·
ἐπισφαλὲς δὲ τὸ τοιοῦτο καὶ πρὸς τὰς κάτω
5 καθάρσιας.

XXXVI. Οἱ ὑγιεινῶς ἔχοντες τὰ σώματα, ἐν
τῇσι φαρμακείησι καθαιρόμενοι⁵ ἐκλύονται
3 ταχέως καὶ οἱ πονηρῆ τροφῆ χρεόμενοι.

XXXVII. Οἱ εὖ τὰ σώματα ἔχοντες φαρμα-
2 κεύεσθαι ἐργάδεες.

XXXVIII. Τὸ σμικρῷ⁶ χεῖρον καὶ πόμα καὶ

¹ After ἐν V has πάσησι.

² After κινδυνεύουσιν many MSS. (including C') have οἱ νοσέοντες.

³ The MSS. differ considerably in the order of the genitives. I follow Littré.

⁴ ὑπάρχει C' Urb. V: ὑπάρχῃ several Paris MSS.: ꝑ vulgate.

APHORISMS, II. XXXI.—XXXVIII.

XXXI. When a convalescent has a good appetite without improving his bodily condition it is a bad sign.

XXXII. Generally all sickly persons with a good appetite at the beginning, who do not improve, have no appetite at the end. But those get off better who at the beginning have a very bad appetite but later on have a good one.¹

XXXIII. In every disease it is a good sign when the patient's intellect is sound and he enjoys his food²; the opposite is a bad sign.

XXXIV. In diseases there is less danger when the disease is more nearly related to the patient in respect of constitution, habit, age and season, than when there is no such relationship.

XXXV. In all diseases it is better for the parts about the navel and the abdomen to keep their fulness, while excessive thinness and emaciation is a bad sign. The latter condition makes it risky to administer purgatives.

XXXVI. Those with healthy bodies quickly lose strength when they take purges, as do those who use a bad diet.

XXXVII. Those who are in a good physical condition are troublesome to purge.

XXXVIII. Food or drink which, though slightly

¹ This aphorism is said by the commentators to apply to convalescents. The explanation seems to do some violence to *οἱ φαύλως ἔχοντες*, however much it may suit the sense of the passage. Perhaps the phrase applies to all who, whether convalescent or not, are neither ill nor well. If so, *πάντες* has more point.

² Possibly *προσφοραί* includes treatment of all kinds, and it certainly does not exclude drink.

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σιτίου, ἥδιον δέ, τῶν βελτιόνων μέν, ἀηδεστέρων
3 δέ, μᾶλλον αἱρετέον.

XXXIX. Οἱ πρεσβῦται τῶν νέων τὰ μὲν
πολλὰ νοσέουσιν ἥσσον· ὅσα δὲ ἀν αὐτοῖσι
χρόνια νοσήματα γένηται, τὰ πολλὰ συναπο-
4 θιγῆσκει.

XL. Βράγχοι καὶ κόρυζαι τοῖσι σφόδρα πρεσ-
2 βυτέροισι¹ οὐ πεπαίνονται.

XLI. Οἱ ἐκλυόμενοι πολλάκις καὶ ἴσχυρῶς,
2 ἄνευ φανερῆς προφύσιος, ἐξαπίνης τελευτῶσιν.

XLII. Λύειν ἀποπληξίην ἴσχυρὴν μὲν ἀδύνα-
2 τον, ἀσθενέα δέ, οὐ ρηίδιον.²

XLIII. Τῶν ἀπαγχομένων καὶ καταλυομένων,
μηδέπω δὲ τεθνηκότων, οὐκ ἀναφέρουσιν, οἷσιν
3 ἀν ἀφρὸς ἢ περὶ τὸ στόμα.

XLIV. Οἱ παχέες σφόδρα κατὰ φύσιν,³ ταχ-
2 θάνατοι γίνονται μᾶλλον τῶν ἴσχυῶν.

XLV. Τῶν ἐπιληπτικῶν τοῖσι νέοισιν ἀπαλ-
λαγὴν αἱ μεταβολαὶ μάλιστα τῆς ἡλικίης, καὶ
τῶν ὠρέων καὶ τῶν τόπων,⁴ καὶ τῶν βίων
4 ποιέουσιν.

XLVI. Δύο πόνων ἔμα γινόμενων μὴ κατὰ
τὸν αὐτὸν τόπον, ὁ σφοδρότερος ἀμαυροῖ τὸν
3 ἔτερον.

XLVII. Περὶ τὰς γενέσιας τοῦ πύου οἱ πόνοι
2 καὶ οἱ πυρετοὶ συμβαίνουσι μᾶλλον⁵ ἢ γενομένου.

¹ πρεσβυτέροισι C' Urb.: πρεσβύτηισι M V.

² For ρηίδιον C' has ραδίως. ³ κατὰ φύσιν omitted by V.

⁴ So Urb. (with ὠραῖων): C' M V omit καὶ τῶν τόπων.
Littré with one MS. reads χωρίων, omitting καὶ τῶν τόπων.
The variants seem due to the unusual meaning of μεταβολαὶ
τῶν ὠρέων, not “changes of the seasons” but “change of
climate.” χωρέωn Rein. omitting καὶ τῶν τόπων.

APHORISMS, II. XXXVIII.—XLVII.

inferior, is more palatable, is preferable to that which is superior but less palatable.

XXXIX. Old men generally have less illness than young men, but such complaints as become chronic in old men generally last until death.

XL. Sore throats and colds of the very old are not concocted.

XLI. Those who suffer from a frequent and extreme prostration without any manifest cause die suddenly.

XLII. It is impossible to cure a violent attack of apoplexy, and not easy to cure a slight one.

XLIII. Those who are hanged and cut down¹ before death do not recover if they foam at the mouth.

XLIV. Those who are constitutionally very fat are more apt to die quickly² than those who are thin.

XLV. Epilepsy among the young is cured chiefly by change—change of age, of climate, of place, of mode of life.

XLVI. When two pains occur together, but not in the same place, the more violent obscures the other.

XLVII. Pains and fevers occur when pus is forming rather than when it has been formed.

¹ Or, “are in a fainting condition.” A clever emendation is *καταδυομένων*, with which reading the aphorism would refer to persons immersed in water until nearly suffocated.

² That is, have less power successfully to resist a severe disease. Adams’ translation, “are apt to die earlier,” would (wrongly) make *ταχυθάνατοι* refer to the average length of life.

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XLVIII. Ἐν πάσῃ κινήσει τοῦ σώματος,
όκόταν ἄρχηται πονεῖν, τὸ διαναπαύειν εὐθύς,
3 ἄκοπον.

XLIX. Οἱ εἰθισμένοι τοὺς συνήθεας πόνους
φέρειν, καὶν ὡσιν ἀσθενέες ἢ γέροντες, τῶν
ἀσυνηθέων ἴσχυρῶν τε καὶ νέων ῥᾳδὸν φέρου-
4 σιν.

L. Τὰ ἐκ πολλοῦ χρόνου συνήθεα, κανὴ
χείρω τῶν ἀσυνηθέων,¹ ἡσσοι ἐνοχλεῖν εἴωθεν.
3 δεῖ δὲ καὶ ἐς τὰ ἀσυνήθεα μεταβάλλειν.

LI. Τὸ κατὰ πολὺ καὶ ἔξαπίνης κενοῦν, ἢ
πληροῦν, ἢ θερμαίνειν, ἢ ψύχειν, ἢ ἄλλως
όκωσοῦν τὸ σῶμα κινεῖν, σφαλερόν, καὶ πᾶν τὸ
πολὺ τῇ φύσει πολέμιον τὸ δὲ κατὰ μικρόν,
ἀσφαλές, καὶ ἄλλως τὸ ἐξ ἑτέρου μεταβαίνειν
6 ἐφ' ἔτερον.²

LII. Πάντα κατὰ λόγον ποιέοντι, μὴ γινο-
μένων τῶν κατὰ λόγον, μὴ μεταβαίνειν ἐφ'
3 ἔτερον, μένοντος τοῦ δόξαντος ἐξ ἄρχῆς.

LIII. Ὁκόσοι τὰς κοιλίας ὑγρὰς ἔχουσιν,
νέοι μὲν ἔόντες, βέλτιον ἀπαλλάσσουσι τῶν
ξηρὰς ἔχόντων, ἐς δὲ τὸ γῆρας χείρον ἀπαλλάσ-
σουσιν· ξηραίνονται γὰρ ὡς ἐπὶ τὸ πολὺ τοῖσιν
5 ἀπογηράσκουσιν.

LIV. Μεγέθει δὲ σώματος, ἐννεάσαι μέν,
ἐλευθέριον καὶ οὐκ ἀηδές³ ἐστιν· ἐγγηρᾶσαι δέ,
3 δύσχρηστον καὶ χείρον τῶν ἐλασσόνων.

¹ Rein. puts the comma after χείρω.

² The text differs considerably from that of Littré. I have followed C' V Urb., except that the last has κατ' ὀλίγον and εἰς for ἐφ' before ἔτερον.

APHORISMS, II. XLVIII.-LIV.

XLVIII. In every movement¹ of the body, to rest at once when pain begins relieves the suffering.

XLIX. Those who are wont to bear accustomed labours, even if they be weak or old, bear them better than strong and young people who are not used to them.

L. Things to which one has been used a long time, even though they be more severe than unaccustomed things, usually cause less distress. Nevertheless, change to unaccustomed things may be necessary.

LI. Excess and suddenness in evacuating the body, or in replenishing, warming, cooling or in any other way disturbing it, is dangerous; in fact all excess is hostile to nature. But "little by little" is a safe rule, especially in cases of change from one thing to another.

LII. When acting in all things according to rule, do not, when results are not according to rule, change to another course of treatment if the original opinion remains.

LIII. Those who when young have relaxed bowels come off better than those who have hard; but in old age they come off worse, the bowels of the old being generally hard.

LIV. Size of body in youth is noble and not unpleasing; in old age it is inconvenient and less desirable than a smaller stature.

¹ See p. 115, Aph. XXIX.

³ καὶ οὐκ ἀηδέσ omitted by U1b. Erm. reads ἀειδέσ after Galen.

ΤΜΗΜΑ ΤΡΙΤΟΝ.

I. Αἱ μεταβολαὶ τῶν ὡρέων μάλιστα τίκτουσι νοσήματα, καὶ ἐν τῇσιν ὥρησιν αἱ μεγάλαι μεταλλαγαὶ ἡ ψύξιος ἡ θάλψιος, καὶ τἄλλα κατὰ 4 λόγον οὕτως.

II. Τῶν φυσίων αἱ μὲν πρὸς θέρος, αἱ δὲ πρὸς 2 χειμῶνα εὖ ἡ κακῶς πεφύκασιν.

III. Τῶν νούσων ἄλλαι πρὸς ἄλλας εὖ ἡ κακῶς πεφύκασι, καὶ ἡλικίαι τινὲς πρὸς ὥρας, καὶ χώρας, 3 καὶ διαίτας.¹

IV. Ἐν τῇσιν ὥρησιν, ὅταν² τῆς αὐτῆς ἡμέρης ποτὲ μὲν θάλπος, ποτὲ δὲ ψῦχος γίνηται,³ 3 φθινοπωρινὰ τὰ νοσήματα προσδέχεσθαι χρή.⁴

V. Νότοι βαρυήκοοι, ἀχλυώδεες, καρηβαρικοί, νωθροί, διαλυτικοί· ὁκόταν οὗτος δυναστεύῃ, τοιαῦτα ἐν τῇσιν ἀρρωστίησι πάσχουσιν. ἢν δὲ βόρειον ἥ,⁵ βῆχες, φάρυγγες, κοιλίαι σκληραί, δυσουρίαι φρικώδεες, ὁδύναι πλευρέων, στηθέων· ὁκόταν οὗτος δυναστεύῃ, τοιαῦτα ἐν τῇσιν 7 ἀρρωστίησι προσδέχεσθαι χρή.⁶

VI. Ὁκόταν θέρος γένηται ἥρι ὄμοιον, ἰδρωτας 2 ἐν τοῖσι πυρετοῦσι πολλοὺς προσδέχεσθαι χρή.⁷

VII. Ἐν τοῖσιν αὐχμοῖσι πυρετοὶ ὀξεῖς γίνονται· καὶ ἥν μὲν ἐπὶ πλέον ἥ τὸ ἔτος τοιοῦτον,⁸ ὁκοίην καὶ⁹ τὴν κατάστασιν ἐποίησεν, ώς ἐπὶ τὸ

¹ Rein. joins II and III, adding before III καὶ δὲ πρὸς χώρας καὶ διαίτας, καὶ τὰς ἄλλας καταστάσιας. After ὥρας he adds τινὰς and καὶ καταστάσιας νούσων after διαίτας.

² ὅταν M: ὁκόταν V: C' omits.

³ γίνεται C': ποιέει M V.

⁴ V omits χρή, but has δεῖ before προσδέχεσθαι.

THIRD SECTION

I. It is chiefly the changes of the seasons which produce diseases, and in the seasons the great changes from cold or heat, and so on according to the same rule.

II. Of constitutions some are well or ill adapted to summer, others are well or ill adapted to winter.

III. Certain diseases and certain ages are well or ill adapted to certain seasons, districts and kinds of regimen.

IV. During the seasons, when on the same day occurs now heat and now cold, you must expect diseases to be autumnal.

V. South winds cause deafness, dimness of vision, heaviness of the head, torpor, and are relaxing. When such winds prevail, their characteristics extend to sufferers from illnesses. A north wind causes coughs, sore throats, constipation, difficult micturition accompanied by shivering, pains in the sides and chest; such are the symptoms one must expect in illnesses when this wind prevails.

VI. When summer proves similar to spring you must expect copious sweats to occur in fevers.

VII. In droughts occur acute fevers; and if the year be particularly dry, according to the constitu-

⁵ η̄ is omitted by two inferior MSS. as it is in *Humours XIV.*

⁶ προσδέχεσθαι χρή is omitted by V, which has δεῖ προσδέ-χεσθαι after τοιαῦτα.

⁷ For χρή Urb. and several other MSS. have δεῖ.

⁸ Littré reads with many MSS. τοιοντέον ἔδν; neither C' nor Urb. has ἔδν, which appears to be a case of dittography.

⁹ δικοίην καὶ C' Urb. V; Littré with some authority οἴην.

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πολὺ καὶ τὰ νοσήματα τοιαῦτα δεῖ προσδέ-
5 χεσθαι.

VIII. Ἐν τοῖσι καθεστεῶσι καιροῖσι, καὶ
ώραιώς τὰ ὥραια ἀποδιδοῦσιν,¹ εὐσταθέες καὶ
εὐκρινέες² αἱ νοῦσοι γίνονται, ἐν δὲ τοῖσιν
4 ἀκαταστάτοισιν ἀκατάστατοι καὶ δύσκριτοι.³

IX. Ἐν φθινοπώρῳ ὁξύταται αἱ⁴ νοῦσοι, καὶ
θανατωδέσταται τούπίπαν, ἥρ δὲ ὑγιεινότατον,
3 καὶ ἥκιστα θανατῶδες.

X. Τὸ φθινόπωρον τοῖσι φθίνουσι κακόν.

XI. Περὶ δὲ τῶν ὡρέων, ἦν μὲν ὁ χειμὼν
αὐχμηρὸς καὶ βόρειος γένηται, τὸ δὲ ἔαρ ἐπομ-
βρον καὶ νότιον, ἀνάγκη τοῦ θέρεος πυρετοὺς
ὁξέας, καὶ ὀφθαλμίας, καὶ δυσεντερίας γίνεσθαι,
μάλιστα τῇσι γυναιξὶ καὶ τοῖς ὑγρὰς ἔχουσι τὰς
6 φύσιας.⁵

XII. Ἡν δὲ νότιος ὁ χειμὼν καὶ ἐπομβρος
καὶ εὔδιος⁶ γένηται, τὸ δὲ ἔαρ αὐχμηρὸν καὶ
βόρειον, αἱ μὲν γυναικες, ἥσιν οἱ τόκοι⁷ πρὸς
τὸ ἔαρ, ἐκ πάσης προφάσιος ἐκτιτρώσκουσιν· αἱ
δ' ἀν τέκωσιν, ἀκρατέα καὶ νοσώδεα τὰ παιδία
τίκτουσιν, ὥστε ἡ παραντίκα ἀπόλλυσθαι, ἡ
λεπτὰ καὶ νοσώδεα ζῆν ἐόντα· τοῖσι δὲ ἄλλοισι
δυσεντερίαι καὶ ὀφθαλμίαι ξηραὶ γίνονται, τοῖσι
δὲ πρεσβυτέροισι κατάρροοι συντόμως ἀπολ-
10 λύντες.

¹ The vulgate text (with M and Urb.) has ἦν ὥραιῶς . . . ἀποδιδῶσιν. Erm. omits καὶ ἀποδιδοῦσιν. Rein. has ἥνικα ὥραιῶς αἱ ὥραι τὰ ὥραια ἀποδιδόσιν.

² εὐκρινέστατοι C'V; εὐκρινέσταται Urb.; εὐκρινέες Littré.

³ Urb. has ἀκατάστατα καὶ δύσκριτα καὶ τὰ νοσήματα γίγνονται.

⁴ MV omit αἱ.

APHORISMS, III. vii.—xii.

tion it has produced, such for the most part will be the diseases that must be expected.

VIII. In seasons that are normal,¹ and bring seasonable things at seasonable times, diseases prove normal and have an easy crisis; in abnormal seasons diseases are abnormal and have a difficult crisis.

IX. It is in autumn that diseases are most acute and, in general, most deadly; spring is most healthy and least deadly.

X. Autumn is bad for consumptives.

XI. As for the seasons, if the winter be dry and northerly and the spring wet and southerly, of necessity occur in the summer acute fevers, eye diseases and dysentery, especially among women and those with moist constitutions.²

XII. But if the winter prove southerly, rainy and calm, and the spring dry and northerly, women whose confinement is due in the spring suffer abortion on the slightest provocation, or, if they do bear children, have weak and unhealthy offspring, so that they either die at once or live with puny and unhealthy bodies. Among the rest prevail dysentery and dry diseases of the eyes, and, in the case of the old, catarrhs that quickly prove fatal.³

¹ καθεστέωσι is difficult to translate. It means "having a regular κατάστασις (constitution)," just as ἀκατάστατος means "having no regular constitution." "Fixed," "established," "regular," are partial but imperfect equivalents.

² See *Airs, Waters, Places*, X. (I. p. 98).

³ See *Airs, Waters, Places*, X. (I. p. 100).

⁵ So practically all the good MSS. M, however, reads καὶ τοῖσιν ὑγροῖσι τὰς φύσιας.

⁶ εὐδίος. So C'V. εὐδινὸς M; εὐδιεινὸς Littré.

⁷ τόκοι most MSS.; τοκετοί C'.

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XIII. "Ην δὲ τὸ θέρος αὐχμηρὸν καὶ βόρειον γένηται, τὸ δὲ φθινόπωρον ἐπομβρὸν καὶ νότιον, κεφαλαλγίαι ἐσ τὸν χειμῶνα καὶ βῆχεις, καὶ 4 βράγχοι, καὶ κόρυζαι, ἐνίοισι δὲ καὶ φθίσιες.

XIV. "Ην δὲ βόρειον ἡ¹ καὶ ἄνυδρον, τοῖσι μὲν ὑγροῖσι τὰς φύσιας² καὶ τῆσι γυναιξὶ σύμφορον· τοῖσι δὲ λοιποῖσιν ὀφθαλμίαι ἔσονται 5 ξηραί, καὶ πυρετοὶ ὀξέες, καὶ κόρυζαι,³ ἐνίοισι δὲ καὶ μελαγχολίαι.

XV. Τῶν δὲ καταστασίων τοῦ ἐνιαυτοῦ τὸ μὲν ὅλον οἱ αὐχμοὶ τῶν ἐπομβριῶν εἰσιν ὑγιει- 3 νότεροι, καὶ ἡστον⁴ θανατώδεες.

XVI. Νοσήματα δὲ ἐν μὲν⁵ τῆσιν ἐπομβρίησιν ώς τὰ πολλὰ γίνεται, πυρετοί τε μακροί, καὶ κοιλίης ρύσιες, καὶ σηπεδόνες, καὶ ἐπίληπτοι, καὶ ἀπόπληκτοι, καὶ κυνάγχαι· ἐν δὲ τοῖσιν αὐχμοῖσι, φθινάδες, ὀφθαλμίαι, ἀρθρίτιδες, 6 στραγγουρίαι, καὶ⁶ δυσεντερίαι.

XVII. Αἱ δὲ καθ' ἡμέρην καταστάσιες, αἱ μὲν βόρειοι τά τε σώματα συνιστᾶσι, καὶ εὔτονα καὶ εὐκίνητα καὶ εὔχροα⁷ καὶ εὐηκοώτερα ποιέουσι, καὶ τὰς κοιλίας ξηραίνουσι, καὶ τὰ ὅμματα δάκνουσι,⁸ καὶ περὶ τὸν θώρηκα ἄλγημα ἥν τι

¹ ἡ is omitted by C' Urb.

² Some good MSS., including C', have τὴν φύσιν.

³ After κόρυζαι V Urb. and many other MSS. have χρόνιαι: some have πολυχρόνιοι. As the parallel passage in *Airs, Waters, Places* has πολυχρόνιοι instead of κόρυζαι, some editors would adopt that reading here. But, as Littré points out, the commentary of Theophilus implies κόρυζαι. Evidently there have been efforts to assimilate the text of *Aphorisms* to that of *Airs, Waters, Places*. Rein. has ὀξέες καὶ χρόνιοι, καὶ κόρυζαι χρόνιαι.

⁴ For ἡστον C' has ἡκιστα.

APHORISMS, III. XIII.—XVII.

XIII. If the summer prove dry and northerly, and the autumn rainy and southerly, headaches are common in the winter, with coughs, sore throats, colds and, in some cases, consumption.¹

XIV. But if <the autumn> be northerly and rainless it is beneficial to those with moist constitutions and to women. To the others will come dry eye diseases, acute fevers, colds and, in some cases, melancholia.²

XV. Of the constitutions³ of the year droughts are, in general, more healthy and less deadly than wet weather.

XVI. The diseases which generally arise in rainy weather are protracted fevers, fluxes of the bowels, mortifications, epilepsy, apoplexy and angina. In dry weather occur consumption,⁴ eye diseases, diseases of the joints, strangury and dysentery.

XVII. Of daily constitutions, such as are northerly brace the body, giving it tone and agility, and improving the complexion and the sense of hearing, dry up the bowels and make the eyes tingle, besides

¹ *Airs, Waters, Places*, I. p. 102.

² *Airs, Waters, Places*, I. p. 102. "Melancholia" includes all forms of depression, from true melancholia to mere nervousness.

³ The καταστάσιες of a year are those periods which exhibit definite, well-marked characteristics.

⁴ Galen and Theophilus tell us that many commentators took φθινάδες as an adjective qualifying ὀφθαλμίαι, "eye diseases resulting in destruction of the eyes." This is linguistically better than making φθινάδες equivalent to φθίσιες. M has φθινώδεα.

⁵ μὲν is omitted by many MSS., including Urb.

⁶ καλ is omitted by C'M.

⁷ For εὐχροα V has εὐχροώτερα.

⁸ For δάκνουσι C' has δακρύουσι.

ΑΦΟΡΙΣΜΟΙ

προϋπάρχῃ, μᾶλλον ποιέουσιν αἱ δὲ γύτιοι διαλύουσι τὰ σώματα καὶ ὑγραίνουσι, καὶ καρη-
βαρίας καὶ βαρυηκοῖας καὶ ἴλιγγους ἐμποιέουσιν,
ἐν δὲ τοῖσιν ὄφθαλμοῖσι καὶ τοῖσι σώμασι
10 δυσκινησίην, καὶ τὰς κοιλίας ὑγραίνουσιν.

XVIII. Κατὰ δὲ τὰς ὥρας, τοῦ μὲν ἥρος καὶ ἄκρου τοῦ θέρεος, οἱ παιδεῖς καὶ οἱ τούτων ἔχόμενοι τῆσιν ἡλικίησιν ἄριστά τε διάγουσι καὶ ὑγιαίνουσι μάλιστα· τοῦ δὲ θέρεος καὶ τοῦ φθινοπώρου, μέχρι μέν τινος οἱ γέροντες· τὸ δὲ λοιπόν,² καὶ τοῦ χειμῶνος, οἱ μέσοι τῆσιν
7 ἡλικίησιν.

XIX. Νοσήματα δὲ πάντα μὲν ἐν πάσησι τῆσιν ὥρησι γίνεται, μᾶλλον δ' ἔνια κατ' ἔνιας
3 αὐτέων καὶ γίνεται καὶ παροξύνεται.

XX. Τοῦ μὲν γὰρ ἥρος, τὰ μελαγχολικά, καὶ τὰ μανικά,³ καὶ τὰ ἐπιληπτικά, καὶ αἴματος ῥύσιες, καὶ κυνάγχαι, καὶ κορύζαι, καὶ βράγχοι, καὶ βῆχες, καὶ λέπραι, καὶ λειχῆνες, καὶ ἀλφοί, καὶ ἔξανθήσιες ἐλκώδεες πλεῖσται, καὶ φύματα,
6 καὶ ἀρθριτικά.

XXI. Τοῦ δὲ θέρεος, ἔνιά τε τούτων, καὶ πυρετοὶ συνεχέες, καὶ καῦσοι, καὶ τριταῖοι πυρετοί,⁴ καὶ ἔμετοι, καὶ διάρροιαι, καὶ ὄφθαλμίαι, καὶ ὕτων πόνοι, καὶ στομάτων ἐλκώσιες,
5 καὶ σηπεδόνες αἰδοίων, καὶ ἵδρωα.⁵

¹ C' omits δὲ, and many MSS., including Urb. V, read τε. Rein. has τε δὲ.

² Rein. adds τοῦ φθινοπώρου.

³ In M. μελαγχολικά and μανικά are transposed, and there are several minor variants in the less important MSS., the order of the diseases showing considerable confusion.

⁴ This is the reading of C'. M adds καὶ τεταρταῖοι, which words, apparently, were not in the texts known to Galen.

APHORISMS, III. xvii.—xxi.

aggravating any pre-existing pain in the chest; southerly constitutions relax and moisten the body, bring on heaviness of the head, hardness of hearing and giddiness, make the eyes and the whole body slow to move, and the bowels watery.

XVIII. As for the seasons, in spring and early summer children and young people enjoy the greatest well-being and good health; in summer and part of autumn, the aged; for the remainder of autumn and in winter, the middle-aged.

XIX. All diseases occur at all seasons, but some diseases are more apt to occur and to be aggravated at certain seasons.

XX. In spring occur melancholia, madness, epilepsy, bloody flux, angina, colds, sore throats, coughs, skin eruptions and diseases,¹ eruptions turning generally to ulcers, tumours and affections of the joints.

XXI. In summer occur some of the diseases just mentioned, and also continued fevers, ardent fevers, tertians,² vomiting, diarrhoea, eye diseases, pains of the ears, ulcerations of the mouth, mortification of the genitals, sweats.

¹ It is not possible to translate the Greek terms for the various skin diseases, as the modern classification is so different from the ancient. We may be sure, however, that *λέπρα* included many diseases besides leprosy.

² With the reading of V, “very many tertians.”

See Littré's note. V and many other MSS. read *πλεῖστοι*, which Littré adopts.

⁵ There are many interesting variants in the latter part of this aphorism. C' has *καὶ αἰδόνων ἡδρῶτες*, and Urb. *καὶ αἰδοίων ἡδρῶα*, with a colon at *σηπεδόνες*. It gives quite good sense to take these words together, but Galen took *αἰδοίων* with *σηπεδόνες*. V reads *ἡδρῶτες* for *ἡδρῶα*. M omits *καὶ* before both *σηπεδόνες* and *ἡδρῶα*, and so supports the other strong testimony that *αἰδοίων* should go with *ἡδρῶα*.

ΑΦΟΡΙΣΜΟΙ

XXII. Τοῦ δὲ φθινοπώρου, καὶ τῶν θερινῶν τὰ¹ πολλά, καὶ πυρετοὶ τεταρταῖοι, καὶ πλανῆτες, καὶ σπλῆνες, καὶ ὕδρωπες, καὶ φθίσιες, καὶ στραγγουρίαι, καὶ λειεντερίαι, καὶ δυσεντερίαι,² καὶ ἴσχιάδες, καὶ κυνάγχαι,³ καὶ ἄσθματα, καὶ εἰλεοί, καὶ ἐπιληψίαι, καὶ τὰ μανικά,⁷ καὶ τὰ μελαγχολικά.

XXIII. Τοῦ δὲ χειμῶνος, πλευρίτιδες, περιπλευμονίαι, λήθαργοι,⁴ κόρυζαι, βράγχαι, βῆχες, πόνοι⁵ πλευρέων, στηθέων, ὀσφύος, κεφαλαλγίαι,⁴ ἥλιγγοι, ἀποπληξίαι.

XXIV. Ἐν δὲ τῇσιν ἡλικίῃσι τοιάδε συμβαίνει.⁶ τοῖσι μὲν σμικροῖσι καὶ νεογνοῖσι παιδίοισιν, ἄφθαι, ἔμετοι, βῆχες, ἀγρυπνίαι,⁴ φόβοι, ὅμφαλοῦ φλεγμονάι, ὥτων ὑγρότητες.

XXV. Πρὸς δὲ τὸ ὁδοντοφυεῖν προσάγουσιν, οὐλῶν ὀδαξησμοί, πυρετοί, σπασμοί, διάρροιαι, μάλιστα ὅταν ἀνάγωσι τοὺς κυνόδοντας,⁷ καὶ τοῖσι παχυτάτοισι τῶν παίδων, καὶ⁸ τοῖσι τὰς κοιλίας σκληρὰς ἔχουσιν.⁹

XXVI. Πρεσβυτέροισι δὲ γενομένοισι, παρίσθμια, σπονδύλου τοῦ κατὰ τὸ ἵνιον εἴσω ὥστε,¹⁰ ἄσθμάτα, λιθιάσιες, ἔλμινθες¹¹ στρογγύλαι, ἀσ-

¹ τὰ is omitted by V.

² Urb. omits καὶ λειεντερίαι καὶ δυσεντερίαι, and V omits καὶ δυσεντερίαι.

³ For κυνάγχαι C' has βράγχαι.

⁴ Many MSS. omit λήθαργοι, and it is not commented on by Galen. It is placed by some MSS. before κόρυζαι, by others after, while a few omit κόρυζαι.

⁵ πόνοι πλευρέων στηθέων C'V: πόνοι στηθέων πλευρέων Urb. and M. M has a colon at πόνων.

⁶ For τοιάδε συμβαίνει V has συμβαίνει τὰ τοιαῦτα.

⁷ For κυνόδοντας C' has καλονυμένους κοινόδοντας.

APHORISMS, III. XXII.—XXVI.

XXII. In autumn occur most¹ summer diseases, with quartans, irregular fevers, enlarged spleen, dropsy, consumption, strangury, lientery, dysentery, sciatica, angina, asthma, ileus, epilepsy, madness, melancholia.

XXIII. In winter occur pleurisy, pneumonia, lethargus, colds, sore throat, coughs, pains in the sides, chest and loins, headache, dizziness, apoplexy.

XXIV. In the different ages the following complaints occur: to little children and babies, aphthae, vomiting, coughs, sleeplessness, terrors, inflammation of the navel, watery discharges from the ears.

XXV. At the approach of dentition, irritation of the gums, fevers, convulsions, diarrhoea, especially when cutting the canine teeth, and in the case of very fat children, and if the bowels are hard.²

XXVI. Among those who are older occur affections of the tonsils, curvature at the vertebra by the neck, asthma, stone, round worms, ascarides, warts,

¹ With the reading of V, “many.”

² That is, have a tendency to constipation. The reading of C' is very interesting. It obviously arose from the apparent inconsistency of saying that diarrhoea occurs in children naturally constipated. So some scribe or commentator changed *σκληρὰς* (“hard”) to *ὑγρὰς* (“relaxed,” “watery”). But the point is that children usually constipated become very relaxed in certain circumstances.

⁸ καὶ is omitted by M. This reading would give the sense: “fat babies with a tendency to constipation.”

⁹ So V and many other MSS. M has *σκληρὰς* before *τὰς*. Littré says that C' has *τὰς κοιλίας σκληρὰς ἔχουσιν*; it actually has *τὰς κοιλίας ὑγρὰς ἔχουσιν*.

¹⁰ For *εἰσω ωσιες* M has *ἰσώσιες* and V *ἰσωάσηες*.

¹¹ For *ἐλμυθες* C' has *ἐλμυθαι*.

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καρίδες, ἀκροχορδόνες, σατυριασμοί, χοιράδες,¹
5 καὶ τἄλλα φύματα.²

XXVII. Τοῖσι δὲ³ πρεσβυτέροισι καὶ πρὸς
τὴν ἥβην προσάγουσι,⁴ τούτων τὰ πολλά, καὶ
πυρετοὶ χρόνιοι μᾶλλον, καὶ ἐκ ρινῶν αἴματος
4 ρύσιες.

XXVIII. Τὰ δὲ πλεῖστα τοῖσι παιδίοισι
πάθεα κρίνεται, τὰ μὲν ἐν τεσσάρακοντα ὥμερησι,
τὰ δὲ ἐν ἑπτὰ μησί, τὰ δὲ ἐν ἑπτὰ ἔτεσι, τὰ δὲ⁵
πρὸς τὴν ἥβην προσάγουσιν ὀκόσα⁶ δ' ἀν
διαιμείνη τοῖσι παιδίοισι,⁷ καὶ μὴ ἀπολυθῆ περὶ
τὸ ἥβάσκειν, ἢ τοῖσι θήλεσι⁸ περὶ τὰς τῶν
7 κατυμηνίων ρήξιας, χρονίζειν εἴωθεν.

XXIX. Τοῖσι δὲ νεηνίσκοισιν, αἴματος πτύσιες,
φθίσιες, πυρετοὶ ὀξέες, ἐπιληψίαι, καὶ τἄλλα
3 νοσήματα, μάλιστα δὲ τὰ προειρημένα.⁹

XXX. Τοῖσι δὲ ὑπὲρ τὴν ἡλικίην ταύτην,
ἀσθματα, πλευρίτιδες, περιπλευμονίαι, λήθαργοι,
φρενίτιδες, καῦσοι, διάρροιαι χρόνιαι, χολέραι,
1 δυσεντερίαι, λειεντερίαι, αίμορροΐδες.

XXXI. Τοῖσι δὲ πρεσβύτησι,¹⁰ δύσπνοιαι,
κατάρροιαι¹¹ βηχώδεες, στραγγούριαι, δυσουρίαι,
ἀρθρων πόνοι, νεφρίτιδες, ἵλιγγοι, ἀποπληξίαι,

¹ Before χοιράδες M has στραγγούριαι.

² After φύματα Littré has μάλιστα δὲ τὰ προειρημένα (from aphorism XXIX?).

³ After δὲ M has ἔτι (and, after τούτων, τε).

⁴ Erm. omits καὶ . . . προσάγουσι.

⁵ After δὲ C' Urb. add καὶ.

⁶ For ὀκόσα M has ὄσα.

⁷ After παιδίοισι V adds πάθεα.

⁸ τοῖσι θήλεσι many MSS., including Urb. and V (with καὶ for ἢ): τῆσι θηλείησι Littré with two MSS.

⁹ For προειρημένα V has εἰρημένα.

APHORISMS, III. xxvi.—xxxI.

swellings by the ears,¹ scrofula and tumours generally.

XXVII. Older children and those approaching puberty suffer from most of the preceding maladies, from fevers of the more protracted type and from bleeding at the nose.

XXVIII. Most diseases of children reach a crisis in forty days, in seven months, in seven years, at the approach of puberty. But such as persist among boys without ceasing at puberty, or, in the case of girls, at the commencement of menstruation, are wont to become chronic.

XXIX. Young men suffer from spitting of blood, phthisis, acute fevers, epilepsy and the other diseases, especially those mentioned above.

XXX. Those who are beyond this age suffer from asthma, pleurisy, pneumonia, lethargus, phrenitis, ardent fevers, chronic diarrhoea, cholera, dysentery, lientery, hemorrhoids.

XXXI. Old men suffer from difficulty of breathing, catarrh accompanied by coughing, strangury, difficult micturition, pains at the joints, kidney

¹ *σατυριασμός*, the word given by all our MSS., is very difficult. None of the ancient commentators, with the exception of one scholiast, refer to it. Littré thinks that it means the same as *σατυρισμοί*, a word explained in the Galenic *Glossary* as meaning tumours by the ears. I have adopted this explanation, but at the same time I am not at all sure that satyriasis is not referred to. So Lallemand and Pappas, who would transpose *σατυριασμοί* and place it next to *ἀσκαρίδες*, on the ground that the latter often cause the former.

¹⁰ For *πρεσβύτησι* many MSS., including C', read *πρεσβυτέροισι*.

¹¹ *κατάρροιαι* C'V: *κατάρροις* or *κατάρροι* most MSS.

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καχεξίαι,¹ ξυσμοὶ τοῦ σώματος ὅλου, ἀγρυπνίαι,
κοιλίης καὶ ὄφθαλμῶν καὶ ρινῶν ὑγρότητες,
6 ἀμβλυωπίαι, γλαυκώσιες, βαρυηκοῖαι.

ΤΜΗΜΑ ΤΕΤΑΡΤΟΝ

I. Τὰς κυνύσας φαρμακεύειν, ἦν ὄργâ, τετρά-
μηνα καὶ ἄχρι ἑπτὰ μηνῶν, ἥσσον δὲ² ταύτας.
τὰ δὲ νήπια καὶ τὰ³ πρεσβύτερα εὐλαβεῖσθαι
⁴ χρῆ.⁴

II. Ἐν τῇσι φαρμακείησι τοιαῦτα ἄγειν ἐκ τοῦ
σώματος, οἷα⁵ καὶ αὐτόματα ἴόντα χρήσιμα, τὰ
3 δὲ ἐναντίως ἴόντα παύειν,

III. Ἡν μὲν⁶ οἷα δεῖ καθαίρεσθαι καθαίρωνται,
συμφέρει τε καὶ εὐφόρως φέρουσι, τὰ δὲ ἐναντία
3 δυσχερῶς.

IV. Φαρμακεύειν θέρεος μὲν⁷ μᾶλλον⁸ τὰς
2 ἄνω,⁹ χειμῶνος δὲ τὰς κάτω.

V. Τπὸ κύνα καὶ πρὸ κυνὸς ἐργώδεες αἱ
2 φαρμακεῖαι.

VI. Τοὺς ἰσχνοὺς καὶ¹⁰ εὐημέας ἄνω φαρμα-
2 κεύειν, ὑποστελλομένους χειμῶνα.¹¹

VII. Τοὺς δὲ δυσημέας καὶ μέσως εὐσάρκους,
2 κάτω, ὑποστελλομένους θέρος.

¹ Rein. places καχεξίαι after ὅλου.

² Rein. has παρὰ before ταύτας.

³ τὰ is omitted by C'M, but appears in several Paris MSS.

⁴ χρῆ is omitted by C'V and by many Paris MSS.

⁵ οἷα C' and several MSS. : δκόσα or δκοῖα most MSS.

⁶ μὲν is omitted by V and several other MSS.

⁷ μὲν is omitted by MV.

⁸ μᾶλλον is omitted by C' and by several other MSS.

disease, dizziness, apoplexy, cachexia, pruritus of the whole body, sleeplessness, watery discharges from bowels, eyes and nostrils, dullness of sight, cataract, hardness of hearing.

FOURTH SECTION

I. Purge pregnant women, should there be orgasm,¹ from the fourth to the seventh month, but these last less freely; the unborn child, in the first and last stages of pregnancy, should be treated very cautiously.

II. In purging, bring away from the body such matters as would leave spontaneously with advantage; matters of an opposite character should be stopped.

III. If matters purged be such as should be purged, the patient benefits and bears up well; otherwise, the patient is distressed.²

IV. In summer purge by preference upwards, in winter downwards.

V. At and just before the dog-star, purging is troublesome.³

VI. Purge upwards thin people who easily vomit, but be careful in winter.

VII. Purge downwards those who vomit with difficulty and are moderately stout, but be careful in summer.

¹ See note on *Aphorisms*, I. XXII.

² See *Aphorisms*, I. XXV.

³ Heat causes prostration, and ancient purges were violent in action.

* After &_vω Urb. and some Paris MSS. add κοιλίας, a word which Galen says must certainly be understood.

¹⁰ καὶ C'V and many other MSS. : καὶ τὸν M : τὸν Littré.

¹¹ Erm. Rein. read χειμῶνος and θέρεος in the next aphorism.

ΑΦΟΡΙΣΜΟΙ

VIII. Τοὺς δὲ φθινώδεας ὑποστέλλεσθαι.¹

IX. Τοὺς δὲ μελαγχολικοὺς ἀδροτέρως τὰς
2 κάτω, τῷ αὐτῷ λογισμῷ τάναντία προστιθείσ.

X. Φαρμακεύειν ἐν τοῖσι λίην ὀξέσιν, ἥν ὄργα,
αὐθημερόν· χρονίζειν γὰρ ἐν τοῖσι τοιούτοισι
3 κακόν.

XI. 'Οκόσοισι² στρόφοι, καὶ πόνοι περὶ τὸν
όμφαλόν,³ καὶ ὀσφύος ἄλγημα μὴ λυόμενοι μήτε
ὑπὸ φαρμακείης, μήτ' ἄλλως,⁴ εἰς ὕδρωπα ξηρὸν
4 ἴδρυεται.

XII. 'Οκόσοισι κοιλίαι λειεντεριώδεες, χειμῶνος
2 φαρμακεύειν ἄνω κακόν.

XIII. Πρὸς τοὺς ἐλλέβόρους⁵ τοῖσι μὴ ρηιδίως
ἄνω καθαιρομένοισι, πρὸ τῆς πόσιος προῦγραίνειν
3 τὰ σώματα πλείονι τροφῇ καὶ ἀναπαύσει.

XIV. 'Επὴν πίη τις ἐλλέβορον, πρὸς μὲν τὰς
κινήσιας τῶν σωμάτων μᾶλλον ἄγειν, πρὸς δὲ
τοὺς ὑπνους καὶ τὰς ἀκινήσιας,⁶ ἡσσον.⁷ δηλοῖ
δὲ καὶ ἡ ναυτιλίη,⁸ ὅτι κίνησις τὰ σώματα
5 ταράσσει.⁹

XV. 'Επὴν βούλῃ μᾶλλον ἄγειν τὸν ἐλλέβορον,

¹ ὑποστέλλεσθαι is the reading of C'. Most MSS. have some form of the participle, and Littré follows slight MS. authority, supported, however, by Galen's comment, in adding τὰς ἄνω after ὑποστελλομένους. The authority against τὰς ἄνω is overwhelming; it is omitted by C'MV and most less important MSS. Urb. has κάτω θέρεος τοὺς φθινώδεας ὑποστελλομένους. Rein. reads τὰς ἄνω with a comma at ὑποστελλομένους.

² For δκόσοισι V has οἶσι. This variation is very common in Aphorisms and need not be noticed again.

³ V has καὶ οἱ περὶ ὄμφαλὸν πόνοι.

⁴ V has πῶς after ἄλλως, and C' reads μήτε ὑπὸ ἄλλων.

⁵ τοῖσι δι' ἐλλέβόρου Erm. : πρὸς τοὺς δι' ἐλλέβόρου Rein.

APHORISMS, IV. viii.-xv.

VIII. Be careful in purging those with a tendency to consumption.

IX. By the same method of reasoning apply the opposite procedure to those who are of a melancholic temperament, and purge downwards freely.

X. In very acute cases purge on the first day should there be orgasm, for in such cases delay causes harm.

XI. Those who suffer from colic, pains about the navel, and ache in the loins, removed neither by purging nor in any other way, finish with a dry dropsy.¹

XII. It is bad to purge upwards in winter those whose bowels are in a state of lientery.

XIII. In giving the hellebores, those who are not easily purged upwards should, before the draught, have their bodies moistened by increased food and rest.

XIV. When one has taken hellebore, one should be made to increase the movements of the body, and to indulge less in sleep and rest. Sailing on the sea too proves that movement disturbs the body.

XV. When you wish hellebore to be more efficacious, move the body; when you wish the

¹ See *Coan Prenotions*, 298. A "dry dropsy" is, apparently, the dropsy called "tympanites," so named "because in it the belly, when struck, sounds like a drum (tympanum)" (Adams.)

² τὰς ἀκινήσιας C' V and many other MSS. The accent is sometimes written -ias: μὴ κινῆσις Littré and M.

³ For πρὸς μὲν . . . ἡσσον. Rein. has ην μὲν βούλη μᾶλλον ἄγειν τὸν ἐλλέβορον, κινεῖ τὸ σῶμα.

⁴ Littré's L has ναυτίη (sea-sickness), a reading noted by Galen.

⁵ C' has κίνησις πλείω τὸ σῶμα ταράσσει.

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κίνει τὸ σῶμα· ἐπὴν δὲ παῦσαι,¹ ὑπνον ποίει, καὶ
3 μὴ κίνει.

XVI. Ἐλλέβορος ἐπικίνδυνος τοῖσι τὰς σάρκας
2 ὑγιέας ἔχουσι, σπασμὸν γὰρ ἐμποιεῖ.

XVII. Ἀπυρέτῳ ἔόντι, ἀποσιτίῃ, καὶ καρδι-
ωγμός, καὶ σκοτόδιυος, καὶ στόμα ἐκπικρούμενον,
3 ἄνω φαρμακείης δεῖσθαι σημαίνει.

XVIII. Τὰ ὑπὲρ τῶν φρενῶν ὁδυνήματα ἄνω
φαρμακείης δεῖσθαι² σημαίνει· ὀκόσα δὲ κάτω,
3 κάτω.

XIX. Ὁκόσοι ἐν τῇσι φαρμακοποσίησι μὴ δι-
ψῶσι,³ καθαιρόμενοι οὐ παύονται πρὶν ἡ διψή-
3 σωσιν.⁴

XX. Ἀπυρέτοισιν ἐοῦσιν, ἥν γένηται⁵ στρόφος,
καὶ γονάτων βάρος, καὶ ὀσφύος ἄλγημα, κάτω
3 φαρμακείης δεῖσθαι σημαίνει.

XXI. Τποχωρήματα μέλανα, ὀκοῖον αἷμα,⁶
ἀπὸ ταυτομάτου ίόντα, καὶ σὺν πυρετῷ, καὶ ἄνευ
πυρετοῦ, κάκιστα⁷ καὶ ὀκόσω ἀν χρώματα⁸
πλείω καὶ⁹ πονηρότερα ἥ,¹⁰ μᾶλλον κάκιον· σὺν
φαρμάκῳ δὲ ἄμεινον, καὶ ὀκόσω ἀν πλείω¹¹ χρώ-
6 ματα ἥ, οὐ πονηρόν.¹²

¹ For παῦσαι C' has παύειν. Rein. has ἥν δὲ παύεσθαι θούλη
for ἐπὴν . . . παῦσαι.

² φαρμακείης (or φαρμακίης) δέεσθαι (or δεῖσθαι) C' V and
many other MSS.: φαρμακίην (without δεῖσθαι) M.

³ διψῶσι MV: διψήσωσι C'.

⁴ For διψήσωσι V has διψήσουσι.

⁵ γένηται most MSS., including C' and Urb.: γίγνηται V:
γίνηται M.

⁶ After αἷμα some MSS., with Urb., add μέλαν.

⁷ Erm. Rein. mark a hiatus at κάκιστα.

⁸ After χρώματα some MSS. add τῶν ὑποχωρημάτων.

⁹ πλείω καὶ V: C' Urb. M omit.

APHORISMS, IV. xv.-xxi.

effects to stop, make the patient sleep and do not move him.

XVI. Hellebore is dangerous to those who have healthy flesh, as it produces convulsions.

XVII. When there is no fever, loss of appetite, heartburn, vertigo, and a bitter taste in the mouth indicate that there should be upward purging.

XVIII. Pains above the diaphragm indicate a need for upward purging; pains below indicate a need for downward purging.

XIX. Those who suffer no thirst while under the action of a purgative, do not cease from being purged until they have become thirsty.

XX. In cases where there is no fever, should colic come on, with heaviness of the knees and pains in the loins, need is indicated of purging downwards.

XXI. Stools that are black like (black) blood,¹ coming spontaneously, either with or without fever, are a very bad sign, and the more numerous and the more evil the colours, the worse the sign. When caused by a purge the sign is better, and it is not a bad one when the colours are numerous.²

¹ Even though *μέλαν* is omitted from the text, it is clear that it must be understood.

² Littré suggests that in this aphorism *χρώματα* does not mean "colours," but "shades of black." Such an interpretation makes the aphorism more homogeneous, but no ancient commentator mentions it.

¹⁰ *ἡ* omitted by C'. For *κάκιον* Rein. has *καὶ κακόν*.

¹¹ *πλείω* omitted by C' (*χρώματα πλείονα* V).

¹² For *πονηρόν* M has *πονηρά*. Littré thinks that *οὐ πονηρόν* is a gloss.

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XXII. Νοσημάτων ὄκόσων ἀρχομένων, ἦν¹
 2 χολὴ μέλαινα ἡ ἄνω ἡ κάτω² ὑπέλθη, θανάσιμον.

XXIII. ³Οκόσοισιν ἐκ νοσημάτων ὀξέων ἡ⁴
 πολυχρονίων, ἡ ἐκ τραυμάτων, ἡ ἄλλως⁵ λε-
 λεπτυσμένοισι⁶ χολὴ μέλαινα ἡ⁷ ὄκοιον αἷμα
 4 μέλαν⁸ ὑπέλθη, τῇ ὑστεραίη ἀποθήσκουσιν.

XXIV. Δυσεντερίη ἦν ἀπὸ χολῆς μελαίνης⁹
 2 ἄρξηται, θανάσιμον.

XXV. Αἷμα ἄνω μὲν ὄκοιον ἀν ἡ¹⁰,¹⁰ κακόν, κάτω
 2 δέ, ἀγαθόν, καὶ¹¹ τὰ μέλανα ὑποχωρέοντα.¹²

XXVI. ¹³Ην ὑπὸ δυσεντερίης ἔχομένῳ ὄκοιον¹³
 2 σάρκες ὑποχωρήσωσι,¹⁴ θανάσιμον.¹⁵

XXVII. ¹⁶Οκόσοισιν ἐν τοῖσι πυρετοῦσιν αἵμορ-
 ραγεῖ πλῆθος¹⁶ ὄκοθενοῦν, ἐν τῇσιν ἀναλήψεσι
 3 τούτοισιν αἱ κοιλίαι καθυγραίνονται.

XXVIII. ¹⁷Οκόσοισι¹⁷ χολώδεα τὰ¹⁸ διαχωρή-
 ματα, κωφώσιος ἐπιγενομένης¹⁹ παύεται,²⁰ καὶ

¹ ἦν omitted by MV.

² C' has ἡ κάτω ἡ ἄνω.

³ V has καὶ before δκόσοισιν.

⁴ Rein. omits ὀξέων ἡ.

⁵ C' has πονηρῶν for ἡ ἄλλως.

⁶ λελεπτυσμένοισι Littré and Dietz, with many MSS. and
and Galen : λελεπτυμένοισι C' : λελεπτυσμένων V.

⁷ ἡ omitted by M.

⁸ M has μέλαν αἷμα. Rein. reads μέλαν ἄν.

⁹ μελαίνης χολῆς V Urb. S.

¹⁰ εἴη C'V and many other MSS.

¹¹ καὶ is omitted by M and many other MSS. C' has τὰ δὲ
μέλαινα. Rein. has ἦν ἡ μέλανα τὰ.

¹² For ὑποχωρέοντα C' has ὑποχωρήματα.

¹³ Dietz (from the reading δκοῖαι, which Littré has) suggests
δκοῖον αἱ. C' with many other MSS., including S and Q, have
δκοῖον.

¹⁴ C' has ὑποχωρέονσι. Other readings are ὑποχωρῶσι and
ὑποχωρέωσι.

¹⁵ After θανάσιμον C' adds : οἱ ὑπὸ τεταρταίων ἔχόμενοι ὑπὸ

APHORISMS, IV. XXII.-XXVIII.

XXII. Should black bile be evacuated at the beginning of any disease, whether upwards or downwards, it is a mortal symptom.

XXIII. When patients have become reduced¹ through disease, acute or chronic, or through wounds, or through any other cause, a discharge of black bile, or as it were of black blood, means death on the following day.²

XXIV. A dysentery beginning with black bile is mortal.

XXV. Blood evacuated upwards, whatever be its nature, is a bad sign; but evacuated downwards it is a good sign, and so also black stools.³

XXVI. If a patient suffering from dysentery discharge from the bowels as it were pieces of flesh, it is a mortal sign.

XXVII. When in fevers from whatsoever source there is copious hemorrhage, during convalescence the patients suffer from loose bowels.

XXVIII. When the stools are bilious, they cease

¹ "Attenuated" (Adams).

² There does not seem to be any reference, as Adams apparently thinks there is, to the "black vomit" of yellow fever, a disease unknown to Hippocrates.

³ Galen, seeing the inconsistency of this aphorism with No. XXI, would interpret the latter half as referring to "bleeding piles." It is, however, quite possible that the two aphorisms come from different sources, and that the inconsistency is a real one.

σπασμῶν οὐ πάνυ τι ἀλίσκονται εἰ δὲ καὶ ἀλίσκονται πρότερον καὶ ἐπιγένηται τεταρταῖος, παύονται.

¹⁶ After πλῆθος C' adds αἴματος.

¹⁷ For δέκοσισι C' (and other MSS.) have οὖσι.

¹⁸ C'Q and many other MSS. omit τὰ.

¹⁹ C' has κωφοσίως ἐπιχολωδίων ἐπιγινομένης.

²⁰ V has παύονται.

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όκόσοισι κάφωσις, χολωδέων ἐπιγενομένων
4 παύεται.¹

XXIX. Ὁκόσοισιν ἐν τοῖσι πυρετοῖσιν ἔκταίοισιν ἐοῦσι ρίγεα γίνεται,² δύσκριτα.

XXX. Ὁκόσοισι παροξυσμοὶ γίνονται, ἢν ἀν³ ὥρην ἀφῆ, ἐς τὴν αὔριον τὴν αὐτὴν ὥρην ἢν λάβῃ,
3 δύσκριτα.

XXXI. Τοῖσι κοπιώδεσιν ἐν τοῖσι πυρετοῖσιν,
ἐς ἄρθρα καὶ παρὰ τὰς γνάθους μάλιστα αἱ⁴
3 ἀποστάσιες γίνονται.

XXXII. ⁵ Ὁκόσοισι δὲ ἀνισταμένοισιν⁶ ἐκ τῶν νούσων τι πονέσει,⁷ ἐνταῦθα αἱ⁸ ἀποστάσιες
3 γίνονται.

XXXIII. Ἀτὰρ ἢν καὶ προπεπονηκός τι⁹ ἦ
2 πρὸ τοῦ νοσεῖν, ἐνταῦθα στηρίζει ἡ νοῦσος.¹⁰

XXXIV. Ἡν ὑπὸ πυρετοῦ ἔχομένω, οἰδήματος
μὴ ἔόντος ἐν τῇ φάρυγγι, πνὶξ ἐξαίφνης ἐπιγέ-
3 νηται,¹¹ θανάσιμον.

XXXV. Ἡν ὑπὸ πυρετοῦ ἔχομένω ὁ τράχηλος
ἐξαίφνης¹² ἐπιστραφῆ,¹³ καὶ μόλις καταπίνειν
3 δύνηται, οἰδήματος μὴ ἔόντος,¹⁴ θανάσιμον.¹⁵

¹ C' omits καὶ to παύονται. V before παύεται has διαχωρη-
μάτων.

² For γίνεται Urb. has γίγνεται δείκνυται.

³ Urb. has (with Magnolus *in margine*) ἢν ἢν διν.

⁴ αἱ C' Urb. Q. Most MSS. omit.

⁵ Two MSS. at least omit this aphorism.

⁶ V has (for δὲ ἀνισταμένοισιν) διανισταμένοισιν.

⁷ The MSS. show a great variety of readings. V has πονέει τι, M τί πονέσῃ, C' ἢν τι πονήσῃ, Q ἢν τι πονήσωσιν.

⁸ αἱ C'Q and many other MSS. But many omit.

⁹ προπεπονηκός τι Urb. προπεπονηκῶς τί M. The reading of C' and of several other MSS., προπεπονηκῶς τις, is very attractive, and may be right.

APHORISMS, IV. xxviii.-xxxv.

if deafness supervenes; when there is deafness, it ceases when bilious stools supervene.

XXIX. When rigors occur in fevers on the sixth day the crisis is difficult.

XXX. Diseases with paroxysms, if at the same time as the paroxysm ceases on one day it returns on the next, have a difficult crisis.¹

XXXI. When in fevers the patient is prostrated with fatigue, the abscessions form at the joints, especially at those of the jaws.

XXXII. If convalescents from diseases have pain in any part, the abscessions form in that part.

XXXIII. But if previous to an illness a part be in a state of pain, the disease settles in that part.

XXXIV. If a patient suffering from fever, with no swelling in the throat, be suddenly seized with suffocation, it is a deadly symptom.

XXXV. If the neck of a fever patient suddenly become distorted, and to swallow be a matter of difficulty, there being no swelling, it is a deadly symptom.

¹ Galen adopts a different interpretation. He explains: "the crisis is difficult if the paroxysm comes on regularly at the same hour, whatever be the hour at which it left off on the preceding day (*ἥν ἀν ςρην ἀφῆ*)."

¹⁰ V has *ἥ νοῦσος στηρίζει*.

¹¹ For *ἐπιγένηται* M has *ἐπιστῆι*.

¹² *ἔξαίφνης* is omitted by V and many other MSS.

¹³ *ἀποστραφῆ* Rein.

¹⁴ After *ἔόντος* most MSS. have *ἐν τῷ τραχήλῳ*; Galen's commentary implies that he did not know this reading.

¹⁵ C' omits this aphorism.

ΑΦΟΡΙΣΜΟΙ

XXXVI. Ιδρῶτες πυρεταίνοντι ἦν ἄρξωνται,
ἀγαθοὶ τριταῖοι, καὶ πεμπταῖοι, καὶ ἑβδομαῖοι,
καὶ ἐναταῖοι, καὶ ἐνδεκαταῖοι, καὶ τεσσαρεσκαιδε-
καταῖοι, καὶ ἑπτακαιδεκαταῖοι, καὶ μῆτραι καὶ εἰ-
κοστῆ, καὶ ἑβδόμη καὶ εἰκοστῆ, καὶ τριηκοστῆ
πρώτη, καὶ τριηκοστῆ τετάρτη.¹ οὗτοι γὰρ οἱ
ἰδρῶτες νούσους κρίνουσιν· οἱ δὲ μὴ οὕτως
γινόμενοι πόνον σημαίνουσι καὶ μῆκος νούσου
καὶ ὑποτροπιασμούς.²

XXXVII. Οἱ ψυχροὶ ἰδρῶτες, σὺν μὲν ὀξεῖ
πυρετῷ γινόμενοι, θάνατον, σὺν πρηγύτέρῳ δέ,³
μῆκος νούσου σημαίνουσιν.

XXXVIII. Καὶ ὅκου ἔνι τοῦ σώματος ἰδρώς,
ἐνταῦθα φράζει τὴν νοῦσον.

XXXIX. Καὶ ὅκου⁴ ἔνι τοῦ σώματος θερμὸν
ἢ ψυχρόν, ἐνταῦθα ἡ νοῦσος.

XL. Καὶ ὅκου ἐν ὅλῳ τῷ σώματι μεταβολαί,⁵
καὶ ἦν τὸ σῶμα ψύχηται, ἢ⁶ αὐθις θερμαίνηται,
ἢ χρῶμα ἔτερον ἐξ ἔτέρου γίνηται,⁷ μῆκος νούσου
σημαίνει.

XLI. Ιδρὼς πολὺς ἐξ ὕπνου ἀνευ τινὸς αἰτίης
φανερῆς γινόμενος,⁸ τὸ σῶμα σημαίνει ὅτι πλείους
τροφῆ χρήται· ἦν δὲ τροφὴν μὴ λαμβάνοντι
τοῦτο γίνηται, σημαίνει ὅτι κενώσιος δεῖται.

¹ The MSS. show several slight variations in the numbers, but no MS. mentions the fourth day, an important omission, as Galen notices. Q has καὶ εἰκοστοὶ ἑβδομοὶ καὶ τριακοστοὶ πρῶτοι καὶ τριακοστοὶ ἑβδομοὶ καὶ τεσσαρακοστοί.

² ὑποτροπιασμόν Urb. and many other MSS. ὑποστροφὴν τοῦ νοσήματος καὶ ἀνατροπιασμόν C'.

³ Urb. and many other MSS. place δὲ after σύν.

⁴ For ὅκου V has ὅπῃ.

⁵ For μεταβολαί C' has διαφοραί and omits καί.

⁶ For ἢ VQ have καί. C' reads εἰ.

APHORISMS, IV. XXXVI.—XLI.

XXXVI. Sweats in a fever case are beneficial if they begin on the third day, the fifth, the seventh, the ninth, the eleventh, the fourteenth, the seventeenth, the twenty-first, the twenty-seventh, the thirty-first and the thirty-fourth, for these sweats bring diseases to a crisis. Sweats occurring on other days indicate pain, a long disease and relapses.

XXXVII. Cold sweats, occurring with high fever, indicate death; with a milder fever they indicate a protracted disease.

XXXVIII. And on whatever part of the body there is sweat, it means that the disease has settled there.

XXXIX. And in whatever part of the body there is heat or cold, in that part is the disease.

XL. And where there are changes in the whole body, for instance, if the body grow cold, or, again, grow hot, or if one colour follow on another, it signifies a protracted disease.¹

XLI. Copious sweat, occurring after sleep without any obvious cause, indicates that the body has a surfeit of food. But should it occur to one who is not taking food, it indicates need of evacuation.

¹ The sense is a little clearer if, with C', we omit *καὶ*, and with VQ read *καὶ* for *ἢ* before *αὖθις*: “if the body grow cold and hot by turns.”

² γένηται Urb.: γίγνηται V. Other MSS. have *γίγνοιτο* or *γίνοιτο*.

³ The MSS. show many slight variations, some reading *φανερῆς*: others, among them M, *έτερῆς*: while V has *ἄνευ τινὸς αἰτίου γινομένου*. Galen notes the variants *φανερῆς*, *έτερῆς*. Urb. has *ἄνευ τινὸς αἰτίης έτέρης γινόμενος—φανερῆς* (in another hand) over *τινός*. Rein. has *τροφὴν λαμβάνοντι* after *γινόμενος*.

ΑΦΟΡΙΣΜΟΙ

XLII. Ἰδρῶς πολὺς θερμὸς ἢ ψυχρὸς αἰεὶ¹
ρέων, ὁ μὲν¹ ψυχρός, μέζω,² ὁ δὲ³ θερμός,
3 ἐλάσσω⁴ νοῦσον σημαίνει.

XLIII. Οἱ πυρετοὶ ὄκόσοι, μὴ διαλείποντες,
διὰ τρίτης ἴσχυρότεροι γίνονται,⁵ ἐπικίνδυνοι
ὅτῳ δ' ἀν τρόπῳ διαλείπωσι, σημαίνει ὅτι
4 ἀκίνδυνοι.

XLIV. Ὁκόσοισι⁶ πυρετοὶ μακροί, τούτοισι
2 φύματα ἡ ἐσ τὰ ἄρθρα πόνοι ἐγγίνονται.

XLV. Ὁκόσοισι ἡ φύματα ἐσ τὰ ἄρθρα ἡ
πόνοι ἐγγίνονται ἐκ πυρετῶν,⁷ οὗτοι σιτίοισι
3 πλείοσι χρέονται.

XLVI. Ἡν ρῆνος ἐμπίπτῃ⁸ πυρετῷ μὴ δια-
2 λείποντι,⁹ ἥδη ἀσθενεῖ ἐόντι,¹⁰ θανάσιμον.

XLVII. Αἱ ἀποχρέμψιες ἐν τοῖσι πυρετοῖσι
τοῖσι μὴ διαλείπουσιν, αἱ πελιδναί, καὶ αἴμα-
τώδεες, καὶ δυσώδεες, καὶ χολώδεες,¹¹ πᾶσαι¹²
κακαί· ἀποχωρέουσαι δὲ καλῶς, ἀγαθαί· καὶ
κατὰ τὴν διαχώρησιν,¹³ καὶ κατὰ τὰ οὐρα· ἡν

¹ MV omit μὲν.

² For μέζω the MSS. have μείζων, μείζω, πλεῖω, πλέον,
πλείων.

³ δὲ is omitted by V.

⁴ For ἐλάσσω a very great number of MSS., including
MVQ, read ἐλάσσων, the -ν coming from νοῦσον which
follows. C' has ἐλασσον.

⁵ Before ἐπικίνδυνοι C'Q have καὶ.

⁶ For ὄκόσοισι Urb. Q have ὄκόσοι.

⁷ So C'. V has ἡ φύματα ἡ εἰς τὰ ἄρθρα πόνοι, Urb.
φύματα ἡ πόνοι γίνονται, M φύματα ἐσ τὰ ἄρθρα ἡ
πόνοι . . . γίγνονται. After πυρετῶν a few MSS. add
μακρῶν (from Galen's commentary).

⁸ ἐμπίπτῃ Littré's A¹L¹: ἐμπίπτει C'V: ἐπιπίπτῃ M: ἐπι-
πίπτῃ Urb.

⁹ C' has ἐν πυρετῷ μὴ διαλείποντε.

APHORISMS, IV. XLII.-XLVII.

XLII. Copious sweat, hot or cold, continually running, indicates, when cold, a more serious disease, and when hot, a less serious one.

XLIII. Such fevers as, without intermitting, grow worse every other day,¹ are dangerous; intermit-tence of any kind² indicates that there is no danger.

XLIV. Sufferers from protracted fevers are attacked by tumours or by pains at the joints.

XLV. Those who, after fevers, are attacked either by tumours or pains at the joints, are taking too much food.

XLVI. If rigor attack³ a sufferer from a continued fever, while the body is already weak,⁴ it is a fatal sign.

XLVII. In continued fevers, expectorations that are livid, bloody, fetid, or bilious are all bad, but if properly evacuated they are favourable. It is the same with stools and urine; for if some suitable

¹ These are malignant tertians, “semitertians,” as they were called in ancient times.

² That is, malaria of the mild, intermittent type.

³ Littré's view, that Galen's distinction between ἐπιτέση and ἐμπίπτη refers to the tenses rather than to the prefixes ἐπι- and ἐμ-, is probably right.

⁴ I have printed the harder reading, though the more regular reading of C' may be correct. The sense is the same in either case.

¹⁰ ἀσθενέως ἔόντος τοῦ σώματος C': ἀσθενεῖ ἔόντι τῷ σώματι Urb.: ἀσθενεῖ ἔόντι M.

¹¹ C' inverts the order of δυσάδεες and χολώδεες. M omits καὶ δυσάδεες.

¹² ἐπιστᾶσαι μὲν Erm.: στᾶσαι Rein.

¹³ τὴν διαχώρησιν C'V: τὰς διαχωρήσιας M.

ΑΦΟΡΙΣΜΟΙ

δὲ¹ μή² τι τῶν συμφερόντων ἐκκρίνηται διὰ
7 τῶν τόπων τούτων, κακόν.

XLVIII. Ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσιν,
ἢ τὰ μὲν ἔξω ψυχρὰ ἥ,³ τὰ δὲ ἔνδον καίηται,
3 καὶ δίψαν ἔχη, θανάσιμον.

XLIX. Ἐν μὴ διαλείποντι πυρετῷ,⁴ ἢν χεῖλος,
ἢ ὄφθαλμός, ἢ ὄφρύς,⁵ ἢ ρίς διαστραφῆ, ἢν μὴ
βλέπῃ, ἢν μὴ ἀκούῃ,⁶ ἥδη⁷ ἀσθενέος ἐόντος τοῦ
σώματος,⁸ ὅ τι ἀν τούτων γένηται, ἐγγὺς ὁ
5 θάνατος.

L. "Οκου ἐν πυρετῷ μὴ διαλείποντι δύσπνοια
2 γίνεται⁹ καὶ παραφροσύνη, θανάσιμον.

LI. Ἐν τοῖσι πυρετοῖσιν ἀποστήματα μὴ
λυόμενα πρὸς τὰς πρώτας κρίσιας, μῆκος νούσου
3 σημαίνει.¹⁰

LII. Οκόσοισιν ἐν τοῖσι πυρετοῖσιν, ἢ ἐν
τῆσιν ἄλλησιν ἀρρωστίησι κατὰ προαίρεσιν οἱ
ὄφθαλμοὶ δακρύουσιν, οὐδὲν ἄτοπον· οκόσοισι
4 δὲ μὴ κατὰ προαίρεσιν, ἀτοπώτερον.¹¹

LIII. Οκόσοισιν¹² ἐπὶ τῶν ὀδόντων ἐν τοῖσι
πυρετοῖσι¹³ περίγλισχρα¹⁴ γίνεται, ἵσχυρότεροι
3 γίνονται οἱ πυρετοί.

¹ δὲ is omitted by M.

² μή. Galen says that there were in his days some MSS. omitting the negative. It is in all our MSS.

³ ἥ omitted by C' Urb.

⁴ Urb. has ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσιν.

⁵ M transposes ὄφθαλμὸς and ὄφρύς.

⁶ C' has ἡ μὴ βλέπει ἡ μὴ ἀκούει.

⁷ MV omit ἥδη. Many MSS., including C', have it.

⁸ τοῦ σώματος C'V: τοῦ κάμνοντος Littré, with slight authority. Most MSS., including M, omit.

⁹ γίνεται a few Paris MSS.: γίνηται C'MV. Rein. reads ὅκου δ' ἀν τῷ.

APHORISMS, IV. XLVII.-LIII.

excretion does not take place through these channels it is a bad sign.¹

XLVIII. In continued fevers, if the external parts be cold but the internal parts burning hot, while the patient suffers from thirst, it is a fatal sign.²

XLIX. In a continued fever, if the patient's lip, eye, eye-brow or nose be distorted, if sight or hearing fail, while the body is already in a weak state—whatever of these symptoms show themselves, death is near.

L. When in a continued fever occur difficulty of breathing and delirium, it is a fatal sign.

LI. In fevers, abscesses that are not resolved at the first crisis indicate a protracted disease.

LII. When in fevers or in other diseases patients weep of their own will, it is nothing out of the common; but it is rather so when they weep involuntarily.

LIII. When in fevers very viscous matter forms on the teeth, the fevers become more severe.

¹ The reading noticed by Galen, which omits $\mu\acute{\eta}$, would mean that if the secretions be substances that the body requires for health ($\tau\hat{\alpha}\nu\ \sigma\nu\mu\phi\epsilon\rho\eta\tau\omega\nu$) evacuation will only do harm. The emendations of Ermerins and Reinhold remove the difficulties of meaning from this aphorism, and one or other is probably right. See VII. lxx. The meaning would be: "are bad if suppressed, but if properly evacuated, etc."

² See *Coan Prenotions*, 115.

¹⁰ Urb. V have $\sigma\eta\mu\alpha\iota\nu\omega\iota$ (V -v).

¹¹ M differs from the other good MSS. in omitting of $\delta\phi\theta\alpha\lambda\mu\omega\iota$ and reading $\delta\kappa\sigma\omega\iota$ (twice).

¹² $\delta\kappa\sigma\omega\iota$ M.

¹³ V transposes $\epsilon\pi\iota\ \tau\hat{\alpha}\nu\ \delta\delta\omega\eta\tau\omega\nu$ and $\epsilon\nu\ \tau\hat{o}\iota\omega\iota\ \pi\nu\mu\epsilon\tau\omega\iota\omega\iota$.
 $\pi\epsilon\pi\iota\ \tau\hat{o}\iota\delta\delta\omega\eta\tau\omega\iota\ C'$.

¹⁴ $\gamma\lambda\iota\sigma\chi\rho\sigma\mu\omega\iota\ A$.

ΑΦΟΡΙΣΜΟΙ

LIV. Ὁκόσοισιν ἐπὶ πολὺ βῆχες ξηραί, βραχέα¹ ἐρεθίζουσαι, ἐν πυρετοῖσι καυσώδεσιν, οὐ 3 πάνυ τι διψώδεές εἰσιν.

LV. Οἱ ἐπὶ βουβῶσι πυρετοί, πάντες² κακοί, 2 πλὴν τῶν ἐφημέρων.³

LVI. Πυρέσσοντι ἕδρως ἐπιγενόμενος, μὴ ἐκλείποντος⁴ τοῦ πυρετοῦ, κακόν· μηκύνει γὰρ ἡ 3 νοῦσος, καὶ ὑγρασίην πλείω σημαίνει.

LVII. Τπὸ σπασμοῦ ἢ τετάνου ἔχομένω⁵ 2 πυρετὸς ἐπιγειόμενος λύει τὸ νόσημα.

LVIII. Τπὸ καύσου ἔχομένω, ρίγεος ἐπιγε- 2 νομένου, λύσις.

LIX. Τριταῖος ἀκριβὴς κρίνεται ἐν ἑπτὰ περιό- 2 δοισι τὸ μακρότατον.

LX. Ὁκόσοισιν ἄν⁶ ἐν τοῖσι⁷ πυρετοῖσι τὰ ὅτα κωφωθῆ, αἷμα ἐκ τῶν ρινῶν ρυέν, ἢ κοιλίη 3 ἐκταραχθεῖσα, λύει τὸ νόσημα.⁸

LXI. Πυρέσσοντι⁹ ἦν μὴ ἐν περισσῆσιν¹⁰ 3 ἡμέρησιν ἀφῆ ὁ πυρετός, ὑποτροπιάζειν¹¹ εἴωθεν.

LXII. Ὁκόσοισιν ἐν τοῖσι πυρετοῖσιν ἵκτεροι¹² ἐπιγίνονται πρὸ τῶν ἑπτὰ ἡμερῶν, κακόν, ἢν¹³ μὴ συνδόσιες ὑγρῶν κατὰ τὴν κοιλίην γένων- 4 ται.¹³

¹ βραχέαι C' : βραχεῖα Urb. : βραχεῖαι S.

² πάντες omitted by Urb.

³ ἐφ' ἡμερῶν M.

⁴ ἐκλίποντος Galen.

⁵ ἐνοχλουμένω MV. M places this aphorism after LVIII.

⁶ V omits ἄν. C' has ἦν.

⁷ τοῖσι omitted by C'Q.

⁸ After νόσημα V has τὰ ἐν ἀρτίησιν ἡμέραις κρινόμεναι δύσκριτα καὶ φιλυπόστροφα. M τὰ ἐναρτίησι κρινόμενα

APHORISMS, IV. LIV.—LXII.

LIV. Whenever in ardent¹ fevers dry coughs persist, causing slight irritation,² there is not much thirst.

LV. Fevers following buboes are all bad except ephemerals.³

LVI. Sweat supervening on fever, without the fever's intermitting, is a bad sign; for the disease is protracted, and it is a sign of excessive moisture.

LVII. Fever supervening on a patient's suffering from convulsion or tetanus, removes the disease.

LVIII. A sufferer from ardent fever is cured by the supervening of a rigor.

LIX. An exact tertian reaches a crisis in seven periods at most.⁴

LX. When in fevers there is deafness, if there be a flow of blood from the nose, or the bowels become disordered, it cures the disease.

LXI. If a fever does not leave the patient on the odd days it is usual for it to relapse.

LXII. When jaundice supervenes in fevers before seven days it is a bad sign, unless there be watery discharges by the bowels.

¹ “Ardent” fevers were a kind of remittent malaria.

² Adams translates: “with a tickling nature with slight expectoration.”

³ “Ephemerals” are fevers lasting only about a day.

⁴ The “exact” tertian is malaria with an access every other day. So the aphorism means that the tertian does not last more than a fortnight.

δύσκριτα καὶ φιλυπόστροφα. These words C' and some other MSS. place after the next aphorism.

⁹ πυρέσσεντι C' Urb : πυρέσσοντα MV.

¹⁰ περισσῆσιν Urb. MV. : κρισήμησι (*sic*) C'.

¹¹ ἐπιτροπίδειν Urb.

¹² εἰ Urb. ¹³ C'V omit ήν . . . γένωνται.

ΑΦΟΡΙΣΜΟΙ

LXIII. Ὁκόσοισιν ἀν ἐν τοῖσι πυρετοῖσι καθ'
ἡμέρην ρίγεα¹ γίνηται, καθ' ἡμέρην οἱ πυρετοὶ
λύονται.³

LXIV. Ὁκόσοισιν ἐν τοῖσι² πυρετοῖσι τῇ
έβδομῃ ἢ τῇ ἐνάτῃ ἢ τῇ ἑνδεκάτῃ³ ἢ τῇ τεσ-
σαρεσκαιδεκάτῃ ἵκτεροι ἐπιγίνονται, ἀγαθόν, ἢν
μὴ τὸ ὑποχόνδριον τὸ δεξιὸν⁴ σκληρὸν γένηται.⁵
ἢν δὲ μή, οὐκ ἀγαθόν.⁶

LXV. Ἐν τοῖσι πυρετοῖσι περὶ τὴν κοιλίην
καῦμα ἴσχυρὸν καὶ καρδιωγμός, κακόν?⁷

LXVI. Ἐν τοῖσι πυρετοῖσι τοῖσιν ὀξέσιν οἱ
σπασμοὶ καὶ οἱ περὶ τὰ σπλάγχνα πόνοι ἴσχυροί,
κακόν.⁸

LXVII. Ἐν τοῖσι πυρετοῖσι⁹ οἱ ἐκ τῶν
ὑπνων φόβοι,¹⁰ ἢ σπασμοί, κακόν.¹¹

LXVIII. Ἐν τοῖσι πυρετοῖσι τὸ πνεῦμα
προσκόπτον, κακόν· σπασμὸν γὰρ σημαίνει.

LXIX. Ὁκόσοισιν οὐρα παχέα,¹² θρομβώδεα,
ὸλίγα, οὐκ ἀπυρέτοισι, πλῆθος ἐλθὸν ἐκ τούτων
λεπτὸν¹³ ὠφελεῖ· μάλιστα δὲ τὰ τοιαῦτα ἔρχεται
οἷσιν¹⁴ ἐξ ἀρχῆς ἢ διὰ ταχέων¹⁵ ὑπόστασιν¹⁶
ἴσχει.

LXX. Ὁκόσοισι δὲ¹⁷ ἐν¹⁸ πυρετοῖσι τὰ οὖρα
ἀνατεταραγμένα¹⁹ οἶνον ὑποζυγίου, τούτοισι κε-
φαλαλγίαι ἢ²⁰ πάρεισιν ἢ παρέσονται.

¹ ρίγος C'.

² τοῖσι omitted by C'.

³ ἢ τῇ ἑνδεκάτῃ omitted by M.

⁴ τὸ δεξιὸν ὑποχόνδριον M.

⁵ γένηται C' Urb. V. : ἢ M.

⁶ For οὐκ ἀγαθόν M has κακόν.

⁷ This aphorism is omitted by C'.

⁸ This aphorism in Urb. and several other MSS. comes after LXVII.

APHORISMS, IV. LXIII.—LXX.

LXIII. Fevers in which a rigor occurs each day are resolved each day.

LXIV. In fevers, when jaundice supervenes on the seventh day, on the ninth, on the eleventh, or on the fourteenth, it is a good sign, unless the right hypochondrium become hard. Otherwise it is not a good sign.

LXV. In fevers, great heat about the bowels and heartburn are a bad sign.

LXVI. In acute fevers, convulsions and violent pains in the bowels are a bad sign.

LXVII. In fevers, terrors after sleep, or convulsions, are a bad sign.

LXVIII. In fevers, stoppage of the breath is a bad sign, as it indicates a convulsion.

LXIX. When the urine is thick, full of clots, and scanty, fever being present, a copious discharge of *(comparatively)* thin urine coming afterwards gives relief. This usually happens in the case of those whose urine contains a sediment from the onset or shortly after it.

LXX. In cases of fever, when the urine is turbid, like that of cattle, headaches either are, or will be, present.

⁹ After *πυρετοῖσιν* C' adds *τοῖς ὀξέσι*.

¹⁰ For *φόβοι* ή C' has *πόνοι καὶ σπασμοί*. Galen mentions *πόνοι* as a variant of *φόβοι*, adding that either reading makes good sense.

¹¹ This aphorism in M comes after LXV.

¹² *παχέα* omitted by Urb.

¹³ *ἐκ τούτου λεπτῶν* Rein.

¹⁵ *παχέων* M.

¹⁷ *δὲ* omitted by Urb.

¹⁹ *τεταργυμένα* V.

¹⁴ *οῖς ἀν* C'.

¹⁶ *ὑπέστασις* V.

¹⁸ After *ἐν* C' has *τοῖσι*.

²⁰ ή omitted by M.

ΑΦΟΡΙΣΜΟΙ

LXXI. Ὁκόσοισιν ἑβδομαῖα κρίνεται, τού-
τρισιν ἐπινέφελον ἵσχει τὸ οὐρον τῇ τετάρτῃ
3 ἐρυθρόν, καὶ τὰ ἄλλα¹ κατὰ λόγον.

LXXII. Ὁκόσοισιν οὐρα² διαφανέα³ λευκά,
πονηρά· μάλιστα δὲ ἐν τοῖσι φρενιτικοῖσιν
3 ἐπιφαίνεται.⁴

LXXIII. Ὁκόσοισιν ὑποχόνδρια μετέωρα,
διαβορβορύζοντα, ὀσφύος ἀλγήματος ἐπιγε-
νομένου, αἱ⁵ κοιλίαι τούτοισι⁶ καθυγραίνονται,
ἢν μὴ φῦσαι καταρραγέωσιν, ἢ οὐρον πλῆθος
5 ὑπέλθῃ⁷ ἐν πυρετοῖσι δὲ ταῦτα.⁸

LXXIV. Ὁκόσοισιν ἐλπὶς ἐσ⁹ ἄρθρα ἀφί-
στασθαι, ρύεται τῆς ἀποστάσιος οὐρον πολὺ
καὶ παχὺ¹⁰ καὶ λευκὸν γινόμενον, οἷον ἐν τοῖσι
κοπιώδεσι πυρετοῖσι τεταρταίοισιν ἐνίοισιν
ἄρχεται γίνεσθαι· ἢν δὲ καὶ ἐκ τῶν ρινῶν αἱ-
6 μορραγίσῃ, καὶ πάνυ ταχὺ λύεται.

LXXV. Ἡν αἷμα ἡ¹¹ πῦνον οὐρῆ, τῶν νεφρῶν
2 ἡ τῆς κύστιος ἔλκωσιν σημαίνει.

LXXVI. Ὁκόσοισιν ἐν τῷ οὔρῳ παχεῖ ἐόντι
σαρκία σμικρὰ ὥσπερ τρίχες συνεξέρχονται,
3 τούτοισι ἀπὸ τῶν νεφρῶν ἐκκρίνεται.

LXXVII. Ὁκόσοισιν ἐν τῷ οὔρῳ παχεῖ ἐόντι

¹ V reads τῇ τετάρτῃ ἵσχει ἐπινέφελον καὶ ἐρυθρὸν τὸ οὐρον
καὶ τὰ ἄλλα. Urb. puts τῇ τετάρτῃ before ἐπινέφελον, and
instead of τῇ τετάρτῃ C' has ἡ.

² Before οὐρα Urb. has τὰ.

³ After διαφανέα Urb. has ἡ.

⁴ ἐπιγίγιεται, M: ἢν ἐπιφαίνηται C': ἢν ἐπιφαίνεται Urb.
Galen notices a reading ἐπιφαίνεται τὰ τοιαῦτα.

⁵ αἱ omitted by Urb. ⁶ τοῖσι τουτέοισι Urb.

⁷ ἐπέλθῃ M (and Littré). C' has οὔρων and Urb. πλῆθος
οὔρων.

⁸ C' has γίνεται after ταῦτα. See Introduction, p. xxxvi.

APHORISMS, IV. LXXI.—LXXVII.

LXXI. In cases that come to a crisis on the seventh day, the patient's urine on the fourth day has a red cloud in it, and other symptoms accordingly.

LXXII. Transparent, colourless¹ urine is bad. It appears mostly in cases of phrenitis.²

LXXIII. When there are swelling and rumbling in the hypochondria, should pain in the loins supervene, the bowels become watery, unless there be breaking of wind or a copious discharge of urine. These symptoms occur in fevers.

LXXIV. When an abscession to the joints is to be expected, the abscession may be averted by an abundant flow of thick, white urine, like that which in certain prostrating fevers begins on the fourth day.³ And if there is also nasal hemorrhage the disease is very quickly resolved.

LXXV. Blood or pus in the urine indicates ulceration of the kidneys or bladder.

LXXVI. When the urine is thick, and small pieces of flesh-like hairs pass with it, it means a secretion from the kidneys.⁴

LXXVII. When the urine is thick, and with it is

¹ So Littré from the commentary of Galen. Perhaps, however, λευκά does mean "white."

² The reading ἦν ἐπιφαίνηται would mean "bad, especially when it appears in cases of phrenitis."

³ Adams translates τεταρταῖοισιν "quartans." The other meaning seems more probable here. Adams takes γιγθμένον with λευκόν, "becoming white."

⁴ Similar propositions occur in *Nature of Man*, XIV.

⁹ V has τὰ ἄρθρα and C' τᾶρθρα.

¹⁰ V has πολὺ παχὺ and M πολὺ κάρτα παχὺ. Urb. has παχὺ καὶ πολὺ.

¹¹ καὶ C' Urb.

ΑΦΟΡΙΣΜΟΙ

πιτυρώδεα συνεξουρεῖται, τούτοισιν ἡ κύστις
3 ψωριᾶ.

LXXVIII. 'Οκόσοι ἀπὸ ταῦτομάτου αἷμα
οὐρέουσι, τούτοισιν ἀπὸ τῶν νεφρῶν φλεβίου
3 ρῆξιν σημαίνει.

LXXIX. 'Οκόσοισιν ἐν τῷ οὔρῳ¹ ψαμμώδεα
2 ὑφίσταται, τούτοισιν ἡ κύστις λιθιᾶ.²

LXXX. "Ην αἷμα οὐρῆ καὶ θρομβους, καὶ
στραγγούριην ἔχη, καὶ ὀδύνη ἐμπίπτη ἐς³ τὸ
ὑπογάστριον καὶ ἐς τὸν περίνεον, τὰ περὶ τὴν
4 κύστιν πονεῖ.

LXXXI. "Ην αἷμα καὶ πῦνον οὐρῆ καὶ λεπίδας,
καὶ ὀσμὴ βαρέη⁴ ἦ, τῆς κύστιος ἐλκωσιν
3 σημαίνει.

LXXXII. 'Οκόσοισιν ἐν τῇ οὐρίθρῃ φύματα
φύεται,⁵ τούτοισι, διαπυήσαντος καὶ ἐκραγέντος,
3 λύσις.

LXXXIII. Οὔρησις νύκτωρ⁶ πολλὴ γινομένη,
2 σμικρὴν τὴν ὑποχώρησιν⁷ σημαίνει.

¹ τοῖσιν οὔροισι Urb.

² After λιθιᾶ C' Urb. add καὶ οἱ νεφροί.

³ Before τὸ Urb. has τὸν κτένα καὶ. C' has καὶ τὸν κτένα
καὶ τὸν after ὑπογάστριον.

⁴ All our good MSS., including C' Urb. MV, have
βαρεῖα.

⁵ ἐκφύεται C'.

APHORISMS, IV. LXXVII.—LXXXIII.

passed as it were bran, this means psoriasis of the bladder.¹

LXXVIII. When a patient has a spontaneous discharge of blood and urine, it indicates the breaking of a small vein in the kidneys.

LXXIX. When the urine contains a sandy sediment there is stone in the bladder.

LXXX. If there be blood and clots in the urine, and strangury be present, should pain attack the hypogastrium and the perineum, the parts about the bladder are affected.²

LXXXI. If the urine contain blood, pus and scales, and its odour be strong, it means ulceration of the bladder.

LXXXII. When tumours form in the urethra, should these suppurate and burst, there is relief.³

LXXXIII. When much urine is passed in the night, in means that the bowel-discharges are scanty.

¹ Similar propositions occur in *Nature of Man*, XIV.

² See *Aphorisms*, VII. xxxix.

³ Or, "it means a cure."

⁶ C' has ἐκ νύκτωρ (perhaps as one word), Urb. ἐκ νύκτωρ, a few MSS ἐκ νυκτός.

⁷ Before σημαίνει Urb. has ξεσθαι.

ΑΦΟΡΙΣΜΟΙ

ΤΜΗΜΑ ΠΕΜΠΤΟΝ

I. Σπασμὸς ἐξ ἐλλεβόρου, θανάσιμον.

II. Ἐπὶ τρώματι σπασμὸς¹ ἐπιγενόμενος,
2 θανάσιμον.²

III. Αἷματος πολλοῦ ρυέντος σπασμὸς ἢ
2 λυγμὸς ἐπιγενόμενος, κακόν.

IV. Ἐπὶ ὑπερκαθάρσει σπασμὸς ἢ λυγμὸς
2 ἐπιγενόμενος, κακόν.

V. Ἡν μεθύων ἔξαιφνης ἄφωνός τις³ γένηται,
σπασθεὶς ἀποθυήσκει, ἢν μὴ πυρετὸς ἐπιλάβῃ,
ἢ ἐς τὴν ὥρην ἐλθών, καθ' ἥν αἱ κραιπάλαι
4 λύονται, φθέγξηται.

VI. Ὁκόσοι ὑπὸ τετάνου ἀλίσκονται, ἐν τέσ-
σαρσιν⁴ ἡμέρησιν ἀπόλλυνται· ἢν δὲ ταύτας
3 διαφύγωσιν, ὑγίεες γίνονται.

VII. Τὰ ἐπιληπτικὰ ὄκόσοισι πρὸ τῆς ἥβης
γίνεται, μετάστασιν ἵσχει· ὄκόσοισι δὲ πέντε
καὶ εἴκοσιν ἐτέων γίνεται, τὰ πολλὰ⁵ συναπο-
4 θνήσκει.

VIII. Ὁκόσοι πλευριτικοὶ γενόμενοι οὐκ ἀνα-
καθαίρονται ἐν τεσσαρεσκαίδεκα ἡμέρησι, τού-
3 τοισιν ἐς ἐμπύημα μεθίσταται.⁶

IX. Φθίσιες γίνονται⁷ μάλιστα ἡλικίησι
τῆσιν ἀπὸ ὀκτωκαίδεκα ἐτέων μέχρι τριήκοντα
3 πέντε.

X. Ὁκόσοι κυνάγχην διαφεύγουσι, καὶ ἐς τὸν

¹ After σπασμὸς C' adds ἢ λυγμός.

² For θανάσιμον C' has κακόν.

³ τις is placed here by Urb. M, but after μεθύων by C'V.

⁴ τέτρασιν C' Urb.

⁵ Several inferior MSS. omit τὰ πολλὰ, an omission noticed by Galen.

FIFTH SECTION

- I. Convulsion after hellebore is deadly.¹
- II. A convulsion supervening upon a wound is deadly.¹
- III. Convulsion or hiccough, supervening on a copious flux of blood, is a bad sign.
- IV. Convulsion or hiccough supervening on excessive purging, is a bad sign.
- V. If a drunken man suddenly become dumb, he dies after convulsions, unless he falls into a fever, or unless he lives to the time when the effects of intoxication disappear, and recovers his voice.
- VI. Those who are attacked by tetanus either die in four days or, if they survive these, recover.
- VII. Fits that occur before puberty admit of cure,² but if they occur after the age of twenty-five they usually last until death.
- VIII. Pleurisy that does not clear up in fourteen days results in empyema.
- IX. Consumption³ occurs chiefly between the ages of eighteen and thirty-five.
- X. Those who survive angina, should the disease

¹ The word *θανάσιμον* is said by the commentators to mean here “dangerous.” In the next aphorism tetanus is obviously referred to, and *θανάσιμον* must mean at least “very often fatal.”

² Or “change,” “modification.”

³ Aphorisms IX.-XV. have close parallels in *Ocean Pre-notions*.

⁶ Our MSS. show various readings—*μεθίσταται*, *μεθίστανται*, *περισταται*, *περιστανται*. Littré reads *καθίσταται*.

⁷ *φθίσις γίνεται* M : *φθίσης μάλιστα γίγνονται* V.

ΑΦΟΡΙΣΜΟΙ

πλεύμονα αὐτοῖσι τρέπεται,¹ ἐν ἑπτὰ ἡμέρησιν
ἀποθνήσκουσιν· ήν δὲ ταύτας διαφύγωσιν, ἔμπυοι
4 γίνονται.

XI. Τοῖσιν ὑπὸ τῶν φθισίων ἐνοχλουμένοισιν,
ἡν τὸ πτύσμα, ὅ τι ἀν ἀποβήσσωσι, βαρὺ ὅξη
ἐπὶ τοὺς ἄνθρακας ἐπιχεόμενον, καὶ αἱ τρίχες
4 ἀπὸ² τῆς κεφαλῆς ῥέωσι, θανατῶδες.³

XII. Ὁκόσοισι φθισιῶσιν αἱ τρίχες ἀπὸ τῆς
κεφαλῆς ῥέουσιν, οὗτοι, διαρροίης ἐπιγενομένης,
3 ἀποθνήσκουσιν.

XIII. Ὁκόσοι αἷμα ἀφρῶδες ἀναπτύουσι,⁴
2 τούτοισιν ἐκ τοῦ πλεύμονος ἡ ἀναγωγὴ γίνεται.⁵

XIV. Τπὸ φθίσιος ἔχομένῳ διάρροια ἐπιγενο-
2 μένη, θανατῶδες.

XV. Ὁκόσοι ἐκ πλευρίτιδος ἔμπυοι γίνονται,
ἡν ἀνακαθαρθῶσιν ἐν τεσσαράκοντα ἡμέρησιν,
ἀφ' ἧς ἀν ἡ ῥῆξις γένηται, παύονται· ἡν⁶ δὲ
4 μή, ἐσ φθίσιν μεθίστανται.

XVI. Τὸ θερμὸν βλάπτει ταῦτα⁷ πλεονάκις
χρεομένοισι, σαρκῶν ἐκθήλυνσιν, νεύρων ἀκρά-
τειαν, γυνώμης νάρκωσιν, αἴμορραγίας, λειπο-
4 θυμίας, ταῦτα οἷσι θάνατος.⁸

XVII. Τὸ δὲ ψυχρόν, σπασμούς, τετάνους,
2 μελασμούς, ρίγεα πυρετώδεα.

¹ ἐσ τὸν πνεύμονα τρέπεται αὐτέοισι καὶ C': εἰς τὸν πνεύμονα τουτέοισι τρέπεται καὶ Urb.: εἰς τὸν πλεύμονα αὐτέων τρέπεται καὶ V: ἐσ τὸν πλεύμονα αὐτέοισι τρέπεται καὶ M. Littré with two inferior MSS. transposes καὶ to before ἐσ. Theophilus says that this alteration is necessary to the sense, and it seems to be the reading of Galen.

² C' has ἐκ.

³ C' has θανάσιμον.

⁴ For ἀναπτύουσι V has ἀνεμέονσι and M ἀνεμέωσι.

⁵ V reads τουτέοισιν ἡ ἀναγωγὴ γίνεται ἐκ τοῦ πλεύμονος.

⁶ For ἡν V has εἰ.

APHORISMS, V. x.-xvii.

turn to the lungs, die within seven days, or, should they survive these, develop empyema.¹

XI. In patients troubled with consumption, should the sputa they cough up have a strong² smell when poured over hot coals, and should the hair fall off from the head, it is a fatal symptom.

XII. Consumptive patients whose hair falls off from the head are attacked by diarrhoea and die.³

XIII. When patients spit up frothy blood, the discharge comes from the lungs.

XIV. If diarrhoea attack a consumptive patient it is a fatal symptom.

XV. When empyema follows on pleurisy, should the lungs clear up within forty days from the breaking, the illness ends; otherwise the disease passes into consumption.

XVI. Heat produces the following harmful results in those who use it too frequently: softening of the flesh, impotence of the muscles, dullness of the intelligence, hemorrhages and fainting, death ensuing in certain of these cases.

XVII. Cold produces convulsions, tetanus, blackening, feverish rigors.⁴

¹ Or "become purulent." So Adams (in notes).

² Or "offensive," "fetid."

³ So Littré, who says that to translate "if diarrhoea supervenes" is inconsistent with XIV.

⁴ "Blackening" will include "mortification," but is not to be limited to it.

⁷ After *ταῦτα* C' has *τοῖσι*, which Urb. places over *πολλάκις*, read by it for *πλεονάκις*. Rein. has a colon at *ταῦτα*.

⁸ Urb. has *γνώμης νάρκωσιν* and *ταῦτα οἵσι θάνατος* in the margin. Galen notices four variants for the end of this aphorism: *τούτοισι θάνατος, ταῦτα, ἐφ' οἷς δὲ θάνατος, ταῦτα οἵσι θάνατος, ταῦτα εἰς θάνατον*. Rein. *ἐσ θάνατον*. Query: *ἔστιν οἵσι*.

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XVIII. Τὸ ψυχρὸν πολέμιον ὀστέοισιν, ὁδοῦσι,
νεύροισιν, ἐγκεφάλῳ, νωτιαίῳ μυελῷ· τὸ δὲ
3 θερμὸν ὡφέλιμον.

XIX. Ὁκόσα κατέψυκται, ἐκθερμαίνειν,¹ πλὴν
2 ὅσα αἰμορραγεῖν μέλλει.²

XX. Ἔλκεσι τὸ μὲν ψυχρὸν δακνῶδες, δέρμα
περισκληρύνει, ὁδύνην ἀνεκπύντον ποιεῖ, με-
3 λαίνει,³ ρίγεα πυρετώδεα,⁴ σπασμούς, τετάνους.

XXI. Ἐστι δὲ ὄκου ἐπὶ τετάνου ἄνευ ἔλκεος
νέῳ εὐσάρκῳ, θέρεος μέσου, ψυχροῦ πολλοῦ
κατάχυσις ἐπανάκλησιν θέρμης ποιεῖται· θέρμη
4 δὲ ταῦτα⁵ ρύεται.

XXII. Τὸ θερμὸν ἐκπυητικόν, οὐκ ἐπὶ παντὶ⁶
ἔλκεῃ, μέγιστον σημεῖον ἐσ ἀσφαλείην, δέρμα
μαλάσσει, ἴσχναίνει, ἀνώδυνον, ρίγέων, σπασμῶν,
τετάνων παρηγορικόν· τῶν δὲ ἐν κεφαλῇ καρη-
βαρίην λύει⁷ πλεῖστον δὲ διαφέρει ὀστέων
κατήγμασι, μᾶλλον δὲ⁸ τοῖσιν ἐψιλωμένοισι,
τούτων δὲ μάλιστα, τοῖσιν ἐν κεφαλῇ ἔλκεα
ἔχουσι· καὶ ὄκόσα ὑπὸ ψύξιος θυγῆσκει, ἦ
ἔλκουται, καὶ ἔρπησιν ἐσθιομένοισιν, ἔδρῃ, αἰ-
δοίῳ, ὑστέρῃ, κύστει, τούτοισι τὸ θερμὸν φίλιον
11 καὶ κρίνον, τὸ δὲ ψυχρὸν πολέμιον καὶ κτεῖνον.

¹ ἐκθερμαίνει M.

² αἰμορραγεῖει ή μέλλει Littré and several Paris MSS.—perhaps rightly, as this is probably the correct reading in aphorism XXIII.

³ μελασμούς has been suggested for μελαίνει.

⁴ Littré reads ποιέει here, without quoting any authority for it, and I have not seen the word in any MS. I have collated. Dietz would place it after τετάνους. Though the meaning is clear, the exact reading has apparently been lost. The text, though ungrammatical, is the reading of all our good MSS.

⁵ Two MSS. read τοῦτον. Rein. τετάνων. See Intr. p. xxxi.

APHORISMS, V. xviii.-xxii.

XVIII. Cold is harmful to bones, teeth, sinews, brain, and spinal marrow, but heat is beneficial.

XIX. Heat parts that are chilled, except where hemorrhage threatens.¹

XX. Cold makes sores to smart, hardens the skin, causes pain unattended with suppuration; it blackens, and causes feverish rigors, convulsions, tetanus.

XXI. Sometimes in a case of tetanus without a wound, the patient being a muscular young man, and the time the middle of summer, a copious affusion of cold water brings a recovery of heat. Heat relieves these symptoms.²

XXII. When heat causes suppuration, which it does not do in the case of every sore, it is the surest sign of recovery; it softens the skin, makes it³ thin, removes pain and soothes rigors, convulsions and tetanus. It relieves heaviness of the head. It is particularly useful in fractures of the bones, especially when they are exposed, and most especially in cases of wounds in the head. Also in cases of mortification and sores from cold, of corroding herpes, for the seat, the privy parts, the womb, the bladder—for all these heat is beneficial and conduces to a crisis, while cold is harmful and tends to a fatal issue.

¹ With Littré's reading: "Where there is, or threatens to be, hemorrhage."

² The emendation *τοῦτον* is an attempt to get rid of the awkward plural. Perhaps the sentence is a misplaced "title" of the next aphorism.

³ Perhaps, "the body generally."

⁶ τὸ δὲ, ἐν κεφαλῇ· καὶ καρηβαρίην λύει, Urb. The MSS. vary very much here, and Littré (combining the readings of several) has τὰ δὲ ἐν τῷ κεφαλῇ, καὶ καρηβαρίην λύει. The text represents C'MV.

⁷ μᾶλλον δὲ V: μᾶλλον C': μάλιστα δὲ M.

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XXIII. Ἐν τούτοισι δεῖ τῷ ψυχρῷ χρῆσθαι,
οκόθεν αἴμορραγεῖ, ἢ μέλλει,¹ μὴ ἐπ' αὐτά, ἀλλὰ
περὶ αὐτά, οκόθεν ἐπιρρεῖ· καὶ οκόσαι φλεγμοναὶ
ἢ ἐπιφλογίσματα ἐς τὸ ἔρυθρὸν καὶ ὑφαιμον
ρέποντα νεαρῷ αἷματι, ἐπὶ ταῦτα,² ἐπεὶ τά γε
παλαιὰ μελαινεῖ· καὶ ἔρυσίπελας τὸ μὴ ἐλκού-
7 μενον, ἐπεὶ τό γε ἐλκούμενον βλάπτει.

XXIV. Τὰ ψυχρά, οἷον χιών κρύσταλλος,³
στήθεϊ⁴ πολέμια, βηχέων κινητικά, αἴμορροϊκά,
3 καταρροϊκά.

XXV. Τὰ ἐν ἄρθροισιν οἰδήματα καὶ ἀλγή-
ματα, ἄτερ ἐλκεος, καὶ ποδαγρικά, καὶ σπάσ-
ματα, τούτων τὰ πλεῖστα ψυχρὸν καταχεόμενον
πολὺ⁵ ῥηίζει τε καὶ ἴσχναίνει, καὶ ὀδύνην λύει.⁶
5 νάρκη δὲ⁷ μετρίη ὀδύνης λυτική.

XXVI. Ὅδωρ τὸ ταχέως θερμαινόμενον καὶ
2 ταχέως ψυχόμενον, κουφότατον.

XXVII. Οκόσοισι πιέν ὄρέξις νύκτωρ τοῖσι
2 πάνυ διψῶσιν,⁸ ἢν ἐπικοιμηθῶσιν, ἀγαθόν.

XXVIII. Γυναικείων ἀγωγόν, ἡ ἐν ἄρώμασι
πυρίῃ, πολλαχῇ⁹ δὲ καὶ ἐς ἄλλα χρησίμη ἀν¹⁰
3 ἦν, εἰ μὴ καρηβαρίας ἐνεποίει.

XXIX. Τὰς κυούσας φαρμακεύειν, ἢν ὄργᾶ,

¹ MV have αἴμορραγέειν μέλλει. So C', with μὴ before μέλλει. Galen apparently had ἢ μέλλει with the indicative before it. So Littré, following several MSS. Compare aphorism XIX.

² ἐπὶ ταῦτα omitted by Urb. V.

³ κρύσταλλος χιών V. ⁴ στηθέων C'.

⁵ καταχεόμενον πολὺ C': πολλὸν καταχεόμενον MV.

⁶ νάρκην γάρ ποιέει Rein. for καὶ . . . λύει.

⁷ δὲ MV: γάρ C' and many other MSS. But δὲ often has the force of γάρ.

APHORISMS, V. xxiii.-xxix.

XXIII. Cold should be used in the following cases: when there is, or is likely to be, hemorrhage, but it should be applied, not to the parts whence blood flows, but around them; in inflammations, and in inflamed pustules inclining to a red and blood-shot colour that is due to fresh blood; in these cases apply cold (but it blackens old inflammations), and when there is erysipelas without sores (but it does harm when there are sores).

XXIV. Cold things, such as snow or ice, are harmful to the chest, and provoke coughing, discharges of blood and catarrhs.

XXV. Swellings and pains in the joints, without sores, whether from gout or from sprains, in most cases are relieved by a copious affusion of cold water, which reduces the swelling and removes the pain. For numbness in moderation removes pain.

XXVI. That water is lightest which quickly gets hot and quickly gets cold.

XXVII. When there is a desire, caused by intense thirst, to drink during the night, should sleep follow, it is a good sign.

XXVIII. Aromatic vapour baths promote menstruation, and in many ways would be useful for other purposes if they did not cause heaviness of the head.

XXIX. Purge pregnant women, if there be orgasm, from the fourth month to the seventh, but

⁸ δέκτοισι πιεῖν ὄρεξις ὕδωρ ἐκ νυκτῶν τούτοισι διψάδεσιν V.
Urb. has δέκτοισιν ὕδωρ πιεῖν ὄρεξις νύκτωρ. τουτέοισι πάνι διψάδεσιν.

⁹ C' Urb. have πολλαχοῦ, perhaps rightly.

¹⁰ C' omits ἀν, and Urb. ἀν ήν.

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τετράμηνα, καὶ ἄχρι ἐπτὰ μηνῶν ἡσσον· τὰ δὲ
3 νήπια καὶ πρεσβύτερα εὐλαβεῖσθαι.

XXX. Γυναικὶ ἐν γαστρὶ ἔχούσῃ ὑπό τινος
2 τῶν ὀξέων νοσημάτων ληφθῆναι,¹ θανατῶδες.

XXXI. Γυνὴ ἐν γαστρὶ ἔχουσα, φλεβοτομη-
θεῖσα, ἐκτιτρώσκει· καὶ μᾶλλον ἥσι μεῖζον τὸ
3 ἔμβρυον.

XXXII. Γυναικὶ αἷμα ἐμεούσῃ, τῶν κατα-
2 μηνίων ραγέντων, λύσις.²

XXXIII. Τῶν καταμηνίων ἐκλειπόντων, αἷμα
2 ἐκ τῶν ρινῶν ρυέν,³ ἀγαθόν.

XXXIV. Γυναικὶ ἐν γαστρὶ ἔχούσῃ, ἦν ἡ
2 κοιλίη ρυῆ πολλάκις,⁴ κίνδυνος ἐκτρώσαι.

XXXV. Γυναικὶ ὑπὸ ὑστερικῶν ἐνοχλουμένη,
2 ἡ δυστοκούσῃ, πταρμὸς ἐπιγινόμενος,⁵ ἀγαθόν.

XXXVI. Γυναικὶ τὰ⁶ καταμήνια ἄχροα, καὶ
μὴ κατὰ τὰ αὐτὰ ἀεὶ⁷ γινόμενα, καθάρσιος
3 δεῖσθαι σημαίνει.

XXXVII. Γυναικὶ ἐν γαστρὶ ἔχούσῃ, ἦν
2 ἔξαιφνης⁸ μασθοὶ ῥισχνοὶ γένωνται, ἐκτιτρώσκει.

XXXVIII. Γυναικὶ ἐν γαστρὶ ἔχούσῃ⁹ ἦν
ό ἔτερος μασθὸς ῥισχνὸς γένηται, δίδυμα ἔχούσῃ,
θάτερον ἐκτιτρώσκει· καὶ ἦν μὲν ὁ δεξιὸς ῥισχνὸς
4 γένηται,¹⁰ τὸ ἄρσεν ἦν δὲ ὁ ἄριστερός, τὸ θῆλυ.

¹ C' has συλληθῆναι.

² Urb. joins together this aphorism and the next, thus:
λύσις γίνεται τῶν δὲ καταμηνίων ἐκλειπόντων· αἷμα ἐκ τῶν
ρινῶν ρυέν ἀγαθόν. This reading explains the insertion of
γυναικὶ in C' (which omits γίνεται) before τῶν.

³ ρυέν C' Urb. : ρυῆνai MV.

⁴ κοιλίη ρυῆ πολλὰ V: κοιλίη πολλὰ ρυῆ M: κοιλίη ρυεῖ
πολλάκις C': κοιλίη πολλὰ ρυῆ Urb. C' has τοῦ ἐκτρώσαι.

⁵ ἐπιγινόμενος C': ἐπιγενόμενος Urb. MV.

⁶ τὰ omitted by Urb. V.

APHORISMS, V. xxix.-xxxviij.

less in the latter case; care is needed when the unborn child is of less than four months or of more than seven.¹

XXX. If a woman with child is attacked by one of the acute diseases, it is fatal.²

XXXI. A woman with child, if bled, miscarries; the larger the embryo the greater the risk.

XXXII. When a woman vomits blood, menstruation is a cure.

XXXIII. When menstruation is suppressed, a flow of blood from the nose is a good sign.

XXXIV. When a woman with child has frequent diarrhoea there is a danger of a miscarriage.

XXXV. When a woman suffers from hysteria³ or difficult labour an attack of sneezing is beneficial.

XXXVI. If menstrual discharge is not of the proper colour, and irregular, it indicates that purging⁴ is called for.

XXXVII. Should the breasts of a woman with child suddenly become thin, she miscarries.

XXXVIII. When a woman is pregnant with twins, should either breast become thin, she loses one child. If the right breast become thin, she loses the male child; if the left, the female.

¹ This aphorism is omitted by C'V. See *Aphorisms* IV. i.

² This aphorism C'V place after XXXI.

³ Said by some commentators to refer to retention of the placenta. Galen rejects this interpretation, but Littré seems inclined to accept it.

⁴ Or, "an emmenagogue."

⁷ C' omits ἀεὶ and reads, I think, κατὰ τὸ αὐτὸν.

⁸ M puts ἔξαιφνης after μασθολ.

⁹ C' has ἔχοντη δίδυμα, omitting these words below.

¹⁰ ισχυρὸς γένηται omitted by Urb. (perhaps rightly).

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XXXIX. Ἡν γυνὴ μὴ κύουσα, μηδὲ τετοκυῖα,
2 γάλα ἔχῃ, ταύτης¹ τὰ καταμήνια ἐκλέλοιπεν.

XL. Γυναιξὶν ὁκόσησιν ἐς τοὺς τιτθοὺς² αἷμα
2 συστρέφεται, μανίην σημαίνει.

XLI. Γυναικαὶ ἡν θέλης εἰδέναι εἰ κύει, ἐπὶην
μέλλῃ³ καθεύδειν, ἀδείπνῳ ἐούσῃ,⁴ μελίκρητον
δίδου⁵ πιεῖν· κῆν μὲν στρόφος ἔχῃ περὶ τὴν
4 γαστέρα,⁶ κύει· ἡν⁷ δὲ μή, οὐ κύει.

XLII. Γυνὴ ἡν⁸ μὲν ἄρρεν κύη, εὔχροός ἐστιν·
2 ἡν δὲ θῆλυ, δύσχροος.

XLIII. Γυναικὶ κυούσῃ ἐρυσίπελας ἐν τῇ
2 ύστερῃ γενόμενον,⁹ θανατῶδες.

XLIV. Ὁκόσαι παρὰ φύσιν λεπταὶ ἐοῦσαι
ἐν γαστρὶ ἔχουσιν,¹⁰ ἐκτιτρώσκουσι,¹¹ πρὶν ἡ
3 παχυνθῆναι.

XLV. Ὁκόσαι τὸ σῶμα μετρίως ἔχουσαι
ἐκτιτρώσκουσι δίμηνα καὶ τρίμηνα ἄτερ προ-

¹ ταύτης Urb.: ταύτῃ M: V has τὰ καταμήνια αὐτῇ and C' τὰ καταμήνια αὐτῆς (followed by ἐξέλειπεν).

² Urb. has μασθοὺς τιτθοὺς.

³ C' has ἡν μέλλῃς εἰδέναι ἡ κύει ἡ οὐ, ὅταν μέλλει καθεύδειν.

⁴ ἀδείπνῳ ἐούσῃ M: omitted by C' Urb. V.

⁵ δίδου C' Urb. V: δοῦναι M: διδόναι Litré (who does not give the authority).

⁶ καὶ ἡν μὲν στρόφος ἔχει περὶ τὴν κοιλίην C': καὶ εἰ μὲν στρόφος ἔχει περὶ τὴν κοιλίην Urb.; καὶ ἡν μὲν στροφὰς ἔχη περὶ τὴν γαστέρα αὐτῆς V: κῆν μὲν στρόφος ἔχη περὶ τὴν γαστέρα M.

⁷ ἡν Urb. V: εἰ C'M.

⁸ Urb. has εἰ μὲν followed by εἰ δὲ.

⁹ So C': ἡν γυναικὶ . . . γένηται Urb. M: γυναικὶ . . . ἡν ἐρυσίπελας . . . γένηται V.

¹⁰ λεπταὶ ἐοῦσιν ἐν γαστρὶ ἔχουσαι C': λεπταὶ ἐοῦσαι Urb.: λεπταὶ ἐοῦσιν ἐν γαστρὶ ἔχοισιν M: λεπταὶ ἐοῦσαι κύουσιν V.

¹¹ After ἐκτιτρώσκουσι Urb. has οὐ κύουσι, and M δήμινα (i.e. δίμηνα).

APHORISMS, V. XXXIX.-XLV.

XXXIX. If a woman have milk when she neither is with child nor has had a child, her menstruation is suppressed.

XL. When blood collects at the breasts of a woman, it indicates madness.¹

XLI. If you wish to know whether a woman is with child, give her hydromel to drink [without supper]² when she is going to sleep. If she has colic in the stomach she is with child, otherwise she is not.

XLII. If a woman be going to have a male child she is of a good complexion; if a female, of a bad complexion.

XLIII. If a pregnant woman be attacked by erysipelas in the womb, it is fatal.

XLIV. Women with child who are unnaturally thin miscarry until they have grown stouter.³

XLV. If moderately well-nourished women miscarry without any obvious cause two or three months

¹ Galen says he had never seen such a case, but Adams thinks that the aphorism may refer to rare cases of puerperal mania.

² These words are omitted by our best MSS. Littré keeps them, but points out that they are inconsistent with the commentary of Galen, who says that the woman must be well fed (*καὶ πεπληρῶσθαι σιτίων*). He suggests, therefore, that we should either read *οὐκ ἀδείπνῳ* in the text or *μὴ πεπληρῶσθαι* in Galen.

³ The meaning of this aphorism seems plain enough, though Adams says it is not altogether confirmed by experience. The ancient commentators gave three explanations of the aphorism, and two of *παρὰ φύσιν*. Perhaps the meaning is: "Women, who in pregnancy are unnaturally thin, miscarry before they can recover a better condition."

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φάσιος φανερῆς, ταύτησιν αἱ κοτυληδόνες¹ μύξης
μεσταί εἰσι, καὶ οὐ δύνανται κρατεῖν ὑπὸ τοῦ
5 βάρεος τὸ ἔμβρυον, ἀλλ’ ἀπορρίγνυνται.²

XLVI. Ὁκόσαι παρὰ φύσιν παχεῖαι ἐοῦσαι
μὴ συλλαμβάνουσιν ἐν γαστρί, ταύτησι τὸ ἐπί-
πλοον τὸ στόμα τῶν ὑστερέων ἀποπιέζει,³ καὶ
4 πρὶν ἢ λεπτυνθῆναι⁴ οὐ κύουσιν.

XLVII. Ἡν ὑστέρη ἐν τῷ ἴσχιῳ ἐγκειμένη⁵
2 διαπνήσῃ, ἀνάγκη ἔμμοτον γενέσθαι.

XLVIII. Ἐμβρυα τὰ μὲν ἄρρενα ἐν τοῖσι
δεξιοῖσι, τὰ δὲ θῆλεα ἐν τοῖσιν ἀριστεροῖσι
3 μᾶλλον.⁶

XLIX. Τστέρων⁷ ἐκπτώσιες, πταρμικὸν
προσθεὶς ἐπιλάμβανε τοὺς μυκτῆρας καὶ τὸ
3 στόμα.⁸

L. Γυναικὶ⁹ καταμήνια ἢν βούλη ἐπι-
σχεῖν, σικύην ώς μεγίστην πρὸς τοὺς τιτθοὺς¹⁰
3 πρόσβαλλε.¹¹

LI. Ὁκόσαι ἐν γαστρὶ ἔχουσι, τούτων¹² τὸ
2 στόμα τῶν ὑστερέων συμμύει.¹³

LII. Ἡν γυναικὶ ἐν γαστρὶ ἔχούσῃ γάλα
πολὺ ἐκ τῶν μαζῶν ρύη, ἀσθενεῖς¹⁴ τὸ ἔμβρυον

¹ C' has ταύτης αἱ κοτυληδόνες τῆς τῶν ὑστερῶν. After κοτυληδόνες three MSS. add τῆς μήτρας. Urb. omits ταύτησι and adds αὐτῶν after κοτυληδόνες.

² ἀπορρίγνυνται M.

³ ἀποπιέζει C'.

⁴ After λεπτυνθῆναι C' Urb. add τοῦτο.

⁵ After ἐγκειμένη some MSS. have ἢ (or ἥ) καὶ.

⁶ C' omits μᾶλλον, and begins the aphorism with δικόσα.

⁷ ὑστερέων V.

⁸ C' places πταρμικὸν προσθεὶς after στόμα.

⁹ C' reads γυναικὸς and M has τὰ before καταμήνια.

APHORISMS, V. XLV.-LII.

after conception, the cotyledons of the womb are full of mucus, and break, being unable to retain the unborn child because of its weight.

XLVI. When unnaturally fat women cannot conceive, it is because the fat¹ presses the mouth of the womb, and conception is impossible until they grow thinner.

XLVII. If the part of the womb near the hip-joint suppurates, tents² must be employed.

XLVIII. The male embryo is usually on the right, the female on the left.

XLIX. To expel the after-birth: apply something to cause sneezing and compress the nostrils and the mouth.

L. If you wish to check menstruation, apply to³ the breasts a cupping-glass of the largest size.

LI. When women are with child the mouth of the womb is closed.

LII. When milk flows copiously from the breasts of a woman with child, it shows that the unborn

¹ So the commentator Theophilus. *ἐπίπλοον* means literally the fold of the peritoneum.

² Plugs of lint to keep the suppurating place open until it is well on the way to heal from the bottom.

³ Galen would prefer "under," as given by some MSS. in his day.

¹⁰ C' has *ἐν τῷ στήθῃ* for *πρὸς τὸν τιτθόν*, and Galen says that in his time some MSS. read *ὑπὸ τὸν τιτθόν*.

¹¹ C' has *πρόσβαλε.*

¹² C' has *τουτέοισι* for *τούτων.*

¹³ *συμμένει* C'V : *ξυμένει* Urb. : *συμέμυκεν* M.

¹⁴ *ἀσθενεῖν* V. The aphorism is omitted by C'.

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σημαίνει· ἢν δὲ στέρεοὶ οἱ μαστοὶ ἔωσιν, ὑγιει-
νότεροι τὸ ἔμβρυον σημαίνει.

LIII. ¹Οκόσαι διαφθείρειν μέλλουσι τὰ ἔμ-
βρυα,² ταύτησιν οἱ τιτθοὶ ἴσχυοὶ γίνονται· ἢν
δὲ πάλιν σκληροὶ γένωνται, ὀδύνη ἔσται³ ἢ ἐν
τοῖσι τιτθοῖσιν, ἢ ἐν τοῖσιν ἴσχιοισιν, ἢ ἐν
τοῖσιν ὄφθαλμοῖσιν, ἢ ἐν τοῖσι γούνασι, καὶ οἱ
⁶ διαφθείρουσιν.⁴

LIV. ⁵Οκόσησι τὸ στόμα τῶν ὑστερέων σκλη-
ρόν ἔστι, ταύτησιν ἀνάγκη τὸ στόμα τῶν
³ ὑστερέων συμμένειν.

LV. Οκόσαι ἐν γαστρὶ ἔχουσαι ὑπὸ πυρετῶν
λαμβάνονται, καὶ ἴσχυρῶς ἴσχναίνονται,⁶ ἀνευ⁷
προφάσιος φανερῆς,⁸ τίκτουσι χαλεπῶς καὶ
⁴ ἐπικινδύνως, ἢ ἐκτιτρώκουσαι κινδυνεύουσιν.

LVI. Ἐπὶ⁹ ρόῳ γυναικείῳ σπασμὸς καὶ
² λειποθυμίῃ ἢν ἐπιγένηται,¹⁰ κακόν.

LVII. Καταμηνίων γενομένων πλειόνων,¹¹ νοῦ-
σοι συμβαίνουσι, καὶ μὴ γενομένων ἀπὸ τῆς
³ ὑστέρης γίνονται νοῦσοι.

LVIII. Ἐπὶ ἀρχῷ φλεγμαίνοντι, καὶ ὑστέρῃ
φλεγμαίνοντι, στραγγούρῃ ἐπιγίνεται, καὶ¹² ἐπὶ
νεφροῖσιν ἐμπύοισι στραγγούρῃ ἐπιγίνεται, ἐπὶ
δὲ ἥπατι φλεγμαίνοντι λὺγξ ἐπιγίνεται.

¹ This aphorism is omitted by C'.

² Urb. omits τὰ ἔμβρυα. ³ Urb. has γίνεται for ἔσται.

⁴ MV have διαφθείρει.

⁵ This aphorism is omitted by C'.

⁶ For ἴσχναίνονται C' and several other MSS. have θερμα-
νούσαι.

⁷ C' has καὶ before ἀνευ, for which V reads ἀτερ.

⁸ φανερῆς προφάσιος C'. ⁹ C' adds δοκόται before ἐπὶ.

¹⁰ ἢν ἐπιγένηται omitted by M.

APHORISMS, V. LII.—LVIII.

child is sickly; but if the breasts be hard, it shows that the child is more healthy.¹

LIII. When women are threatened with miscarriage the breasts become thin. If they become hard again² there will be pain, either in the breasts or in the hip joints, eyes, or knees, and there is no miscarriage.

LIV. When the mouth of the womb is hard it must of necessity be closed.

LV. When women with child catch a fever and become exceedingly thin,³ without⁴ (other) obvious cause, they suffer difficult and dangerous labour, or a dangerous miscarriage.

LVI. If convulsions and fainting supervene upon menstrual flow, it is a bad sign.

LVII. When menstruation is too copious, diseases ensue; when it is suppressed, diseases of the womb occur.

LVIII. On inflammation of the rectum and on that of the womb strangury supervenes; on suppuration of the kidneys strangury supervenes; on inflammation of the liver hiccough supervenes.

¹ Galen takes the sense to be that hard (and not milky) breasts indicate a healthy child. Littré, thinking that this interpretation neglects the comparative *ὑγιεινότερον*, understands the sense to be that while soft milky breasts indicate a sickly child, hard milky breasts indicate a more healthy one.

² Galen says that *πάλιν* can mean either (1) “again” or (2) “on the other hand.” He prefers the second meaning.

³ Or (with the reading of C') “feverish.”

⁴ The phrase “without obvious cause” may also be taken with the preceding clause.

¹¹ πλειόνων γενομένων C'. Some MSS. have γινομένων or γιγνομένων.

¹² καὶ is omitted by C', and Urb. omits from καὶ to ἐπιγίνεται.

ΑΦΟΡΙΣΜΟΙ

LIX. Γυνὴ ἡν μὴ λαμβάνη ἐν γαστρί, βούλη δὲ εἰδέναι εἰ λιγφεται, περικαλύψας ίματίουσι, θυμία κάτω.¹ κῆν μὲν πορεύεσθαι² δοκῇ ἡ ὁδμὴ διὰ τοῦ σώματος ἐς τὸ στόμα καὶ ἐς τὰς ρήνας,³
5 γίνωσκε ὅτι αὐτὴ οὐ δι' ἑωυτὴν ἄγονός ἐστιν.⁴

LX. Γυναικὶ ἐν γαστρὶ ἔχούσῃ ἡν αἱ⁵ καθάρ-
2 σιες πορεύωνται, ἀδύνατον τὸ ἔμβρυον ὑγιαίνειν.

LXI. Ἡν γυναικὶ⁶ αἱ καθάρσιες μὴ⁷ πορεύ-
ωνται, μήτε φρίκης, μήτε πυρετοῦ ἐπιγινομένου,
ἀσαι δὲ⁸ αὐτῇ προσπίπτωσι, λογίζου ταύτην ἐν
4 γαστρὶ ἔχειν.⁹

LXII. Ὁκόσαι πυκνὰς¹⁰ καὶ ψυχρὰς τὰς
μήτρας ἔχουσιν, οὐ κυῖσκουσιν· καὶ ὁκόσαι
καθύγρους ἔχουσι τὰς μήτρας, οὐ κυῖσκουσιν,¹¹
ἀποσβέννυται γὰρ ὁ γόνος· καὶ ὁκόσαι ξηρὰς
μᾶλλον καὶ περικαέας,¹² ἐνδείη γὰρ τῆς τροφῆς
φθείρεται τὸ σπέρμα· ὁκόσαι δὲ ἐξ ἀμφοτέρων
τὴν κρᾶσιν σύμμετρον¹³ ἔχουσιν, αἱ τοιαῦται ἐπί-
8 τεκνοι γίνονται.

LXIII. Παραπλησίως δὲ καὶ ἐπὶ τῶν ἀρ-
ρένων¹⁴ ἡ γὰρ διὰ τὴν ἀραιότητα τοῦ σώματος¹⁵

¹ κάτωθεν V (Urb. has θ above the line).

² After πορεύεσθαι MV have σοι, Q and one other MS. οἱ. Urb. C' omit.

³ MV transpose τὸ στόμα and τὰς ρήνας.

⁴ Urb. adds (after ἐστιν) ἀλλὰ διὰ τὸν ἄνδρα.

⁵ MV omit αἱ and transpose ἡν to the beginning of the aphorism. Urb. has ἡν at the beginning and retains αἱ.

⁶ After γυναικὶ Urb. adds ἐν γαστρὶ ἔχούσῃ.

⁷ μὴ is omitted by C' and three MSS. have παύωνται for μὴ πορεύωνται.

⁸ After δὲ three MSS. add ἀλλόκοτοι καὶ ποικίλαι ὀρέξιες.

⁹ For ἔχειν C' has ἴσχειν.

¹⁰ Urb. M. transpose πυκνὰς and ψυχρὰς.

APHORISMS, V. LIX.-LXIII.

LIX. If a woman does not conceive, and you wish to know if she will conceive, cover her round with wraps and burn perfumes underneath. If the smell seems to pass through the body to the mouth and nostrils, be assured that the woman is not barren through her own physical fault.

LX. If a woman with child have menstruation, it is impossible for the embryo to be healthy.

LXI. If menstruation be suppressed, and neither shivering nor fever supervenes, but attacks of nausea occur, you may assume the woman to be with child.

LXII. Women do not conceive who have the womb dense and cold; those who have the womb watery do not conceive, for the seed is drowned; those who have the womb over-dry and very hot do not conceive, for the seed perishes through lack of nourishment. But those whose temperament¹ is a just blend of the two² extremes prove able to conceive.

LXIII. Similarly with males. Either because of the rarity of the body the breath³ is borne outwards

¹ Used in the old sense of the word. *κρᾶσις* really means “blending,” “compounding.”

² As Galen says, four (not two) dispositions have been mentioned; but these can be taken in pairs, and so we get the healthy mean with respect to (1) heat and (2) dryness.

³ Moving air in the body was called *πνεῦμα*, which was not confined, as our word “breath” is, to air moving to and from the lungs. The writer of this aphorism was evidently a supporter of the Pneumatists, who tried to explain health and disease by the action of air.

¹¹ καὶ . . . κυῖσκοντιν omitted by C'.

¹² After περικαέας V has ἔχουσιν.

¹³ συμμέτρως Urb.

¹⁴ ἀνδρῶν V.

¹⁵ τοῦ σώματος omitted by C'.

ΑΦΟΡΙΣΜΟΙ

τὸ πνεῦμα ἔξω φέρεται πρὸς τὸ μὴ παραπέμπειν¹
 τὸ σπέρμα· ἡ διὰ τὴν πυκνύτητα τὸ ὑγρὸν οὐ
 διαχωρεῖ ἔξω· ἡ διὰ τὴν ψυχρότητα οὐκ ἐκπυ-
 ροῦται, ὥστε ἀθροίζεσθαι πρὸς τὸν τόπον τοῦτον.
 7 ἡ διὰ τὴν θερμασίην τὸ αὐτὸ τοῦτο γίνεται.

LXIV. Γάλα διδόναι κεφαλαλγέουσι κακόν·
 κακὸν δὲ καὶ τοῖς πυρεταίνουσι, καὶ οἷσιν
 ὑποχόνδρια μετέωρα καὶ² διαβορβορύζοντα, καὶ
 τοῖσι διψώδεσι· κακὸν δὲ καὶ οἷσι χολώδεες αἱ
 ὑποχωρήσιες³ ἐν τοῖσιν ὀξέσι πυρετοῖσιν,⁴ καὶ
 οἷσιν αἷματος διαχώρησις πολλοῦ γέγονεν· ἀρ-
 μόζει δὲ φθινώδεσι μὴ λίην πολλῷ πυρέσσουσιν.⁵
 διδόναι δὲ καὶ ἐν πυρετοῖσι⁶ μακροῖσι βληχροῖσι,
 μηδενὸς τῶν προειρημένων σημείων παρεόντος,⁷
 10 παρὰ λόγον⁸ δὲ ἐκτετηκότων.

LXV. Ὁκόσοισιν οἰδήματα ἐφ' ἔλκεσι φαίνεται,
 οὐ μάλα σπῶνται, οὐδὲ μαίνονται· τούτων δὲ
 ἀφανισθέντων⁹ ἔξαιφνης, τοῖσι μὲν ὅπισθεν
 σπασμοί, τέτανοι, τοῖσι δὲ ἔμπροσθεν¹⁰ μανίαι,
 ὀδύναι πλευροῦ ὀξεῖαι,¹¹ ἡ ἔμπύησις, ἡ δυσεν-
 6 τερίη, ἦν ἐρυθρὰ μᾶλλον ἢ τὰ οἰδήματα.

¹ Before τὸ Urb. adds τῷ στόματι reading also παρεμπί-
 πτειν: other MSS. εἰς τὸ στόμα.

² Only three (inferior) MSS. have καὶ. Littré inserts it
 following the commentary of Galen, which implies it.

³ After ὑποχωρήσιες Galen thought that a καὶ should be
 added for the sake of the sense. One of our MSS. (probably
 through the influence of Galen) reads καὶ.

⁴ ἐν τοῖσιν ὀξέσι πυρετοῖσι C' Urb.: ἐν ὀξέσι πυρετοῖσ(ι)
 οὖσι MV.

⁵ ἦν μὴ λίην πολλῷ πυρέσσωσιν C'. Urb. and some other
 MSS. omit πολλῷ, which word, as Galen says, seems otiose.

⁶ For μακροῖσι C' has ἡ.

⁷ παρεόντων C'V.

⁸ παραλόγως Urb.

⁹ ἀφανιζομένων C'.

so as not to force along the seed; or because of the density of the body the liquid¹ does not pass out; or through the coldness it is not heated so as to collect at this place;² or through the heat this same thing happens.³

LXIV. To give milk to sufferers from headache is bad; it is also bad for fever patients, and for those whose hypoehondria are swollen and full of rumbling, and for those who are thirsty. Milk is also bad for those whose stools in acute fevers are biliary, and for those who pass much blood. It is beneficial in cases of consumption when there is no very high fever. Give it also in protracted, low fevers, when none of the aforesaid symptoms is present, but when there is excessive emaciation.

LXV. When swellings appear on wounds, there are seldom convulsions or delirium; but when the swellings suddenly disappear, wounds behind are followed by convulsions and tetanus, wounds in front by delirium, severe pains in the side, or suppuration, or dysentery, if the swellings are inclined to be red.⁴

¹ τὸ ὑγρὸν here means τὸ σπέρμα.

² Galen notes that the writer leaves the “place” to be understood by the reader, but τοῦτον seems to refer to something already mentioned.

³ Galen objects to the last clause as inconsistent with the one preceding, and to the whole aphorism as an interpellation.

⁴ There are many difficulties of meaning in this aphorism, the chief being that wounds in front do not differ from wounds behind in their probable or possible after-effects, at any rate not to the extent mentioned in the text. See Littré’s note.

¹⁰ εἰς τοῦμπροσθεν C'. Rein. has ὅτοισι for τοῖσι (twice).

¹¹ μανίη ἡ ὀδύνη πλευρέων ὀξείη Urb.: μανίη καὶ ὀδύνη πλευροῦ ὀξεῖα C'.

ΑΦΟΡΙΣΜΟΙ

LXVI. Ἡν τραυμάτων πονηρῶν ἐόντων¹
οἰδήματα² μὴ φαίνηται, μέγα κακόν.

LXVII. Τὰ χαῦνα, χρηστά, τὰ ἔνωμα,³
κακά.

LXVIII. Τὰ ὅπισθεν τῆς κεφαλῆς ὀδυνωμένα⁴
ἡ ἐν μετώπῳ ὄρθιη φλὲψ τμηθεῖσα ὠφελεῖ.

LXIX. Ρίγεα ἄρχεται, γυραιξὶ μὲν ἐξ ὁσφύος
μᾶλλον καὶ διὰ νάτου ἐσ τὴν κεφαλήν· ἀτὰρ
καὶ ἀνδράσι ὅπισθεν μᾶλλον ἢ ἔμπροσθεν τοῦ
σώματος, οἷον πήχεων, μηρῶν· ἀτὰρ καὶ τὸ
δέρμα ἀραιόν, δηλοῖ δὲ ἡ θρίξ.⁵

LXX. Οἱ ὑπὸ τεταρταίων ἀλισκόμενοι⁶ ὑπὸ⁷
σπασμοῦ οὐ πάνυ τι⁸ ἀλίσκονται· ἢν δὲ
ἀλίσκωνται πρότερον, καὶ ἐπιγένηται τεταρ-
ταῖος, παύονται.

LXXI. Οκόσοισι δέρματα περιτείνεται
σκληρὰ⁹ καὶ καρφαλέα, ἀνευ ἰδρῶτος τελευ-
τῶσιν· ὁκόσοισι δὲ χαλαρὰ καὶ ἀραιά, σὺν
ἰδρῶτι τελευτῶσιν.⁹

LXXII. Οἱ ἱκτεριώδεες οὐ πάνυ τι πνευμα-
τώδεές εἰσιν.

¹ ισχυρῶν καὶ πονηρῶν ἐόντων M.

² οἰδημα M.

³ ξννομα C' : δὲ ξννομα Urb.

⁴ ὀδυνωμένωι M.

⁵ ἔχουσι, δηλοῖ δὲ τοῦτο ἡ θρίξ Littré without stating his authority. C' omits all from οἷον to θρίξ, and there are many slight variants in all parts of the aphorism.

⁶ ἔχόμενοι Urb.

⁷ οὐ πάνυ τι ὑπὸ σπασμῶν C' : οὐ πάνυ τι ὑπὸ σπασμοῦ Urb. :
ὑπὸ σπασμὸν οὐ πάνυ τι M : ὑπὸ σπασμῶν οὐ πάνυ τι V.

APHORISMS, V. LXVI.-LXXII.

LXVI. If swellings do not appear on severe wounds it is a very bad thing.

LXVII. Softness¹ is good, hardness² is bad.

LXVIII. Pains at the back of the head are relieved by opening the upright vein in the forehead.

LXIX. Rigors in women tend to begin in the loins and pass through the back to the head. In men too they begin more often in the back of the body than in the front; for example, in the forearms or thighs. The skin too is rare, as is shown by the hair.³

LXX. Those who are attacked by quartans are not very liable to be attacked by convulsions. But if they are first attacked by convulsions and a quartan supervenes, the convulsions cease.

LXXI. Those whose skin is stretched, hard and parched, die⁴ without sweat. Those whose skin is loose and rare die⁴ with sweat.

LXXII. Those subject to jaundice are not very subject to flatulence.

¹ That is, in swellings, etc.

² Or “crudity.”

³ Littré thinks that the last sentence is a separate aphorism, contrasting the bodies of women and of men. Commentators mostly think that there is a reference to the fact that the front parts are more hairy than the back; this shows the less rarity of the latter, i.e. their greater coldness and liability to rigors.

⁴ Perhaps τελευτῶσιν refers to the termination of any disease, not of fatal diseases only. So Theophilus.

⁸ For σκληρὰ Urb. has ξηρὰ.

⁹ δικόποισι δὲ . . . τελευτῶσιν omitted by C'.

ΑΦΟΡΙΣΜΟΙ

ΤΜΗΜΑ ΕΚΤΟΝ

I. Ἐν τῇσι χρονίησι λειευτερίησιν ὀξυρεγμή
ἐπιγενομένη, μὴ γενομένη¹ πρότερον, σημεῖον
3 ἀγαθόν.

II. Οἰσι ρῦνες ὑγραὶ φύσει, καὶ ἡ γονὴ²
ὑγρή,² ὑγιαίνουσι νοσηρότερον.³ οἰσι δὲ τάν-
3 αντία, ὑγιεινότερον.⁴

III. Ἐν τῇσι μακρῆσι δυσειτερίησιν αἱ
2 ἀποσιτίαι, κακόν· καὶ σὺν πυρετῷ, κάκιον.

IV. Τὰ περιμάδαρα ἔλκεα, κακοήθεα.

V. Τῶν ὀδυνέων, καὶ ἐν πλευρῆσι, καὶ ἐν
στίγμησι, καὶ ἐν τοῖσιν ἄλλοισι μέρεσιν,⁵ εὶ μέγα³
διαφέρουσι, καταμαθητέον.

VI. Τὰ νεφριτικά, καὶ τὰ κατὰ τὴν κύστιν,⁶
2 ἐργωδῶς⁷ ὑγιάζεται τοῖσι πρεσβυτέροισι.

VII. Ἀλγήματα καὶ οἰδήματα⁸ κατὰ τὴν
κοιλίην γινόμενα, τὰ μὲν μετέωρα κουφότερα,⁹
3 τὰ δὲ μὴ μετέωρα, ἴσχυρότερα.

VIII. Τοῖσιν ὑδρωπικοῖσι τὰ γινόμενα¹⁰ ἔλκεα
2 ἐν τῷ σώματι, οὐ ρηιδίως ὑγιάζεται.

¹ πρότερον μὴ ἔοῦσα, μὴ γινομένη πρότερον, πρόσθεν μὴ γιγνουμένη are other readings.

² V has ὑγρὴ (with ὑγρότεραι) and M has ὑγροτέρη with ὑγρότεραι.

³ νοσηλότερον Urb., perhaps rightly, as C' has νοσιλώτερον.

⁴ ὑγιεινότεροι M.

⁵ For μέρεσιν Rein. has τὰς διαφοράς.

⁶ After κύστιν Urb. and many other MSS. add ἀλγήματα.

⁷ For ἐργωδῶς C' Urb. read δυσχερῶς.

⁸ οἰδήματα is strongly supported by the MSS. (including C' and Urb.), and is mentioned by Theophilus. It is not mentioned by Galen, and Littré omits it from his text. τὰ μετὰ ἀλγημάτων ὀδυνήματα, Rein. Perhaps a case of hendiadys.

APHORISMS, VI. I.-VIII.

SIXTH SECTION

I. In cases of chronic lientery, acid eructations supervening which did not occur before are a good sign.

II. Those whose nostrils are naturally watery, and whose seed is watery, are below the average when in health; those of an opposite character are above the average when in health.¹

III. In cases of prolonged dysentery, loathing for food is bad; if fever be present, it is worse.

IV. Sores, when the hair about them falls off, are malignant.

V. One should observe about pains, in the sides, in the breast and in the other parts, whether they show great differences.²

VI. Kidney troubles, and affections of the bladder, are cured with difficulty when the patient is aged.

VII. Pains and swellings³ of the belly are less serious when superficial, more severe when deep-seated.

VIII. Sores on the body of dropsical persons are not easily healed.

¹ With the reading of M, “are (generally) more healthy.”

² Littré, relying on *Epidemics*, II, § 7 (end), where this aphorism occurs in an expanded form, would understand τὰς ψρᾶς after μέρεσιν, making the genitive τῶν ὁδυνέων depend upon it, and would make “the patients” (understood) the subject of διαφέροντι. He reads ήν . . . διαφέρωσι.

³ This word is doubtful, as it does not suit very well the predicates κουφότερα and ἴσχυρότερα.

* For κουφότερα MV have κοῦφα.

¹⁰ For γινόμενα V has ἐπιγινόμενα.

ΑΦΟΡΙΣΜΟΙ

IX. Τὰ πλατέα ἔξανθήματα, οὐ πάνυ τι
2 κυησμώδεα.

X. Κεφαλὴν πονέοντι καὶ περιωδυνέοντι, πῦον,
ἡ ὕδωρ, ἡ αἷμα¹ ρυὲν κατὰ τὰς ρῆνας, ἡ κατὰ
3 τὰ ὠτα,² ἡ κατὰ τὸ στόμα, λύει τὸ νόσημα.

XI. Τοῖσι μελαγχολικοῖσι καὶ τοῖσι νεφρι-
2 τικοῖσιν αίμορροΐδες ἐπιγινόμεναι, ἀγαθόν.

XII. Τῷ ἵηθέντι χρονίας αίμορροΐδας, ἦν μὴ
μία φυλαχθῆ, κίνδυνος ὕδρωπα ἐπιγενέσθαι ἡ
3 φθίσιν.

XIII. Ὄπο λυγμοῦ ἔχομένῳ πταρμός ἐπι-
2 γενόμενος λύει τὸν λυγμόν.

XIV. Ὄπο ὕδρωπος ἔχομένῳ,³ κατὰ τὰς φλέβας
2 ἐς τὴν κοιλίην ὕδατος ρύεντος, λύσις.

XV. Ὄπο διαρροίης ἔχομένῳ μακρῆς ἀπὸ
ταῦτομάτου ἔμετος ἐπιγενόμενος λύει τὴν διάρ-
3 ροιαν.

XVI. Ὄπο πλευρίτιδος, ἡ περιπλευμονίης
2 ἔχομένῳ⁴ διάρροια ἐπιγενομένη, κακόν.

XVII. Ὁφθαλμιῶντι⁵ ὑπὸ διαρροίης ληφ-
2 θῆναι ἀγαθόν.

XVIII. Κυστιν διακοπέντι, ἡ ἐγκέφαλον, ἡ
καρδίην, ἡ φρένας, ἡ τῶν ἐντέρων τι⁶ τῶν
3 λεπτῶν, ἡ κοιλίην, ἡ ἥπαρ, θανατῶδες.

XIX. Ἐπὴν διακοπῆ ὄστεον, ἡ χονδρός, ἡ

¹ ἡ αἷμα omitted by MV.

² τὰ ὠτα ἡ τὸ στόμα C'V: κατὰ τὰ ὠτα· ἡ κατὰ τὸ στόμα Urb.:
καὶ τὸ στόμα· ἡ κατὰ τὰ ὠτα M.

³ Rein. adds αὐτομάτου before κατὰ.

⁴ ἔχομένῳ in V appears before ἡ.

⁵ ὀφθαλμιῶιτα Urb. and several other MSS. One has
ὀφθαλμιῶντας.

APHORISMS, VI. ix.-xix.

IX. Broad exanthemata¹ are not very irritating.

X. When the head aches and the pain is very severe, a flow of pus, water or blood, by the nostrils, ears or mouth, cures the trouble.

XI. Hemorrhoids supervening on melancholic or kidney affections are a good sign.²

XII. When a patient has been cured of chronic hemorrhoids, unless one be kept,³ there is a danger lest dropsy or consumption supervene.

XIII. In the case of a person afflicted with hiccough, sneezing coming on removes the hiccough.

XIV. In the case of a patient suffering from dropsy, a flow of water by the veins into the belly removes the dropsy.

XV. In the case of a patient suffering from prolonged diarrhoea, involuntary vomiting supervening removes the diarrhoea.

XVI. In the case of a patient suffering from pleurisy or pneumonia, diarrhoea supervening is a bad sign.

XVII. It is a good thing when an ophthalmic⁴ patient is attacked by diarrhoea.

XVIII. A severe wound of the bladder, brain, heart, midriff, one of the smaller intestines, belly or liver, is deadly.

XIX. When a bone, cartilage, sinew, the slender

¹ It is not known what exanthemata are meant; probably the pustules of scabies.

² Hemorrhoids were supposed to be one of Nature's ways of removing impurities.

³ That is "left." Some MSS. have καταλειφθῆ.

⁴ Ancient "ophthalmia" included many eye diseases besides the one now known by this name.

* τι is placed by C' before τῶν έι τέρων and Urb. omits τῶν.

ΑΦΟΡΙΣΜΟΙ

νεῦρον, ἢ γνάθου τὸ λεπτόν, ἢ ἀκροποσθίη, οὔτε
3 αὔξεται, οὔτε συμφύεται.

XX. "Ην ἐς τὴν¹ κοιλίην αἷμα ἐκχυθῆ παρὰ
2 φύσιν, ἀνάγκη ἐκπυηθῆναι.²

XXI. Τοῖσι μαινομένοισι κιρσῶν ἢ αἵμορ-
2 ροΐδων ἐπιγινομένων, μανίης³ λύσις.

XXII. 'Οκόσα ρήγματα⁴ ἐκ τοῦ νάτου⁵ ἐς
2 τοὺς ἀγκῶνας καταβαίνει, φλεβοτομίη λύει.

XXIII. "Ην φόβος ἢ δυσθυμίη πολὺν χρόνον
2 διατελῆ, μελαγχολικὸν τὸ τοιοῦτον.

XXIV. 'Εντέρων ἢν διακοπῆ τῶν λεπτῶν τι,
2 οὐ συμφύεται.

XXV. 'Ερυσίπελας ἔξωθεν καταχεόμενον⁵
ἔσω τρέπεσθαι οὐκ ἀγαθόν· ἔσωθεν δὲ ἔξω,
3 ἀγαθόν.

XXVI. 'Οκόσοισιν ἀν ἐν τοῖσι καύσοισι
2 τρόμοι γένωνται,⁶ παρακοπὴ λύει.

XXVII. 'Οκόσοι ἔμπυοι ἢ ὑδρωπικοὶ τέμνονται
ἢ καίονται,⁷ ἐκρυέντος τοῦ πύου ἢ τοῦ ὕδατος
3 ἀθρόου, πάντως⁸ ἀπόλλυνται.

¹ τὴν omitted by C'.

² ἐκποιηθῆναι ἀνάγκη ἢ διασπατῆναι C'. The alternative is an attempt to express the criticism of Galen, who says that ἐκπυηθῆναι here means, according to several interpreters, not transformation into pns, but "corruption."

³ Before μανίης Urb. V add τῆς.

⁴ For ρήγματα three MSS. have ἀλγήματα, a reading noticed by Galen. ἀλγήματα ἢ (καὶ) ρήγματα C' Urb.

⁵ καταχυθὲν V.

⁶ γίνονται C' and V (which omits ἄν).

⁷ καίονται ἢ τέμνονται Urb. Before ἐκρυέντος C' Urb. add τουτέοιται.

⁸ πάντως ἀθρέως C'. For πάντως V has μείναντος and καὶ for ἢ.

¹ This aphorism has been a puzzle to all commentators from Galen to Littré, as it is difficult to reconcile it with

APHORISMS, VI. xix.-xxvii.

part of the jaw, or the foreskin is severed, the part neither grows nor unites.¹

XX. If there be an unnatural flow of blood into the belly,² it must suppurate.

XXI. Varicose veins or hemorrhoids supervening on madness³ remove it.

XXII. Ruptures⁴ that descend from the back to the elbows are removed by bleeding.

XXIII. Fear or depression that is prolonged means melancholia.

XXIV. If one of the smaller intestines be severed it does not unite.

XXV. When erysipelas that spreads externally turns inwards it is not a good thing; but it is good when internal erysipelas turns outwards.

XXVI. Whenever tremors occur in ardent fevers, delirium removes these tremors.⁵

XXVII. Whenever cases of empyema or dropsy are treated by the knife or cautery, if the pus or water flow away all at once, a fatal result is certain.

experience. Perhaps all that is meant is that a severe cut ($\deltaιακοπὴ$) is never completely restored, e.g. callus is not exactly bone.

² If the article $\tauὴν$ be omitted, "into a cavity."

³ $\muανίη$ includes every state when a person is "out of his mind." It is uncertain to which of these many states reference here is made.

⁴ Galen notices that some authorities read $\grave{\alpha}\lambda\gamma\acute{\eta}\mu\alpha\tau\alpha$, "pains," a much more appropriate word in the context. Littré thinks that "referred" pains to the elbows are meant: "les brisements dans le dos font sentir dans les coudes." The reading of C' combines both readings.

⁵ Galen thinks that this aphorism is an interpellation, but takes the meaning to be that delirium replaces the fever. It seems more natural to interpret it to mean that delirium replaces the tremors.

ΑΦΟΡΙΣΜΟΙ

XXVIII. Εὐνοῦχοι οὐ ποδαγριῶσιν, οὐδὲ
2 φαλακροὶ γίνονται.

XXIX. Γυνὴ οὐ ποδαγριᾶ, εἰ μὴ τὰ κατα-
2 μήνια ἐκλέλοιπεν αὐτῆς.¹

XXX. Παῖς οὐ ποδαγριᾶ πρὸ τοῦ ἀφροδι-
2 σιασμοῦ.²

XXXI. Ὁδύνας ὁφθαλμῶν ἀκρητοποσίη, ἢ
λουτρόν, ἢ πυρίη, ἢ φλεβοτομίη, ἢ φαρμακοποσίη³
3 λύει.

XXXII. Τραυλοὶ ὑπὸ διαρροίης μάλιστα
2 ἀλίσκονται μακρῆς.

XXXIII. Οἱ ὀξυρεγμιώδεες οὐ πάνυ τι
2 πλευριτικοὶ γίνονται.

XXXIV. Ὁκόσοι φαλακροὶ, τούτοισι κιρσοὶ
μεγάλοι οὐ γίνονται.⁴ ὥκόσοις ἀν φαλακροῖσι
3 κιρσοὶ γένιωνται πάλιν γίνονται δασέες.⁵

XXXV. Τοῖσιν ὑδρωπικοῖσι βὴξ ἐπιγενομένη,
2 κακόν· τὸ δὲ προγεγονέναι ἀγαθόν.⁶

XXXVI. Δυσουρίην φλεβοτομίη λύει, τάμνειν
2 δὲ τὴν εἴσω φλέβα.⁷

XXXVII. Τπὸ κυνάγχης ἔχομένῳ οἴδημα⁸
2 γενέσθαι ἐν τῷ βρόγχῳ⁹ ἔξω, ἀγαθόν.¹⁰

¹ The MSS. offer many readings (ἢν, εἰ, ἐκλίπη, ἐπιλέλοιπεν, λέλοιπεν, ἐκλέλοιπεν, ἐκλείπη, αὐτῆς, αὐτῆ, αὐτήν), all with approximately the same sense.

² ἀφροδισιάζειν Urb. V.

³ ἢ φαρμακοποσίη omitted by C': φαρμακείη V.

⁴ The reading οὐ γίνονται has poor MS. support but is the one known to Galen. Otherwise one would adopt οὐκ ἔγγίνονται.

⁵ In the second part of this aphorism I have adopted the text of V, which seems to be the simple original, altered by various hands to the fuller text found in our other MSS. The variants include δὲ or δ' before ἀν, the omission of ἀν,

APHORISMS, VI. xxviii.-xxxvii.

XXVIII. Eunuchs neither get gout nor grow bald.

XXIX. A woman does not get gout unless menstruation is suppressed.

XXX. A youth does not get gout before sexual intercourse.

XXXI. Pains of the eyes are removed by drinking neat wine, by bathing, by vapour baths, by bleeding or by purging.

XXXII. Those with an impediment in their speech are very likely to be attacked by protracted diarrhoea.

XXXIII. Those suffering from acid eructations are not very likely to be attacked by pleurisy.

XXXIV. Bald people are not subject to large varicose veins; bald people who get varicose veins grow hair again.

XXXV. A cough supervening on dropsy is a bad sign; but if it precede it is a good sign.

XXXVI. Bleeding removes difficulty of micturition; open the internal vein.¹

XXXVII. In a case of angina it is a good thing when a swelling appears on the outside of the trachea.

¹ Galen suspects that this aphorism is an interpellation. He says that to make good sense καλ must be understood before φλεβοτομίη: “bleeding, among other things.”

έουσι(ν) after φαλακροῖσι, μεγάλοι as epithet of κιρσοί, ἐπιγένωνται, οὗτοι before or after πάλιν.

⁶ Several MSS., and Littré, omit τὸ δὲ . . . ἀγαθόν.

⁷ τὰς ἔσω Littré and Rein., and V adds φλέβας.

⁸ οἰδημα C': οἰδήματα Urb. MV.

⁹ τραχήλω Urb.

¹⁰ C' adds ἔξω γὰρ τρέπεται τὸ νόσημα.

ΑΦΟΡΙΣΜΟΙ

XXXVIII. Ὁκόσοισι κρυπτοὶ καρκίνοι γίνονται,¹ μὴ θεραπεύειν βέλτιον· θεραπευόμενοι γάρ
ἀπόλλυνται ταχέως, μὴ θεραπευόμενοι δὲ πολὺν
4 χρόνον διατελέουσιν.

XXXIX. Σπασμοὶ γίνονται² ἢ ύπὸ πληρώ-
2 σιος ἢ κενώσιος.³ οὕτω δὲ καὶ λυγμός.

XL. Ὁκόσοισι περὶ τὸ ὑποχόνδριον πόνος
γίνεται⁴ ἀτέρ φλεγμονῆς, τούτοισι πυρετὸς
3 ἐπιγενόμενος λύει τὸν πόνον.⁵

XLI. Ὁκόσοισι διάπυόν τι ἐν τῷ σώματι ἔὸν
μὴ ἀποσημαίνει, τούτοισι διὰ παχύτητα τοῦ
3 πόνου ἢ⁶ τοῦ τόπου οὐκ ἀποσημαίνει.

XLII. Ἐν τοῖσιν ἰκτερικοῖσι τὸ ἥπαρ σκληρὸν
2 γενέσθαι,⁷ πονηρόν.

XLIII. Ὁκόσοι σπληνώδεες ύπὸ δυσεντερίης
ἀλίσκονται, τούτοισιν, ἐπιγενομένης μακρῆς τῆς
δυσεντερίης, ὅδρωψ ἐπιγίνεται ἢ λειεντερίη, καὶ
4 ἀπόλλυνται.

XLIV. Ὁκόσοισιν ἐκ στραγγούρης εἰλεοὶ
γίνονται, ἐν ἐπτὰ ἡμέρησιν ἀπόλλυνται,⁸ ἢν μὴ
3 πυρετοῦ ἐπιγενομένου ἄλις⁹ τὸ οὖρον ρύῃ.

XLV. Ἐλκεα ὁκόσα ἐνιαύσια γίνεται, ἢ μακρό-
τερον χρόνον ἵσχουσιν,¹⁰ ἀνάγκη ὀστέον ἀφί-
3 στασθαι, καὶ τὰς οὐλὰς κοίλας γίνεσθαι.

XLVI. Ὁκόσοι ύβοὶ ἐξ ἀσθματος ἢ βηχὸς
2 γίνονται πρὸ τῆς ἥβης, ἀπόλλυνται.

¹ C' has κρυπτοὶ καρκίνοι γίνονται twice.

² σπασμὸς γίνεται C' Urb. V.

³ C' Urb. transpose πληρώσιος and κενώσιος.

⁴ Some MSS. have πόνοι γίνονται.

⁵ For τὸν πόνον some MSS. have τὸ νόσημα.

⁶ Littré omits τού πόνου ἢ on the ground that the commentary of Galen implies two readings, one with τοῦ πόνου

APHORISMS, VI. XXXVIII.—XLVI.

XXXVIII. It is better to give no treatment in cases of hidden cancer; treatment causes speedy death, but to omit treatment is to prolong life.

XXXIX. Convulsions occur either from repletion or from depletion. So too with hiccough.

XL. When pain in the region of the hypochondrium occurs without inflammation, the pain is removed if fever supervenes.

XLI. When suppurating matter exists in the body without showing itself, this is due to the thickness either of the pus or of the part.

XLII. In jaundice, sclerosis of the liver is bad.

XLIII. When persons with enlarged spleens are attacked by dysentery, if the dysentery that supervenes be prolonged, dropsy or lientery supervenes with fatal results.

XLIV. Those who, after strangury, are attacked by ileus, die in seven days, unless fever supervenes and there is an abundant flow of urine.

XLV. If sores last for a year or longer, it must be that the bone come away and the scars become hollow.

XLVI. Such as become hump-backed before puberty from asthma or cough, do not recover.

and the other with *τοῦ τόπου*. All our MSS. give both phrases, a fact which Littré would explain as an attempt on the part of a scribe to include both of Galen's readings. Reinhold omits *ἢ τοῦ τόπου*.

⁷ For *τὸ* . . . *γενέσθαι* Urb. (with many other MSS.) has *ἢν τὸ ἥπαρ σκληρὸν γένηται*.

⁸ *οἱ τοιοῦτοι* is added after *ἀπόλλυνται* by V, before *ἀπόλλυνται* by C' Urb.

⁹ *ἄλες* Rein.

¹⁰ *ἰσχεῖ* Littré with several MSS. : *ἰσχωσιν* V.

ΑΦΟΡΙΣΜΟΙ

XLVII. Ὁκόσοισι φλεβοτομίῃ ἢ φαρμακείῃ
συμφέρει, τούτους τοῦ ἥρος φαρμακεύειν ἢ φλεβο-
3 τομεῖν.¹

XLVIII. Τοῖσι σπληγώδεσι δυσεντερίῃ ἐπιγε-
2 νομένη, ἀγαθόν.

XLIX. Ὁκόσα ποδαγρικὰ νοσήματα γίνεται,
ταῦτα ἀποφλεγμήναντα ἐν τεσσαράκοντα² ἡμέ-
3 ρησιν ἀποκαθίσταται.³

L. Ὁκόσοισιν ἀν ὁ ἐγκέφαλος διακοπῇ, τού-
τοισιν ἀνάγκη πυρετὸν καὶ χολῆς ἔμετον
3 ἐπιγύρεσθαι.

LI. Ὁκόσοισιν ὑγιαινούσιν ἔξαιφνης ὀδύραι
γίνονται ἐν τῇ κεφαλῇ, καὶ παραχρῆμα ὕφωνοι
γίνονται,⁴ καὶ ρέγκουσιν, ἀπόλλυνται ἐν ἐπτὰ
4 ἡμέρησιν,⁵ ἦν μὴ πυρετὸς ἐπιλάβῃ.

LII. Σκοπεῖν δὲ χρὴ καὶ τὰς ὑποφάσιας τῶν
ὁφθαλμῶν ἐν τοῖσιν ὑπνοισιν ἦν γάρ τι
ὑποφαίνηται τοῦ λευκοῦ,⁶ συμβαλλομένων τῶν
βλεφάρων, μὴ ἐκ διαρροίης ἔόντι ἢ φαρμακο-
ποσίης, φλαῦρον τὸ σημεῖον καὶ θανατῶδες
6 σφόδρα.

LIII. Αἱ παραφροσύναι αἱ μὲν μετὰ γέλωτος
γινόμεναι ἀσφαλέστεραι⁷ αἱ δὲ μετὰ σπουδῆς⁸
3 ἐπισφαλέστεραι.

LIV. Ἐν τοῖσιν ὀξέσι πάθεσι τοῖσι μετὰ
2 πυρετοῦ αἱ κλαυθμώδεες ἀναπνοαὶ κακόν.⁹

¹ After φλεβοτομεῖν C' has χρῆ.

² After τεσσαράκοντα V has ὅκτὼ.

³ ἀποκάθισται M Dietz, Littré: καθίσταται C': καθίστανται
several MSS.: ἀποκαθίστανται Urb. V.

⁴ For γίνονται Littré (without giving authority) has the
attractive reading κεῖνται.

APHORISMS, VI. XLVII.-LIV.

XLVII. Such as are benefited by bleeding or purging shall be purged or bled in spring.

XLVIII. In cases of enlarged spleen, dysentery supervening is a good thing.¹

XLIX. In gouty affections inflammation subsides within forty days.

L. Severe wounds of the brain are necessarily followed by fever and vomiting of bile.

LI. Those who when in health are suddenly seized with pains in the head, becoming² forthwith dumb and breathing stertorously, die within seven days unless fever comes on.

LII. One should also consider what is seen of the eyes in sleep; for if, when the lids are closed, a part of the white is visible, it is, should diarrhoea or purging not be responsible, a bad, in fact an absolutely fatal, sign.³

LIII. Delirium with laughter is less dangerous, combined with seriousness it is more so.

LIV. In acute affections attended with fever, moaning respiration is a bad sign.

¹ Cf. the forty-third aphorism of this section, where it is said that in such cases a protracted dysentery is followed by fatal results.

² The reading *κεῦνται* would mean “lie prostrate.” This word is very appropriate in its context, as apoplectic seizures are referred to.

³ In Urb. this aphorism is joined to the preceding. It is taken from *Prognostic*.

⁵ ἀπόλλυνται after ήμέρησιν C'.

⁶ Some MSS. place τοῦ λευκοῦ after βλεφάρων.

⁷ ἀσφαλέσταται and ἐπισφαλέσταται Urb.

⁸ Some MSS. read κλαυθμοῦ (or κλαθμοῦ) for σπουδῆς.

⁹ κακαὶ M.

ΑΦΟΡΙΣΜΟΙ

LV. Τὰ ποδαγρικὰ¹ τοῦ ἥρος καὶ τοῦ φθιτοῦ πώρου κινέῖται.

LVI. Τοῖσι μελαγχολικοῖσι νοσήμασιν ἐς τάδε² ἐπικίνδυνοι αἱ ἀποσκήψιες· ἀπόπληξιν τοῦ σώματος, ἢ σπασμόν,³ ἢ μανίην, ἢ τύφλωσιν⁴ σημαίνει.⁴

LVII. Ἀπόπληκτοι⁵ δὲ μάλιστα γίνονται οἱ⁶ ἀπὸ τεσσαρύκοντα ἐτέων μέχρις ἔξικοντα.

LVIII. Ἡν ἐπίπλοον ἐκπέσῃ, ἀνάγκη ἀποστῆναι.⁷

LIX. Ὁκόσοισιν ὑπὸ ἴσχιάδος ἐνοχλουμένοισιν⁸ ἔξισταται τὸ ἴσχίον, καὶ πάλιν ἐμπίπτει, τούτοισι μύξαι ἐπιγίνονται.⁹

LX. Ὁκόσοισιν ὑπὸ ἴσχιάδος ἐχομένοισι¹⁰ χρονίης τὸ ἴσχίον ἔξισταται, τούτοισι τίκεται¹¹ τὸ σκέλος, καὶ χωλοῦνται, ἢν μὴ καυθέωσιν.

ΤΜΗΜΑ ΕΒΔΟΜΟΝ

I. Ἐν τοῖσιν ὁξέσι νοσήμασι ψύξις ἀκρωτηρίων,
2 κακόν.

¹ C' adds here μᾶλλον and some MSS. ὡς ἐπὶ τὸ πολύ (πουλύ). A few MSS. add καὶ τὰ μανικὰ before τοῦ ἥρος.

² ἐς τὰν δὲ some good MSS.

³ τοῦ σώματος after σπασμόν Urb.

⁴ σημαίνοντιν Littré. One MS. has σημείωσιν. One MS. at least omits.

⁵ ἀπόπληκτηκολ C'.

⁶ οἱ C'; οἱ τῇ ἡλικίῃ V: ἡλικίῃ τῇ Littré (ἡλικίῃ τῇ M): τῇσιν ἡλικίησιν or τοῖσιν ἡλικίοισιν many MSS.

⁷ After ἀποστῆναι Urb. adds καὶ ἀποπεσεῖν.

⁸ ὀχλουμένοις V: χρονίης is found after ἴσχιάδος in some old editions.

APHORISMS, VI. LV.-VII. 1.

LV. Gouty affections become active in spring and in autumn.

LVI. In melancholic affections the melancholy humour is likely to be determined in the following ways: apoplexy of the whole body, convulsions, madness¹ or blindness.

LVII. Apoplexy occurs chiefly between the ages of forty and sixty.

LVIII. If the epiploön protrude, it cannot fail to mortify.²

LIX. In cases of hip-joint disease, when the hip-joint protrudes and then slips in again, mucus forms.

LX. In cases of chronic disease of the hip-joint, when the hip-joint protrudes, the leg wastes and the patient becomes lame, unless the part be cauterised.

SEVENTH SECTION.

I. In acute diseases chill of the extremities is a bad sign.

¹ See note on p. 185. The word *σημαίνει* (if the reading be correct) will be almost impersonal, “it means.”

² Galen and all commentators refer this aphorism to abdominal wounds through which the epiploön protrudes. The words added in Urb. mean “and drop off.” The epiploön is the membrane enclosing the intestines.

⁹ μύξα γίγνεται V. C' omits this aphorism. M has ἐγγίνονται for ἐπιγίνονται.

¹⁰ V omits: some MSS. (and Littré) ἐνοχλουμένοισι.

¹¹ φθίνει V and many other MSS.

ΑΦΟΡΙΣΜΟΙ

II. Ἐπὶ ὁστέῳ νοσήσαντι σὰρξ πελιδνή,
2 κακόν.

III. Ἐπὶ ἐμέτῳ λὺγξ καὶ ὁφθαλμοὶ ἐρυθροί,
2 κακόν.

IV. Ἐπὶ ἰδρῶτι φρίκη, οὐ χρηστόν.

V. Ἐπὶ μανίῃ δυσεντερίῃ, ἡ ὕδρωψ, ἡ ἔκστασις,
2 ἀγαθόν.

VI. Ἐν νούσῳ πολυχρονίῃ ἀσιτίῃ¹ καὶ ἄκρητοι
2 ὑποχωρήσιες, κακόν.

VII. Ἐκ πολυποσίης ρῦγος καὶ παραφροσύνη,
2 κακόν.

VIII. Ἐπὶ φύματος ἔσω ρῆγει ἔκλυσις, ἐμετος,²
2 καὶ λειποψυχίῃ γίνεται.

IX. Ἐπὶ αἷματος ρύσει παραφροσύνη ἡ³
2 σπασμός, κακόν.

X. Ἐπὶ εἰλεῷ ἐμετος, ἡ λὺγξ, ἡ σπασμὸς, ἡ
2 παραφροσύνη, κακόν.

XI. Ἐπὶ πλευρίτιδι περιπλευμονίῃ,⁴ κακόν.⁵

XII. Ἐπὶ περιπλευμονίῃ φρενῖτις, κακόν.

XIII. Ἐπὶ καύμασιν⁶ ἴσχυροῖσι σπασμὸς ἡ
2 τέταρος,⁷ κακόν.

¹ ἀποσιτίῃ V. After ἀσιτίῃ M has καὶ ἄκρητοι ἐμετοι.

² For ἔκλυσις, ἐμετος M has ἔκκριτις αἷματος.

³ For ἡ some MSS. have καὶ and M has ἡ καὶ.

⁴ After περιπλευμονίῃ M has ἐπιγινομένη.

⁵ κακόν according to Galen was omitted by certain ancient MSS.

⁶ One MS. has τραύμασιν for καύμασιν. Galen mentions both readings.

⁷ σπασμὸς τέταροι V.

APHORISMS, VII. II.-XIII.

II. In a case of diseased bone, livid flesh on¹ it is a bad sign.

III. For hiccup and redness of the eyes to follow vomiting is a bad sign.

IV. For shivering to follow sweating is not a good sign.

V. For madness to be followed by dysentery, dropsy or raving,² is a good sign.

VI. In a protracted disease loss of appetite and uncom pounded³ discharges are bad.

VII. Rigor and delirium after excessive drinking are bad symptoms.

VIII. From the breaking internally of an abscess result prostration, vomiting and fainting.

IX. After a flow of blood delirium or convulsions are a bad sign.

X. In ileus, vomiting, hiccup, convulsions or delirium are a bad sign.

XI. Pneumonia supervening on pleurisy is bad.⁴

XII. Phrenitis⁵ supervening on pneumonia is bad.

XIII. Convulsions or tetanus supervening on severe burns are a bad symptom.

¹ It is difficult to decide how far the preposition *ἐπί* in this and the following aphorisms means "after." The common use of *ἐπιγένεσθαι* to signify one symptom supervening on another suggests that *ἐπί* has somewhat of this force in all cases.

² By *ἐκστασις* is meant an increase of the maniacal symptoms, helping to bring the disease to a crisis.

³ Probably meaning "showing signs that *κράσις* is absent."

⁴ If *κακὸν* be omitted: "Pneumonia often supervenes on pleurisy."

⁵ Phrenitis means here either (a) the form of malaria called by this name, or (b) some disease with similar symptoms.

ΑΦΟΡΙΣΜΟΙ

XIV. Ἐπὶ πληγῇ ἐσ τὴν κεφαλὴν ἔκπληξις ἢ
2 παραφροσύνη, κακόν.¹

XV. Ἐπὶ αἷματος πτύσει, πύου πτύσις.

XVI. Ἐπὶ πύου πτύσει, φθίσις καὶ ρύσις.
2 ἐπὴν δὲ² τὸ στέλον³ ἵσχυται, ἀποθνήσκουσιν.

XVII. Ἐπὶ φλεγμονῇ τοῦ ἥπατος λύγξ
2 κακόν.

XVIII. Ἐπὶ ἀγρυπνίῃ σπασμὸς ἢ παραφρο-
2 σύνη κακόν.

XVIII bis. Ἐπὶ ληθάργῳ τρόμος κακόν.

XIX. Ἐπὶ ὀστέου ψιλώσει ἐρυσίπελας κακόν.

XX. Ἐπὶ ἐρυσιπέλατι σηπεδὼν ἢ ἔκπύησις.⁴

XXI. Ἐπὶ ἴσχυρῷ σφυγμῷ ἐν τοῖσιν ἔλκεσιν,
2 αἵμορραγίῃ.

XXII. Ἐπὶ ὁδύνῃ πολυχρονίᾳ τῶν περὶ τὴν
2 κοιλίην, ἔκπύησις.

XXIII. Ἐπὶ ἀκρήτῳ ὑποχωρήσει, δυσεν-
2 τερίῃ.

XXIV. Ἐπὶ ὀστέου διακοπῇ,⁵ παραφροσύνη,
2 ἢ κενεὸν λάβῃ.⁶

XXV. Ἐκ φαρμακοποσίης σπασμός, θανα-
2 τῶδες.

XXVI. Ἐπὶ ὁδύνῃ ἴσχυρῇ τῶν περὶ τὴν
2 κοιλίην, ἀκρωτηρίων ψύξις, κακόν.

¹ κακόν omitted (according to Galen) by certain MSS.

² καὶ ἐπὴν for ἐπὴν δὲ Urb. V.

³ πτύελον C' Urb.

⁴ ἢ ἔκπύησις omitted by V. After ἔκπύησις many MSS add κακόν.

⁵ Before παραφροσύνη C' Urb. add ἔκπληξις ἢ.

⁶ Rein. puts ἢ κενεὸν λάβῃ with XXV.

¹ If κακόν be omitted : “Stupor or delirium follows a blow on the head.”

APHORISMS, VII. xiv.-xxvi.

XIV. Stupor or delirium from a blow on the head is bad.¹

XV. After spitting of blood, spitting of pus.

XVI. After spitting of pus, consumption and flux;² and when the sputum is checked the patients die.

XVII. In inflammation of the liver, hiccough is bad.

XVIII. In sleeplessness, convulsions or delirium is a bad sign.

In lethargus trembling is a bad sign.

XIX. On the laying bare of a bone erysipelas is bad.

XX. On erysipelas, mortification or suppuration <is bad>.³

XXI. On violent throbbing in wounds, hemorrhage <is bad>.³

XXII. After protracted pain in the parts about the belly, suppuration <is bad>.³

XXIII. On uncompounded stools, dysentery <is bad>.³

XXIV. After the severing of bone, delirium, if the cavity be penetrated.⁴

XXV. Convulsions following on purging are deadly.

XXVI. In violent pain in the parts about the belly, chill of the extremities is a bad sign.

² Galen says that *βύστις* means either (*a*) the falling out of the hair or (*b*) diarrhoea.

³ These words must be understood, as they easily can be in a list of aphorisms giving “bad” symptoms.

⁴ Galen states that this aphorism applies, not to any bone, but to severe fractures of the skull piercing the membranes. I have done my best to use the most appropriate prepositions to translate *ἐπι* in aphorisms XVII. to XXIV.

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XXVII. Ἐν γαστρὶ ἔχούσῃ τεινεσμὸς ἐπι-
2 γεινόμενος ἐκτρῶσαι ποιεῖ.

XXVIII. Ὁ τι ἀν δστέον, ἢ χόνδρος, ἢ νεῦρον¹
2 διακοπῆ² ἐν τῷ σώματι, οὐκ αὔξεται.³

XXIX. Ἡν ὑπὸ λευκοῦ φλέγματος ἔχομένῳ
2 διάρροια ἐπιγέιηται ἵσχυρή, λύει τὴν νοῦσον.

XXX. Ὁκόσοισιν ἀφρώδεα⁴ διαχωρήματα
ἐν τῇσι διαρροίησι, τούτοισι ἀπὸ τῆς κεφαλῆς
3 καταρρεῖ.⁵

XXXI. Ὁκόσοισι πυρέσσουσιν⁶ κριμνώδεες αἱ
ὑποστάσιες ἐν τοῖσιν οὔροισι γίνονται, μακρὴν
3 τὴν ἀρρωστίην σημαίνουσιν.⁷

XXXII. Ὁκόσοισι χολώδεες αἱ ὑποστάσιες
γίνονται, ἄνωθεν δὲ λεπταί, ὀξείην τὴν ἀρρωστίην
3 σημαίνουσιν.

XXXIII. Ὁκόσοισι δὲ τὰ οὖρα διεστηκότα⁸
γίνεται, τούτοισι ταραχὴ ἵσχυρὴ⁹ ἐν τῷ σώματι
3 ἐστιν.

XXXIV. Ὁκόσοισι δὲ ἐν¹⁰ τοῖσιν οὔροισι
πομφόλυγες ὑφίστανται, νεφριτικὰ¹¹ σημαίνει,
3 καὶ μακρὴν¹² τὴν ἀρρωστίην.

¹ χόνδρος and νεῦρον are transposed by V. Urb. omits νεῦρον.

² διακοπῆ C' Urb. V: ἀποκοπῆ M.

³ οὐκ αὔξεται C' Urb.: οὐκ αὔξεται οὔτε συμφέται V: οὐχ
ὑγιάζει οὔτε αὔξεται οὔτε φύεται M.

⁴ MV add τὰ before διαχωρήματα.

⁵ ἐπικαταρρεῖ V: φλέγμα καταρρεῖ C' Urb.: ταῦτα καταρ-
ρεῖ M

⁶ ἐν τοῖσιν οὔροισι after πυρέσσουσιν MV.

⁷ σημαίνει C'. All the best MSS. except Urb. have
κρημνώδεες.

⁸ διεστηκότα after δὲ MV. ⁹ ἵσχυρὴ after σώματι V.

¹⁰ V has ἐπὶ and ἐφίστανται. M has ἐφίστανται but not ἐπὶ.
C' Urb. have ἐν and ὑφίστανται.

¹¹ νεφριτικὰ MSS.: φρενιτικὰ Dietz. Some MSS. have
σημαίνουσι.

APHORISMS, VII, XXVII.-XXXIV.

XXVII. Tenesmus¹ in the case of a woman with child causes miscarriage.

XXVIII. Whatsoever bone, cartilage or sinew be cut through in the body, it does not grow.²

XXIX. When in the case of a white phlegm³ violent diarrhoea supervenes, it removes the disease.

XXX. In cases where frothy discharges occur in diarrhoea there are fluxes from the head.⁴

XXXI. In fever cases sediments like coarse meal forming in the urine signify that the disease will be protracted.

XXXII. In cases where the urine is thin at the first,⁵ and then becomes bilious, an acute illness is indicated.

XXXIII. In cases where the urine becomes divided there is violent disturbance in the body.⁶

XXXIV. When bubbles form in the urine, it is a sign that the kidneys are affected, and that the disease will be protracted.⁷

¹ Straining at evacuations of stools.

² A repetition of *Aphorisms VI. xix.*

³ *I.e.* incipient anasarca.

⁴ This medically obscure aphorism should be connected with the doctrines expounded in the latter part of *Sacred Disease*.

⁵ Galen and Theophilus give this meaning to ἄνωθεν, and Adams adopts it. Littré translates, “à la partie supérieure,” but Galen says he had never seen urine watery above but bilious below.

⁶ The word διεστηκότα perplexed Galen, who took it to mean “not homogeneous”; Adams thinks that it refers to a strongly marked line of distinction between the sediment and the watery part.

⁷ Adams explains this as referring to albuminuria. Medically ἐφίστανται (“settle on the surface”) is the better reading, as albuminous urine is frothy. But the MS. authority for ἐν and ὑφίστανται is strong.

¹² Urb. has ὀξείην for μακρήν.

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XXXV. Ὁκόσοισι δὲ λιπαρὴ ἡ ἐπίστασις¹ καὶ ἀθρόη, τούτοισι νεφριτικὰ² καὶ ὁξέα³ σημαίνει.³

XXXVI. Ὁκόσοισι δὲ νεφριτικοῖσιν ἔοῦσι τὰ προειρημένα σημεῖα συμβαίνει, πόνοι τε ὁξέες περὶ τοὺς μύας τοὺς ράχαιαίους γίνονται, ἢν μὲν περὶ τοὺς ἔξω τόπους γίνωνται,⁴ ἀπόστημα προσδέχον ἐσόμενον ἔξω· ἢν δὲ μᾶλλον οἱ πόνοι πρὸς⁵ τοὺς ἔσω τόπους,⁶ καὶ τὸ ἀπόστημα προσδέχον⁷ ἐσόμενον μᾶλλον ἔσω.

XXXVII. Ὁκόσοι⁷ αἷμα ἐμέουσιν, ἢν μὲν ἄνευ πυρετοῦ, σωτήριον· ἢν δὲ σὺν πυρετῷ, κακόν· θεραπεύειν⁸ δὲ τοῖσι στυπτικοῖσιν ἢ τοῖσι⁴ ψυκτικοῖσιν.⁹

XXXVIII. Κατάρροοι ἐσ τὴν ἄνω κοιλίην² ἐκπυέονται ἐν ἡμέρησιν εἴκοσι.

XXXIX. Ἡν οὐρῆ αἷμα καὶ θρόμβους, καὶ στραγγούριή ἔχῃ, καὶ ὀδύνη ἐμπίπτῃ ἐσ τὸν περίνεον καὶ τὸν κτένα, τὰ περὶ τὴν κύστιν νοσεῖν⁴ σημαίνει.¹⁰

¹ ὑπόστασις C' Urb. V: ἐπίστασις M. Galen mentions both readings, but prefers ἐπίστασις because of the sense.

² Galen says that some would read φρεγτικά on the ground that the symptoms mentioned are not confined to nephritis.

³ After σημαίνει Urb. adds καὶ ὁξεῖην τὴν ἀρρωστίην ἔσεσθαι, omitting καὶ ὁξέα. C' has νεφριτικὰ σημαίνει ὁξέα.

⁴ ἢν μὲν περὶ . . . γίνωνται omitted by Urb.

⁵ For πρὸς Urb. and several MSS. have περὶ.

⁶ After τόπους many MSS. have γίνωνται.

⁷ ὄκδσοισιν C'V: Urb. has the final -σιν erased.

⁸ θεραπεύεται Urb. Rein. has ὀλέθριον κάρτα for κακόν (so Urb.), omitting θεραπεύειν κ.τ.ε.

⁹ V has τοῖσι στυπτικοῖσι only, adding τὰ ὁξέα τῶν νοσημάτων κρίνεται ἐν τεσταρεσκαΐδεκα ἡμέρησε τριταῖς κρίνεται ἐν

APHORISMS, VII, xxxv.-xxxix.

XXXV. When the scum on the urine is greasy and massed together, it indicates acute disease of the kidneys.¹

XXXVI. When the aforesaid symptoms occur in kidney diseases, and acute pains are experienced in the muscles of the back, if these occur about the external parts, expect an external abscess; if they occur more about the internal parts, expect rather that the abscess too will be internal.

XXXVII. The vomiting of blood, if without fever, may be cured;² if with fever, it is bad. Treat it with styptics or refrigerants.

XXXVIII. Catarrhs (fluxes) into the upper cavity³ suppurate in twenty days.

XXXIX. When a patient passes in the urine blood and clots, suffers strangury and is seized with pain in the perineum and pubes, it indicates disease in the region of the bladder.

¹ The MS. authority for ὑπόστασις is very strong, but Galen's comment seems to be decisive. Some ancient commentators, realising that greasy urine is not necessarily a sign of kidney disease, would have altered the reading νεφριτικά. Galen would keep νεφριτικά, understanding ἀθρόη to refer to time, "scum on urine passed at short intervals." But it is the scum, and not the urine, which is called ἀθρόη.

² This meaning of σωτήριον (*θεραπευθῆναι δυνάμενον*) is vouched for by Galen. The word should mean "salutary."

³ That is, the chest.

ἐπτα περιόδοισι τὸ μακρότατον. M has τριταῖος . . . μακρότατον. τὰ δέξα τῶν νοσημάτων γίνεται κ.τ.ε.

¹⁰ Galen mentions two readings, τὰ περὶ τὴν κύστιν νοσέειν σημαίνει, and τὴν κύστιν νοσέειν σημαίνει. M has κτένα καὶ τὴν κύστιν νοῦσον σημαίνει. Urb. omits this aphorism.

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XLI. Ἡν ἡ γλῶσσα ἔξαιφνης¹ ἀκρατής γένηται, ἡ ἀπόπληκτόν τι τοῦ σώματος, μελαγχολικὸν τὸ τοιοῦτον.²

XLI. Ἡν, ὑπερκαθαιρομένων τῶν πρεσβυτέρων,³ λὺγξ ἐπιγένηται, οὐκ ἀγαθόν.⁴

XLII. Ἡν πυρετὸς μὴ ἀπὸ χολῆς ἔχη, ὕδατος⁵ πολλοῦ καὶ θερμοῦ κατὰ τῆς κεφαλῆς καταχεομένου, λύσις γίνεται τοῦ πυρετοῦ.⁶

XLIII. Γυνὴ ἀμφιδέξιος οὐ γίνεται.

XLIV. Ὁκόσοι ἔμπυοι τέμνονται⁷ ἡ καίονται, ἦν μὲν τὸ πῦον καθαρὸν ρυῆ καὶ λευκόν, περιγίνονται· ἦν δὲ⁸ βορβορῶδες καὶ δυσῶδες, ἀπόλυτα.

XLV. Ὁκόσοι⁹ ἥπαρ διάπυον καίονται ἡ τέμνονται, ἦν μὲν τὸ πῦον καθαρὸν ρυῆ καὶ λευκόν, περιγίγνονται (ἐν χιτῶνι γὰρ τὸ πῦον τούτοισίν ἔστιν). ἦν δὲ οἶον ἀμόργη ρυῆ, ἀπόλυτα.

XLVI. Ὁδύνας ὀφθαλμῷ,¹⁰ ἀκρητον ποτίσας καὶ λούσας πολλῷ θερμῷ, φλεβοτόμει.

¹ ἔξαιφνης γλῶσσα Urb. ² τὸ τοιοῦτο γίγνεται V.

³ πρεσβυτάτων V. Rein. has datives in -ω.

⁴ κακὸν C'.

⁵ ὕδατος C' Urb. : ἰδρῶτος MV. Galen mentions both readings, preferring the former.

⁶ For τοῦ πυρετοῦ V has τῆς κεφαλῆς. Query τῆς κεφαλαλγίης?

⁷ κέονται ἡ τέμνονται Urb. : τέμνονται ἡ καίονται C' : ἡ τέμνονται omitted by MV.

⁸ After δὲ Littré has, following slight authority, ὕφαιμον καὶ.

⁹ ὄκδσοι ἥπαρ διὰ πύον καίονται V: ὄκδσοις ἥπαρ διὰ πύον καίονται ἡ τέμνονται Urb.: ὄκδσοι τὸ ἥπαρ διάπυον καίονται M. C' omits this aphorism.

¹⁰ ὀφθαλμῶν ὁδύνας λύει λουτρὸν καὶ ἀκρατοποσίην· λούσας πολλῷ θερμῷ φλεβοτόμησον. C'.

APHORISMS, VII. XL.-XLVI.

XL. If the tongue is suddenly paralysed, or a part of the body suffers a stroke, the affection is melancholic.¹

XLI. If old people, when violently purged, are seized with hiccough, it is not a good symptom.

XLII. If a patient suffers from a fever not caused by bile, a copious affusion of hot water over the head removes the fever.²

XLIII. A woman does not become ambidexterous.³

XLIV. Whenever empyema is treated by the knife or cautery, if the pus flow pure and white, the patient recovers: but if muddy and evil-smelling, the patient dies.

XLV. Whenever abscess of the liver is treated by cautery or the knife, if the pus flow pure and white, the patient recovers, for in such cases the pus is in a membrane; but if it flows like as it were lees of oil, the patient dies.

XLVI. In cases of pains in the eyes, give neat wine to drink, bathe in copious hot water, and bleed.

¹ The ancient commentators are at a loss to understand why paralysis is "melancholic," i.e. caused by black bile. Perhaps, as *μελαγχολία* may mean merely "nervousness," the aphorism means that persons of a nervous temperament are peculiarly subject to "strokes."

² The reading of V suggests, "relieves the headache."

³ Some ancient commentators took this aphorism literally; others thought that it referred to the position of the female embryo in the womb; others to the belief that a female is never an hermaphrodite.

ὅφθαλμῶν ὁδύνας· ἀκρατον ποτίσας καὶ λούσας πολλῷ θερμῷ.
φλεβοτόμει. Urb. So V, but with ἀκρητον.

ὁδύνας ὅφθαλμῶν ἀκρητοποσίῃ· ἡ λουτρόν· ἡ πυρίη. ἡ φλεβοτομίῃ λύει. M.

These three readings throw light upon the history of the Hippocratic text. They could not possibly be descendants of a single text copied with the ordinary copyist's blunders.

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XLVII. Ὄτιδρωπιῶντα ἦν βῆξ ἔχη,¹ ἀνέλπιστός
2 ἐστιν.²

XLVIII. Στραγγούριην καὶ δυσουρίην θώρηξις
2 καὶ φλεβοτομίη λύει· τέμνειν δὲ τὰς ἔσω.³

XLIX. Ὄτι ποκυνάγχης ἔχομένων οἴδημα ἦ ἐρύθημα ἐν τῷ στήθει⁴ ἐπιγενόμενον, ἀγαθόν· ἔξω
3 γὰρ τρέπεται τὸ νόσημα.

L. Ὄκόσοισιν ἀν σφακελισθῆ ὁ ἐγκέφαλος, ἐν τρισὶν ἡμέρησιν ἀπόλλυνται· ἦν δὲ ταύτας διαφύγωσιν, ὑγιέες γίνονται.

LI. Πταρμὸς γίνεται⁵ ἐκ⁶ τῆς κεφαλῆς, διαθερμαῖνομένου τοῦ ἐγκεφάλου, ἢ διυγραῖνομένου⁷ τοῦ ἐν τῇ κεφαλῇ κενεοῦ⁸ ὑπερχεῖται οὖν ὁ ἀὴρ ὁ ἐνεών,⁹ ψοφεῖ δέ, ὅτι διὰ στενοῦ ἡ διέξοδος αὐτῷ
5 ἐστιν.

LII. Ὄκόσοι ἥπαρ περιωδυνέουσι, τούτοισι
2 πυρετὸς¹⁰ ἐπιγενόμενος λύει τὴν ὀδύνην.

LIII. Ὄκόσοισι συμφέρει αἷμα ἀφαιρεῖν ἀπὸ
2 τῶν φλεβῶν, τούτους τοῦ ἥρος χρῆ φλεβοτομεῖν.¹¹

LIV. Ὄκόσοισι μεταξὺ τῶν φρενῶν καὶ τῆς γαστρὸς φλέγμα ἀποκλείεται,¹² καὶ ὀδύνην παρέχει, οὐκ¹³ ἔχον διέξοδον ἐς οὐδετέρην¹⁴ τῶν κοιλιῶν,

¹ ὄδρωπιέοντι ἦν βῆξ ἐπιγένηται C'.

² For ἐστιν V has γίνεται.

³ τέμνειν δὴ τὴν εἰσω φλέβα C'. Urb. adds φλέβας.

⁴ ἐν στήθεσιν C'. ⁵ πταρμοὶ γίνονται V.

⁶ For ἐκ C' Urb. have ἀπὸ.

⁷ Before τοῦ C' has ἡ διαψυχραῖνομένου and V ἡ ψυχομένου.

⁸ After κενεοῦ M has πληρουμένου.

⁹ After ἐνεών Urb. M have ξε. C' reads ἐὼν ἔσω λεπτὸς
ἔξω.

¹⁰ After πυρετὸς V has πρῶτος.

¹¹ I have followed C' closely in deciding the text of this aphorism. Urb. omits it and also the preceding. V reads:

APHORISMS, VII. XLVII.—LIV.

XLVII. There is no hope for a dropsical patient should he suffer from cough.

XLVIII. Strangury and dysuria are removed by drinking neat wine and bleeding; you should open the internal veins.

XLIX. In cases of angina, if swelling or redness appear on the breast, it is a good sign, for the disease is being diverted outwards.

L. When the brain is attacked by sphacelus,¹ the patients die in three days; if they outlive these, they recover.

LI. Sneezing arises from the head, owing to the brain being heated, or to the cavity in the head being filled with moisture (or becoming chilled).² So the air inside overflows, and makes a noise, because it passes through a narrow place.

LII. When there is severe pain in the liver, if fever supervenes it removes the pain.

LIII. When it is beneficial to practise venesection, one ought to bleed in the spring.

LIV. In cases where phlegm is confined between the midriff and the stomach, causing pain because it has no outlet into either of the cavities,³ the disease

¹ Sphacelus is incipient mortification, said by some commentators to include *caries* of the bone.

² In brackets is a translation of the words found in C' and V.

³ I.e. chest and bowels.

ἀίμα ἀφαιρέεσθαι ἀπὸ τῶν φλεβίων· τουτέος ἔαρι δεῖ φλεβοτομέεσθαι: Μ αἷμα ἀφαιρέειν ἀπὸ τῶν φλεβῶν. τουτέοισι ξυμφέρει. ἥρος φλεβοτομεῖσθαι.

¹² ἀποκλείεται C'MV: ἀποκλύεται Urb.: ἀποκεῖται many MSS.

¹³ For οὐκ Urb. has μὴ.

¹⁴ οὐδὲ ἐσ (εἰς M) ἐτέρην MV.

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τούτοισι, κατὰ τὰς φλέβας ἐς τὴν κύστιν τρεπο-
5 μένου τοῦ φλέγματος, λύσις γίνεται τῆς νούσου.

LV. Ὁκόσοισι δ' ἀν τὸ ἥπαρ ὕδατος πλησθὲν¹
ἐς τὸν ἐπίπλοον² ῥαγῆ, τούτοισιν ἡ κοιλίη ὕδατος
3 ἐμπίπλαται, καὶ ἀποθυήσκουσιν.

LVI. Ἀλύκην, χάσμην, φρίκην,³ οἶνος ἵσος ἵσω⁴
2 πινόμενος λύει.⁵

LVII. Ὁκόσοισιν ἐν τῇ οὐρήθρῃ φύματα
γίνεται,⁶ τούτοισι, διαπυήσαντος καὶ ἐκρα-
3 γέντος,⁷ λύεται ὁ πόνος.⁸

LVIII. Ὁκόσοισιν ἀν⁹ ὁ ἐγκέφαλος σεισθῆ
ὑπό τυνος προφάσιος,¹⁰ ἀνάγκη ἀφώνους¹¹ γενέσ-
3 θαι¹² παραχρῆμα.

LX. Τοῖσι σώμασι¹³ τοῖσιν ὑγρὰς τὰς σάρκας¹⁴
ἔχουσι λιμὸν ἐμποιεῦν· λιμὸς γὰρ ξηραίνει τὰ
3 σώματα.

LIX. Ἡν ὑπὸ πυρετοῦ ἔχομένῳ, οἰδήματος μὴ
ἐόντος ἐν τῇ φάρυγγι,¹⁵ πνὶξ ἐξαίφνης ἐπιγένηται,
καὶ καταπίνειν μὴ δύνηται, ἀλλ' ἡ μόλις,¹⁶
4 θανάσιμον.

¹ ὕδατος ἐμπλησθὲν Urb. : ἐμπλησθὲν ὕδατος V: ὕδατος πλησθὲν C'M.

² τὸν ἐπίπλοον C'MV: τὸν ἐπίπλοον Urb. (this MS. has ῥαγῆ before εἰς): Littré (with one MS. cited) has τὸ ἐπίπλοον.

³ Galen says that some MSS. ungrammatically gave the nominatives ἀλύκη, χάσμη, φρίκη. Littré restores these, against all our MSS. Ungrammatical sentences are not uncommon in the Hippocratic Corpus.

⁴ ἵσως. εἴσω M. C' too has ἵσως.

⁵ After λύει many MSS. add τὴν νοῦσον; C' has ταῦτα.

⁶ For γίνεται C' has ἐκφύεται.

⁷ ῥαγέντος C'.

⁸ λύσις γίνεται C': one MS. λύεται ἄνθρωπος ἐκ τοῦ πόνου. Urb. omits this aphorism.

⁹ δ' ἀν M.

APHORISMS, VII. LIV.—LIX.

is removed if the phlegm be diverted by way of the veins into the bladder.

LV. In cases where the liver is filled with water and bursts into the epiploön, the belly fills with water and the patient dies.

LVI. Distress, yawning and shivering are removed by drinking wine mixed with an equal part of water.

LVII. When tumours form in the urethra, if they suppurate and burst, the pain is removed.

LVIII. In cases of concussion of the brain from any cause, the patients of necessity lose at once the power of speech.

LX. Starving should be prescribed for persons with moist flesh; for starving dries the body.

LIX. In the case of a person suffering from fever, there being no swelling in the throat, should suffocation suddenly supervene, and the patient be unable to drink, or drink only with difficulty, it is a mortal symptom.¹

¹ See *Aphorisms IV.* xxxiv.

¹⁰ C' has ἀπὸ for ὑπὸ, and Urb. has ὑπό τινος προφάσιος in the margin.

¹¹ V has ἄφωνον, a grammatical error said by Galen to be found in some MSS.

¹² γίνεσθαι V.

¹³ τοῖς σώμασι omitted by C'.

¹⁴ ὑγρὰς ἔχουσι τὰς φύσιας C': ὑγρὰς τὰς σάρκας ἔχουσιν. Urb.: ὑγρὰς after σάρκας V.

The numbering of this and of the two next aphorisms is an attempt to reconcile the order in Galen with that of our vulgate, which omits LIX and places LX after LIX bis.

¹⁵ For ἐν τῇ φάρυγγι C' has ἐν τῷ τραχήλῳ: ἐν τῷ φάρυγγι πνήξ ἔξαίφνηται ἐγγένηται ἐκ τοῦ φάρυγγος V.

¹⁶ ἀλλὰ μόλις MV: καὶ καταπίνειν μόγης δύνηται θανάσιμον C'.

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LIX bis. Ἡν ύπὸ πυρετοῦ ἔχομένῳ ὁ τράχηλος
ἐπιστραφῇ, καὶ καταπίνειν μὴ δύνηται, οἰδήματος
3 μὴ ἔόντος ἐν τῷ τραχιγλῷ, θανάσιμον.¹

LXI. Ὁκου ἐν ὅλῳ τῷ σώματι μεταβολαῖ, καὶ
ἢν τὸ σῶμα ψύχηται, καὶ πάλιν θερμαίνηται, ἡ
χρῶμα ἔτερον ἐξ ἔτέρου μεταβάλλῃ, μῆκος νούσου
4 σημαίνει.²

LXII.³ Ἰδρὼς πολύς, θερμὸς ἡ ψυχρός, αἱεὶ
ῥέων, σημαίνει πλεῖον ὑγρόν· ἀπάγειν οὖν τῷ
3 μὲν ἴσχυρῷ ἄνωθεν, τῷ δὲ ἀσθενεῖ κάτωθεν.⁴

LXIII. Οἱ πυρετοὶ οἱ μὴ διαλείποντες, ἢν
ἴσχυρότεροι διὰ τρίτης γίνωνται, ἐπικίνδυνοι·
ὅτῳ δ’ ἀν τρόπῳ διαλείπωσι, σημαίνει ὅτι
4 ἀκίνδυνοι.⁵

LXIV. Ὁκόσοισι⁶ πυρετοὶ μακροί, τούτοισιν
2 φύματα, καὶ⁷ ἐς τὰ ἄρθρα πόνοι ἐγγίνονται.⁸

¹ C' omits this aphorism.

² Ὁκου ἐν ὅλῳ τῷ σώματι διαφοραὶ καὶ ἡν τὸ σῶμα ψύχεται ἡ
αὐθις θερμαίνηται ἡ χρῶμα ἔτερον ἐξ ἔτέρου μεταβάλλει μῆκος
νούσου δηλοῖ C':

καὶ ὕκου ἐν ὅλῳ τῷ σώματι μεταβολαῖ· καὶ τὸ σῶμα ψύχηται
καὶ πάλιν θερμαίνηται· ἡ χρῶμα ἔτερον ἐξ ἔτέρου μεταβάλληται.
νούσου μῆκος σημαίνει V:

καὶ ὕκου ἡν ἐν ὅλῳ τῷ σώματι μεταβολαῖ· καὶ τὸ σῶμα
καταψύχηται καὶ πάλιν θερμαίνηται· ἡ χρῶμα ἔτερον ἐξ ἔτέρου
μεταβάλλῃ. μῆκος νούτον σημαίνει. M.

This is another series of variants that cannot possibly be
due to ordinary “corruption.”

³ Ἰδρὸς πολὺς ἀεὶ ῥέων θερμὸς ἡ ψυχρὸς σημαίνει πλεῖον ὑγρὸν
ἀπάγειν τῷ μὲν ἴσχυρῳ ἄνωθεν τῷ ἀσθενῆ κάτωθεν. C':

ἰδρὼς πολὺς θερμὸς· ἡ ψυχρὸς ἀεὶ ῥέων. σημαίνει πλεῖον τὸ
ὑγρὸν ὑπάγειν· τῷ μὲν ἴσχυρῳ ἄνωθεν. τῷ δὲ ἀσθενεῖ κάτωθεν.
Urb., which ends here.

ἰδρὼς πολὺς θερμὸς ἡ ψυχρὸς ἀεὶ ῥέων. σημαίνει πλεῖον ὑγρὸν
ὑπάγειν· ἴσχυρῷ μὲν ἄνωθεν· ἀσθενεῖ δὲ κάτωθεν. V:

ἰδρὼς πολὺς ἡ θερμὸς ἡ ψυχρὸς ῥέων αἱεὶ. σημαίνει πλεῖον

APHORISMS, VII. LIX.-LXIV.

LIX. bis. In the case of a person suffering from fever, if the neck be distorted, and the patient cannot drink, there being no swelling in the neck, it is a mortal symptom.¹

LXI. Where there are changes in the whole body, if the body is chilled, becoming hot again, or the complexion changes from one colour to another, a protracted disease is indicated.²

LXII. Much sweat, flowing constantly hot or cold, indicates excess of moisture. So evacuate, in the case of a strong person, upwards, in the case of a weak one, downwards.³

LXIII. Fevers that do not intermit, if they become more violent every other day, are dangerous; but if they intermit in any way, it indicates that they are free from danger.⁴

LXIV. In protracted fevers, tumours and pains at the joints come on.⁵

¹ See *Aphorisms* IV. xxxv.

² See *Aphorisms* IV. xl.

³ The words added in our best MSS. mean: "Much sweat signifies disease, cold sweat greater disease, hot sweat less."

⁴ See IV. xlivi.

⁵ See IV. xliv.

ὑγρόν· ἀπάγειν οὖν τὸ μὲν ἰσχυρὸν. ἄνωθεν· τῷ δὲ ἀσθενεῖ κάτωθεν· Μ.

Galen is inclined to think this aphorism interpolated.

⁴ After LXII C' adds ἴδρος πολὺς νόσον σημαίνει δέ μεν ψυχρὸς πολὺν· δέ δε θερμὸς ἔλαττον: V ἴδρως πολὺς νοῦσον σημαίνει ὁ ψυχρὸς πολλήν. δέ θερμὸς ἐλάσσω: M ἴδρως πουλὺς. νοῦσον σημαίνει δὲ ψυχρὸς. πολλήν· δέ θερμὸς. ἐλάσσω.

⁵ ὀκέσοι πυρετοῖ μὴ διαλείποντες διὰ τρίτης ἰσχυρώτεροι γίνονται καὶ ἐπικίνδυνοι· δοκοῦν δέ ἀν τρόπῳ διαλίπωσιν σημαίνει ὅτι ἀκίνδυνοι C': πυρετοὶ ὀκέσοι μὴ διαλείποντες διὰ τρίτης ἰσχυρότεροι γίγνονται· καὶ ἐπικίνδυνοι ὅτω δέ ἀν τρόπῳ διαλίπωσιν ἀκίνδυνοι ἔσονται V: οἱ πυρετοὶ ὀκέσοι μὴ διαλείποντες διὰ τρίτης ἰσχυρότεροι γίνονται ἐπικίνδυνοι· ὅτω δέ ἀν. τρόπῳ διαλείπωσι. σημαίνει ὅτι ἀκίνδυνοι M.

⁶ ὀκέσοι C'.

⁷ ἡ φύματα ή Mv.

⁸ γίγνονται V.

ΑΦΟΡΙΣΜΟΙ

LXV. Ὁκόσοισι φύματα καὶ¹ ἐσ τὰ ἄρθρα πόνοι ἐγγίνονται² ἐκ πυρετῶν, οὗτοι σιτίοισι³ πλείοσι χρέονται.

LXVI. Ἡν τις πυρέσσοντι τροφὴν διδῷ, ἥν ὑγιεῖ, τῷ μὲν ὑγιαίνοντι ἴσχυς, τῷ δὲ κάμνοντι³ νοῦσος.³

LXVII. Τὰ διὰ τῆς κύστιος διαχωρέοντα ὄρην δεῖ,⁴ εἰ οἷα τοῖς ὑγιαίνοντιν ὑποχωρεῖται⁵ τὰ⁶ ἥκιστα οὖν ὅμοια τούτοισι, ταῦτα νοσερώτερα,⁷ τὰ δὲ ὅμοια τοῖσιν ὑγιαίνοντιν, ἥκιστα νοσερά.

LXVIII. Καὶ οἵσι τὰ ὑποχωρήματα, ἥν ἐάσῃς στῆναι καὶ μὴ κινήσῃς, ὑφίσταται⁸ οἵονεὶ ξύσματα,⁹ τούτοισι συμφέρει ὑποκαθῆραι τὴν κοιλίην· ἥν δὲ μὴ καθαρὴν ποιήσας διδῷς τὰ ρόφηματα, ὄκόσῳ ἀν πλείω διδῷς, μᾶλλον⁶ βλάψεις.

LXIX. Ὁκόσοισιν ἀν κάτω ὡμὰ ὑποχωρῆ,¹⁰

¹ For καὶ MV have μακρὰ ἦ.

² γίγνονται V (γίνονται M after πυρετῶν).

³ ἥν τις τῷ πυρέσσοντι τροφὴν διδῷ· ἥ τῷ μὲν ὑγιαίνοντι ἴσχυς τῷ κάμνοντι νοῦσος. C': ἥν τις πυρέσσοντι τροφὴν διδῷ. ἥν ὑγιεῖ· τῷ μὲν ὑγιαίνοντι ἴσχυς· τῷ δὲ κάμνοντι νοῦσος. M: ἥν τις τῷ πυρέσσοντι τροφὴν διδῷ· ἥν ὑγιεῖ. τῷ μὲν ὑγιαίνοντι ἴσχυς· τῷ δὲ κάμνοντι νοῦσος. V: Littré with one MS. ἥν ὑγιεῖ. Rein. οἴην ἀν ὑγιέῃ διδέῃ.

⁴ δῆ C'.

⁵ ὑποχωρέει C'.

⁶ C' adds οὖν after τὰ.

⁷ νοσηλότερα V.

⁸ ὑφίστανται MV.

⁹ After ξύσματα V has ἥν δλίγα, δλίγη ἥ νοῦσος γίγνεται· ἥν δὲ πολλὰ, πολλή· M has καὶ ἥν δλίγα ἥι κ.τ.ε.

APHORISMS, VII. LXV.-LXIX.

LXV. In cases where tumours and pains at the joints appear after fevers, the patients are taking too much food.¹

LXVI. If you give to a fever patient the same food as you would to a healthy person, it is strength to the healthy but disease to the sick.²

LXVII. We must examine the evacuations of the bladder, whether they are like those of persons in health; if they are not at all like, they are particularly morbid,³ but if they are like those of healthy people, they are not at all so.

LXVIII. When the evacuations are allowed to stand and are not shaken, and a sediment of as it were serapings is formed, in such cases it is beneficial slightly to purge the bowels. But if you give the barley gruel without purging, the more you give the more harm you will do.⁴

LXIX. When the alvine discharges are crude, they are caused by black bile; and the more copious the

¹ See IV. xlvi.

² Galen says that there were two forms of this aphorism, but gives only one, which omits $\eta\nu\ \dot{\eta}\gamma\epsilon\iota$, so that we can only guess what the other form was. He blames the way in which the meaning is expressed. This, however, is obvious enough, and is well illustrated in *Regimen in Acute Diseases*.

³ Galen finds fault with the comparative, and thinks that a superlative is wanted to contrast with $\eta\kappa\iota\sigma\tau\alpha$.

⁴ Galen criticises this aphorism. The word $\xi\eta\sigma\mu\alpha\tau\alpha$, he says, is inappropriate to urinary evaeuations; while if it applies to stools, the aphorism does not tally with fact. Some old commentators would join this aphorism to the following by means of a *kai*. As Littré points out, the aphorisms in this part of the work, however just Galen's criticisms may be, were known at least as early as the age of Bacchius.

¹⁰ $\dot{\eta}\pi\omega\chi\omega\rho\acute{\epsilon}\eta$ C' (not $\dot{\alpha}\pi\omega\chi\omega\rho\acute{\epsilon}\eta$, as Littré says).

ΑΦΟΡΙΣΜΟΙ

ἀπὸ χολῆς μέλαινης ἐστίν, ἥν πλείονα, πλείονος,
3 ἥν ἐλάσσονα, ἐλάσσονος.¹

LXX. Αἱ ἀποχρέμψιες αἱ ἐν τοῖσι πυρετοῖσι
τοῖσι μὴ διαλείπουσι, πελιδναὶ καὶ αἴματώδεες
καὶ χολώδεες καὶ² δυσώδεες, πᾶσαι³ κακαὶ·
ἀποχωρέουσαι δὲ καλῶς, ἀγαθαὶ, καὶ κατὰ
κοιλίην καὶ κύστιν· καὶ ὅκου ἄν τι ἀποχωρέον⁴
6 στῆ⁵ μὴ κεκαθαρμένῳ, κακόν.

LXXI. Τὰ σώματα χρή, ὅκου τις βούλεται
καθαίρειν,⁶ εὔροα ποιεῖν· κὴν μὲν ἄνω βούλῃ
εὔροα ποιεῖν, στῆσαι τὴν κοιλίην ἥν δὲ κάτω
4 εὔροα ποιεῖν, ὑγρῆναι τὴν κοιλίην.

LXXII. "Τπνος, ἀγρυπνίη, ἀμφότερὰ μᾶλλον
2 τοῦ μετρίου γινόμενα, τοῦσος?⁷

LXXIII. Ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσιν,
ἥν τὰ μὲν ἔξω ψυχρὰ ἦ, τὰ δὲ ἔσω καίηται, καὶ
3 δίψαν⁸ ἔχη, θανάσιμον.

LXXIV. Ἐν μὴ διαλείποντι πυρετῷ,⁹ ἥν
χεῖλος ἡ ῥὶς ἡ ὄφθαλμὸς διαστραφῆ, ἥν μὴ
βλέπῃ, ἥν μὴ ἀκούῃ, ἥδη ἀσθενέος ἔοντος τοῦ

¹ ἥν πλείονα πλείω· ἡ ἐλάσσονα ἐλάσσω ἡ νοῦσος C': πλείω πλείων and ἐλάσσω ἐλάσσων V: πλείονα πλείω and ἐλάσσω ἐλάσσονος (without ἡ νοῦσος) M.

² χολώδεες καὶ omitted by M.

³ στᾶσαι Rein.

⁴ τῷ ὑπὸ χωρέοντι C'.

στῇ omitted by C'.

⁶ καθαίρεσθαι M. Rein. omits εὔροα ποιεῖν (twice).

⁷ μᾶλλον τοῦ μετρίου κακόν. C' V: μᾶλλον τοῦ μετρίου γινόμενα· κακόν. After these words C' has οὐ πλησμονὴ οὐ λιμὸς οὐδὲ ἄλλο τοῦ ἀγαθὸν οὐδέν. ὅτι ἀν μᾶλλον τῆς φύσιος ἦ. M has οὐδὲ ἄλλο οὐδὲν ἀγαθὸν, while V has οὐδὲ λιμὸς and omits τοῦ.

⁸ δίψαν C' V: δίψα M: πυρετὸς Galen, Littré and Reinhold.

⁹ ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσι C' V.

APHORISMS, VII. LXIX.—LXXIV.

discharges the more copious the bile, and the less copious the one, the less copious the other.¹

LXX. In non-intermittent fevers, expectorations that are livid, blood-stained, bilious and fetid are all² bad; but if the discharge passes favourably, they are good, as is the case with discharges by the bowels and bladder. And wherever a part of the excreta remains behind without the body being purged, it is bad.³

LXXI. When you wish to purge bodies you must make them fluent;⁴ if you wish to make them fluent⁵ upwards, close the bowels, if downwards, moisten the bowels.⁵

LXXII. Both sleep and sleeplessness, when beyond due measure, constitute disease.⁶

LXXIII. In non-intermittent fevers, if the outside of the body be cold while the inside is burning, and thirst is present, it is a fatal sign.⁷

LXXIV. In a non-intermittent fever, should lip, nostril or eye be distorted, should the patient lose the sense of sight or hearing, the body being

¹ The other reading, more strongly attested by our MSS., ήν πλείω, πλείων, ήν ἐλάσσω, ἐλάσσων ἡ νοῦσος, means: “the more copious the discharges the worse the disease.”

² Or (with Rein.) “are bad if suppressed.”

³ Compare IV. xlvi.

⁴ “Bring into a state favourable to evacuations,” Adams. The adjective *εὔροις* is active, but “relaxed” is the nearest single equivalent I can think of. Littré renders by “coulant.” See p. 111.

⁵ Compare II. ix.

⁶ The words added in our best MSS. mean: “neither repletion, nor starvation, nor anything else is good if it be beyond nature.” Compare with this aphorism, II. iii.

⁷ See IV. xlviii. Galen appears to have known only the reading *πυρετὸς ἔχη*, which is, as he remarks, absurd.

ΑΦΟΡΙΣΜΟΙ

σώματος,¹ ὅ τι ἀν ἦ τούτων τῶν σημείων,
5 θανάσιμον.

LXXV. Ἐπὶ λευκῷ φλέγματι ὕδρωψ ἐπι-
2 γίνεται.

LXXVI. Ἐπὶ διαρροίῃ δυσεντερίῃ.

LXXVII. Ἐπὶ δυσεντερίῃ λειεντερίῃ ἐπι-
2 γίνεται.

LXXVIII. Ἐπὶ σφακέλῳ ἀπόστασις ὀστέου.²

LXXIX et LXXX. Ἐπὶ αἷματος ἐμέτῳ
φθορῇ³ καὶ πύου⁴ κάθαρσις ἄνω· ἐπὶ φθορῇ⁵
ρεῦμα ἐκ τῆς κεφαλῆς· ἐπὶ ρεύματι διάρροια·
ἐπὶ διαρροίῃ σχέσις τῆς ἄγω καθάρσιος· ἐπὶ τῇ
5 σχέσει⁶ θύνατος.

LXXXI. Οκοῖα καὶ ἐν τοῖσι κατὰ τὴν κύστιν,
καὶ τοῖσι κατὰ τὴν κοιλίην ὑποχωρήμασι, καὶ ἐν
τοῖσι κατὰ τὰς σάρκας, καὶ ἦν που ἄλλῃ τῆς
φύσιος ἐκβαίνῃ τὸ σῶμα, ἦν ὀλίγον, ὀλίγη ἡ
νοῦσος γίνεται,⁷ ἦν πολύ, πολλή, ἦν πάνυ
5 πολύ, θανάσιμον τὸ τοιοῦτον.⁸

LXXXII. Οκόσοι⁹ ὑπὲρ τὰ τεσσαράκοντα
ἔτεα φρενιτικοὶ γίνονται, οὐ πάνυ τι ὑγιάζονται·
ἥσσον γὰρ κινδυνεύουσιν, οἷσιν ἀν οἰκείη τῆς
4 φύσιος καὶ τῆς ἡλικίης ἡ νοῦσος ἦ.¹⁰

LXXXIII. Οκόσοισιν ἐν τῆσιν ἀρρωστίησιν
οἱ ὄφθαλμοὶ δακρύουσιν κατὰ προαιρεσιν, ἀγαθόν·
3 οκόσοισι δὲ ἄνευ προαιρέσιος, κακόν.

¹ So C'. ἀσθενέος ἔδντος V : ἀσθενῆς ἔδν M.

² ἀποστάσης ὀστέαν V.

³ φθόη M. Rein. reads ἐμέτῳ πύου κάθαρσις ἄνω· ἐπὶ τῇ
καθ. φθορῇ· ἐπὶ τῇ φθορῇ κ.τ.ε.

⁴ πύου omitted by M.

⁵ For φθορῇ M has φθόη, and adds the article before
ρεῦματι and διαρροίῃ.

APHORISMS, VII. LXXIV.-LXXXIII.

by this time weak, whichever of these symptoms appears, it is a deadly sign.

LXXV. On "white phlegm" supervenes dropsy.

LXXVI. On diarrhoea dysentery.

LXXVII. On dysentery supervenes lientery.

LXXVIII. On sphacelus exfoliation of the bone.

LXXIX and LXXX. On vomiting of blood consumption and purging of pus upwards. On consumption a flux from the head. On a flux diarrhoea. On a diarrhoea stoppage of the purging upwards. On the stoppage death.

LXXXI. In the discharges by the bladder, the belly and the flesh,¹ if the body departs in any way from its natural state, if slightly, the disease proves slight; if considerably, considerable; if very considerably, such a thing is deadly.

LXXXII. If phrenitis attack those beyond forty years of age they rarely recover; for the risk is less when the disease is related to the constitution and to the age.

LXXXIII. When in illnesses tears flow voluntarily from the eyes, it is a good sign, when involuntarily a bad sign.

¹ This probably means "through the skin."

⁶ δισσχέσει M. At the end some MSS. add ἐπὶ αἷματος πτύσει πύου πτύσις καὶ βύσις. ἐπὴν δὲ σίαλον ισχηται, ἀποθνήσκουσι—Galen's inaccurate quotation of VII. xv. and xvi.

⁷ M omits ἡ νοῦσος γίνεται, and goes on, ἦν δὲ πολὺ κ.τ.ξ.

⁸ After τοιοῦτον V adds: ἐντεῦθεν οἱ νόθοι. Galen's commentary ceases here.

⁹ ὀκόσοισιν C', with φρενιτικὰ γίγνεται following.

¹⁰ ἡσσον γὰρ . . . νοῦσος ἡ omitted by V, which has οὖτοι οὐ πάνυ σώζονται.

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LXXXIV. Ὁκόσοισιν ἐν τοῖσι πυρετοῖσι τεταρταίοισιν ἔοῦσιν αἷμα ἐκ τῶν ρινῶν ρυῆ,¹ 3 πουηρόν.

LXXXV. Ἰδρῶτες ἐπικίνδυνοι οἱ ἐν τῇσι κρισίμοισιν ἡμέρῃσι μὴ² γινόμενοι, σφοδροί τε καὶ ταχέως ὠθούμενοι ἐκ τοῦ μετώπου, ὥσπερ σταλαγμοὶ καὶ κρουνοί,³ καὶ ψυχροὶ σφύδρα καὶ πολλοί· ἀνάγκη γὰρ τὸν τοιοῦτον ἰδρῶτα⁴ πορεύεσθαι⁵ μετὰ βίης, καὶ πόνου ὑπερβολῆς, 7 καὶ ἐκθλίψιος⁶ πολυχρονίου.

LXXXVI. Ἐπὶ χρονίῳ νοσήματι κοιλίης κατα- 2 φορίῃ, κακόν.

LXXXVII. Ὁκόσα φάρμακα οὐκ ἴηται, σίδηρος ἴηται· ὅσα σίδηρος οὐκ ἴηται, πῦρ ἴηται· ὅσα δὲ 3 πῦρ οὐκ ἴηται, ταῦτα χρὴ νομίζειν ἀνίατα.⁷

Φθίσιες μάλιστα γίνονται ἀπὸ ὀκτὼ καὶ δέκα ἔτεων μέχρι τριήκοντα καὶ πέντε.⁸ τὰ δὲ κατὰ φύσιν γινόμενα κατὰ φθίσιν πάντα μὲν ἴσχυρά,

¹ ρυῆ. Query, βεῖ?

² μὴ omitted by M.

³ καὶ κρουνοὶ καὶ omitted by C'.

⁴ τοὺς τοιούτους ἰδρωτας C'.

⁵ πουηρεύεσθαι C' M V.

⁶ θλίψεως C'.

⁷ C' omits Aphorisms LXXXVI. and LXXXVII.

⁸ C' omits φθίσιες . . . πέντε.

APHORISMS, VII. LXXXIV.-LXXXVII.

LXXXIV. When in patients suffering from quartan¹ fevers there is bleeding at the nose, it is a bad symptom.

LXXXV. Sweats are dangerous that do not occur² on the critical days, when they are violent and quickly forced out of the forehead, as it were in drops or streams, and are very cold and copious. For such a sweat must be attended with violence, excess of pain and prolonged pressure.

LXXXVI. In a chronic disease excessive flux from the bowels is bad.

LXXXVII. Those diseases that medicines do not cure are cured by the knife. Those that the knife does not cure are cured by fire. Those that fire does not cure must be considered incurable.

In the MSS. C' and V, before the beginning of *Prognostic*, occur the following fragments, which Littré discusses in Vol. I. pp. 401 and following. He considers that most of the passage belongs to the work *Serens*. The first sentence, not found in C', is *Aphorisms* V. ix. The interesting point about the addition of such fragmentary passages to the end of a book is, that compilations like *Nature of Man* and *Humours* may have grown by a repetition of a like process.

Consumption usually occurs between the ages of eighteen and thirty-five. The symptoms that normally³ occur in consumption are all violent, while

¹ So Adams. Littré takes the Greek to mean: "When in fevers the patient bleeds at the nose on the fourth day," etc.

² With the reading of M: "that occur on the critical days," etc.

³ κατὰ φύσιν may be a mistaken repetition of κατὰ φθίσιν.

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τὰ δὲ καὶ θανατώδεα. δεύτερον δέ, ἦν ἐν τῇ ὥρῃ νοσῆ, αὐτῇ ἡ ὥρη¹ συμμαχεῖ τῇ νούσῳ, οἷον καύσῳ θέρος, ὑδρωπικῷ χειμῶν· ὑπερνικᾶ γὰρ τὸ φυσικόν. φοβερώτερον γάρ ἐστιν ἡ γλῶσσα μελαινομένη καὶ πελίη καὶ αίματώδης.
 10 ὅτι ἀν² τούτων ἀπῆ τῶν σημείων καὶ τὸ πάθος ἀσθενέστερον δηλοῦ. περὶ θανάτων σημείων.³
 ταῦτα μὲν ἐν τοῖς πυρετοῖς τοῖς ὀξέσι σημειοῦσθαι χρή, ὅπότε μέλλει ἀποθιήσκειν καὶ ὅπότε σωθήσεται. ὁ ὄρχις ὁ⁴ δεξιὸς ψυχόμενός τε καὶ ἀνασπώμενος, θανατώδεις. ὄνυχες μελαινόμενοι καὶ δάκτυλοι ποδῶν ψυχροὶ καὶ μέλανες καὶ σκληροὶ καὶ ἐγκύπτοντες⁵ ἐγγὺς τὸν θάνατον δηλοῦσιν.⁶ καὶ τὰ ἄκρα τῶν δακτύλων πελιδνὰ⁷ καὶ χείλη πέλια ὑπολελυμένα⁸ καὶ ἐξεστραμμένα⁹ θανατώδεα. καὶ σκοτοδινιῶν καὶ¹⁰ ἀποστρεφόμενος, τῇ τε ἡρεμίᾳ¹¹ ἡδόμενος, καὶ ὑπνῳ καὶ κώματι¹² πολλῷ κατεχόμενος, ἀνέλπιστος. καὶ ὑπολυσσέων ἀτρέμα καὶ ἀγνοέων καὶ μὴ¹³ ἀκούων μηδὲ συνιεῖς θανατώδεις.¹⁴ καὶ ἐμέων¹⁵ διὰ ρίνῶν ὅταν πίνῃ θανατώδεις.¹⁶ μέλλουσί τε¹⁷ ἀποθιήσκειν ταῦτα σαφέστερα γίνεται. εὐθέως¹⁸ καὶ αἱ κοιλίαι ἐπαίρονται καὶ φυσῶνται. ὄρος

¹ δευτέρων ἐν τῇ ὥρῃ C': δεύτερον δὲ ἦν μὲν ἐν τῇ ὥρῃ νουσέη αὐτῇ ἡ ὥρη V.

² So C': V has φοβερώτερον δὲ σπληνί· γλῶσσα μελαινομένη καὶ αίματώδης· ὅταν.

³ So C' as a title. V omits.

⁴ V omits ὁ and (lower down) σκληροί.

⁵ So C': V has ἐκκύπτοντες.

⁶ Here V has σημαίνουσι (a gloss).

⁷ πελιδνὰ omitted by V, which reads πελιδνὰ ἢ καὶ for πέλια.

⁸ ὑπολελυμένα C': ἀπολελυμένα V.

⁹ Here V adds καὶ ψυχρά.

APHORISMS, VII.

some are actually mortal. Secondly, if the patient be ill in the <kindred> season, the very season is an ally of the disease; for example, summer of ardent fever,¹ winter of dropsy. For the natural element wins a decisive victory. For a more fearful symptom is the tongue becoming black, dark and blood-stained. Whatever of these symptoms is not present, it shows that the lesion is less violent. The signs of death. These are the symptoms that in acute fevers must foretell the death or recovery of the patient. The right testicle cold and drawn up is a mortal sign. Blackening nails and toes cold, black, hard and bent forward show that death is near. The tips of the fingers livid, and lips dark, pendulous and turned out, are mortal symptoms. The patient who is dizzy and turns away, pleased with quiet and oppressed by deep sleep and coma,² is past hope. If he is slightly raving,³ does not recognise his friends, and cannot hear or understand, it is a mortal symptom. Vomiting through the nostrils when he drinks is a mortal symptom. When patients are about to die these clearer symptoms occur. Immediately the bowels swell and are puffed up. The boundary of death is passed when the heat of the soul has risen above the navel to the part above

¹ I.e. Summer heat makes the heat of fever worse, and the wet of winter is bad for the water of dropsy.

² Can the MSS. reading (*καύματι*) be correct? Littré apparently adopts it.

³ οπολυσσάω is not recognised by the dictionaries.

¹⁰ Here C' has *ἀνθρώποις*.

¹¹ ἡρεμία (*sic*) C' V.

¹² *καύματι* C' V.

¹³ For *μὴ* V has *μὴδὲ*.

¹⁴ V has *θανατώδης*.

¹⁵ αἰνέων C'.

¹⁶ V omits *καὶ . . . θανατῶδες*.

¹⁷ τε V; δὲ C'.

¹⁸ V omits *εὐθέως*.

ΑΦΟΡΙΣΜΟΙ

δὲ¹ θανάτου· ἐπειδὰν² τὸ τῆς ψυχῆς θερμὸν
 ἐπανέλθη ὑπὲρ τοῦ ὄμφαλοῦ ἐσ τὸ ἄνω τῶν
 φρενῶν,³ καὶ συγκαυθῆ τὸ ὑγρὸν ἅπαν. ἐπειδὰν
 30 ὁ πνεύμων καὶ ἡ καρδία τὴν ἴκμαδα ἀποβάλω-
 σιν⁴ τοῦ θερμοῦ ἀθροοῦντος ἐν τοῖς θανατώδεσι
 τόποις, ἀποπνεῖ ἀθροον⁵ τὸ πνεῦμα τοῦ θερμοῦ,
 ὅθενπερ συνέστη τὸ ὄλον, ἐσ τὸ ὄλον πάλιν,
 τὸ μὲν διὰ τῶν σαρκῶν τὸ δὲ διὰ τῶν ἐν τῇ⁶
 κεφαλῇ ἀναπνοέων, ὅθεν τὸ ζῆν καλέομεν. ἀπο-
 λείπουσα δὲ⁷ ἡ ψυχὴ τὸ τοῦ σώματος σκῆνος⁸
 τὸ ψυχρὸν καὶ τὸ θυητὸν εἴδωλον ἅμα καὶ
 χολὴ καὶ αἷματι καὶ φλέγματι καὶ σαρκὶ
 39 παρέδωκεν.⁹

¹ τοῦ θανάτου V.

² ἐπὰν V.

³ τὸν ἄνω τῶν φρενῶν τόπον V.

⁵ ἀθροῦν C'.

⁴ ἀποβλέπωσι V.

⁶ V omits τῇ.

⁸ Here V adds καὶ.

⁷ V omits δὲ.

⁹ C' has εἴδωλον αἷμα καὶ χολὴν καὶ φλέγμα καὶ σάρκας.

APHORISMS, VII.

the diaphragm, and all the moisture has been burnt up. When the lungs and the heart have cast out the moisture of the heat that collects in the places of death,¹ there passes away all at once the breath of the heat (wherfrom the whole² was constructed) into the whole again, partly through the flesh and partly through the breathing organs in the head, whence we call it the “breath of life.”³ And the soul, leaving the tabernacle of the body, gives up the cold, mortal image to bile, blood, phlegm and flesh.⁴

¹ “The places of death” might mean either (*a*) the vital parts or (*b*) the places fatally attacked by disease.

² Is “the whole” the individual organism or the universe? The first instance of *τὸ δὲν* seems to refer to the individual, the second to the universe. Perhaps the warm life of the individual is supposed to be re-absorbed into the cosmic warmth. See, however, the next note.

³ Is ζῆν here supposed to be related to ζέω (boil)? Perhaps, however, both δθεν τὸ ζῆν καλέομεν and (above) δθενπερ συνέστη τὸ δὲν are glosses. At any rate their omission improves both the construction and the meaning of the whole sentence.

⁴ Notice the poetic language (*τὴν τοῦ σῶματος σκῆνος, τὸ ψυχρὸν καὶ τὸ θυητὸν εἴδωλον*). The words *σκῆνος* and *εἴδωλον* suggest Orphic thought.

REGIMENT

ΠΕΡΙ ΔΙΑΙΤΗΣ

ΤΟ ΠΡΩΤΟΝ

Ι. Εἰ μέν μοί τις ἐδοκει τῶν πρότερου συγγραψάντων περὶ διαίτης ἀνθρωπίνης τῆς πρὸς ὑγείην ὥρθῶς ἔγνωκὼς συγγεγραφέναι πάντα διὰ παντός, ὅσα δυνατὸν ἀνθρωπίνη γνώμῃ περιληφθῆναι, ἵκανῶς εἶχεν ἄντι μοι, ἄλλων ἐκπονησάντων, γνόντα τὰ ὥρθῶς ἔχοντα, τούτοισι χρῆσθαι, καθότι ἔκαστον αὐτῶν ἐδόκει χρήσιμον εἶναι. νῦν δὲ πολλοὶ μὲν ἥδη συνέγραψαν, οὐδεὶς δέ πω ἔγνω ὥρθῶς καθότι ἦν αὐτοῖς συγγραπτέον· ἄλλοι δὲ 10 ἄλλο ἐπέτυχον· τὸ δὲ ὅλον οὐδεὶς πω τῶν πρότερον. μεμφθῆναι μὲν οὖν οὐδενὶ αὐτῶν ἄξιόν ἔστιν εἰ μὴ ἐδυνήθησαν ἔξευρεν, ἐπαινέσαι δὲ πάντας ὅτι ἐπεχείρησαν γοῦν¹ ζητῆσαι. ἐλέγχειν μὲν οὖν τὰ μὴ ὥρθῶς εἰρημένα οὐ παρεσκεύασμαι· προσομοιογεῦν δὲ τοῖς καλῶς² ἔγνωσμένοις διανεύονται· ὅσα μὲν γὰρ ὥρθῶς ὑπὸ τῶν πρότερον εἴρηται, οὐχ οἷόν τε ἄλλως πως ἐμὲ συγγράψαντα ὥρθῶς συγγράψαι· ὅσα δὲ μὴ ὥρθῶς εἰρήκασιν, ἐλέγχων μὲν ταῦτα, διότι οὐχ οὕτως ἔχει, οὐδὲν 20 περανῶ· ἔξηγεύμενος δὲ καθότι δοκεῖ μοι ὥρθῶς ἔχειν ἔκαστον, δηλώσω ὃ βούλομαι. διὰ τοῦτο

¹ ἀλλ' ἐπεχείρησαν γ' οὖν θ: ἀλλ' ἐπεχειρήσαντο M with ἀλλ' and -to erased: ἀλλ' ἐπεχείρησάν γε Diels.

² καλῶς θ: ίκανοῖς M.

REGIMEN

BOOK I

I. IF I thought that any one of my predecessors to write on human regimen in its relation to health had throughout written with correct knowledge everything that the human mind can comprehend about the subject, it would have been enough for me to learn what had been correctly worked out by the labours of others, and to make use of these results in so far as they severally appeared to be of use. As a matter of fact, while many have already written on this subject, nobody yet has rightly understood how he ought to treat it. Some indeed have succeeded in one respect and others in another, but nobody among my predecessors has successfully treated the whole subject. Now none of them is blameworthy for being unable to make complete discoveries; but all are praiseworthy for attempting the research. Now I am not prepared to criticise their incorrect statements; nay, I have resolved to accept what they have well thought out. The correct statements of my predecessors it is impossible for me to write correctly by writing them in some other way; as to the incorrect statements, I shall accomplish nothing by exposing their incorrectness. If, however, I explain how far each of their statements appears to me correct I shall set forth my wish. These preliminary remarks are made

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δὲ τὸν λόγον τοῦτον προκατατίθεμαι, ὅτι οἱ¹ πολλοὶ τῶν ἀνθρώπων ὄκόταν τινὸς προτέρου ἀκοίσωσι περὶ τινος ἔξηγευμένου, οὐκ ἀποδέχονται τῷρι τοῦτων, οὐ γινώσκοντες ὅτι τῆς αὐτῆς ἐστὶ διανοίης γνῶμαι τὰ ὄρθως εἰρημένα, ἔξευρεῖν τε τὰ μήπω εἰρημένα. ἐγὼ οὖν, ὥσπερ εἰπον, τοῖσι μὲν ὄρθως εἰρημένοισι προσομοιογήσω· τὰ δὲ μὴ ὄρθως εἰρημένα δηλώσω 30 ποῖα ἐστιν ὄκόσα δὲ μηδὲ ἐπεχείρησε μηδεὶς τῶν πρότερον δηλῶσαι, ἐγὼ ἐπιδείξω καὶ ταῦτα 32 οἵα ἐστι.

II. Φημὶ δὲ δεῖν τὸν μέλλοντα ὄρθως συγγράφειν περὶ διαίτης ἀνθρωπίνης² πρῶτον μὲν παντὸς φύσιν ἀνθρώπου γνῶμαι καὶ διαγνῶμαι· γνῶμαι μὲν ἀπὸ τίνων συνέστηκεν ἐξ ἀρχῆς, διαγνῶμαι δὲ ὑπὸ τίνων μερῶν κεκράτηται· εἴτε γὰρ τὴν ἐξ ἀρχῆς σύστασιν μὴ γνώσεται, ἀδύνατος ἐσται τὰ ὑπ’ ἐκείνων γινόμενα γνῶμαι· εἴτε μὴ γνώσεται τὸ ἐπικρατέον ἐν τῷ σώματι, οὐχ ἰκανὸς ἐσται τὰ συμφέροντα προσενεγκεῖν 10 τῷ ἀνθρώπῳ. ταῦτα μὲν οὖν δεῖ³ γινώσκειν τὸν συγγράφοντα, μετὰ δὲ ταῦτα σίτων καὶ ποτῶν ἀπάντων, οἷσι διαιτώμεθα, δύναμιν ἥντινα ἔκαστα⁴ ἔχει καὶ τὴν κατὰ φύσιν καὶ τὴν δι’ ἀνάγκην καὶ τέχνην ἀνθρωπίνην.⁵ δεῖ γὰρ ἐπίστασθαι τῶν τε ἴσχυρῶν φύσει ώς χρὴ τὴν δύναμιν ἀφαιρεῖσθαι, τοῖσι τε ἀσθενέσιν ὅκως χρὴ ἴσχὺν προστιθέται διὰ τέχνης, ὅκου ἀν ὁ καιρὸς ἔκάστῳ⁶ παραγένηται. γνοῦσι δὲ τὰ εἰρημένα οὕπω αὐτάρκης ἡ θεραπείη τοῦ ἀνθρώπου, διότι οὐ δύναται

¹ οἱ omitted by M.

² ἀνθρωπίνης θ.

³ δεῖ θ M: χρὴ Littré and vulgate.

REGIMEN, I. 1.-II.

for the following reasons: most men, when they have already heard one person expounding a subject, refuse to listen to those who discuss it after him, not realising that it requires the same intelligence to learn what statements are correct as to make original discoveries. Accordingly, as I have said, I shall accept correct statements and set forth the truth about those things which have been incorrectly stated. I shall explain also the nature of those things which none of my predecessors has even attempted to set forth.

II. I maintain that he who aspires to treat correctly of human regimen must first acquire knowledge and discernment of the nature of man in general—knowledge of its primary constituents and discernment of the components by which it is controlled. For if he be ignorant of the primary constitution, he will be unable to gain knowledge of their effects; if he be ignorant of the controlling thing in the body he will not be capable of administering to a patient suitable treatment. These things therefore the author must know, and further the power possessed severally by all the foods and drinks of our regimen, both the power each of them possessed by nature and the power given them by the constraint of human art. For it is necessary to know both how one ought to lessen the power of these when they are strong by nature, and when they are weak to add by art strength to them, seizing each opportunity as it occurs. Even when all this is known, the care of a man is not yet complete, because

⁴ ἡντινα ἔκαστα ἔχει M: ἡντινα ἔχουσι θ.

⁵ ἀνθρωπηίην M. * ἔκάστωι θ: ἔκα στων M.

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20 ἐσθίων ὁ ἄνθρωπος ὑγιαίνειν, ἢν μὴ καὶ πονῆ.
 ὑπεναντίας μὲν γὰρ ἀλλήλοισιν ἔχει τὰς δυνά-
 μιας σῖτα καὶ πόνοι, συμφέρονται δὲ πρὸς ἄλληλα
 πρὸς ὑγείην· πόνοι μὲν γὰρ πεφύκασιν ἀναλῶσαι
 τὰ ὑπάρχοντα· σῖτα¹ δὲ καὶ ποτὰ ἐκπληρώσαι
 τὰ κενωθέντα. δεῦ δὲ, ως ἕοικε, τῶν πόνων
 διαγινώσκειν τὴν δύναμιν καὶ τῶν κατὰ φύσιν
 καὶ τῶν διὰ βίης γινομένων, καὶ τίνες αὐτῶν αὔξη-
 σιν παρασκευάζουσιν ἐς σάρκας καὶ τίνες ἔλλει-
 φιν, καὶ οὐ μόνον ταῦτα, ἀλλὰ καὶ τὰς συμ-
 30 μετρίας τῶν πόνων πρὸς τὸ πλῆθος τῶν σίτων
 καὶ τὴν φύσιν τοῦ ἄνθρωπου καὶ τὰς ἡλικίας
 τῶν σωμάτων, καὶ πρὸς τὰς ὥρας τοῦ ἐνιαυτοῦ
 καὶ πρὸς τὰς μεταβολὰς τῶν πνεύματων, πρός
 τε τὰς θέσεις τῶν χωρίων² ἐν οἷσι διαιτέονται,
 πρός τε τὴν κατάστασιν τοῦ ἐνιαυτοῦ. ἄστρων
 τε ἐπιτολὰς καὶ δύσιας γινώσκειν δεῖ, ὅκως
 ἐπίστηται τὰς μεταβολὰς καὶ ὑπερβολὰς φυλάσ-
 σειν καὶ σίτων καὶ ποτῶν καὶ πνευμάτων καὶ
 τοῦ ὅλου κόσμου, ἐξ ὧνπερ τοῖσιν ἄνθρωποισι
 40 αἱ νοῦσοι εἰσίν.³ ταῦτα δὲ πάντα διαγνόντι
 οὕπω αὐταρκες τὸ εὖρεμά ἐστιν· εἰ μὲν γὰρ ἦν
 εὑρετὸν ἐπὶ τούτοισι πρὸς ἐκάστου⁴ φύσιν σίτου
 μέτρον καὶ πόνων ἀριθμὸς σύμμετρος μὴ ἔχων
 ὑπερβολὴν μήτε ἐπὶ τὸ πλέον μήτε ἐπὶ τὸ
 ἔλασσον, εὑρητο ἀν ὑγείη τοῖσιν ἄνθρωποισιν
 ἀκριβῶς. νῦν δὲ τὰ μὲν προειρημένα πάντα
 εὕρηται, ὅκοιά ἐστι, τοῦτο δὲ ἀδύνατον εύρεῖν.
 εἰ μὲν οὖν παρείη τις καὶ ὄρφη, γινώσκοι ἀν τὸν
 ἄνθρωπον ἐκδύνοντά τε καὶ ἐν τοῖσι γυμνασίοισι

¹ σίτα θ: σιτία M.

² χωρέων Zwinger Diels.

REGIMEN, I. II.

eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities, yet work together to produce health. For it is the nature of exercise to use up material, but of food and drink to make good deficiencies. And it is necessary, as it appears, to discern the power of the various exercises, both natural exercises and artificial, to know which of them tends to increase flesh and which to lessen it; and not only this, but also to proportion exercise to bulk of food, to the constitution of the patient, to the age of the individual, to the season of the year, to the changes of the winds, to the situation of the region in which the patient resides, and to the constitution of the year. A man must observe the risings and settings of stars, that he may know how to watch for change and excess in food, drink, wind and the whole universe, from which diseases exist among men. But even when all this is discerned, the discovery is not complete. If indeed in addition to these things it were possible to discover for the constitution of each individual a due proportion of food to exercise, with no inequality either of excess or of defect, an exact discovery of health for men would have been made. But as it is, although all the things previously mentioned have been discovered, this last discovery cannot be made. Now if one were present and saw, he would have knowledge¹ of the patient as he stripped and

¹ With the reading of Ermerins and Diels: "saw the patient as he stripped . . . he would know how it is necessary to keep him," etc.

³ φύουται vulgate, Littré.

⁴ ἐκάστον θ: ἐκάστην M.

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50 γυμναζόμενον, ὥστε¹ φυλάσσειν ὑγιαίνοντα, τῶν
 μὲν ἀφαιρέων, τοῖσι δὲ προστιθείσ· μὴ παρεόντι
 δὲ ἀδύνατον ὑποθέσθαι ἐς ἀκριβείην σῆτα καὶ
 πόνους· ἐπεὶ ὁκόσον γε δυνατὸν εὔρεν ἐμοὶ
 εἴρηται. ἀλλὰ γὰρ εἰ καὶ πάνυ μικρὸν ἐνδεέ-
 στερα² τῶν ἔτέρων γίνοιτο, ἀνάγκη κρατηθῆναι
 ἐν πολλῷ χρόνῳ τὸ σῶμα ὑπὸ τῆς ὑπερβολῆς καὶ
 ἐς νοῦσον ἀφικέσθαι. τοῖσι μὲν οὖν ἄλλοισι
 μέχρι τούτου ἐπικεχείρηται ζητηθῆναι· εἴρηται³
 δὲ οὐδὲ ταῦτα· ἐμοὶ δὲ ταῦτα ἔξεύριται, καὶ πρὸ⁴
 60 τοῦ κάμνειν τὸν ἀνθρωπὸν ἀπὸ τῆς ὑπερβολῆς,
 ἐφ' ὁκότερον⁴ ἀν γένηται, προδιάγνωσις. οὐ γὰρ
 εὐθέως αἱ νοῦσοι τοῖσιν ἀνθρώποισι γίνονται,
 ἀλλὰ κατὰ μικρὸν συλλεγόμεναι ἀθρόως⁵ ἐκφαί-
 νονται. πρὶν οὖν κρατεῖσθαι ἐν τῷ ἀνθρώπῳ τὸ
 ὑγιὲς ὑπὸ τοῦ νοσεροῦ, ἡ πάσχουσιν ἔξεύρηται
 μοι, καὶ ὅκως χρὴ ταῦτα καθιστάναι ἐς τὴν
 ὑγείην. τούτου δὲ προσγενομένου πρὸς τοῖσι
 γεγραμμένοισι, τελευτᾶ⁶ τὸ ἐπιχείρημα τῶν
 69 διανοημάτων.

III. Συνίσταται μὲν οὖν τὰ ζῶα τά τε ἄλλα
 πάντα καὶ ὁ ἀνθρωπὸς ἀπὸ δυοῖν, διαφόροιν
 μὲν τὴν δύναμιν, συμφόροιν δὲ τὴν χρῆσιν, πυρὸς
 καὶ ὕδατος. ταῦτα δὲ συναμφότερα αὐτάρκεά
 ἔστι τοῖσι τε ἄλλοισι πᾶσι καὶ ἀλλήλοισιν,
 ἐκάτερον δὲ χωρὶς οὕτε αὐτὸν ἔωντῷ οὕτε ἄλλῳ
 οὐδενί. τὴν μὲν οὖν δύναμιν αὐτῶν ἐκάτερον

¹ Diels (after Ermerins) puts γινώσκοι ἀν after γυμναζόμενον,
 reading ὡς δεῖ φυλάσσειν. θ has ὥστε διαφυλάσσειν.

² After ἐνδεέστερα Diels (perhaps rightly) adds τὰ ἔτερα..

³ εἴρηται θ Μ: εἴρηται has been suggested.

⁴ ἀφ' ὁκοτέρων Diels, from the *de qua prorenit* of P.

REGIMENT, I. II.-III.

practised his exercises, so as to keep him in health by taking away here and adding there. But without being present it is impossible to prescribe the exact amount of food and exercise, since how far it is possible to make discoveries I have already set forth. In fact, if there occur even a small deficiency of one or the other, in course of time the body must be over-powered by the excess and fall sick. Now the other investigators have attempted to carry their researches to this point, but they have not gone on to set them forth.¹ But I have discovered these things, as well as the foreeasting of an illness before the patient falls sick, based upon the direction in which is the excess. For diseases do not arise among men all at once; they gather themselves together gradually before appearing with a sudden spring. So I have discovered the symptoms shown in a patient before health is mastered by disease, and how these are to be replaced by a state of health. When to the things already written this also has been added, the task I have set before myself will be accomplished.

III. Now all animals, including man, are composed of two things, different in power but working together in their use, namely, fire and water. Both together these are sufficient for one another and for everything else, but each by itself suffices neither for itself nor for anything else. Now the power that

¹ Or, "but neither have these things been set forth (discovered)." The conjecture *εύρηται* would suggest that the writer had been successful in making a discovery which other authorities had unsuccessfully tried to reach.

⁵ ἀθρόον θ.

⁶ τελευτὰ θ: τελέεται M: *finem accipit* P.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἔχει τοιήνδε· τὸ μὲν γὰρ πῦρ δύναται πάντα διὰ παντὸς κινῆσαι, τὸ δὲ ὕδωρ πάντα διὰ παντὸς
 10 θρέψαι· ἐν μέρει δὲ ἔκάτερον κρατεῖ καὶ κρατεῖται ἐσ τὸ μῆκιστον καὶ ἐλάχιστον¹ ὡς ἀνυστόν. οὐδέτερον γὰρ κρατῆσαι παντελῶς δύναται διὰ τόδε· τὸ μὲν πῦρ ἐπεξιὸν ἐπὶ τὸ ἔσχατον τοῦ ὕδατος ἐπιλείπει ἡ τροφή· ἀποτρέπεται οὖν ὄκοθεν μέλλει τρέφεσθαι· τὸ δὲ ὕδωρ ἐπεξιὸν ἐπὶ τὸ ἔσχατον τοῦ πυρός, ἐπιλείπει ἡ κίνησις· ἴσταται οὖν ἐν τούτῳ· ὄκοταν δὲ στῆ, οὐκέτι ἐγκρατές ἐστιν, ἀλλ’ ἥδη τῷ ἐμπίπτοντι πυρὶ ἐσ τὴν τροφὴν καταναλίσκεται. οὐδέτερον δὲ
 20 διὰ ταῦτα δύναται κρατῆσαι παντελῶς· εἰ δέ ποτε κρατηθείη καὶ ὄκοτερον πρότερον,² οὐδὲν ἀν εἴη τῶν νῦν ἔόντων ὥσπερ ἔχει νῦν· οὕτω δὲ ἔχόντων αἱεὶ ἔσται τὰ αὐτά, καὶ οὐδέτερα καὶ οὐδὲ ἄμα³ ἐπιλείψει. τὸ μὲν οὖν πῦρ καὶ τὸ ὕδωρ, ὥσπερ εἴρηται μοι, αὐτάρκεά ἐστι πᾶσι διὰ παντὸς ἐσ
 26 τὸ μῆκιστον καὶ τοὐλάχιστον ὠσαύτως.

IV. Τούτων δὲ προσκεῖται ἔκατέρῳ τάδε· τῷ μὲν πυρὶ τὸ θερμὸν καὶ τὸ ξηρὸν, τῷ δὲ ὕδατι τὸ ψυχρὸν καὶ τὸ ύγρόν· ἔχει δὲ ἀπ’ ἀλλήλων τὸ μὲν πῦρ ἀπὸ τοῦ ὕδατος τὸ ύγρόν· ἔνι γὰρ ἐν πυρὶ⁴ ύγρότης· τὸ δὲ ὕδωρ ἀπὸ τοῦ πυρὸς τὸ ξηρόν· ἔνι γὰρ ἐν ὕδατι ξηρόν. οὕτω δὲ τούτων ἔχόντων, πολλὰς καὶ παντοδαπὰς ἴδεας ἀποκρίνονται ἀπ’ ἀλλήλων καὶ σπερμάτων καὶ ζῷων, οὐδὲν ὁμοίων⁵ ἀλλήλοισιν οὔτε τὴν ὄψιν οὔτε

¹ Before ἐλάχιστον Littré adds τὸ.

² Several authorities would omit πρότερον.

³ Some would read καὶ οὐδέτερον οὐδαμὰ, “and neither will fail altogether.” This is very likely the correct reading.

REGIMEN, I. III.-IV.

each of them possesses is this. Fire can move all things always, while water can nourish all things always; but in turn each masters or is mastered to the greatest maximum or the least minimum possible. Neither of them can gain the complete mastery for the following reason. The fire, as it advances to the limit of the water, lacks nourishment, and so turns to where it is likely to be nourished; the water, as it advances to the limit of the fire, finds its motion fail, and so stops at this point. When it stops its force ceases, and hereafter is consumed to nourish the fire which assails it. Neither, however, can become completely master for the following reasons. If ever either were to be mastered first, none of the things that are now would be as it is now. But things being as they are, the same things will always exist, and neither singly nor all together will the elements fail. So fire and water, as I have said, suffice for all things throughout the universe unto their maximum and the minimum alike.

IV. These elements have severally the following attributes. Fire has the hot and the dry, water the cold and the moist. Mutually too fire has the moist from water, for in fire there is moisture, and water has the dry from fire, for there is dryness in water also. These things being so, they separate off from themselves many forms of many kinds, both of seeds and of living creatures, which are like to one another neither in their appearance nor in their power.¹

¹ Probably δύναμις here means φύσις, "nature," "essence."

⁴ For ἐν πυρὶ M has ἀπὸ τοῦ ὕδατος.

⁵ ὄμοιον θ M: ὄμοιων Zwinger. A. L. Peck has [ἀπ' αὐτῶν] καὶ σπέρματα καὶ ζῷα, καὶ οὐδὲν ὄμοιον ἄλλο ἄλλῳ. Before πολλὰς Fredrich places εἰς.

ΠΕΡΙ ΔΙΑΙΤΗΣ

10 τὴν δύναμιν· ἄτε γὰρ οὕποτε κατὰ τωύτῳ ἴστα-
μενα, ἀλλ’ αἰεὶ ἀλλοιούμενα ἐπὶ τὰ καὶ ἐπὶ τὰ,¹
ἀνόμοια ἔξ ἀνάγκης γίνεται καὶ τὰ ἀπὸ τούτων
ἀποκρινόμενα. ἀπόλλυται μέν νυν οὐδὲν ἀπάν-
των χρημάτων, οὐδὲ γίνεται ὅ τι μὴ καὶ πρόσθεν
ἥν· συμμισγόμενα δὲ καὶ διακρινόμενα ἀλλοιοῦ-
ται· νομίζεται δὲ ὑπὸ τῶν ἀνθρώπων τὸ μὲν ἔξ
“Αἰδου ἐς φύος αὐξηθὲν γενέσθαι, τὸ δὲ ἐκ τοῦ
φύεος ἐς “Αἰδην μειωθὲν ἀπολέσθαι· ὁφθαλμοῖσι
γὰρ πιστεύουσι μᾶλλον ἡ γνώμη, οὐχ ἵκανοῖς
20 ἐοῦσιν οὐδὲ περὶ τῶν ὄρεομένων κρῖναι.² ἐγὼ δὲ
τάδε γνώμη ἔξηγέομαι. ζῷα³ γὰρ κάκεῖνα καὶ
τάδε· καὶ οὕτε, εἰ ζῷον, ἀποθανεῖν οἶόν τε, εἰ μὴ
μετὰ πάντων ποῖ⁴ γὰρ ἀποθανεῖται; οὕτε τὸ
μὴ ὃν γενέσθαι, πόθεν γὰρ ἔσται;⁵ ἀλλ’ αὔξεται
πάντα καὶ μειοῦται ἐς τὸ μήκιστον καὶ ἐς τὸ
ἐλάχιστον, τῶν γε δυνατῶν. ὅ τι δ’ ἀν διαλέγωμαι
γενέσθαι ἡ⁶ ἀπολέσθαι, τῶν πολλῶν εἴνεκεν ἔρμη-
γεύω· ταῦτα⁷ δὲ συμμίσγεσθαι καὶ διακρίνεσθαι
δηλῶ· ἔχει δὲ καὶ⁸ ὡδε· γενέσθαι καὶ ἀπολέσθαι
30 τωύτο, συμμιγῆναι καὶ διακριθῆναι τωύτο, αὐξη-
θῆναι καὶ μειωθῆναι τωύτο, γενέσθαι, συμμιγῆναι

¹ ἐπὶ τὰ καὶ ἐπὶ τὰ Corais: ἔπειτα καὶ ἔπειτα MSS.

² ὁφθαλμοῖσι δὲ πιστεύεσθαι μᾶλλον, ἡ γνώμαι· ἐγὼ δὲ τάδε
γνώμη κ.τ.ε. M.

³ ζῷα M: ζώει Littré (from θ's ζῶ εἰ γὰρ). For εἰ ζῷον
Fredrich and Gomperz read τὸ ἀείζωον.

⁴ ποῖ MSS: ποῖ A. L. Peck after H. Rackham.

⁵ This is practically the reading of θ. M has καὶ οὕτε τὸ
ζῷον ἀποθανεῖν οἶόν τε μὴ μετὰ πάντων, καὶ γὰρ ἀποθανεῖται
οὕτε τὸ μὴ ὃν γενέσθαι, κόθεν παραγενήσεται. Both MSS. have
δὲ ποτὲ ἔδν.

⁶ ὅτι δ’ ἀν διαλέγωμαι θ: ὅτι δὴν διαλέγυμαι M. ἡ θ: καὶ τὸ M

⁷ ταῦτα Bywater after Bernays.

⁸ καὶ omitted by M.

REGIMENT, I. iv.

For as they never stay in the same condition, but are always changing to this or to that, from these elements too are separated off things which are necessarily unlike. So of all things nothing perishes, and nothing comes into being that did not exist before. Things change merely by mingling and being separated.¹ But the current belief among men is that one thing increases and comes to light from Hades, while another thing diminishes and perishes from the light into Hades. For they trust eyes rather than mind, though these are not competent to judge even things that are seen. But I use mind to expound thus. For there is life in the things of the other world, as well as in those of this. If there be life, there cannot be death, unless all things die with it. For whither will death take place? Nor can what is not come into being. For whence will it come? But all things increase and diminish to the greatest possible maximum or the least possible minimum. Whenever I speak of "becoming" or "perishing" I am merely using popular expressions; what I really mean is "mingling" and "separating." The facts are these. "Becoming" and "perishing" are the same thing; "mixture" and "separation" are the same thing; "increase" and "diminution" are the same thing; "becoming" and "mixture" are the same thing;

¹ The passage, "So of all things . . . and being separated," is almost verbally the same as a fragment of Anaxagoras quoted by Simplicius (*Phys.* 163, 20). It runs: *τὸ δὲ γίνεσθαι καὶ ἀπόλλυσθαι οὐκ ὄρθως νομίζουσιν οἱ Ἑλληνες. οὐδὲν γὰρ χρῆμα γίνεται οὐδὲ ἀπόλλυται, ἀλλ' ἀπὸ ἐόντων χρημάτων συμμίσγεται τέ, καὶ διακρίνεται καὶ οὕτως ἀν ὄρθως καλοῖεν τό τε γίνεσθαι συμμίσγεσθαι καὶ τὸ ἀπόλλυσθαι διακρίνεσθαι.*

ΠΕΡΙ ΔΙΑΙΤΗΣ

τωύτό, ἀπολέσθαι, μειωθῆναι, διακριθῆναι¹ τωύτῳ, ἔκαστον πρὸς πάντα καὶ πάντα πρὸς ἔκαστον τωύτῳ, καὶ οὐδὲν πάντων τωύτῳ.² ὁ
35 νόμος γὰρ τῇ φύσει περὶ τούτων ἐναντίος.

V. Χωρεῖ³ δὲ πάντα καὶ θεῖα καὶ ἀνθρώπινα ἄνω καὶ κάτω ἀμειβόμενα. ἡμέρη καὶ εὐφρόνη ἐπὶ τὸ μήκιστον καὶ ἐλάχιστον· ὡς καὶ τῇ σελήνῃ τὸ μήκιστον καὶ τὸ ἐλάχιστον,⁴ πυρὸς ἔφοδος καὶ ὕδατος, ἥλιος⁵ ἐπὶ τὸ μακρότατον καὶ βραχύτατον, πάντα ταῦτα καὶ οὐ ταῦτα. φάος Ζηνί, σκότος "Αἰδη, φάος" "Αἰδη, σκότος Ζηνί, φοιτᾶ κεῖνα ὡδε, καὶ τάδε κεῖσε, πᾶσαν ὥρην, πᾶσαν χώρην⁶ διαπρησσόμενα κεῖνά τε τὰ 10 τῶνδε, τάδε τ' αὖ τὰ κείνων.⁷ καὶ ἂ⁹ μὲν πρήσσουσιν οὐκ οἴδασιν, ἢ δὲ οὐ⁸ πρήσσουσι δοκέουσιν εἰδέναι· καὶ ἂ⁹ μὲν ὄρέουσιν οὐ γιγάντουσιν, ἀλλ' ὅμως αὐτοῖσι πάντα γίνεται δι' ἀνάγκην καὶ ἂ βούλονται καὶ ἂ μὴ βούλονται. φοιτεόντων δ' ἐκείνων ὡδε, τῶν δέ τε κεῖσε,¹⁰ συμμισγομένων πρὸς ἄλληλα, τὴν πεπρωμένην μοίρην ἔκαστον ἐκπληροῦ, καὶ ἐπὶ τὸ μέζον καὶ ἐπὶ τὸ μεῖον.

¹ ἀπολέσθαι <καὶ> διακριθῆναι Diels: Bywater brackets μειωθῆναι.

² καὶ οὐδὲν . . . τωύτῳ omitted by M: P 7027 has *nihil ex omnibus idem est.*

³ χωρεῖ Bernays: χωρὶς MSS.

⁴ ὡς καὶ . . . ἐλάχιστον omitted by θ. Burnet in his *Early Greek Philosophy* suggests the following reading of the passage. ἡμέρη καὶ εὐφρόνη ἐπὶ τὸ μήκιστον καὶ ἐλάχιστον· ἥλιος, σελήνη ἐπὶ τὸ μήκιστον καὶ ἐλάχιστον· πυρὸς ἔφοδος καὶ ὕδατος. This is very Heracleitean, and may represent the passage of Heracleitus paraphrased by the author of *περὶ διαιτῆς*.

⁵ οὔτως before ἥλιος Diels.

“perishing,” “diminution” and “separation” are the same thing, and so is the relation of the individual to all things, and that of all things to the individual. Yet nothing of all things is the same. For in regard to these things custom is opposed to nature,¹

V. But all things, both human and divine, are in a state of flux upwards and downwards by exchanges. Day and night, to the maximum and minimum; just as the moon has its maximum and minimum, the ascendancy of fire and of water, so the sun has its longest and its shortest course—all the same things and not the same things. Light for Zeus, darkness for Hades; light for Hades, darkness for Zeus—the things of the other world come to this, those of this world go to that, and during every season throughout every place the things of the other world do the work of this, and those of this world do the work of that. And what men work they know not, and what they work not they think that they know; and what they see they do not understand, but nevertheless all things take place for them through a divine necessity, both what they wish and what they do not wish. And as the things of the other world come to this, and those of this world go to that, they combine with one another, and each fulfils its allotted destiny, both unto the greater and unto the less. And destruction

¹ This and the following chapters contain a mixture of the philosophies of Empedocles, Anaxagoras and Heracleitus. See the Introduction, p. xliii.

⁸ πᾶσαν χάρην omitted by M.

⁷ τάδε τ' αὐτὰ κείνων Diels (*ταῦτα* M).

⁸ M omits οὐ. * τὰ θ M: θ' & Littré.

¹⁰ τῶν δε τι κεῖσε θ: τῶν δέ τε κεῖοσι M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

φθορὴ δὲ πᾶσιν ἀπ' ἄλληλων, τῷ μέζονι ἀπὸ τοῦ
μείονος καὶ τῷ μείονι ἀπὸ τοῦ μέζονος, αὐξάνεται
20 τὸ μέζον ἀπὸ τοῦ ἐλάσσονος, καὶ τὸ ἐλασσον ἀπὸ
21 τοῦ μέζονος.¹

VI. Τὰ δὲ ἄλλα πάντα, καὶ ψυχὴ ἀνθρώπου,
καὶ σῶμα ὁκοῖον ἡ ψυχή, διακοσμεῖται. ἐσέρπει
δὲ ἐς ἄνθρωπον μέρεα μερέων, ὅλα ὅλων, ἔχοντα
σύγκρησιν πυρὸς καὶ ὕδατος, τὰ μὲν ληψόμενα,
τὰ δὲ δώσοντα· καὶ τὰ μὲν λαμβάνοντα πλεῖον
ποιεῖ, τὰ δὲ διδόντα μεῖον. πρίουσιν ἄνθρωποι
ξύλον· ὁ μὲν ἐλκει, ὁ δὲ ὠθεῖ. τὸ δὲ αὐτὸ τοῦτο
ποιέουσι, μεῖον δὲ ποιέοντες πλεῖον ποιέουσι.
τοιοῦτον φύσις ἀνθρώπων, τὸ μὲν ὠθεῖ, τὸ δὲ
10 ἐλκει· τὸ μὲν δίδωσι, τὸ δὲ λαμβάνει· καὶ τῷ μὲν
δίδωσι, τοῦ δὲ λαμβάνει· καὶ τῷ μὲν δίδωσι²
τοσούτῳ πλέον, οὐ δὲ³ λαμβάνει τοσούτῳ μεῖον.
χώρην δὲ ἔκαστον φυλάσσει τὴν ἑωυτοῦ, καὶ τὰ
μὲν ἐπὶ τὸ μεῖον ὕοντα διακρίνεται ἐς τὴν ἐλάσσονα
χώρην· τὰ δὲ ἐπὶ τὸ μέζον πορευόμενα, συμ-
μισγόμενα ἐξαλλάσσει ἐς τὴν μέζω τάξιν· τὰ δὲ
ξεῖνα μὴ δμοιότροπα⁴ ὠθεῖται⁵ ἐκ χώρης ἀλλο-
τρίης. ἔκαστη δὲ ψυχὴ μέζω καὶ ἐλάσσω ἔχοντα
περιφοιτᾷ τὰ μόρια τὰ ἑωυτῆς, οὕτε προσθέσιος
20 οὕτε⁶ ἀφαιρέσιος δεομένη τῶν μερέων, κατὰ δὲ
αὔξησιν τῶν ὑπαρχόντων καὶ μείωσιν δεομένη
χώρης, ἔκαστα διαπρήσσεται ἐς ἥντινα ἄν-

¹ καὶ τὸ . . . μέζονος omitted by M. Diels writes αὔξῃ τε τῷ μέζονι ἀπὸ τοῦ ἐλάσσονος καὶ τῷ ἐλάσσονι ἀπὸ τοῦ μέζονος. So Fredrich and Wil.

² τοῦ δὲ . . . δίδωσι omitted by θ.

³ οὐδὲν θ M: τοῦ δὲ Littré. Bywater reads οὐ δὲ λαμβάνει.

⁴ μὴ δμοιότροπα bracketed by Bywater: καὶ μὴ δμοιότροπα Diels.

comes to all things from one another mutually, to the greater from the less, and to the less from the greater, and the greater increases from the smaller, and the smaller from the greater.

VI. All other things are set in due order, both the soul of man and likewise his body. Into man enter parts of parts and wholes of wholes, containing a mixture of fire and water, some to take and others to give. Those that take give increase, those that give make diminution. Men saw a log; the one pulls and the other pushes, but herein they do the same thing, and while making less they make more. Such is the nature of man. One part pushes, the other pulls; one part gives, the other takes. It gives to this and takes from that, and to one it gives so much the more, while that from which it takes is so much the less.¹ Each keeps its own place; the parts going to the less are sorted out to the smaller place, those advancing to the greater mingle and pass to the greater rank, and the strange parts, being unsuitable, are thrust from a place that is not theirs. Each individual soul, having greater and smaller parts, makes the round of its own members; needing neither to add to, nor to take from, its parts, but needing space to correspond to increase or decrease of what exists already, it fulfils its several duties into whatsoever space it enters, and receives the

¹ Should we read φ for τφ?

⁵ ὠθέεται M : ἐκχωρέεται θ.

⁶ οὐ προσθέσιος οὐδὲ ἀφαιρέσιος δεομένης M. Diels adds αὐτὴ δ' before οὐτε προσθέσιος.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἐσέλθῃ, καὶ δέχεται τὰ προσπίπτοντα. οὐ γὰρ δύναται τὸ μὴ ὁμότροπον ἐν τοῖσιν ἀσυμφόροισι χωρίοισιν ἐμμένειν·¹ πλανᾶται μὲν γὰρ ἀγνώμονα· συγγινόμενα² δὲ ἀλλήλοισι γινώσκει πρὸς ὃ προσίζει· προσίζει γὰρ τὸ σύμφορον³ τῷ συμφόρῳ, τὸ δὲ ἀσύμφορον πολεμεῖ καὶ μάχεται καὶ διαλλάσσει ἀπ' ἀλλήλων. διὰ τοῦτο 30 ἀνθρώπου ψυχὴ ἐν ἀνθρώπῳ αὐξάνεται, ἐν ἄλλῳ δὲ οὐδενί· καὶ τῶν ἄλλων ζῷων τῶν μεγάλων ὡσαύτως· ὅσα ἄλλως, ἀπ' ἄλλων⁴ ὑπὸ βίης 33 ἀποκρίνεται.

VII. Περὶ μὲν⁵ τῶν ἄλλων ζῷων ἐάσω, περὶ δὲ ἀνθρώπου δηλώσω. ἐσέρπει δὲ⁶ ἐς ἀνθρωπον ψυχὴ πυρὸς καὶ ὕδατος σύγκρησιν ἔχουσα, μοιρην σώματος ἀνθρώπου ταῦτα δὲ καὶ θήλεα καὶ ἄρσενα πολλὰ καὶ παντοῖα τρέφεται τε⁷ καὶ αὔξεται διαίτη τῇ περὶ τὸν ἀνθρωπὸν⁸ ἀνάγκη δὲ τὰ μέρεα ἔχειν πάντα τὰ ἐσιόντα· οὐτινος γὰρ μὴ ἐνείη μοιρη ἔξ ἀρχῆς οὐκ ἀν⁹ αὐξηθείη οὔτε πολλῆς τροφῆς ἐπιούσης οὔτε ὀλίγης, οὐ γὰρ ἔχει 10 τὸ προσαυξόμενον· ἔχον δὲ πάντα, αὔξεται ἐν χώρῃ τῇ ἑωυτοῦ ἔκαστον, τροφῆς ἐπιούσης ἀπὸ ὕδατος ξηροῦ καὶ πυρὸς ὑγροῦ,¹⁰ τὰ μὲν εἴσω βιαζόμενα, τὰ δὲ ἔξω. ὥσπερ οἱ τέκτονες τὸ

¹ ἐμμένων M: μὴ δμονοεῦν θ.

² συνγινόμενα θ: συμμιγόμενα M: συγγνώμονα Diels.

³ συγγινώσκει· προσίζει γὰρ τὸ σύμφορον κ τ. ε. M.

⁴ ὡσαύτως ὅσα διαλλάσσει ἀπ' ἀλλήλων, Diels: ὅσα ἄλλως θ: δικόσα δ' ἄλλως M. ὅσα ἄλλοια ἀπ' αὐτῶν Wil.

⁵ μὲν θ: μὲν οὖν M.

⁶ δὲ θ: γὰρ M.

⁷ τρέφεται τε καὶ αὔξεται θ: τρέφεται· τρέφεται δὲ καὶ αὔξεται M.

⁸ τῇ περὶ τὸν ἀνθρωπὸν M: τηπερ ἀνθρωπος θ Diels.

REGIMEN, I. VI.-VII.

attacks that are made. For that which is not suitable cannot abide in regions not adapted to it. Now such wander without thought, but combining with one another they realise what they are joining.¹ For the suitable joins the suitable, while the unsuitable wars and fights and separates itself. For this reason a man's soul grows in a man, and in no other creature. It is the same with the other large animals. When it is otherwise, there is forcible separation from others.

VII. I shall say nothing about the other animals, confining my attention to man. Into man there enters a soul, having a blend of fire and water,² a portion of a man's body. These, both female and male, many and of many kinds, are nourished and increased by human diet. Now the things that enter must contain all the parts. For that of which no part were present would not grow at all, whether the nutriment that were added were much or little, as having nothing to grow on to it. But having all, each grows in its own place, nutriment being added from dry water and moist fire, some things being forced inside, others outside. As carpenters saw the log, and one pulls and the

¹ Diels' reading would mean: "They wander when at variance, but when they are of one mind they realise," etc.

² That soul is a mixture of fire and water, and that the character of soul is relative to that mixture, is doctrine directly derived from Heracleitus. See p. 493. "It is death to souls to become water."

* ἀν is not in θ. It could easily fall out before αὐξηθεῖη; on the other hand, potential optatives without ἀν are not infrequent in the Hippocratic Collection. Bywater puts a comma at ἀρχῆς.

¹⁰ Before τὰ θ has καὶ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ξύλον πρίζουσι,¹ καὶ ὁ μὲν ἔλκει, ὁ δὲ ὡθεῖ, τωὐτὸν ποιέοντες· κάτω δ' ὁ πιέζων τὸν ἄνω ἔλκει,² οὐ γὰρ ἀν παραδέχοιτο³ κάτω ἵέναι· ἦν δὲ βιάζωνται,⁴ παντὸς ἀμαρτήσονται. τοιοῦτον τροφὴν ἀνθρώπου· τὸ μὲν ἔλκει, τὸ δὲ ὡθεῖ· εἴσω δὲ βιαζόμενον⁵ ἔξω ἔρπει· ἦν δὲ βιῆται παρὰ καιρόν, παντὸς ἀποτεύξεται.

VIII. Χρόνον δὲ τοσοῦτον ἔκαστα τὴν αὐτὴν τάξιν ἔχει,⁶ ἄχρι μηκέτι δέχηται ἡ τροφή, μηδὲ χώρην⁷ ἰκανὴν ἔχῃ ἐσ τὸ μήκιστον τῶν δυνατῶν ἔπειτ' ἐναμείβει ἐσ τὴν μέζονα χώρην, θήλεα καὶ ἄρσενα, τὸν αὐτὸν τρόπον ὑπὸ βίης καὶ ἀνάγκης διωκόμενα· ὀκόσα δ' ἀν πρότερον ἐμπλήσῃ τὴν πεπρωμένην μοίρην, ταῦτα διακρίνεται πρῶτα, ἅμα δὲ καὶ συμμίσγεται· ἔκαστον μὲν γὰρ διακρίνεται πρῶτα, ἅμα δὲ καὶ συμμίσγεται· χώρην δὲ ἀμείψαντα καὶ τυχόντα ἀρμονίης ὄρθῆς ἔχούσις συμφωνίας τρεῖς, συλλιγθδην διεξιὸν⁸ διὰ πασέων, ζώει καὶ αὔξεται τοῖσιν αὐτοῖσιν οἷσι καὶ πρόσθεν· ἦν δὲ μὴ τύχη τῆς ἀρμονίης, μηδὲ σύμφωνα τὰ βαρέα τοῖσιν δξέσι γένηται ἐν τῇ πρώτῃ συμφωνίῃ, ἢ τῇ δευτέρῃ, ἢ τῇ διὰ παντός,⁹ ἐνὸς¹⁰ ἀπογενομένου

¹ τρυπᾶσι θ M: πρίζουσι in eorrector's hand over τρυπᾶσι θ.

² δὲ πιεζόντων ἀνέρπει θ: δὲ πιέζοντον ἄνω ἔρπει M: δ' διεζόντων ἄνω ἔλκει (from several Paris MSS.) Littré: κάτω δὲ πιεζόντων ἄνω ἔρπει Diels: πιεζόμενον ἄνω Fred.

³ οὐ γὰρ ἀν παρὰ <καιρὸν> δέχοιτο Diels. See Appendix, p. 296.

⁴ βιάζωνται . . . ἀμαρτήσονται M: βιάζηται . . . ἀμαρτήσεται θ.

⁵ βιαζόμενον M: βιαζομέιον θ. Perhaps the readings of θ are a correction due to a scribe or editor who did not realise that besides the deponent βιάζομαι there exists βιάζω.

REGIMEN, I. vii.-viii.

other pushes, though they do the same thing. The one that presses below pulls the one above, otherwise the saw could not descend. If force be applied they will lose all. Such is the nutriment of a man. One part pulls, the other pushes; what is forced inside comes outside. But if untimely violence be applied there is no success.¹

VIII. Each keeps the same position until nourishment no longer receives it, and it has not sufficient room for the greatest possible extension; then it passes into larger room, female and male, driven along in the same manner by force and necessity. Such as first fill the allotted portion are the first to be separated, and at the same time they also commingle. For each separates first, and at the same time also commingles. And if, on changing position, they achieve a correct attunement, which has three harmonic proportionals, covering altogether the octave, they live and grow by the same things as they did before. But if they do not achieve the attunement, and the low harmonize not with the high in the interval of the fourth, of the fifth, or in the octave, then the failure of one makes the whole

¹ There is a kind of "one-way traffic" through the body. Interference with the circuit means disease or death.

⁶ ἔκαστον τὴν αὐτὴν τάξιν ἔχει θ: ἔκαστα τὴν αὐτὴν τάξιν
ἔχει Μ: ἔκαστα τὴν αὐτὴν ἔχει τάξιν Littré.

⁷ ἡ χώρη· μηδὲ τροφῆν Μ: ἡ τροφῆ· μηδὲ χώρην θ.

⁸ διεξιόντα Erm.: διεξιούσας Mack. See Littré VII. liv. for Bernay's conjecture συλλαβήν δι' ὁξειῶν.

⁹ γένηται. ἡ πρώτη συμφωνίη· ἡ δὲ δευτέρη γένεσις. τὸ διαπαντός θ: γένηται, ἡ πρώτη συμφωνίη· ἦν δὲ δευτέρη γένεσις
ἡ, τὸ διαπαντός Μ: γένηται, ἦν ἡ πρώτη συμφωνίη, ἦν ἡ δευτέρη
γένεσις ἡ τὸ διὰ παντός Littré ("mais le passage est dé-
sespéré"): γένηται ἐν τῇ πρώτῃ συμφωνίῃ ἡ τῇ δευτέρῃ ἡ τῇ διὰ
παντός, Diels. ¹⁰ For ἐνὸς θ has τινός.

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πᾶς ὁ τόνος μάταιος· οὐ γὰρ ἀν προσαείσαι·
ἀλλ' ἀμείβει ἐκ τοῦ μέζονος ἐς τὸ μεῖον πρὸ¹⁹
μοίρης· διότι οὐ γυνώσκουσιν ὅ τι ποιέουσιν.

IX. Ἀρσένων μὲν οὖν καὶ θηλέων διότι ἔκάτερα
γίνεται, προϊόντι τῷ λόγῳ δηλώσω. τούτων δὲ
ὁκότερον ἀν τύχῃ ἐλθὸν καὶ¹ τύχῃ τῆς ἀρμονίης,
ὑγρὸν ἐὸν κινεῖται ὑπὸ τοῦ πυρός· κινεόμενον δὲ
ζωπυρεῖται καὶ προσάγεται τὴν τροφὴν ἀπὸ τῶν
ἔσιόντων ἐς τὴν γυναικα σίτων καὶ πνεύματος, τὰ
μὲν πρῶτα πάντη ὄμοιώς, ἔως ἔτι ἀραιόν ἐστιν,
ὑπὸ δὲ τῆς κινήσιος καὶ τοῦ πυρὸς ξηραίνεται
καὶ στερεοῦται· στερεούμενον δὲ πυκνοῦται πέριξ,
10 καὶ τὸ πῦρ ἐγκατακλειόμενον οὐκέτι τὴν τροφὴν
ἰκανὴν ἔχει ἐπάγεσθαι, οὐδὲ τὸ πνεῦμα ἐξωθεῖ
διὰ τὴν πυκνότητα τοῦ περιέχοντος· ἀναλίσκει
οὖν τὸ ὑπάρχον ὑγρὸν εἴσω. τὰ μὲν οὖν στερεὰ
τὴν φύσιν ἐν τῷ συνεστηκότι καὶ ξηρῷ οὐ κατα-
ναλίσκεται τῷ πυρὶ ἐς τὴν τροφὴν· ἀλλ' ἐγκρατέα
γίνεται καὶ συνίσταται τοῦ ὑγροῦ ἐκλείποντος,
ἄπερ ὀστέα καὶ νεῦρα ὀνομάζεται. τὸ δὲ πῦρ
ἐκ τοῦ συμμιγέντος κινεόμενον,² τοῦ ὑγροῦ,
διακοσμεῖται τὸ σῶμα κατὰ φύσιν διὰ τοιήνδε
20 ἀνάγκην· διὰ μὲν τῶν στερεῶν καὶ ξηρῶν οὐ
δύναται τὰς διεξόδους χρονίας ποιεῖσθαι, διότι
οὐκ ἔχει τροφὴν· διὰ δὲ τῶν ὑγρῶν καὶ μαλακῶν
δύναται· ταῦτα γάρ ἐστιν αὐτῷ τροφή· ἔνι δὲ
καὶ ἐν τούτοισι ξηρότης οὐ καταναλισκομένη ὑπὸ

¹ ἐλθὸν καὶ θ: omitted by M.

² κινεόμενον Diels: the MSS. have the genitive,

REGIMENT, I. viii.-ix.

scale of no value, as there can be no consonance, but they change from the greater to the less before their destiny. The reason is they know not what they do.

IX. As for males and females, later on in my discourse I shall explain why each severally come to be. But whichever of the two happens to come and achieves the attunement, it is moist and is kept in movement by the fire. Being in movement it gets inflamed, and draws to itself its nourishment from the food and breath that enter the woman. At first, while it is still rare, this occurs equally throughout; but owing to the movement and the fire it dries and solidifies; as it solidifies it hardens all round, and the fire being imprisoned can no longer draw to itself its nourishment in sufficient quantity, while it does not expel the breath owing to the hardness of its envelope. So it consumes the available moisture inside. Now the parts in the compacted, dry mass that are solid in substance are not consumed by the fire for its nourishment, but they prove powerful, and as the moisture fails they become compact, and are called bones and sinews. The fire, meanwhile, being moved¹ out of the moisture which was mixed with it, arranges the body according to nature through the following necessity. Through the hard and dry parts it cannot make itself lasting passages, because it has no nourishment; but it can through the moist and soft, for these are its nourishment. Yet in these too there is dryness not consumed by the fire,

¹ The MSS. reading (*κινουμένου* or *κινευμένου*) will give the rendering: "out of the moisture mixed with it, and put in motion by it, arranges," etc.

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τοῦ πυρός· ταῦτα δὲ συνίσταται πρὸς ἄλληλα.
τὸ μὲν οὖν ἐσωτάτῳ καταφραχθὲν πῦρ καὶ
πλεῖστόν ἐστι καὶ μεγίστην τὴν διέξοδον ἐποιή-
σατο· πλεῖστον γὰρ τὸ ὑγρὸν ἐνταῦθα ἔνην,
ὅπερ κοιλίη καλεῖται· καὶ ἐξέπεσεν ἐντεῦθεν,
30 ἐπεὶ οὐκ εἶχε τροφήν, ἔξω, καὶ ἐποιήσατο τοῦ
πνεύματος διεξόδους καὶ τροφῆς ἐπαγωγὴν καὶ
διάπεμψιν· τὸ δὲ ἀποκλεισθὲν ἐς¹ ἄλλο σῶμα
περιόδους ἐποιήσατο τρισσάς,² ὅπερ ἦν ὑγρότατον
τοῦ πυρός, ἐν τούτοισι τοῖσι χωρίοισιν, αἴτινες
φλέβες καλέονται κοῖλαι· ἐς δὲ τὰ μέσα τούτων
τὸ ὑπολειπόμενον τοῦ ὕδατος συνιστάμενον
37 πήγυνται, ὅπερ καλεῖται σάρκες.

X. Ἐνὶ δὲ λόγῳ πάντα διεκοσμήσατο κατὰ
τρόπον αὐτὸν ἁωστῷ τὰ ἐν τῷ σώματι τὸ πῦρ,
ἀπομίμησιν τοῦ ὄλου, μικρὰ πρὸς μεγάλα καὶ
μεγάλα πρὸς μικρά· κοιλίην μὲν τὴν μεγίστην,
ὑδατι ἔηρῳ καὶ ὑγρῷ ταμεῖον, δοῦναι πᾶσι καὶ
λαβεῖν παρὰ πάντων, θαλάσσης δύναμιν, ζῷων
συμφόρων³ τροφόν, ἀσυμφόρων δὲ φθορόν· περὶ
δὲ ταύτην ὕδατος ψυχροῦ καὶ ὑγροῦ σύστασιν,
διέξοδον πνεύματος ψυχροῦ καὶ θερμοῦ· ἀπο-
10 μίμησιν γῆς, τὰ ἐπεισπίπτοντα πάντα ἀλλοιούσις.
καταναλίσκοι δὲ καὶ αὐξον⁴ σκέδασιν ὕδατος
λεπτοῦ καὶ πυρὸς ἐποιήσατο ἡερίου,⁵ ἀφανέος καὶ
φανεροῦ, ἀπὸ τοῦ συνεστηκότος ἀπόκρισιν, ἐν ὧ
φερόμενα ἐς τὸ φανερὸν ἀφικνεῖται ἔκαστον μοίρῃ

¹ Between ἐς and ἄλλο Diels inserts τό.

² περιόδους ἐποιήσατο τρισσάς is placed by Diels after χωρίοισιν. Friedrich marks an hiatus after κοῖλαι.

³ συμφόρων Wilamowitz: συντρόφων θ: ἐντρόφων M.

REGIMEN, I. ix. x.

and these dry parts become compacted one with another. So the fire shut up in the innermost part both is most abundant and made for itself the greatest passage. For there the moisture was most abundant, and it is called the belly. Therefrom the fire burst forth, since it had no nourishment, and made passages for the breath and to supply and distribute nourishment. The fire shut up in the rest of the body made itself three passages, the moistest part of the fire being in those places called the hollow veins. And in the middle of these that which remains of the water becomes compacted and congeals. It is called flesh.

X. In a word, all things were arranged in the body, in a fashion conformable to itself, by fire, a copy of the whole, the small after the manner of the great and the great after the manner of the small. The belly is made the greatest, a steward for dry water and moist, to give to all and to take from all, the power of the sea, nurse of creatures suited to it, destroyer of those not suited. And around it a concretion of cold water and moist, a passage for cold breath and warm, a copy of the earth, which alters all things that fall into it. Consuming and increasing,¹ it made a dispersion of fine water and of ethereal fire, the invisible and the visible, a secretion from the compacted substance, in which things are carried and come to light, each

¹ With the reading of Diels: "Consuming some and increasing other."

⁴ καταναλίσκοντα δὲ αὐξον (αὐξον θ) θΜ: καταναλίσκον δὲ καὶ αὐξον Zwinger, Littré: καὶ τὰ μὲν καταναλίσκον, τὰ δὲ αὐξον Diels.

⁶ Should we read ἀρσιοῦ?

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πεπρωμένη. ἐν δὲ τούτῳ ἐποιήσατο τὸ πῦρ¹ περιόδους τρισσάς, περαινούσας πρὸς ἀλλήλας καὶ εἴσω καὶ ἔξω· αἱ μὲν πρὸς τὰ κοῖλα τῶν ὑγρῶν, σελήνης δύναμιν, αἱ δὲ πρὸς τὴν ἔξω περιφορῆν,² πρὸς τὸν περιέχοντα πάγον, ἀστρων δύναμιν, αἱ δὲ μέσαι καὶ εἴσω καὶ ἔξω περαίνουσαι.³ τὸ θερμότατον καὶ ἴσχυρότατον πῦρ, ὅπερ πάντων ἐπικρατεῖται, διέπον ἄπαντα κατὰ φύσιν, ἄϊκτον⁴ καὶ ὅψει καὶ ψαύσει, ἐν τούτῳ ψυχή, νόος, φρόνησις, αὕξησις, κίνησις, μείωσις, διάλλαξις,⁵ ὑπνος, ἔγερσις· τοῦτο πάντα διὰ παντὸς κυβερνᾶ, 26 καὶ τάδε καὶ ἐκεῖνα, οὐδέποτε ἀτρεμίζον.

XI. Οἱ δὲ ἄνθρωποι ἐκ τῶν φαιερῶν τὰ ἀφανέα σκέπτεσθαι οὐκ ἐπίστανται· τέχνησι γὰρ χρεόμενοι ὁμοίησιν ἀνθρωπίνῃ φύσει οὐ γινώσκουσιν· θεῶν γὰρ νόος ἐδίδαξε μιμεῖσθαι τὰ ἑωτῶν, γινώσκοντας ἡ ποιέουσι, καὶ οὐ γινώσκοντας ἡ μιμέονται. πάντα γὰρ ὄμοια, ἀνόμοια ἐόντα· καὶ σύμφορα πάντα, διάφορα ἐόντα· διαλεγόμενα, οὐ διαλεγόμενα· γινώμην ἔχοντα, ἀγνώμονα· ὑπεναντίος ὁ τρόπος ἐκάστων, ὁμολογεόμενος. 10 νόμος γὰρ καὶ φύσις, οἵσι πάντα διαπρησσόμεθα, οὐχ ὁμολογεῖται ὁμολογεόμενα· νόμον γὰρ ἄνθρωποι ἔθεσαν αὐτοὶ ἑωτοῖσιν, οὐ γινώσκοντες περὶ ὧν ἔθεσαν, φύσιν δὲ πάντων θεοὶ διεκόσμησαν.⁶

¹ τὸ πῦρ Diels: πυρὸς MSS.

² αἱ δὲ <ὡς> πρὸς τὴν ἔξω περιφορῆν Diels. Perhaps a gloss.

³ After περαίνουσαι Diels has a comma, followed by <πρὸς τὰς ἑτερας, ήλιου δύναμιν,> τὸ θερμότατον.

⁴ ἄϊκτον θ: ἄψοφον M: ἄϊκτον Littré: ἄθικτον Bernays, Diels. Bernays himself preferred ἄψανστον.

⁵ θ omits κίνησις, μείωσις, διάλλαξις.

according to its allotted portion. And in this fire made for itself three groups of circuits, within and without each bounded by the others: those towards the hollows of the moist, the power of the moon; those towards the outer circumference, towards the solid enclosure, the power of the stars; the middle circuits, bounded both within and without. The hottest and strongest fire, which controls all things, ordering all things according to nature, imperceptible to sight or touch, wherein are soul, mind, thought, growth, motion, decrease, mutation, sleep, waking. This governs all things always, both here and there, and is never at rest.

XI. But men do not understand how to observe the invisible through the visible. For though the arts they employ are like the nature of man, yet they know it not. For the mind of the gods taught them to copy their¹ own functions, and though they know what they are doing yet they know not what they are copying. For all things are like, though unlike, all compatible though incompatible, conversing though not conversing, intelligent without intelligence. The fashion of each is contrary, though in agreement. For custom and nature, by means of which we accomplish all things, do not agree though they do agree. For custom was settled by men for themselves without their knowing those things about which they settled the custom; but the nature of all things was

¹ Probably "the operations of their own bodies," but Littré translates: "les opérations divines."

⁶ θεὺς διεκδσμησεν θ, altered to θεοὶ διεκδσμησαν (or the reverse). Is the latter a Christian correction?

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τὰ μὲν οὖν ἄνθρωποι διέθεσαν οὐδέποτε κατὰ τωύτῳ ἔχει οὕτε ὥρθῶς οὕτε μὴ ὥρθῶς· ὁκόσα δὲ θεοὶ διέθεσαν ἀεὶ ὥρθῶς ἔχει· καὶ τὰ ὥρθὰ καὶ 17 τὰ μὴ ὥρθὰ τοσοῦτον διαφέρει.

XII. Ἐγὼ δὲ δηλώσω τέχνας φανερὰς ἄνθρωπου παθήμασιν ὁμοίας ἐούσας καὶ φανεροῖσι καὶ ἀφανέσι. μαντικὴ τοιόνδε· τοῖσι μὲν φανεροῖσι τὰ ἀφανέα γινώσκει, καὶ τοῖσιν ἀφανέσι τὰ φανερά, καὶ τοῖσιν ἐοῦσι τὰ μέλλοντα, καὶ τοῖσιν ἀποθανοῦσι τὰ ζῶτα, καὶ τῷ ἀσυνέτῳ¹ συνίασιν, ὁ μὲν εἰδὼς ἀεὶ ὥρθῶς, ὁ δὲ μὴ εἰδὼς ἄλλοτε ἄλλως. φύσιν ἄνθρωπου καὶ βίου ταῦτα μεῖται· ἀνὴρ γυναικὶ συγγενόμενος παιδίον 10 ἐποίησε· τῷ φανερῷ τὸ ἄδηλον γινώσκει ὅτι οὔτως ἔσται. γνώμη² ἄνθρωπου ἀφανῆς γινώσκουσα τὰ φανερὰ ἐκ παιδὸς ἐς ἄνδρα μεθίσταται· τῷ ἔοντι τὸ μέλλον γινώσκει. οὐχ ὅμοιον ἀποθανῶν ζώοντι· τῷ τεθνηκότι οἶδεν τὸ ζῶον.³ ἀσύνετον γαστήρ· ταύτῃ συνίεμεν ὅτι διψῆ ἡ πεινῆ. ταῦτα⁴ μαντικῆς τέχνης καὶ φύσιος ἄνθρωπίνης πάθεα, τοῖσι μὲν γινώσκουσιν ἀεὶ ὥρθῶς, τοῖσι δὲ μὴ γινώσκουσιν ἀεὶ ἄλλοτε 19 ἄλλως.

¹ τῶν ἀσυνέτων (θ omits τῶν) MSS. : τῷ ἀσυνέτῳ Bywater.

² ὅτι ⟨συνέλαβεν⟩· οὔτως ξεῖνη γνώμη Diels.

³ οὐχ ὅμοιον ἀποθανῶν ζώοντι· τῷ τεθνηκότι οἶδεν τὸ ζῶον Diels: οὐχ ὅμοιον ἀπὸ θανάτου ζῶοντι τῷ τεθνηκότι οἶδεν τὸ ζῶον θ: οὐχ ὅμοιον ἀπὸ θανάτου ζῶοντι. τῷ τεθνηκότι τὸ ζῶον οἶδε Μ: οὐχ δὲ μὴ ὡν ἀπὸ θανάτου, ζῶον δὲ, κ.τ.ε. Littlé: διέτι οὐχ ὅμοιον τὸ ἀποθανόν τῷ ζῶοντι Emerins.

arranged by the gods. Now that which men arrayed never remains constant, whether right or wrong; but whatsoever things were arranged by the gods always remain right. So great the difference between the right and the wrong.

XII. But I will show that arts are visibly like to the affections of man, both visible and invisible. Seercraft is after this fashion. By the visible it gets knowledge of the invisible, by the invisible knowledge of the visible, by the present knowledge of the future, by the dead knowledge of the living, and by means of that which understands not men have understanding—he who knows, right understanding always, he who knows not, sometimes right understanding, sometimes wrong. Seercraft herein copies the nature and life of man. A man by union with a woman begets a child; by the visible he gets knowledge of the invisible that so it will be. The invisible human intelligence, getting knowledge of the visible, changes from childhood to manhood; by the present it gets knowledge of the future. A corpse is not like a living creature; by the dead he knows the living. The belly is without consciousness, yet by it we are conscious of hunger and thirst. The characteristics of seercraft and of human nature are these:¹ for those who know, always rightly interpreted;² for those who know not, sometimes rightly and sometimes not.

¹ Or (with *ταῦτα*) “the same.”

² The grammar is curious. With *δρθῶς* some participle (or verb) must be understood, perhaps *γινωσκόμενα* or *γινώσκεται*. The *ἄει* before *ἄλλοτε* is suspicious.

* For *ταῦτα* perhaps we should read *ταῦτά*.

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XIII. Σιδήρου ὅργανα· †τέχνησι †¹ τὸν σίδηρον πυρὶ ² τήκουσι, πνεύματι ἀναγκάζοντες τὸ πῦρ, τὴν ὑπάρχουσαν τροφὴν ἀφαιρέονται,³ ἀραιὸν δὲ ποιήσαντες παίουσι καὶ συνελαύνουσιν, ὕδατος δὲ ἄλλου τροφῆς ἵσχυρὸν γίνεται. ταῦτα ⁴ πάσχει ἄνθρωπος ὑπὸ παιδοτρίβου· τὴν ὑπάρχουσαν τροφὴν πυρὶ ἀφαιρεῖται, ὑπὸ πνεύματος ἀναγκάζομενος ἀραιούμενος ⁵ κόπτεται, τρίβεται, καθαίρεται, ὑδάτων δὲ ἐπαγωγῇ ⁶ ἄλλοθεν ἵσχυρὸς γίνεται.

10 XIV. Καὶ οἱ γναφέες τοῦτο ⁷ διαπρήσσονται· λακτίζουσι, κόπτουσιν, ἔλκουσι, λυμαινόμενοι ἵσχυρότερα ποιέουσι,⁸ κείροντες τὰ ὑπερέχοντα καὶ παραπλέκοντες καλλίω ποιέουσι· ταῦτα ⁵ πάσχει ἄνθρωπος.

XV. Σκυτέες τὰ ὅλα κατὰ ⁹ μέρεα διαιρέουσι, καὶ τὰ μέρη ὅλα ποιέουσι, τάμνοντες δὲ καὶ κεντέοντες τὰ σαθρὰ ὑγιέα ποιέουσιν. καὶ ἄνθρωπος δὲ ταῦτα ¹⁰ πάσχει· ἐκ τῶν ὅλων μέρεα διαιρεῖται, καὶ ἐκ τῶν μερέων συντιθεμένων ὅλα γίνεται· κεντεόμενοί τε καὶ τεμιγόμενοι τὰ σαθρὰ ὑπὸ τῶν ἰητρῶν ὑγιάζονται.¹¹ καὶ τόδε ἰητρικῆς· τὸ λυπέον ἀπαλλάσσειν, καὶ ὑφ' οὐ πονεῖ ἀφαιρέοντα ὑγιέα ποιεῖν. ἡ φύσις αὐτομάτη ταῦτα ¹² ἐπίσταται· καθήμενος πονεῖ ἀναστῆναι, κινεό-

¹ τέχνησι (θ) is corrupt, and so is the τέχνης of M. Perhaps we should read τέχνῖται.

² πυρὶ τήκουσι Bywater: περιτήκουσι MSS.

³ ἀφαιρέονται θ : ἀφαιρέοντες M.

⁴ ταῦτα MSS.: ταῦτα Ermerins and Diels.

⁵ ἀραιούμενα θ : ὑπὸ τῶν θ : ἀραιούμενος δὲ M.

⁶ ἐπαγωγῇ θ : ὑπαγωγὴ M: ὑπὸ τῶν for ὑδάτων O.

⁷ τοῦτο θ : τῶιὕτδ M.

XIII. Iron tools. Craftsmen melt the iron with fire, constraining the fire with breath; they take away the nourishment it has already; when they have made it rare, they beat it and weld it; and with the nourishment of other water it grows strong. Such is the treatment of a man by his trainer. By fire the nourishment he has already is taken away, breath constraining him. As he is made rare, he is struck, rubbed and purged. On the application of water from elsewhere he becomes strong.

XIV. This do also the fullers. They trample, strike and pull; by maltreating they make stronger; by cutting off the threads that project, or by weaving them in, they beautify. The same happens to a man.

XV. Cobblers divide wholes into parts and make the parts wholes; cutting and stitching they make sound what is rotten. Man too has the same experience. Wholes are divided into parts, and from union of the parts wholes are formed. By stitching and cutting, that which is rotten in men is healed by physicians. This too is part of the physician's art: to do away with that which causes pain, and by taking away the cause of his suffering to make him sound. Nature of herself knows how to do these things. When a man is sitting it is a labour to rise; when he is moving it is a labour to come

⁸ κόπτοντιν ἔλκουσι λυμαῖνόμενοι ἵσχυρότερα ποιέουσι θ: παίνουσι λυμαῖνόμενοι κόπτοντι ἔλκουσι λυμαῖνόμενοι ἵσχυρότερα ποιέουσι. M.

⁹ κατά M: καὶ τὰ θ.

¹⁰ ταῦτα θ: τῶιτὸ M: ταῦτα Bywater.

¹¹ ὑγιάζονται Ermerins: ὑγιαίνονται MSS.

¹² Bywater has ταῦτα.

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μενος πονεῖ ἀναπαύσασθαι, καὶ ἄλλα τὰ αὐτὰ
12 ἔχει ἡ φύσις ἴητρικῆ¹.

XVI. Τέκτονες πρίοντες ὁ μὲν ὥθεῖ, ὁ δὲ ἔλκει·
τὸ αὐτὸ ποιέοντες ἀμφοτέρως² τρυπῶσιν, ὁ μὲν
ἔλκει, ὁ δὲ ὥθεῖ·³ πιεζόντων ἄνω ἔρπει, τὸ δὲ
κάτω· μείω ποιέοντες⁴ πλείω ποιέουσι.⁵ φύσιν
ἀνθρώπου μιμέονται. πνεῦμα τὸ μὲν ἔλκει,
τὸ δὲ ὥθεῖ· τὸ αὐτὸ ποιεῖ ἀμφοτέρως⁵ τὰ μὲν
κάτω πιέζεται, τὰ δὲ ἄνω ἔρπει. ἀπὸ μῆτρ⁶
ψυχῆς διαιρεομένης πλείους καὶ μείους καὶ
9 μέζουνες καὶ ἐλάσσουνες.

XVII. Οἰκοδόμοι ἐκ διαφόρων σύμφορον⁶ ἐργά-
ζονται, τὰ μὲν ξηρὰ ὑγραίνοντες, τὰ δὲ ὑγρὰ
ξηραίνοντες, τὰ μὲν ὅλα διαιρέοντες, τὰ δὲ
διηρημένα συντιθέντες· μὴ οὕτω δὲ ἔχόντων οὐκ
ἄν ἔχοι ἡ δεῖ.⁷ δίαιταν ἀνθρωπίνην μιμεῖται· τὰ
μὲν ξηρὰ ὑγραίνοντες, τὰ δὲ ὑγρὰ ξηραίνοντες,
τὰ μὲν ὅλα διαιρέονται, τὰ δὲ διηρημένα συντι-
8 θέασι· ταῦτα πάντα διάφορα ἔοντα συμφέρει.⁸

XVIII. [Μουσικῆς ὄργανον ὑπάρξαι δεῖ πρῶτοι,
ἐν ὧ δηλώσει ἡ βούλεται] ἀρμονίης συντάξιες⁹
ἐκ τῶν αὐτῶν οὐχ αἱ αὐταί, ἐκ τοῦ ὀξέος, ἐκ τοῦ
βαρέος, ὄνόματι μὲν ὄμοιων, φθόγγῳ δὲ οὐχ

¹ Bywater's emendation. The MSS. have τοιαῦτα or τὰ τοιαῦτα and ἴητρικῆς.

² τωῦτὸ ποιέει. ἀμφοτέρως φέρει M: τῶιυτο ποιέοντες ἀμφο-
τέροι θ. See Appendix, p. 296.

³ μιον οἶοι ἔβντες M: μιω ποιέοντες θ.

⁴ After ποιέουσι Littré adds καὶ πλείω ποιέοντες μείω
ποιέουσι because the Latin MS. 7027 has et maius facientes
mīnūnt.

⁵ ἀμφοτέρως φέρει, σίτων M: καὶ ἀμφοτέρως θ M also has
ποιέειν before ἀμφοτέρως.

⁶ θ omits σύμφορον.

⁷ ηδει θ: ιδίως M.

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to rest. In other respects too nature is the same as the physician's art.

XVI. When carpenters saw, one pushes and the other pulls, in both cases doing the same thing. [When boring, one pulls and the other pushes.] When they press the tool, this goes up, that goes down.¹ When they diminish they increase. They are copying the nature of man. This draws breath in, that expels it; in both cases the same thing is done. Some parts <of the food> are pressed down, some come up. From one soul when divided come more and less, greater and smaller.

XVII. Builders out of diverse materials fashion a harmony, moistening what is dry, drying what is moist, dividing wholes and putting together what is divided. Were this not so, the result would not be what it should. It is a copy of the diet of man; moistening the dry, drying the moist, they divide wholes and put together what is divided. All these being diverse are harmonious.

XVIII. [First there must be an instrument of music, whereby to set forth what is intended.] From the same notes come musical compositions that are not the same, from the high and from the low, which are alike in name² but not alike in

¹ Probably this means that as the saw goes down the log appears to come up and *vice versa*. Perhaps, however, τὸ δὲ applies to a different action of the saw, “When they press, it first goes up, then down.”

² *I.e.* they are all called “notes.”

⁸ After συμφέρει M adds τὴν φύσει.

⁹ ἀρμονίη συντάξεις M: ἀρμονίης σύνταξις θ. The words Μουσικῆς . . . βούλεται should probably be deleted as a marginal note which has been incorporated into the text.

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όμοιών· τὰ πλεῖστον¹ διάφορα μάλιστα συμφέρει, τὰ δὲ ἐλάχιστον διάφορα ἥκιστα συμφέρει· εἰ δὲ ὅμοια πάντα ποιήσει τις, οὐκέτι² τέρψις· αἱ πλεῖσται μεταβολαὶ καὶ πολυειδέσταται μάλιστα τέρπουσιν.

- 10 Μάγειροι ὅψα σκευάζουσιν ἀνθρώποισι διαφόρων, συμφόρων, παντοδαπὰ συγκρίνουσιν, ἐκ τῶν αὐτῶν οὐ τὰ αὐτά, βρῶσιν καὶ πόσιν ἀνθρώπῳ³ ἦν δὲ πάντα ὅμοια ποιήσῃ, οὐκ ἔχει τέρψιν· οὐδέ εἰ ἐν τῷ αὐτῷ πάντα συντάξειν, οὐκ ἀντί⁴ ἔχοι ὄρθως. κρούεται τὰ κρούματα ἐν μουσικῇ τὰ μὲν ἄνω, τὰ δὲ κάτω. γλώσσα μουσικὴν μιμεῖται διαγινώσκουσα μὲν τὸ γλυκὺ καὶ τὸ ὀξὺ τῶν προσπιπτόντων, καὶ διάφωνα καὶ σύμφωνα· κρούεται δὲ τοὺς φθόγγους⁴ ἄνω 20 καὶ κάτω, καὶ κάτω, καὶ οὕτε τὰ ἄνω κάτω κρουόμενα ὄρθως ἔχει οὕτε τὰ κάτω ἄνω· καλῶς δὲ ἡρμοσμένης γλώσσης, τῇ συμφωνίῃ⁵ τέρψις, ἀναρμόστου δὲ 23 λύπη.

XIX. Νακοδέψαι⁶ τείνουσι, τρίβουσι, κτενίζουσι, πλύνουσι· ταῦτα⁷ παιδίων θεραπείη. πλοκέες ἄγοντες κύκλῳ πλέκουσιν, ἀπὸ τῆς ἀρχῆς ἐς τὴν ἀρχὴν τελευτῶσι· τὸ αὐτὸ⁸ περίοδος 5 ἐν τῷ σώματι, ὄκυθεν ἀρχεται, ἐπὶ τοῦτο τελευτᾷ.

XX. Χρυσίον ἐργάζονται, κόπτουσι, πλύνουσι, τίκουσι· πυρὶ μαλακῷ, ἵσχυρῷ δὲ οὕ, συνίσταται· ἀπειργασμένοι πρὸς πάντα χρῶνται· ἄνθρωπος

¹ πλεῖστον and ἐλάχιστον Wilamowitz: πλεῖστα and ἐλάχιστα MSS.

² οὐκέτι θ: οὐκ ἔνι M. ³ ἀνθρώπῳ θ: ἀνθρώπων M.

⁴ τοὺς φθόγγους, bracketed by Diels after Bywater.

⁵ τῇ συμφερίῃ θ: τῇσ συμφωνίης M.

sound. Those that are most diverse make the best harmony; those that are least diverse make the worst. If a musician composed a piece all on one note, it would fail to please. It is the greatest changes and the most varied that please the most.

Cooks prepare for men dishes of ingredients that disagree while agreeing, mixing together things of all sorts, from things that are the same, things that are not the same, to be food and drink for a man. If the cook make all alike there is no pleasure in them; and it would not be right either if he were to compound all things in one dish. The notes struck while playing music are some high, some low. The tongue copies music in distinguishing, of the things that touch it, the sweet and the acid, the discordant from the concordant. Its notes are struck high and low, and it is well neither when the high notes are struck low nor when the low are struck high. When the tongue is well in tune the concord pleases, but there is pain when the tongue is out of tune.

XIX. Curriers stretch, rub, comb and wash. Children are tended in the same way. Basket-makers turn the baskets round as they plait them; they end at the place from which they begin. The circuit in the body is the same; it ends where it begins.

XX. Men work on gold, beat it, wash it and melt it. With gentle, not strong, fire it is compacted. When they have wrought it they use it for all purposes. So a man beats corn, washes it,

⁶ τακοδέψαι θ: σκυτοδέψαι M. ⁷ ταῦτα Ermerins: ταῦτα MSS.

⁸ τὸ αὐτὸ Diels: τοῦτο MSS. M omits σύμφων (l. 11) and καὶ σύμφων (l. 19); and θ omits χρῶνται (l. 8) and reads ἀπεργατάμενοι.

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σῖτον κόπτει, πλύνει, ἀλήθει, πυρώσας χρῆται·
ἰσχυρῷ μὲν πυρὶ ἐν τῷ σώματι οὐ συνίσταται,
6 μαλακῷ δέ.

XXI. Ἀνδριαντοποιοὶ μίμησιν σώματος ποιέουσιν πλὴν ψυχῆς,¹ γνώμην δὲ ἔχοντα οὐ ποιέουσιν, ἐξ ὕδατος καὶ γῆς, τὰ ὑγρὰ ξηραίνοντες καὶ τὰ ξηρὰ ὑγραίνοντες.² ἀφαιρέονται ἀπὸ τῶν ὑπερεχόντων, προστιθέασι πρὸς τὰ ἐλλείποντα, ἐκ τοῦ ἐλαχίστου ἐς τὸ μήκιστον αὔξοντες. ταῦτα³ πάσχει καὶ ἄνθρωπος αὔξεται ἐκ τοῦ ἐλαχίστου ἐς τὸ μέγιστον, ἐκ τῶν ὑπερεχόντων ἀφαιρεόμενος, τοῖσιν ἐλλείπουσι προστιθείς, τὰ 10 ξηρὰ ὑγραίνων καὶ τὰ ὑγρὰ ξηραίνων.

XXII. Κεραμέες τροχὸν δινέουσι, καὶ οὕτε πρόσω οὔτε ὅπισω προχωρεῖ, τὰ ἀμφοτέρως ἄμα τοῦ ὅλου ἀπομιμα τῆς περιφορῆς·⁴ ἐν δὲ τῷ αὐτῷ ἐργάζονται περιφερομένῳ παντοδαπά, οὐδὲν ὅμοιον τὸ ἔτερον τῷ ἔτερῳ ἐκ τῶν αὐτῶν τοῖσιν αὐτοῖσιν ὀργάνοισιν.⁵ ἄνθρωποι ταῦτα⁶ πάσχουσι καὶ τἄλλα ζῷα· ἐν τῇ αὐτῇ περιφορῇ πάντα ἐργάζονται, ἐκ τῶν αὐτῶν οὐδὲν ὅμοιον τοῖσιν αὐτοῖσιν ὀργάνοισιν, ἐξ ὑγρῶν ξηρὰ 10 ποιέοντες καὶ ἐκ τῶν ξηρῶν ὑγρά.

XXIII. Γραμματικὴ τοιόνδε· σχημάτων σύνθεσις, σημῆια ἀνθρωπίνης φωνῆς, δύναμις τὰ παροιχόμενα μνημονεύσαι, τὰ ποιητέα δηλῶσαι· δι’ ἐπτὰ σχημάτων ἡ γνῶσις· ταῦτα πάντα

¹ πλὴν ψυχῆς is bracketed by Diels. It has the appearance of a note that has crept into the text.

² καὶ τὰ ξηρὰ ὑγραίνοντες omitted by M.

³ Perhaps ταῦτα.

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grinds it, applies fire and then uses it. With strong fire it is not compacted in the body, but with gentle fire.

XXI. Statue-makers copy the body without the soul, as they do not make intelligent things, using water and earth, drying the moist and moistening the dry. They take from that which is in excess and add to that which is deficient, making their creations grow from the smallest to the tallest. Such is the case of man. He grows from his smallest to his greatest, taking away from that which is in excess, adding to that which is deficient, moistening the dry and drying the moist.

XXII. Potters spin a wheel, which shifts neither forwards nor backwards, yet moves both ways at once, therein copying the revolution of the universe. On this wheel as it revolves they make pottery of every shape, and no two pieces are alike, though they are made from the same materials and with the same tools. Men and the animals too are in the same case. In one and the same revolution they make all things, without two being alike, from the same materials and with the same tools, making dry from moist and moist from dry.

XXIII. The art of writing is of this sort: the putting together of figures, symbols of human voice, a power to recall past events, to set forth what must be done. Through seven figures¹ comes

¹ *I.e.* the seven vowels α , ϵ , η , ι , \o , ν , ω .

⁴ ἀμφοτέρως ἄμα τοῦ ὅλου ἀπομιμα (*sic*) τῆς περιφορῆς (θ) is corrupt. M has καὶ ἀμφοτέρωσε, ἄμα τοῦ ὅλου μιμητῆς περιφερῆς. Diels would read ἄγει for ἄμα.

⁵ τοῖσιν αὐτοῖσιν ὀργάνοισιν omitted by M.

⁶ Perhaps ταῦτα.

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ἀνθρωπος διαπρήσσεται, καὶ ὁ ἐπιστάμενος γράμματα καὶ ὁ μὴ ἐπιστάμενος. δι' ἐπτὰ σχημάτων καὶ αἱ αἰσθήσεις ἀνθρώπῳ,¹ ἀκοὴ ψόφου, ὅψις φανερῶν, ρίνη ὄδμῆς, γλῶσσα ἥδονῆς καὶ ἀηδίης, στόμα διαλέκτου, σῶμα ψαύσιος, θερμοῦ ἡ ψυχροῦ πνεύματος διέξοδοι ἔξω καὶ ἔσω· διὰ τούτων ἀιθρώποισιν γνῶσις, ἀγνωστή.²

XXIV. Παιδοτριβίη τοιόνδε· διδάσκουσι παρανομεῖν κατὰ νόμον, ἀδικεῖν δικαίως, ἔξαπατᾶν, κλέπτειν, ἀρπάζειν, βιάζεσθαι τὰ αἴσχιστα καὶ κάλλιστα.³ ὁ μὴ ταῦτα ποιέων κακός, ὁ δὲ ταῦτα ποιέων ἀγαθός· ἐπίδειξις τῆς τῶν πολλῶν ἀφροσύνης· θεῶνται ταῦτα καὶ κρίνουσιν ἔνα ἔξαπάντων ἀγαθόν, τοὺς δὲ ἄλλους κακούς· πολλοὶ θαυμάζουσιν, ὀλίγοι γινώσκουσιν. ἐς ἀγορὴν ἐλθόντες ἀνθρωποι ταῦτα διαπρήσσονται· ἔξαπατῷσι ἀνθρωποι πωλέοντες καὶ ὠνεόμενοι· ὁ πλεῖστα ἔξαπατήσας, οὗτος θαυμάζεται. πίνοντες καὶ μαινόμενοι ταῦτα διαπρήσσονται. τρέχουσι, παλαίουσι, μάχονται, κλέπτουσιν, ἔξαπατῶσιν· εἰς ἐκ πάντων κρίνεται. ὑποκριτικὴ ἔξαπατᾶ εἰδότας· λέγουσιν ἄλλα καὶ φρονέουσιν ἔτερα,⁴ οἱ αὐτοὶ ἐσέρπουσι καὶ ἔξέρπουσιν οὐχ οἱ αὐτοί· ἔνι⁵ δὲ ἀνθρώπῳ ἄλλα μὲν λέγειν, ἄλλα δὲ ποιεῖν,⁶ καὶ τὸν αὐτὸν μὴ εἶναι τὸν αὐτόν, καὶ τότε μὲν

¹ καὶ αἱ αἰσθήσεις ἀνθρέπων θ: καὶ ἡ αἰσθησις ἡ ἀνθρώπων Μ: ἀνθρώπῳ Bywater.

² Σο θ. Μ has γνῶσις ἀνθρώποισι ἀγωνίη.

³ τὰ κάλλιστα καὶ αἰσχιστα M: τὰ αἰσχιστα καὶ κάλλιστα θ. We ought perhaps to delete καὶ, which might easily be a repetition of the first syllable of κάλλιστα.

⁴ εἰδότας & λέγουσιν ἄλλὰ καὶ φρονέουσιν θ: εἰδότας λέγουσιν ἄλλα. καὶ φρονέουσιν ἔτερα M. Diels suggests ἄλλα λέγουσιν

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knowledge. All these things a man performs, both he who knows letters and he who knows them not. Through seven figures come sensations for a man; there is hearing for sounds, sight for the visible, nostril for smell, tongue for pleasant or unpleasant tastes, mouth for speech, body for touch, passages outwards and inwards for hot or cold breath. Through these comes knowledge or lack of it.

XXIV. The trainer's art is of this sort: they teach how to transgress the law according to law, to be unjust justly, to deceive, to trick, to rob, to do the foulest violence most fairly. He who does not these things is bad; he who does them is good. It is a display¹ of the folly of the many. They behold these things and judge one man out of all to be good and the others to be bad. Many admire, few know. Men come to the market-place and do the same things; men deceive when they buy and sell. He who has deceived most is admired. When drinking and raving they do the same things. They run, they wrestle, they fight, they trick, they deceive. One out of them all is judged. The actor's art deceives those who know. They say one thing and think another; they come on and go off, the same persons yet not the same. A man too can say one thing and do another; the same man can be not the same; he may be now of one mind, now of

¹ Bernays suggested ἀπόδειξις, "proof."

καὶ ἄλλα φρονέουσιν, which is probably the correct reading. Peck suggests ιδόντας for εἰδότας. So too Fredrich.

⁵ ἐν MSS. I thought of ἐν before I knew that the suggestion had already been made by Bernays.

⁶ ποιεῖν M: ἀκούειν θ.

Π ΕΡΙ ΔΙΑΙΤΗΣ

20 ἄλλην τότε δὲ ἄλλην ἔχειν γνώμην.¹ οὕτω μὲν
21 αἱ τέχναι πᾶσαι τῇ ἀνθρωπίνῃ φύσει ἐπικοινω-
νέουσιν.

XXV. Ἡ δὲ ψυχὴ τοῦ ἀνθρώπου, ὥσπερ μοι
καὶ προείρηται, συγκρησιν ἔχουσα πυρὸς καὶ
ῦδατος, μέρεα δὲ ἀνθρώπου, ἐσέρπει ἐς ἅπαν
ζῷον, ὃ τι περ ἀναπνεῖ, καὶ δὴ καὶ ἐς ἀνθρωπον
πάντα καὶ νεώτερον καὶ πρεσβύτερον. αὐξεται
δὲ οὐκ² ἐν πᾶσιν ὁμοίως, ἀλλ’ ἐν μὲν τοῖσι
νέοισι τῶν σωμάτων, ἄτε ταχείης ἐούσης τῆς
περιφορῆς καὶ τοῦ σώματος αὐξέμου, ἐκπυρουμένη
καὶ λεπτυνομένη καταναλίσκεται ἐς τὴν αὐξησιν
10 τοῦ σώματος· ἐν δὲ τοῖσι πρεσβυτέροισιν, ἄτε
βραδέης ἐούσης τῆς κινήσιος καὶ ψυχροῦ τοῦ
σώματος, καταναλίσκεται ἐς τὴν μείωσιν τοῦ
ἀνθρώπου. ὅσα δὲ τῶν σωμάτων ἀκμάζοντά
ἐστι καὶ ἐν³ τῆσιν ἡλικίησι τῆσι γονίμησι,
δύναται τρέφειν καὶ αὐξεῖν· δυνάστης δε ἀνθρω-
πος, ὅστις δύναται πλείστους ἀνθρώπους τρέφειν,
οὗτος⁴ ἰσχυρός· ἀπολειπόντων δέ, ἀσθενέστερος.
τοιοῦτον καὶ ἔκαστα τῶν σωμάτων· ὁκοῖα πλείσ-
τας δύναται ψυχὰς τρέφειν, ταῦτα ἰσχυρότατα,⁵
20 ἀπελθόντων δὲ τούτων ἀσθενέστερα.

XXVI. "Ο τι μὲν ἂν ἐς ἄλλο ἐσέλθῃ, οὐκ
αὐξεται· ὃ τι δὲ ἐς τὴν γυναικα, αὐξεται, ἦν
τύχη τῶν προσηκόντων. καὶ διακρίνεται τὰ
μέλεα πάντα ἄμα καὶ αὐξεται, καὶ πρότερον
οὐδὲν ἔτερον ἔτέρου οὐδ' ὕστερον.⁶ τὰ δὲ μέζω

¹ τότε μὲν ἄλλην· τότε δὲ ἄλλην μὴ ἔχειν γνώμην θ: τότε
μὲν ἄλλην ἔχειν γνώμην Μ.

² οὐκ is omitted by θ. ³ ἐν omitted by θ.

⁴ οὗτος is omitted by θ, perhaps rightly. Μ has δυνάσται
δὲ ἀνθρωποι. ὅστις κ.τ.ξ., but reads οὗτος.

another. So all the arts have something in common with the nature of man.

XXV. The soul of man, as I have already said, being a blend of fire and water, and the parts of man, enter into every animal that breathes, and in particular into every man, whether young or old. But it does not grow equally in all; but in young bodies, as the revolution is fast and the body growing, it catches fire, becomes thin and is consumed for the growth of the body; whereas in older bodies, the motion being slow and the body cold, it is consumed for the lessening of the man. Such bodies as are in their prime and at the procreative age can nourish it and make it grow. Just as a potentate is strong who can nourish¹ very many men, but is weaker when they desert him, even so those bodies are severally strongest that can nourish very many souls, but are weaker when this faculty has departed.²

XXVI. Whatever enters into something else does not grow; but whatever enters a woman grows if it meets with the things that suit it. And all the limbs are separated and grow simultaneously, none before or after another; although those by nature

¹ τρέφειν can mean “to keep” pets or servants, as well as “to nourish” the body.

² ἀπελθόντων δὲ τούτων is strange. To what does it refer? And how can a body nourish many souls?

⁵ τοιούτων καὶ ἔκαστα τῶν σωμάτων πλεῖστα· δκοῖα πλεῖστα δύναται ψυχὴς τρέφειν, ταῦτα ἰσχυρότερον. M: τοιοῦτον δκοὶ ἔκαστα τῶν σωμάτων πλεῖστας δύναται τρέφειν ταῦτα ἰσχυρότατα θ.

⁶ οὕτε πρότερον οὐδὲν ἔτερον ἔτερον, οὐδ' ὕστερον M: οὕτε πρότερον . . . οὕτ' ὕστερον Littré, following a later correction in H.

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φύσει πρότερα φαίνεται τῶν ἐλασσόνων, οὐδὲν
 πρότερα γινόμενα. οὐκ ἐν ἵσῳ δὲ χρόνῳ πάντα
 διακοσμεῖται, ἀλλὰ τὰ μὲν θᾶσσοι, τὰ δὲ βραδύ-
 τεροι, ὅκως ἀν καὶ τοῦ πυρὸς τύχῃ ἔκαστα καὶ
 10 τῆς τροφῆς· τὰ μὲν οὖν ἐν τεσσαράκοντα ἡμέρησιν
 ἵσχει πάντα φανερά, τὰ δ' ἐν δύο μησί, τὰ δ'
 ἐν¹ τρισί, τὰ δ' ἐν τετραμήνῳ. ὡς δ' αὕτως καὶ
 γόνιμα γίνεται τὰ μὲν θᾶσσον ἐπτάμηνα τελέως,
 τὰ δὲ βραδύτεροι ἐννέα μησὶ τελέωσι· ἐς φάος
 ἀναδείκνυνται ἔχοντα τὴν σύγκρησιν ἥνπερ καὶ
 16 διὰ παντὸς ἔξει.²

XXVII. "Ἄρρενα μὲν οὖν καὶ θήλεα ἐν τῷδε
 τῷ τρόπῳ γίνοιτο ἀν ως ἀνυστόν· τὰ δὲ θήλεα
 πρὸς ὕδατος μᾶλλον ἀπὸ τῶν ψυχρῶν καὶ ὑγρῶν
 καὶ μαλακῶν αὔξεται καὶ σίτων καὶ ποτῶν καὶ
 ἐπιτηδευμάτων· τὰ δὲ ἄρσενα πρὸς πυρὸς μᾶλλον,
 ἀπὸ τῶν ξηρῶν καὶ θερμῶν καὶ σίτων καὶ διαίτης.
 εἰ οὖν θῆλυ τεκεῖν βούλοιτο, τῇ πρὸς ὕδατος
 διαίτη³ χρηστέον· εἰ δὲ ἄρσεν,⁴ τῇ πρὸς πυρὸς
 ἐπιτηδεύσει διακτέον· καὶ οὐ μόνον⁵ τὸν ἄνδρα
 10 δεῖ τοῦτο διαπρήσσεσθαι, ἀλλὰ καὶ τὴν γυναικα.
 οὐ γὰρ ἀπὸ τοῦ ἄνδρος μόνον ἀποκριθὲν αὔξιμόν
 ἐστιν, ἀλλὰ καὶ ἀπὸ τῆς γυναικός, διὰ τάδε⁶
 ἐκάτερον μὲν τὸ μέρος οὐκ ἔχει ἴκανὴν τὴν κίνησιν
 τῷ πλήθει τοῦ ὑγροῦ, ὥστε καταναλίσκειν τὸ
 ἐπιρρέον καὶ συνιστάναι δι' ἀσθενείην τοῦ πυρός·
 ὅκόταν δὲ κατὰ τωντὸ ἀμφότερα συνεκπεσόντα⁷
 τύχῃ, συμπίπτει⁸ πρὸς ἄλληλα, τὸ πῦρ τε πρὸς

¹ πάντα φανερά, . . . τὰ δ' ἐν omitted by M.

² ἔξει M: ἔχει θ. ³ διαίτη θ: διαιτήσει M.

⁴ ἄρσεν θ: ἄρσενα M.

⁵ καὶ οὐ μόνον θ: οὐ μόνον δὲ M.

larger become visible before the smaller, yet they are formed none the earlier. Not all take the same time to form; some take less time, some longer, according as they severally meet with fire and nourishment. Some have everything visible in forty days, some in two months, some in three months and others in four. Similarly also some are formed before others; those that grew quicker are fully formed in seven months, those that grew more slowly in nine months; and they appear in the light with the same blend as they will have always.¹

XXVII. Males and females would be formed, so far as possible, in the following manner. Females, inclining more to water, grow from foods, drinks and pursuits that are cold, moist and gentle. Males, inclining to fire, grow from foods and regimen that are dry and warm. So if a man would beget a girl, he must use a regimen inclining to water. If he wants a boy, he must live according to a regimen inclining to fire. And not only the man must do this, but also the woman. For growth belongs, not only to the man's secretion, but also to that of the woman, for the following reason. Either part alone has not motion enough, owing to the bulk of its moisture and the weakness of its fire, to consume and to solidify the oncoming water. But when it happens that both are emitted together to one place, they conjoin, the fire to the fire and the

¹ It might perhaps be well to punctuate with a colon at γίνεται, no colon at τελέως and a comma at ἀποδείκνυται.

⁶ So θ. M reads οὐ γὰρ τὸ ἀπὸ τοῦ ἀνδρὸς μοῦνον αὔξιμόν ἐστιν ἀποκριθὲν, ἀλλὰ καὶ τὸ ἀπὸ τῆς γυναικὸς διὰ τόδε·

⁷ συνεκπεσόντα θ: συνεμπεσόντα M.

⁸ συμπίπτει θ: περιπίπτει M.

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τὸ πῦρ καὶ τὸ ὑδωρ ὡσαύτως. ἦν μὲν οὖν ἐν
 20 ξηρῇ τῇ χώρῃ πέσῃ, κινεῖται, εἰ καὶ κρατεῖ τοῦ
 συνεκπεσόντος¹ ὕδατος, καὶ ἀπὸ τούτου αὔξεται
 τὸ πῦρ, ὥστε μὴ κατασβέννυσθαι ὑπὸ τοῦ ἐπι-
 πίπτοντος² κλύδωνος, ἀλλὰ τό τε ἐπιὸν δέχεσθαι
 καὶ συνιστάναι πρὸς τὸ ὑπάρχον· ἦν δὲ ἐς ὑγρὸν
 πέσῃ, εὐθέως ἀπ' ἀρχῆς κατασβέννυται τε³ καὶ
 διαλύεται ἐς τὴν μείω τάξιν. ἐν μῇ δὲ ἡμέρῃ
 τοῦ μηνὸς ἐκάστου δύναται συστῆναι καὶ κρατῆσαι
 τῶν ἐπιόντων, καὶ ταῦτ' ἦν τύχη συνεκπεσόντα⁴
 28 παρ' ἀμφοτέρων κατὰ τόπον.

XCVIII. Συνίστασθαι δὲ δύναται καὶ τὸ θῆλυ
 καὶ τὸ ἄρσεν πρὸς ἄλληλα, διότι καὶ ἐν ἀμφο-
 τέροις ἀμφότερα τρέφεται, καὶ διότι ἡ μὲν ψυχὴ
 τωύτῳ πᾶσι τοῖσιν ἐμψύχοισι, τὸ δὲ σῶμα δια-
 φέρει ἐκάστου. ψυχὴ μὲν οὖν αἱεὶ ὁμοίη καὶ ἐν
 μέζονι καὶ ἐν ἐλάσσονι· οὐ γὰρ ἀλλοιοῦται οὕτε
 διὰ φύσιν οὕτε δι' ἀνάγκην· σῶμα δὲ οὐδέποτε
 τωύτῳ οὐδενὸς οὕτε κατὰ φύσιν οὐθ' ὑπ' ἀνάγκης,
 τὸ μὲν γὰρ διακρίνεται ἐς πάντα, τὸ δὲ συμ-
 10 μίσγεται πρὸς ἄπαντα. ἦν μὲν οὖν ἐς⁵ ἄρσενα
 τὰ σώματα ἀποκριθέντα ἀμφοτέρων⁶ τύχη,
 αὔξεται κατὰ τὸ ὑπάρχον, καὶ γίνονται οὗτοι
 ἀνδρες λαμπροὶ τὰς ψυχὰς καὶ τὸ σῶμα⁷
 ἴσχυροί, ἦν μὴ ὑπὸ τῆς διαίτης βλαβῶσι τῆς
 ἔπειτα. ἦν δὲ τὸ μὲν ἀπὸ τοῦ ἀνδρὸς ἄρσεν
 ἀποκριθῆ, τὸ δὲ ἀπὸ τῆς γυναικὸς θῆλυ, καὶ

¹ εἰ μὲν οὖν ἐν ξηρῇ τῇ χωρῇ πέσῃ. κεινέεται εἰ καὶ κρατέει τοῦ συνεκπεσόντος ὕδατος θ: ἦν μὲν οὖν ἐν ξηρῇ τῇ χώρῃ περικενέεται, κρατέει τοῦ συνεμπεσόντος ὕδατος Μ.

² ἐπιπίπτοντος θ: ἐμπίπτοντος Μ.

³ After τε Μ adds ὑπὸ τοῦ ἐμπίπτοντος κλύδωνος.

⁴ συνεκπεσόντα θ: ξυνεμπεσόντα Μ.

water likewise. Now if the fire fall in a dry place, it is set in motion, if it also master the water emitted with it, and therefrom it grows, so that it is not quenched by the onrushing flood, but receives the advancing water and solidifies it on to what is there already. But if it fall into a moist place, immediately from the first it is quenched and dissolves into the lesser rank.¹ On one day in each month it can solidify, and master the advancing parts, and that only if it happen that parts are emitted from both parents together in one place.

XXVIII. Male and female have the power to fuse into one solid, both because both are nourished in both and also because soul is the same thing in all living creatures, although the body of each is different. Now soul is always alike, in a larger creature as in a smaller, for it changes neither through nature nor through force. But the body of no creature is ever the same, either by nature or by force, for it both dissolves into all things and also combines with all things. Now if the bodies secreted from both happen to be male, they grow up to the limit of the available matter,² and the babies become men brilliant in soul and strong in body, unless they be harmed by their subsequent diet. If the secretion from the man be male and that of the woman female, should

¹ Littré translates: “passant au rang de décroissance.” Does it refer to “lifeless” matter, *i.e.* matter that cannot form a living embryo?

² Littré says: “ils croissent sur le fonds existant.”

⁵ ἐσ is omitted by M.

⁶ ἀμφοτέρων is omitted by θ.

⁷ τὸ σῶμα M: τὰ σώματα θ.

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ἐπικρατήσῃ τὸ ἄρσεν, ἡ μὲν ψυχὴ προσμίσγεται πρὸς τὴν ἴσχυροτέρην ἡ ἀσθενεστέρη, οὐ γὰρ ἔχει πρὸς ὅ τι ὁμοτροπώτερον¹ ἀποχωρήσει τῶν 20 παρεόντων· προσέρχεται γὰρ καὶ ἡ μικρὴ πρὸς τὴν μέζω καὶ ἡ μέζων πρὸς τὴν ἐλάσσονα.² κοινῇ δὲ τῶν ὑπαρχόντων κρατέουσι· τὸ δὲ σῶμα τὸ μὲν ἄρσεν αὐξεῖται, τὸ δὲ θῆλυ μειοῦται καὶ διακρίνεται ἐς ἄλλην μοίρην. καὶ οὗτοι ἡσσον μὲν τῶν προτέρων λαμπροί, ὅμως δέ, διότι ἀπὸ τοῦ ἀνδρὸς τὸ ἄρσεν ἐκράτησεν, ἀνδρεῖοι γίνονται, 30 καὶ τούνομα τοῦτο δικαίως ἔχουσιν. ἦν δὲ ἀπὸ μὲν τῆς γυναικὸς ἄρσεν ἀποκριθῆ, ἀπὸ δὲ τοῦ ἀνδρὸς θῆλυ, κρατήσῃ δὲ τὸ ἄρσεν, αὐξεῖται τὸν αὐτὸν τρόπον τῷ προτέρῳ· τὸ δὲ μειοῦται· γίνονται δὲ οὗτοι ἀνδρόγυνοι καὶ καλέονται τοῦτο ὄρθως. τρεῖς μὲν οὖν³ αὗται γενέσιες τῶν ἀνδρῶν, διάφοροι δὲ πρὸς τὸ μᾶλλον καὶ ἡσσον τὸ τοιοῦτον⁴ εἶναι διὰ τὴν σύγκρησιν τοῦ ὕδατος τῶν μερέων καὶ τροφὰς καὶ παιδεύσιας καὶ συνηθείας. δηλώσω δὲ προϊόντι τῷ λόγῳ καὶ 37 περὶ τούτων.

XXIX. Τὸ δὲ θῆλυ γίνεται κατὰ τὸν αὐτὸν τρόπον· ἦν μὲν ἀπ' ἀμφοτέρων θῆλυ ἀποκριθῆ, θηλυκώτατα καὶ εὐφυέστατα γίνεται· ἦν δὲ τὸ μὲν ἀπὸ τῆς γυναικὸς θῆλυ, τὸ δὲ ἀπὸ τοῦ ἀνδρὸς ἄρσεν, κρατήσῃ δὲ τὸ θῆλυ,⁵ θρασύτεραι μὲν τῶν πρόσθεν, ὅμως δὲ κόσμιαι καὶ αὗται.⁶ ἦν δὲ τὸ μὲν ἀπὸ τοῦ ἀνδρὸς θῆλυ, τὸ δὲ ἀπὸ τῆς γυναικὸς

¹ δμοτροπωτερον θ: δμοτροφάτερον M.

² προσδέχεται γὰρ ἡ μικρὴ τὴν μέζω· καὶ ἡ μέζω, τὴν ἐλάσσονα· M: προσέρχεται γὰρ καὶ ἡ μικρῆι πρὸς τὴν μέζωι· καὶ ἡ μέζω πρὸς τὴν ἐλάσσονα· θ.

REGIMENT, I. XXVIII.-XXIX.

the male gain the mastery, the weaker soul combines with the stronger, since there is nothing more congenial present to which it can go. For the small goes to the greater and the greater to the less, and united they master the available matter. The male body grows, but the female body decreases into another part.¹ And these, while less brilliant than the former, nevertheless, as the male from the man won the mastery, they turn out brave, and have rightly this name. But if male be secreted from the woman but female from the man, and the male get the mastery, it grows just as in the former case, while the female diminishes. These turn out hermaphrodites ("men-women") and are correctly so called. These three kinds of men are born, but the degree of manliness depends upon the blending of the parts of water, upon nourishment, education and habits. In the sequel I shall discuss these matters also.

XXIX. In like manner the female also is generated. If the secretion of both parents be female, the offspring prove female and fair, both to the highest degree. But if the woman's secretion be female and the man's male, and the female gain the mastery, the girls are bolder than the preceding, but nevertheless they too are modest. But if the man's secretion be female, and the woman's male,

¹ Or, "destiny."

³ οὖν is omitted by θ.

⁴ For τὸ τοιοῦτον θ has τοιοῦτοι.

⁵ A few MSS. (but neither M nor θ) have after θῆλυ the words αἴξεται τὸν αὐτὸν τρόπον καὶ. Littré prints them.

⁶ αὗται θ: αὗται M.

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άρσεν, κρατήσῃ δὲ τὸ θῆλυ, αὔξεται τὸν αὐτὸν τρόπον, γίνονται δὲ τολμηρότεραι τῶν προτέρων
 10 καὶ ἀνδρεῖαι ὄνομάζονται. εἰ δέ τις ἀπιστεῖ ψυχὴν μὴ προσμίσγεσθαι ψυχῇ,¹ ἀφορῶν ἐς ἄνθρακας, κεκαυμένους πρὸς κεκαυμένους² προσβάλλων, ἵσχυροὺς πρὸς ἀσθενέας, τροφὴν αὐτοῖσι διδούς, ὅμοιον τὸ σῶμα πάντες παρασχήσονται καὶ οὐ διάδηλος ἔτερος τοῦ ἔτερου,³ ἀλλ’ ἐν ὅποιῷ σώματι ζωπυρέονται, τοιοῦτον δὴ τὸ πᾶν⁴ ἔσται· ὁκόταν δ’ ἀναλώσωσι τὴν ὑπάρχουσαν τροφήν, διακρίνονται ἐς τὸ ἄδηλον· τοῦτο καὶ
 19 ἄνθρωπίνη ψυχὴ πάσχει.

XXX. Περὶ δὲ τῶν διδύμων γινομένων ὥδε ὁ λόγος δηλώσει. τὸ μὲν πλεῖστον τῆς γυναικὸς ἡ φύσις αἰτίη τῶν μητρέων· ἦν γὰρ ὅμοίως ἀμφοτέρωσε πεφύκωσι κατὰ τὸ στόμα, καὶ ἀναχάσκωσιν ὅμοίως, καὶ ξηραίνωνται ἀπὸ τῆς καθάρσιος, δύνανται τρέφειν, ἦν τὰ τοῦ ἀνδρὸς συλλαμβάνη ὥστε εὐθὺς ἀποσχίζεσθαι⁵ ἐς ἀμφοτέρας τὰς μήτρας ὅμοίως. ἦν μὲν οὖν πολὺ ἀπ’ ἀμφοτέρων τὸ σπέρμα καὶ ἵσχυρὸν ἀποκριθῆ, δύναται ἐν 10 ἀμφοτέρησι τῆσι χώρησιν αὔξεσθαι· κρατεῖ γὰρ τῆς τροφῆς τῆς ἐπιούσης. ἦν δέ πως ἄλλως γένηται, οὐ γίνεται δίδυμα. ὁκόταν μὲν οὖν ἄρσενα ἀπ’ ἀμφοτέρων ἀποκριθῆ, ἐξ ἀνάγκης

¹ ψυχῇ M: φύσει θ.

² Between πρὸς and κεκαυμένους Littré without MS. authority inserts μὴ. For ἀφορῶν ἐs M has ἀφρῶν ἔστιν.

and the female gain the mastery, growth takes place after the same fashion, but the girls prove more daring than the preceding, and are named "mannish." If anyone doubts that soul combines with soul, let him consider coals. Let him place lighted coals on lighted¹ coals, strong on weak, giving them nourishment. They will all present a like substance, and one will not be distinguished from another, but the whole will be like the body in which they are kindled. And when they have consumed the available nourishment, they dissolve into invisibility. So too it is with the soul of man.

XXX. How twins are born my discourse will explain thus. The cause is chiefly the nature of the womb in woman. For if it has grown equally on either side of its mouth, and if it opens equally, and also dries equally after menstruation, it can give nourishment, if it conceive the secretion of the man so that it immediately divides into both parts of the womb equally. Now if the seed secreted from both parents be abundant and strong, it can grow in both places, as it masters the nourishment that reaches it. In all other cases twins are not formed. Now when the secretion from both parents

¹ Or, with Littré's reading, "unlighted." But it seems more natural, if the male soul be the strong burning coal, for the female soul to be represented by a weak burning coal. When combined, the two coals burn with one flame, with that flame, in fact, appropriate "to the substance in which they are kindled."

³ So M. θ has ἄπαν παρεσχηκότος· καὶ οὐ διάδηλον ἔτερον τοῦ στεροῦ· Peck reads: πᾶν παρασχήσεται καὶ οὐ διάδηλον τὸ ἔτερον τοῦ ἔτέρου—perhaps rightly.

⁴ So θ. M has τοιοῦτον ἀπὸ πάντων.

⁵ After ἀποσχίζεσθαι M has οὕτω γὰρ ἀνάγκη σκλήνασθαι.

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ἐν ἀμφοτέροις ἄρσενα γεννᾶσθαι¹ ὅκόταν δὲ θήλεα ἀπ' ἀμφοτέρων, θήλεα γίνεται· ὅταν δὲ τὸ μὲν θῆλυ, τὸ δὲ ἄρσεν, ὅκότερον ἂν ἑκατέρου κρατήσῃ, τοιοῦτον ἐπαύξεται. ὅμοια δὲ ἀλλήλοισι τὰ δίδυμα διὰ τάδε² γίνεται, ὅτι πρῶτον μὲν τὰ χωρία ὅμοια³ ἐν οἷσιν αὔξεται, ἔπειτα 20 ἄμα ἀπεκρίθη, ἔπειτα τῇσιν αὐτῇσι τροφῆσιν 21 αὔξεται, γόνιμά τε γίνεται ἄμα⁴ ἐς φάος.

XXXI. Ἐπίγονα δὲ τῷ τρόπῳ γίνεται· ὅταν αἱ τε μῆτραι θερμαὶ τε καὶ ξηραὶ φύσει ἔωσιν, ἢ τε γυνὴ τοιαύτη, τό τε σπέρμα ξηρὸν καὶ θερμὸν ἐμπέσῃ, οὐκ ἐπιγίνεται⁵ ἐν τῇσι μήτρησιν ὑγρασίη οὐδεμίη, ἥτις τὸ εἰσπίπτον⁶ σπέρμα κρατήσει· διὰ τοῦτο συνίσταται ἐξ ἀρχῆς καὶ ζώει, διατελεῖν δὲ οὐ δύναται, ἀλλὰ τὸ ὑπάρχον προσδιαφείρει,⁷ διότι οὐ ταύτα συμ-
φέρει ἀμφοῖν.⁸

XXXII. Ὑδατος δὲ τὸ λεπτότατον καὶ πυρὸς τὸ ἀραιότατον σύγκρησιν λαβόντα ἐν ἀνθρώπου σώματι ὑγιεινοτάτην ἔξιν ἀποδεικνύει διὰ τάδε, ὅτι ἐν τῇσι μεταβολῆσι τοῦ ἐνιαυτοῦ τῶν ώρέων τῇσι μεγίστησιν οὐκ ἐπιπληροῦται τὸ ἔσχατον οὐδέτερον,⁹ οὕτε τὸ ὕδωρ ἐς τὸ πυκνότατον ἐν¹⁰ τῇσι τοῦ ὕδατος ἐφόδοισιν, οὕτε τὸ πῦρ ἐν τῇσι τοῦ πυρὸς, οὕτε τῶν ἡλικιέων¹¹ ἐν τῇσι μετα-

¹ γεννᾶσθαι θΜ: γεννᾶται Littré.

² τόδε Μ: τάδε θ.

³ τὰ χορία ὅμοια θ: τὰ χωρία Μ.

⁴ γόνιμά τε γίνεται ἄμα θ: γονημά τε ἀναγίνεται Μ: γόνιμοί τε ἀνάγεται ἄμα Littré.

⁵ οὐκ ἐπιγίνεται θ: οὐκέτι γίνεται Μ (perhaps rightly).

⁶ εἰσπίπτον θ: ἐπεισπίπτον Μ.

REGIMEN, I. xxx.-xxxii.

is male, of necessity boys are begotten in both places;¹ but when from both it is female, girls are begotten. But when one secretion is female and the other male, whichever masters the other gives the embryo its sex. Twins are like one another for the following reasons. First, the places are alike in which they grow; then they were secreted together; then they grow by the same nourishment, and at birth they reach together the light of day.

XXXI. Superfetation occurs in the following way. When the womb is naturally hot and dry, and the woman is also such, and the seed that enters it is dry and hot, there is no superfluous moisture in the womb to master the seed that enters. Therefore, though it congeals at first and lives, yet it cannot last, but destroys as well the embryo already there, as the same things do not suit both.

XXXII. (1) The finest water and the rarest fire, on being blended together in the human body, produce the most healthy condition for the following reasons. At the greatest changes in the seasons of the year neither is fulfilled to the extreme limit; the water is not fulfilled to the densest limit at the onsets of the water, nor is the fire at the onsets of the fire, whether these be due to alterations in age or to

¹ If we accept the reading of θ M the grammar is peculiar; we have γεννᾶσθαι as though ἀνάγκη (and not ἐξ ἀνάγκης) had preceded.

⁷ προσδιαφθείρει M: διαφορεῖ θ. M has καὶ (perhaps rightly) after ἀλλὰ.

⁸ ἀμφοῖν M: αὐτοῖν θ, which has ταῦτα for ταῦτὰ.

⁹ M omits οὐκ . . . οὐδέτερον. ¹⁰ ἐν θ: ἔστι M.

¹¹ ἡλικιῶν θ: μικρέων M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

στάσεσιν, οὔτε τῶν σίτων καὶ ποτῶν ἐν τοῖσι
 10 διαιτήμασι. δύνανται γὰρ γένεσίν τε πλείστην
 δέξασθαι ἀμφότερα καὶ πλησμονήν· χαλκὸς ὁ
 μαλακώτατός τε¹ καὶ αραιότατος πλείστην
 κρῆσιν δέχεται καὶ γίνεται κάλλιστος· καὶ
 ὕδατος τὸ λεπτότατον καὶ πυρὸς τὸ ἀραιότατον
 σύγκρησιν λαμβάνοντα² ὠσαύτως. οἱ μὲν οὖν
 ταύτην ἔχοντες τὴν φύσιν ὑγιαιίνοντες διατε-
 λέουσι τὸν πάντα χρόνον, μέχρι τεσσαράκοντα
 ἔτεων, οἱ δὲ καὶ μέχρι γήρως τοῦ ἐσχάτου·
 ὄκόσοι δ' ἀν ληφθῶσιν ὑπὸ τινος νοσήματος
 20 ὑπὲρ τεσσαράκοντα ἔτεα, οὐ μάλα ἀποθνήσκου-
 σιν.³ ὄκόσα δὲ τῶν σωμάτων σύγκρησιν λαμ-
 βάνει πυρὸς τοῦ ἰσχυροτάτου καὶ ὕδατος τοῦ
 πυκνοτάτου, ἰσχυρὰ μὲν καὶ ἐρρωμένα τὰ σώματα
 γίνεται, φυλακῆς δὲ πολλῆς δεόμενα· μεγάλας
 γὰρ τὰς μεταβολὰς ἔχει ἐπ' ἀμφότερα, καὶ ἐν
 τῇσι τοῦ ὕδατος ἐφόδοισιν ἐς νοσήματα πίπτουσι,
 ἐν τε τῇσι τοῦ πυρὸς ὠσαύτως. τοῖσιν οὖν
 διαιτήμασι συμφέρει χρῆσθαι τὸν τοιοῦτον πρὸς
 τὰς ὥρας τοῦ ἔτεος ἐναντιούμενον, ὕδατος μὲν
 30 ἐφόδου γινομένης, τοῖσι πρὸς πυρός, πυρὸς δὲ
 ἐφόδου γενομένης, τοῖσι πρὸς ὕδατος χρῆσθαι,
 κατὰ μικρὸν μεθιστάντα μετὰ τῆς ὥρης. ὕδατος
 δὲ τοῦ παχυτάτου καὶ πυρὸς τοῦ λεπτοτάτου
 συγκρηθέντων ἐν τῷ σώματι, τοιαῦτα συμβαίνει
 ἐξ ὧν διαγινώσκειν χρὴ ψυχρὴν φύσιν καὶ

¹ M omits *τε* after *μαλακώτατος*, as it also does after *θερμαί* at the beginning of Chapter XXXI.

² σύγκρησιν λαμβάνοντα omitted by θ.

³ ἀποθνήσκουσιν θ : διαφυγγάνονται M.

REGIMEN, I. xxxii.

the foods and drinks that comprise diet.¹ For both *<finest water and rarest fire>* can admit the amplest generation and fullness. It is the softest and rarest bronze that admits of the most thorough blending and becomes most beautiful; even so is it with the finest water and the rarest fire, when they are blended together. Now those who have this nature continue in good health all the time till they are forty years of age, some of them till extreme old age, while such of them as are attacked by some illness after the age of forty do not generally die of it.² (2) Such bodies as are blended of the strongest fire and the densest water turn out strong and robust physically, but need great caution. For they are subject to great changes in either direction, and fall into illnesses at the onsets of the water and likewise at those of the fire. Accordingly it is beneficial for a man of this type to counteract the seasons of the year in the diet he follows, employing one inclined to fire when the onset of water occurs, and one inclined to water when the onset of fire occurs, changing it gradually as the season itself changes. (3) When the thickest water and the finest fire have been blended in the body, the results are such that we must discern a nature cold and moist. These

¹ Referring apparently to the *έφοδοι* of water or of fire that may take place at the change from one period of life to another, or through peculiarities of diet.

² The *διαφυγγάνονται* of M ("rarely escape death") is an obvious correction based upon a misunderstanding of the argument. The verb applies not to the average man over forty, who may be "a bad life," but to the man whose elements are a happy blend of "the finest water and the rarest fire." Such a man, the writer asserts, is "a good life" all his days. This passage is a clear proof of the general superiority of θ over our other MSS.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ύγρην· ταῦτα τὰ σώματα ἐν τῷ χειμῶνι νοσε-
ρώτερα ἡ ἐν τῷ θέρει, καὶ¹ ἐν τῷ ἥρι ἡ ἐν τῷ
φθινοπώρῳ. τῶν ἡλικιέων, ὑγιηρότατοι τῶν
τοιούτων οἱ παιδεῖς, δεύτερον νεηνίσκοι, νοσε-
40 ρώτατοι δὲ οἱ πρεσβύτατοι καὶ οἱ ἔγγιστα, καὶ
ταχέως γηράσκουσιν αἱ φύσιες αὖται. διαιτᾶσ-
θαι² δὲ συμφέρει τοῖσι τοιούτοισι ὀκόσα
θερμαίνει καὶ ξηραίνει καὶ πόνοισι καὶ σίτοισι,
καὶ πρὸς τὰ ἔξω τοῦ σώματος μᾶλλον τοὺς
πόνους³ ποεῖσθαι ἢ πρὸς τὰ εἴσω. εἰ δὲ λάβοι⁴
πυρός τε τὸ ὑγρότατον καὶ ὕδατος τὸ πυκνότατον
σύγκρησιν ἐν τῷ σώματι, τοισίδε γινώσκειν ὑγρὴν
καὶ θερμὴν φύσιν· κάμνουσι μὲν μάλιστα οἱ
τοιοῦτοι ἐν τῷ ἥρι, ἥκιστα δὲ ἐν τῷ φθινοπώρῳ,
50 ὅτι ἐν μὲν τῷ ἥρι ὑπερβολὴ τῆς ὑγρασίης, ἐν δὲ
τῷ φθινοπώρῳ συμμετρίη τῆς ξηρασίης· τῶν
δὲ ἡλικιέων νοσερώταται ὅσαι νεώταται εἰσιν·
αὔξεται δὲ τὰ σώματα ταχέως, καταρροώδεις δὲ
οἱ τοιοῦτοι γίνονται. διαιτήσθαι δὲ συμφέρει
ὅσα ξηραίνοντα ψύχει καὶ σίτων καὶ ποτῶν καὶ
πόνων,⁵ τοὺς δὲ πόνους τούτοις εἴσω τοῦ σώματος
ποιεῖσθαι συμφέρει μᾶλλον. εἰ δὲ σύγκρησιν
λάβοι πυρός τε τὸ ἴσχυρότατον καὶ ὕδατος τὸ
λεπτότατον, ξηρὴ φύσις καὶ θερμή. νοῦσος μὲν
60 τοῖσι τοιούτοισιν ἐν τῇσι τοῦ πυρὸς ἐφόδοισιν,
ὑγείη δὲ ἐν τῇσι τοῦ ὕδατος· ἡλικίησιν ἀκμα-
ζούσησι πρὸς σαρκὸς εὐεξίην νοσερώτατοι,
ὑγιηρότατοι δὲ οἱ πρεσβύτεροι καὶ τὰ ἔγγιστα
έκατέρων. δίαιται ὅσαι⁶ ψύχουσι καὶ ὑγραί-

¹ καὶ Μ : ἡ θ.

² διαιτᾶσθαι θ : διαιτεῖσθαι Μ, with η written over the ει-,

REGIMEN, I. xxxii.

bodies are more unhealthy in winter than in summer, and in spring more than in autumn. As for age, such persons are most healthy in childhood, next come youths, while the least healthy are the very old and the elderly; such constitutions age rapidly. Such persons ought to use a regimen that warms and dries, whether it be exercise or food, and their exercise should be directed more to the outside of the body than to the inner parts. (4) If the moistest fire and the densest water be blended in the body, from the following signs discern a nature moist and warm. Such persons are sick most in spring and least in autumn, because in spring there is excess of moisture, but in autumn a moderate amount of dryness. As for age, the youngest are the most unhealthy. Their bodies grow quickly, but such persons prove to be subject to catarrhs. Their regimen should consist of such things as dry and cool, both food, drink and exercise, and these persons profit more if their exercise be directed to the internal parts of the body. (5) If there be blended the strongest fire and the finest water, the constitution is dry and warm. Such persons fall sick at the onsets of fire, and are healthy at the onsets of water. It is at the prime of life, and when the body is stoutest, that these fall sick most; the most healthy are the aged. It is the same with those nearest these ages. Regimen should be such

³ τοὺς πόνους θ: τοῦ πόνου M.

⁴ εἰ δὲ λάβοι θ: ἢν δὲ λάβῃ M.

⁵ θ omits καὶ πόνων and M omits καὶ ποτῶν.

⁶ ὀκόσαι M: ὄσαι θ. Littré wrongly says that θ omits the word.

ΠΕΡΙ ΔΙΑΙΤΗΣ

νουσι, καὶ τῶν πόνων ὅσοι ἥκιστα ἐκθερμαίνουσι καὶ συντήκουσι καὶ¹ πλείστην ψύξιν παρασχίσουσιν· αἱ τοιαῦται φύσιες μακρόβιοι καὶ εὔγηροι γίνονται. ἦν δὲ σύγκρησιν λαβῇ πυρὸς τοῦ ἀραιοτάτου καὶ ὕδατος τοῦ ξηροτάτου, ξηρὴ
70 καὶ ψυχρὴ ἡ τοιαύτη φύσις, νοσερὴ μὲν ἐν τῷ φθινοπώρῳ, ὑγιηρὴ δὲ ἐν τῷ ἥρι καὶ τοῖσιν ἔγγιστα ὠσαύτως· ἥλικίαι πρὸς ἔτεα τεσσαράκοντα νοσεραί· παῖδες δὲ ὑγιηρότατοι καὶ τὰ προσέχοντα ἐκατέροισιν. δίαιται ὅσαι θερμαὶ ἐοῦσαι ὑγραίνουσι· καὶ πόνοι ἐξ ὀλίγου προσαγόμενοι, ἡσυχῇ διαθερμαίνοντες, μὴ πολὺ ἀπὸ τῶν ὑπαρχόντων φέροντες. περὶ μὲν οὖν φύσιος διαγνώσιος οὕτω χρὴ διαγινώσκειν τῆς ἐξ ἀρχῆς
79 συστάσιος.

XXXIII. Αἱ δὲ ἥλικίαι αὗται πρὸς ἑωυτὰς ὅδε ἔχουσι· παῖς μὲν οὖν κέκρηται ὑγροῖσι καὶ θερμοῖσι, διότι ἐκ τούτων συνέστηκε καὶ ἐν τούτοισιν ηὐξήθη· ὑγρότατα μὲν οὖν καὶ θερμότατα ὅσα ἔγγιστα γενέσιος, καὶ αὔξεται ὡς πλεῖστον, καὶ τὰ ἔχόμενα ὠσαύτως. νεηνίσκος δὲ θερμοῖσι καὶ ξηροῖσι, θερμοῖσι μέν, ὅτι τοῦ πυρὸς ἐπικρατεῖ ἡ ἔφοδος τοῦ ὕδατος· ξηροῖσι δέ, ὅτι² τὸ ὑγρὸν ἥδη κατανάλωται τὸ ἐκ τοῦ παιδός, τὸ
10 μὲν ἐς τὴν αὔξησιν τοῦ σώματος, τὸ δὲ ἐς τὴν κίνησιν τοῦ πυρός, τὸ δὲ ὑπὸ τῶν πόνων. ἀνήρ, ὁκόταν στῆ³ τὸ σῶμα, ξηρὸς καὶ ψυχρός, διότι τοῦ μὲν θερμοῦ ἡ ἔφοδος οὐκ ἔτι ἐπικρατεῖ, ἀλλ’ ἔστηκεν, ἀτρεμίζον δὲ τὸ σῶμα τῆς αὔξησιος

¹ Μ has ὄκόσοι ἥκιστα ἐκθερμαίνοντες καὶ συντήκοντες πλείστην ψύξιν παρασχήσουσι.

as cools and moistens, with such exercises as warm and dissolve least and produce the most thorough cooling. Such natures have long life and a healthy old age. (6) Should there be a blending of the rarest fire and the driest water, such a nature is dry and cold, unhealthy in autumn and healthy in spring, "autumn" and "spring" denoting approximate periods. At the age of forty (more or less) they are unhealthy; childhood (and the periods just before and after) is the most healthy time. Regimen should be such as is warm and at the same time moistens. Exercise should be mild at first, gradually increasing, gently warming and not taking too much from the available strength. In this way then ought one to judge of the nature of the original constitution of a man.

XXXIII. The various ages stand thus in relation to each other. A child is blended of moist, warm elements, because of them he is composed and in them he grew. Now the moistest and warmest are those nearest to birth, and likewise those next to it, and these grow the most. A young man is composed of warm and dry elements; warm because the onset of the fire masters the water, dry because the moisture from the child is already spent, partly for the growth of the body, partly for the motion of the fire, and partly through exercise. A man, when his growth is over, is dry and cold, because the onset of the warm no longer has the mastery, but stands, and the body, now that

² M has θερμὸς μέν, ὅτι τοῦ πυρὸς ἐπικρατέει ἡ ἔφοδος, τοῦ ἰδαρος. ξηρὸς δέ, ὅτι κ.τ.ἔ.

³ For ἀνήρ, ὁκόταν στῆ θ has ὥστειη.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἔψυκται· ἐκ δὲ τῆς νεωτέρης ἡλικίης τὸ ξηρὸν
ἔνι· ἀπὸ δὲ τῆς ἐπιούσιης ἡλικίης καὶ τοῦ ὕδατος
τῆς ἐφόδου οὕκω ἔχωι τὴν ὑγρασίην, διὰ ταῦτα¹
τοῖσι ξηροῖσι² κρατεῖται. οἱ δὲ πρεσβύται
ψυχροὶ καὶ ὑγροί,³ διότι πυρὸς μὲν ἀποχώρησι,
20 ὕδατος δὲ ἐφόδος· καὶ ξηρῶν μὲν ἀπάλλαξι.
21 ὑγρῶν δὲ κατάστασις.

XXXIV. Τῶν δὲ πάντων τὰ μὲν ἄρσενα
θερμότερα καὶ ξηρότερα, τὰ δὲ θήλεα ὑγρότερα
καὶ ψυχρότερα διὰ τάδε, ὅτι τε ἀπ' ἀρχῆς ἐν
τοιούτοισιν ἐκάτερα ἐγένετο καὶ ὑπὸ τοιούτων
αὔξεται, γενόμενα τε τὰ μὲν ἄρσενα⁴ τῆσι
διάτησιν ἐπιπονωτέρησι χρῆται, ὥστε ἐκθερ-
μαίνεσθαι καὶ ἀποξηραίνεσθαι, τὰ δὲ θήλεα
ὑγροτέρησι καὶ φραθυμοτέρησι τῆσι διαιτησι
χρέονται, καὶ κάθαρσιν⁵ τοῦ θερμοῦ ἐκ τοῦ
10 σώματος ἐκάστου μηνὸς ποιέονται.

XXXV. Περὶ δὲ φρονήσιος ψυχῆς ὀνομαζομένης
καὶ ἀφροσύνης ὡδε ἔχει· πυρὸς τὸ ὑγρότατον καὶ
ὑδατος τὸ ξηρότατον κρῆσιν λαβόντα ἐν σώματι
φρονιμώτατον, διότι τὸ μὲν πῦρ ἔχει ἀπὸ τοῦ
ὑδατος τὸ ὑγρόν, τὸ δὲ ὕδωρ ἀπὸ τοῦ πυρὸς τὸ
ξηρόν· ἐκάτερον δὲ οὕτως αὐταρκέστατον.⁶ οὕτε

¹ θ omits from τὸ ξηρὸν το διὰ ταῦτα. οὕκω is an emenda-
tion of Littré; M has οὐκό.

² τοῖσι ξηροῖσι θ: ξηροῖσι καὶ ὑγρυγοῖσι (sic) M.

³ πρεσβύται ψυχροὶ καὶ ὑγροὶ M: πρεσβύτεροι ψυχροῖσι θ.

⁴ τὰ μὲν ἄρσενα is omitted by θ and M. Littré gives this
reading on the authority of his MS. K'.

⁵ For καὶ κάθαρσιν θ has καὶ θράνσι (an interesting haplo-
graphy from καὶ κάθαρσιν).

⁶ There is a large gap in θ here. Fol. 191 v. ends ἀπὸ τοῦ
ὑδατος τὸ ὑ, while fol. 192 r. begins τὴν τροφήν συμφέρει δὲ
καὶ ἐμέτοισι χρέεσθαι. See p. 284. οὕπω for οὕτως Fred.

REGIMENT, I. XXXIII.-XXXV.

it has rest from growth, is cooled. But the dryness from the younger age is still in him, and he is mastered by the dry elements because he has not yet got the moisture which advancing years and the onset of the water will bring. Old men are cold and moist,¹ because fire retreats and there is an onset of water; the dry elements have gone and the moist have established themselves.

XXXIV. The males of all species are warmer and drier, and the females moister and colder, for the following reasons: originally each sex was born in such things and grows thereby, while after birth males use a more rigorous regimen, so that they are well warmed and dried, but females use a regimen that is moister and less strenuous, besides purging the heat out of their bodies every month.

XXXV. The facts are as follow with regard to what are called the intelligence² of the soul and the want of it. The moistest fire and the driest water, when blended in a body, result in the most intelligence, because the fire has the moisture from the water, and the water the dryness from the fire. Each is thus most self-sufficing. The fire is not in

¹ The reading of θ, “older men are mastered by cold elements,” is less adapted to the context than that of M, but may possibly be right.

² φρόνησις seems to mean the power of the soul to perceive things, whether by the mind or by the senses. “Intelligence” is not a satisfactory rendering, nor yet is “sensitiveness,” which has been suggested as an equivalent. Perhaps “quick at the uptake.” Peck thinks that sensations only, not mind, are referred to, and would translate everywhere “sensitive” and “sensitiveness.”

ΠΕΡΙ ΔΙΑΙΤΗΣ

τὸ πῦρ τῆς τροφῆς ἐνδεέστερον ἐπὶ πολὺ φοιτᾶ,
οὔτε τὸ¹ ὕδωρ τῆς κινήσιος δεόμενον κωφοῦται·
αὐτό τε οὖν ἔκάτερον οὕτως αὐταρκέστατον ἐστι
10 πρὸς ἄλληλά τε κρηθέντα. ὅ τι γὰρ ἐλάχιστα
τῶν πέλας δεῖται, τοῦτο μάλιστα τοῖσι παρεοῦσι
προσέχει, πυρός τε τὸ ἥκιστα κινεόμενον μὴ ὑπ’
ἀνάγκης, καὶ ὕδατος τὸ μάλιστα μὴ ὑπὸ βίης.
ἐκ τούτων δὲ ἡ ψυχὴ συγκρηθεῖσα φρονιμωτάτη
καὶ μνημονικωτάτη· εἰ δέ τινι ἐπαγωγῇ χρεομένῃ
τούτων ὄκοτερονοῦν αὐξηθείη ἡ² μαραίνοι, ἀφρο-
νέστατον ἀν γένοιτο, διότι οὕτως ἔχοντα αὐταρκέσ-
τατα. εἰ δὲ πυρὸς τοῦ εἰλικρινεστάτου καὶ ὕδατος³
σύγκρησιν λάβοι, ἐνδεέστερον δὲ τὸ πῦρ εἴη τοῦ
20 ὕδατος ὀλίγον, φρόνιμοι μὲν καὶ οὗτοι, ἐνδεέστεροι
δὲ τῆς προτέρης, διότι κρατεόμενον τὸ πῦρ ὑπὸ⁴
τοῦ ὕδατος καὶ⁴ βραδείην τὴν κίνησιν ποιεόμενον,
νωθρότερον προσπίπτει πρὸς τὰς αἰσθήσιας·
παραμόνιμοι δ’ εἰσὶν ἐπιεικέως αἱ τοιαῦται ψυχαὶ
πρὸς ὅ τι ἀν προσέχωσιν· εἰ δὲ ὄρθως διαιτῶτο,⁵
καὶ φρονιμώτερος καὶ ὀξύτερος γένοιτο⁶ παρὰ
τὴν φύσιν. συμφέρει δὲ τῷ τοιούτῳ τοῖσι πρὸς
πυρὸς διαιτήμασι μᾶλλον χρῆσθαι καὶ μὴ πλησ-
μονῆσι μήτε σίτων μήτε πομάτων. δρόμοισιν οὖν
30 χρῆσθαι ὀξέσιν, ὅκως τοῦ τε ὑγροῦ κενῶται τὸ
σῶμα καὶ τὸ ὑγρὸν ἐφιστῆται⁷ θᾶσσον· πάλησι

¹ οὔτε τὸ Littré (with apparently the authority of some Paris MSS.): τό τε M.

² ἡ omitted by M.

³ An adjective agreeing with *ὕδατος* seems to have fallen out here.

⁴ καὶ omitted by M.

⁵ διαιτῶντο M (and Littré, with plurals to follow).

want of nourishment so as to wander far, nor is the water in such need of motion as to be dulled. So each is thus most self-sufficing by itself, as are both when blended with one another. For that which has least need of its neighbours attends most closely to the things at hand, as is the case with such fire as moves the least and not by necessity, and by such water as moves the most and not by force. The soul blended of these is most intelligent and has the best memory. But if by the influence of some addition one or the other of these grow or diminish, there will result something most unintelligent, because things blended in the original way are most self-sufficing.¹ If there be a blend of the purest fire and water, and the fire fall a little short of the water, such persons too are intelligent, but fall short of the former blend, because the fire, mastered by the water and so making slow motion, falls rather dully on the senses. But such souls are fairly constant in their attention, and this kind of man under right regimen may become more intelligent and sharper than natural endowment warrants. Such a one is benefited by using a regimen inclining rather towards fire, with no surfeit either of foods or of drinks. So he should take sharp runs, so that the body may be emptied of moisture and the moisture may be stayed

¹ It is difficult to be satisfied with this sentence, although the MS. tradition shows no important variants. Can *τινὶ ἐπαγωγῇ χρεομένη*, “by an addition which uses them,” with no expressed object, be right? Littré’s “par l’usage de quelque addition,” seems very strange. One might conjecture (without much confidence) *χρεόμενον* or *ἐρχομένη*.

* Before παρὰ Zwinger adds ἀν, but in the *Corpus* the plain optative is often equivalent to the optative with ἀν.

? *ἐφιστῆται* Littré: *ἐφίσταται* Mack: *ἐπίσταται* M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

δὲ καὶ τρίψει καὶ τοῖσι τοιούτοισι γυμνασίοισιν
οὐ συμφέρει χρῆσθαι, ὅκως μὴ κοιλοτέρων τῶν
πόφων γινομένων πλησμονῆς¹ πληρῶνται, βαρύ-
νεσθαι γὰρ ἀνάγκη τῆς ψυχῆς τὴν κίνησιν ὑπὸ²
τῶν τοιούτων· τοῖσι περιπάτοισι συμφέρει
χρῆσθαι καὶ ἀπὸ δείπνου καὶ ὥρθρίοισι καὶ
ἀπὸ τῶν δρόμων, ἀπὸ δείπνου μέν, ὅκως τροφὴν
ξηροτέρην ἡ ψυχὴ δέχηται ἀπὸ τῶν ἐσιόντων,
40 ὥρθρου δέ, ὅκως αἱ διεξοδοι κενῶνται τοῦ ὑγροῦ
καὶ μὴ φράσσωνται οἱ πόροι τῆς ψυχῆς, ἀπὸ δὲ
τῶν γυμνασίων, ὅκως μὴ ἐγκαταλείπηται ἐν τῷ
σώματι τὸ ἀποκριθὲν ἀπὸ τοῦ δρόμου, μηδὲ
συμμίσγηται τῇ ψυχῇ, μηδὲ ἐμφράσσῃ τὰς
διεξόδους, μηδὲ συνταράσσῃ τὴν τροφήν. συμ-
φέρει δὲ καὶ ἐμέτοισι χρῆσθαι, ὅκως ἀποκα-
θαίρηται τὸ σῶμα, εἴ τι ἐνδεέστερον οἱ πόνοι
διαπρήσσονται, προσάγειν δὲ ἀπὸ τῶν ἐμέτων,
κατὰ μικρὸν προστιθέντα τούτοισι πλείονας
50 ἡμέρας ἡ³ τέσσαρας τὰς ἐλαχίστας. χρίεσθαι
δὲ συμφορώτερον ἡ λούεσθαι, λαγνεύειν δὲ ὕδατος
ἐφόδων γινομένων,⁴ ἐν δὲ τῇσι τοῦ πυρὸς⁵ μεῖον.
εἰ δέ τινι⁶ ἐνδεέστέρην τὴν δύναμιν τὸ πῦρ λάβοι
τοῦ ὕδατος, βραδυτέρην⁶ ἀνάγκη ταύτην εἶναι,
καὶ καλέονται οἱ τοιοῦτοι ἡλίθιοι· ἄτε γὰρ βρα-
δείης ἐούσης τῆς περιόδου, κατὰ βραχύ τι προσ-
πίπτουσιν αἱ αἰσθήσιες, ὀξεῖαι ἐοῦσαι, καὶ ἐπ'
ὅλιγον συμμίσγονται διὰ βραδυτῆτα τῆς περιόδου.
αἱ γὰρ αἰσθήσιες τῆς ψυχῆς ὁκόσαι μὲν δι' ὅψιος

¹ πλησμονὴν M (perhaps rightly).

² τούτοισι πλείονας ἡμέρας ἡ θ: τὸ σιτίον, ἐς ἡμέρας M.

³ After γινομένων M adds πλείονα, with μείονα at the end of the sentence.

⁴ After πυρὸς some authorities add ἐπιφορῆσι.

REGIMENT, I. xxxv.

sooner. But it is not beneficial for such to use wrestling, massage or like exercises, for fear lest, the pores¹ becoming too hollow, they be filled with surfeit. For the motion of the soul is of necessity weighed down by such things. Walks, however, are beneficial, after dinner, in the early morning and after running; after dinner, that the soul may receive drier nourishment from the things that enter; in the early morning, that the passages may be emptied of moisture and the pores of the soul may not be obstructed; after exercise, in order that the secretion from running may not be left behind in the body to contaminate the soul, obstruct the passages and trouble the nourishment. It is beneficial also to use vomiting, so that the body may be cleansed of impurities left behind owing to any failure of exercise to purify, and after the vomiting gradually to increase the amount of food for more than four days at least. Unction is more beneficial to such persons than baths, and sexual intercourse should take place when the onsets of water occur, less, however, at the onsets of fire. If in any case fire receive a power inferior to that of water, such a soul is of necessity slower, and persons of this type are called silly. For as the circuit is slow, the senses, being quick, meet their objects spasmodically, and their combination is very partial owing to the slowness of the circuit. For the senses of the soul that act through sight or hearing are quick; while

¹ The word *πόρος* means any "passage" or "way" in the body, and is not limited to the pores of the skin.

⁵ τινι Μ: τι θ.

⁶ βραδυτέρην Zwinger and others: βραχυτέρην θΜ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

60 ἡ ἀκοῆς εἰσίν, δέξεῖαι, ὁκόσαι δὲ διὰ ψαύσιος,
βραδύτεραι καὶ εὐαισθητότεραι. τούτων μὲν οὖν
αἰσθάνονται καὶ οἱ τοιοῦτοι οὐδὲν ἥσσον, τῶν
ψυχρῶν καὶ τῶν θερμῶν καὶ τῶν τοιούτων· ὅσα
δὲ δι’ ὅψιος ἡ δι’ ἀκοῆς αἰσθέσθαι¹ δεῖ, ἀ μὴ
πρότερον ἐπίστανται, οὐ δύνανται αἰσθάνεσθαι·
ἥν γὰρ μὴ σεισθῆ ἡ ψυχὴ ὑπὸ τοῦ πυρὸς
πεσόντος, οὐκ ἀν αἴσθοιτο ὄκοιόν ἐστιν. αἱ οὖν
τοιαῦται ψυχαὶ οὐ πάσχουσι τοῦτο διὰ παχύ-
τητα· εἰ δὲ ὅρθως διαιτῶντο, βελτίους γίνοιντο
70 ἀν καὶ οὗτοι. συμφέρει δὲ τὰ διαιτήματα ἄπερ
τῷ προτέρῳ, ξηροτέροισι καὶ ἐλάσσοσι,² τοῖσι δὲ
πόνοισι πλείοσι καὶ δέξυτέροισι· συμφέρει δὲ καὶ
πυριῆσθαι, καὶ ἐμέτοισι χρῆσθαι ἐκ τῶν πυρη-
σίων, καὶ προσαγωγῇσι τῆσιν³ ἐκ τῶν ἐμέτων ἐκ
πλείονος χρόνου ἡ τὸ πρότερον, καὶ ταῦτα ποιέων
ὑγιεινότερος ἀν καὶ φρονιμώτερος εἴη. εἰ δὲ
κρατηθείη ἐπὶ πλεῖον τὸ πῦρ ὑπὸ τοῦ ἔοντος
ὕδατος, τούτους ἥδη οἱ μὲν ἄφρονας ὀνομάζουσιν,
οἱ δὲ ἐμβροντήτους. ἐστι δὲ ἡ μανίη τοιούτων⁴ ἐπὶ
80 τὸ βραδύτερον.⁵ οὗτοι κλαίοντες τε οὐδενὸς ἔνεκα,⁶
δεδίασί τε τὰ μὴ φοβερά, λυπέονται τε ἐπὶ τοῖσι
μὴ προσήκουσι, αἰσθάνονται τε ἐτεῇ οὐδενὸς ὡς⁷
προσήκει τοὺς φρονέοντας. συμφέρει δὲ τούτοισι
πυριῆσθαι καὶ ἐλλεβόροισιν καθαίρεσθαι⁸ ἐκ τῶν
πυρησίων, καὶ τῇ διαιτῇ χρῆσθαι ἥπερ πρότερον·
ἰσχνασίης⁹ δεῖται καὶ ξηρασίης. εἰ δὲ τὸ ὕδωρ
ἐνδεεστέρην τὴν δύναμιν λάβοι, τοῦ πυρὸς εἰλι-

¹ So M. θ has διόψιος αἰσθάνονται δεῖ.

² M has ξηροτέροισι δὲ καὶ ἐλάσσοσι τοῖσι σιτίοισι.

³ For προσαγωγῇσι τῆσιν M. has προσαγωσι.

⁴ τοιοῦτο M: τοῦτο θ: τοιούτων Litré.

those that act through touch are slower, and produce a deeper impression. Accordingly, persons of this kind perceive as well as others the sensations of cold, hot and so on, but they cannot perceive sensations of sight or hearing unless they are already familiar with them. For unless the soul be shaken by the fire that strikes it, it cannot perceive its character. Souls of such a kind have this defect because of their coarseness. But if their regimen be rightly regulated, even these may improve. The regimen that benefits is the same as in the former case, with food drier and less, and with exercise more in amount and more vigorous. Vapour baths too are beneficial, as is the use of vomiting after them, and the food after the vomiting should be increased at longer intervals than in the former case; following such a regimen will make such men more healthy and more intelligent. But if the fire should be mastered to a greater extent by the water in the soul, we have then cases of what are called by some "senseless" people, and by others "grossly stupid." Now the imbecility of such inclines to slowness; they weep for no reason, fear what is not dreadful, are pained at what does not affect them, and their sensations are really not at all those that sensible persons should feel. These persons are benefited by vapour baths followed by purging with hellebore, the diet to be the same as before. Reduction of flesh and drying are called for. But if the power of the water prove insufficient, and the

⁵ βραδύτερον M: βραχύτερον θ.

⁶ For ἔνεκα some MSS. have λυπέοντος ἢ τύπτοντος.

⁷ ητιη οὐδενως θ: αἰτίη οὐδὲν οὐν M.

⁸ ἐκκαθαίρεσθαι M.

⁹ After ἴσχυρασίης M has τε πλεύμονος οὖτος.

ΠΕΡΙ ΔΙΑΙΤΗΣ

κρινή τὴν σύγκρησιν ἔχοντος, ἐν ὑγιαινούσι
σώμασι φρόνιμος ἡ τοιαύτη ψυχὴ καὶ ταχέως
90 αἰσθανομένη τῶν προσπιπτόντων καὶ οὐ μετα-
πίπτουσα πολλάκις. φύσις μὲν οὖν ἡ τοιαύτη
ψυχῆς ἀγαθῆς· βελτίων δὲ καὶ οὗτος ὄρθως
διαιτεόμενος γίνοιτο ἄν, καὶ κακίων μὴ ὄρθως.
συμφέρει δὲ τῷ τοιούτῳ τῇ διαιτῇ χρῆσθαι τῇ
πρὸς ὕδατος μᾶλλον, ὑπερβολὰς φυλασσόμενον
καὶ σίτων καὶ ποτῶν καὶ πόνων, καὶ δρόμοισι
καμπτοῖσι καὶ διαύλοισι καὶ πάλῃ καὶ τοῖσιν
ἄλλοισι γυμνασίοισιν πᾶσιν ὑπερβολὴν οὐδενὸς
ποιεόμενον. ἦν γὰρ ἔχη ὑγιηρῶς τὸ σῶμα¹ καὶ
100 μὴ ὑπ' ἄλλου τιὸς συνταράσσηται,² τῆς ψυχῆς
φρόνιμος ἡ σύγκρησις. εἰ δὲ ἐπὶ πλείον κρατηθείη
ἡ τοῦ ὕδατος δύναμις ὑπὸ τοῦ πυρός, ὀξυτέρην
μὲν τοσούτῳ ἀνάγκη εἶναι τῇρι ψυχὴν ὅσῳ θᾶσσον
κινεῖται, καὶ πρὸς τὰς αἰσθήσιας θᾶσσον προσ-
πίπτειν, ἥσσον δὲ μόνιμον³ τῶν πρότερον,⁴ διότι
θᾶσσον ἐκκρίνεται⁵ τὰ παραγινόμενα καὶ ἐπὶ
πλείονα ὄρμάται διὰ ταχυτῆτα. συμφέρει δὲ
τῷ τοιούτῳ διαιτῆσθαι τῇ πρὸς ὕδατος⁶ διαιτῇ
μᾶλλον ἡ τῇ προτέρῃ· καὶ μάζη μᾶλλον ἡ τῷ
110 ἄρτῳ, καὶ ἴχθυσιν ἡ κρέασι· τῷ ποτῷ ὑδαρεστέρῳ·
καὶ λαγνείησιν ἐλασσόσι χρῆσθαι· καὶ τῶν πόνων
τοῖσι κατὰ φύσιν μάλιστα καὶ πλείστοισι· τοῖσι
δὲ ὑπὸ βίῃς χρῆσθαι μὲν ἀνάγκη, ἐλάττοσι δέ·
καὶ ἐμέτοισιν ἐκ⁷ τῶν πλησμονῶν, ὅκως κενῶται

¹ ἦν γὰρ ὑπογήρως ἔχηται τὸ σῶμα· θ: the text is that of M.

² After συνταράσσηται θ adds τὸ σῶμα.

³ μονίμους θ.

⁴ προτέρων θ.

⁵ διὸ θᾶσσον ἐκκρίνεται θ: διότι κρίνεται M.

fire have a pure blend, the body is healthy, and such a soul is intelligent, quickly perceiving without frequent variations the objects that strike it. Such a nature implies a good soul; correct regimen, however, will make it too better, and bad regimen will make it worse. Such a person is benefited by following a regimen inclining to water, and by avoiding excess, whether of food, drink or exercise, with exercises on the circular and double¹ tracks, wrestling and all other forms of athletics, but he must in no case fall into excess. For if his body be in a healthy state and be not troubled from any source, the blend of his soul is intelligent. But if the power of the water be further mastered by the fire, the soul must be quicker, in proportion to its more rapid motion, and strike its sensations more rapidly, but be less constant than the souls discussed above, because it more rapidly passes judgment on the things presented to it, and on account of its speed rushes on to too many objects. Such a person is benefited by a regimen inclining more to water than the preceding; he must eat barley bread rather than wheaten, and fish rather than meat; his drink should be well diluted and his sexual intercourse less frequent; exercises should be as far as possible natural and there should be plenty of them; violent exercise should be sparingly used, and only when necessary; vomiting should be employed after surfeits, in such

¹ The δίαυλος was a race to the end of the 200 yards track and then back again.

* After ὕδατος M has a long passage, which is practically a repetition of the preceding lines, beginning μᾶλλον ὑπερβολῆς φυλασσόμενον.

? Before ἐκ θ adds καλ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

μὲν τὸ σῶμα, θερμαίνηται δὲ ὡς ἥκιστα. συμφέρει δὲ καὶ ἀσαρκεῖν τοῖσι τοιούτοισι πρὸς τὸ φρονίμους εἶναι· πρὸς γὰρ σαρκὸς εὐεξίην καὶ αἴματος¹ φλεγμονὴν ἀνάγκη γίνεσθαι· ὅκόταν δὲ τοῦτο πάθη ἡ τοιαύτη ψυχή, ἐς μανίην καθίσταται, κρατηθέντος τοῦ ὕδατος, ἐπισπασθέντος² τοῦ πυρός. συμφέρει δὲ τοῖσι τοιούτοισι καὶ τὰς πρήξιας πρήσσειν βεβρωκόσι μᾶλλον ἢ ἀσίτοισι· στασιμωτέρη γὰρ ἡ ψυχὴ τῇ τροφῇ καταμισγομένη τῇ συμφόρῳ μᾶλλον ἢ ἐνδεής ἔοντα τροφῆς. εἰ δέ τινι³ πλέον ἐπικρατηθείη τὸ ὕδωρ ὑπὸ⁴ τοῦ πυρός, ὁξείη⁵ ἡ τοιαύτη ψυχὴ ἄγαν, καὶ τούτους ὀνειρώσσειν ἀνάγκη⁶ καλέουσι δὲ αὐτοὺς ὑπομαινομένους.⁷ ἔστι δὲ ἔγγιστα μανίης τὸ τοιοῦτον· καὶ γὰρ ἀπὸ βραχείης φλεγμονῆς ἀσυμφόρου 130 μαίνονται, καὶ ἐν τῇσι μέθησι καὶ ἐν τῇσιν εὐεξίησι τῆς σαρκὸς καὶ ὑπὸ τῶν κρεηφαγιῶν. ἀλλὰ χρὴ τὸν τοιοῦτον τούτων μὲν πάντων ἀπέχεσθαι καὶ τῆς ἄλλης πλησμονῆς, καὶ γυμνασίων τῶν ἀπὸ βίης γινομένων, μάζῃ δὲ ἀτριπτῷ διαιτησθαι, καὶ λαχάνοισιν ἐφθοῖσι πλὴν τῶν καθαρικῶν, καὶ ἵχθυδίοισιν ἐν ἄλμῃ, καὶ ὑδροποτεῦν βέλτιστον, εἰ δύναιτο· εἰ δὲ μή, ὁ τι ἔγγιστότατα τούτου, ἀπὸ μαλακοῦ οἴνου καὶ λευκοῦ· καὶ τοῖσι περιπάτοισι τοῖσιν ὀρθρίοισι 140 πολλοῖσιν, ἀπὸ δείπνου δὲ ὄκόσον ἔξαναστήναι,

¹ For καὶ αἴματος M has κάματος.

² M has ἐπισπασθέντα without τοῦ πυρός.

³ τινι θ: τι M.

⁴ ὑπὸ M: ἀπὸ θ.

⁵ Folio 193 v. of θ ends with the ὁ- of ὁξείη and 194 r. begins -τασπᾶσαι ἀφανεα οὐχοιονται· ὡς αὕτως δὲ καὶ τῆς φωνῆς. See p. 292.

a way as to empty the body with a minimum of heat. To reduce the flesh of such persons conduces to their intelligence; for abundance of flesh cannot fail to result in inflammation of the blood, and when this happens to a soul of this sort it turns to madness, as the water has been mastered and the fire attracted. Such persons are also benefited if they eat a meal before they go about their duties, instead of doing them without food, as their soul is more stable when it is mixed with its appropriate nourishment than when it lacks nourishment. But if in any case the water be yet more mastered by the fire, such a soul is too quick, and men of this type inevitably suffer from dreams. They are called "half-mad"; their condition, in fact, is next door to madness, as even a slight untoward inflammation results in madness, whether arising from intoxication, or from over-abundance of flesh, or from eating too much meat. Such persons ought to abstain from all these things and from surfeit of every kind, as well as from violent forms of exercise; their diet should consist of unknaded barley bread, boiled vegetables (except those that purge), and sardines, while to drink water only is best, should that be possible, otherwise the next best thing is a soft white wine. There should be plenty of walking in the morning, but after dinner

⁶ ἀνάγκη K': M omits.

⁷ οἱ δέ, ὑπομαίνεσθαι. M: αὐτοὺς ὑπομαίνομένους Littré, from second hand in H. The first hand reads τὸ ὑπομαίνεσθαι, and Littré's E has ὑπομαίνεσθαι after ὑπομαίνομένους. The reading of M ("others <give> ὑπομαίνεσθαι") is a note which has crept into the text.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ὅκως τὰ μὲν σῖτα μὴ ξηραίνωνται ἀπὸ τῶν ἀπὸ
δείπνου περιπάτων, τὸ δὲ σῶμα κενῶται ὑπὸ τοῦ
ὄρθρίου· λούεσθαι δὲ χλιερῷ ὕδατι περικλύδην
μᾶλλον ἢ χρίεσθαι· συμφέρει δὲ καὶ ἐν τῷ θέρει
τῆς ἡμέρας ὕπνοισι χρῆσθαι βραχέσι μὴ¹ πολ-
λοῖσιν, ὅκως μὴ ἀποξηραίνηται τὸ σῶμα ὑπὸ τῆς
ἄρης· ἐπιτήδειον δὲ τοῦ ἥρος καὶ ἐλλεβόροισι
καθαίρειν προπυρηθέντας, εἴτα ἐπάγειν πρὸς
τὴν διαίτην ἡσυχῆ, καὶ μὴ ἄσιτον τὰς πρήξιας
150 μηδὲ τοῦτον ποιεῖσθαι· ἐκ ταύτης τῆς ἐπιμελείης
151 ἡ τοιαύτη ψυχὴ φρονιμωτάτη ἀν εἴη.

XXXVI. Περὶ μὲν οὖν φρονίμου καὶ ἀφρονος
ψυχῆς ἡ σύγκρησις αὕτη αἰτίη ἐστίν, ὥσπερ μοι
καὶ γέγραπται· καὶ δύναται ἐκ τῆς διαίτης καὶ
βελτίων καὶ χείρων γίνεσθαι. δρόμοισι δὲ πυρὸς
ἐπικρατέοντος, τῷ ὕδατι προστιθέναι δυνατὸν²
ἀν ἵσως, καὶ τοῦ ὕδατος ἐπικρατέοντος ἐν τῇ
συγκρήσει τὸ πῦρ αὐξῆσαι· ἐκ τούτων δὲ φρονι-
μώτεραι καὶ ἀφρονέστεραι γίνονται. τῶν δὲ
τοιούτων οὐκ ἐστὶν ἡ σύγκρησις αἰτίη· οἷον
10 ὁξύθυμος, ράθυμος, δόλιος, ἀπλοῦς, δυσμενῆς,
εὔνους· τῶν τοιούτων ἀπάντων ἡ φύσις τῶν
πόρων δι’ ὧν ἡ ψυχὴ πορεύεται, αἰτίη ἐστί·
δι’ ὄκοιών γὰρ ἀγγείων ἀποχωρεῖ καὶ πρὸς ὄκοιά
τινα προσπίπτει καὶ ὄκοιοις τισὶ καταμίσγεται,
τοιαῦτα φρονέουσι· διὰ τοῦτο οὐ³ δυνατὸν τὰ
τοιαῦτα ἐκ διαίτης μεθιστάναι· φύσιν γὰρ μετα-
πλάσαι ἀφανέα οὐχ οἷόν τε. ὡσαύτως δὲ καὶ

¹ βραχέσιν ἢ M: βραχέσι μὴ Littré after van der Linden.

² προστιθέντα ἀδύνατον M: προστιθέναι ἀδύνατον Mack:
προστιθέναι δυνατὸν Littré.

only just enough to unbend the limbs; the object is to empty the body by the morning walk, but not to dry the food as the result of walking after dinner. Preferable to unction is a tepid shower-bath. It is also beneficial to have in summer a short, occasional siesta, to prevent the body being dried up by the season. In spring it is a good thing to purge with hellebore after a vapour bath; then the usual diet should be restored gradually, as this type of man, like the preceding, must not go about duties fasting. With this treatment such a soul may be highly intellectual.

XXXVI. It is this blending, then, that is, as I have now explained, the cause of the soul's intelligence or want of it; regimen can make this blending either better or worse. When the fire prevails in his courses, it is doubtless possible to add to the water, and, when the water prevails in the blend, to increase the fire. These things are the source of greater or less intelligence in souls. But in the following cases the blend is not the cause of the characteristic:—irascibility, indolence, craftiness, simplicity, quarrelsomeness and benevolence. In all these cases the cause is the nature of the passages through which the soul passes. For such dispositions of the soul depend upon the nature of the vessels through which it passes, upon that of the objects it encounters and upon that of the things with which it mixes. It is accordingly impossible to change the above dispositions through regimen, for invisible nature cannot be moulded differently. Similarly, the nature of voice too depends

³ οὐ A. L. Peck: οὐν M: γοῦν Littré: ἀδύνατον (for οὐν δύνατον) Linden, Mack.

τῆς φωνῆς ὁκοίη τις ἀν ἦ, οἱ πόροι αἴτιοι¹ τοῦ
 πνεύματος· δὶ’ ὁκοίων γάρ ἄν² τινων κινήται ὁ
 20 ἡὴρ καὶ πρὸς ὁκοίους τινὰς προσπίπτῃ,³ τοιαύτην
 ἀνάγκη τὴν φωνὴν εἶναι. † καὶ ταύτην⁴ μὲν
 δυνατὸν καὶ βελτίω καὶ χείρω ποιεῖν, διότι
 λειοτέρους καὶ τραχυτέρους⁵ τοὺς πόρους τῷ
 25 πνεύματι δυνατὸν ποιῆσαι, κεῖνο⁶ δὲ ἀδύνατον
 ἐκ διαίτης ἀλλοιῶσαι. †

¹ For αἴτιοι θ has αὔξονται.

² γάρ ἀν omitted by θ.

³ προσπίπτει θ: προσπίπτειν Μ.

⁴ ταύτην Κ': ταῦτα θΜ.

⁵ πλειοτέρους καὶ βραδυτέρους θ: λειοτέρους καὶ βραχυτέρους
 Μ: λειοτέρους καὶ τραχυτέρους Littré. θ omits τοὺς πόρους
 and Μ reads τοὺς πόνους. A. L. Peck would read βελτίω
 ποιεῖν, διότι <δὲ> λειοτέρους καὶ . . . ἀδύνατον ποιῆσαι, κεῖνο
 ἀδύνατον ἐκ διαίτης.

⁶ Query: κεῖνα.

REGIMEN, I. xxxvi.

upon the passages of the breath. The character of voice inevitably depends upon the nature of the passages through which the air moves, and upon the nature of those it encounters. In the case of voice, indeed, it is possible to make it better or worse, because it is possible to render the passages smoother or rougher for the breath, but the aforesaid characteristics cannot be altered by regimen.¹

¹ I am satisfied with no restoration of this sentence. Peck's reading makes good sense logically, but requires us to take *ταῦτα* = characteristics that can be changed and *κεῖνο* = characteristics that cannot—a strange use of the words to say the least. If with K' (and Mack) we read *ταύτην*, and alter *κεῖνο* to *κεῖνα* the sense is: we *can* change the *πόροι* (throat, nose) that give characteristics to voice, but we cannot get at the internal *πόροι* along which *ψυχή* travels. *κεῖνα* = the characteristics (or vessels) mentioned above. But no MS. gives *κεῖνα*, and it is hard to see why it should have been changed to *κεῖνο*.

APPENDIX

In Chapter VII both θ and M give $\tau\rho\nu\pi\hat{\omega}\sigma i$, though a second hand in θ has written over it $\pi\rho\iota\zeta\sigma i$. In Chapter XVI occurs the sentence $\tau\rho\nu\pi\hat{\omega}\sigma i$, $\delta\ \mu\grave{e}n\ \varepsilon\lambda\kappa\epsilon i$, $\delta\ \delta\grave{e}\ \dot{\omega}\theta\epsilon\hat{i}$, which some editors bracket. Boring with an auger seems an impossible action to represent by $\varepsilon\lambda\kappa\epsilon i$ and $\dot{\omega}\theta\epsilon\hat{i}$, and so these editors regard the words as a stupid note which has crept into the text. But the MS. authority is very strong, and causes misgivings. Dr. Peck thinks that a horizontal auger could be worked up and down by a leather thong. But though you can pull a thong you cannot push it. Perhaps there is a reference to the working of an auger by means of a bow, the string of which was twisted round the top of the auger, and then the bow was worked just as a saw. See the *Dictionary of Antiquities*, s. v. *terebrium*. I do not, however, feel confident enough to adopt the reading $\tau\rho\nu\pi\hat{\omega}\sigma i$, though it is quite possible that it is right. Diels' reading of the next sentence in VII will mean: "As they press below, up it comes, for it could not admit of going down at a wrong time," with reference to $\pi\alpha\bar{r}\grave{a}\ \kappa\alpha\bar{r}\grave{\rho}v$ lower down. Timely force works well, untimely force spoils everything. $\beta\iota\alpha\zeta\acute{\o}\mu\epsilon\epsilon\alpha$, $\beta\iota\acute{\o}\zeta\omega\eta\tau\alpha i$ and $\beta\iota\acute{\o}\zeta\acute{\o}\mu\epsilon\epsilon\alpha\bar{v}$ are probably passives, although a meaning might be wrung out of the middle voice.

REGIMENT II

ΠΕΡΙ ΔΙΑΙΤΗΣ

XXXVII. Χωρέων δὲ θέσιν καὶ φύσιν ἔκαστων χρὴ ὡδε διαγινώσκειν. κατὰ παντὸς μὲν εἰπεῖν ὡδε ἔχει· ἡ πρὸς μεσημβρίην κειμένη θερμοτέρη καὶ ξηροτέρη τῆς πρὸς τὰς ἄρκτους κειμένης, διότι ἐγγυτάτῳ¹ τοῦ ἥλιου ἔστιν. ἐν δὲ ταύτῃσι τῇσι χώρησιν ἀνάγκη καὶ τὰ ἔθνεα τῶν ἀνθρώπων καὶ τὰ φυόμενα ἐκ τῆς γῆς ξηρότερα καὶ θερμότερα καὶ ἰσχυρότερα εἶναι ἡ ἐν τῇσιν ἐναντίσιν· οἷον τὸ Λιβυκὸν ἔθνος πρὸς τὸ Ποντικὸν καὶ τὰ ἐγγιστα ἑκατέρων. αὐταὶ² δὲ καθ' ἑωυτὰς αἱ χῶραι ὡδε ἔχουσι τὰ ὑψηλὰ καὶ αὐχμηρὰ καὶ πρὸς μεσημβρίην κείμενα ξηρότερα τῶν πεδίων τῶν ὄμοιώς κειμένων, διότι ἐλάσσους³ ἵκμάδας ἔχει· τὰ μὲν γὰρ οὐκ ἔχει στάσιν τῷ ὄμβριῳ ὕδατι, τὰ δὲ ἔχει. τὰ δὲ λιμναῖα καὶ ἐλώδεα ὑγραίνει καὶ θερμαίνει θερμαίνει μέν, διότι κοῦλα καὶ περιέχεται⁴ καὶ οὐ διαπνεῖται· ὑγραίνει δέ, διότι τὰ φυόμενα ἐκ τῆς γῆς ὑγρότερα, οἷσι τρέφονται οἱ ἀνθρωποι, τό τε πνεῦμα ὃ ἀναπνέο-
20 μεν⁵ παχύτερον διὰ τὸ ὕδωρ ἀπὸ τῆς ἀκινησίης. τὰ δὲ κοῦλα καὶ μὴ ἔνυδρα ξηραίνει καὶ θερμαίνει θερμαίνει μέν, ὅτι κοῦλα καὶ περιέχεται, ξηραίνει δὲ διά τε τῆς τροφῆς τὴν ξηρότητα, καὶ διότι τὸ πνεῦμα, ὃ ἀναπνέομεν, ξηρὸν ἐόν, ἔλκει ἐκ τῶν

¹ ἐγγυτάτῳ θ: ἐγγυτέρῳ M.

² αὐταὶ my emendation : αῦται θ M.

REGIMENT II

XXXVII. THE way to discern the situation and nature of various districts is, broadly speaking, as follows: The southern countries are hotter and drier than the northern; because they are very near the sun. The races of men and plants in these countries must of necessity be drier, hotter and stronger than those which are in the opposite countries. For example, compare the Libyan race with the Pontic, and also the races nearest to each. Countries considered by themselves have the following characters. Places which are high and scorched and are situated to the south are drier than plains though so situated, because they have less moisture; for they do not retain the rain that falls, but the others do. Marshy and boggy places moisten and heat. They heat because they are hollow and encompassed about, and there is no current of air. They moisten, because the things that grow there, on which the inhabitants feed, are more moist, while the air which is breathed is thicker, because the water there stagnates. Hollows that are without water dry and heat. They heat because they are hollow and encompassed; they dry both by reason of the dryness of the food, and by reason that the air which is breathed, being dry, attracts the moisture from our bodies for

³ ἐλάσσους Littré: ἐλάσσωι θ: ἐλάσσω M.

⁴ περιέχεται θ: περιεχόμενα M.

⁵ ἀναπνέομεν θ: ἀναφέρομεν M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

σωμάτων τὸ ὑγρὸν ἐς τροφὴν ἔωστῷ, οὐκ ἔχον πρὸς ὅ τι ἀν ὑγρότερον προσπῖπτον τρέφηται. ὅκου δὲ τοῖσι χωρίοισιν ὅρεα προσκεῖται πρὸς νότου,¹ ἐν τούτοισιν αὐχμώδεες² οἱ νότοι καὶ νοσεροὶ προσπνέουσιν. ὅκου δὲ βόραθεν ὅρη 30 πρόσκειται, ἐν τούτοισιν οἱ βορέαι ταράσσουσι καὶ νούσους ποιέουσιν. ὅκου δὲ βόραθεν κοῦλα χωρία τοῖσιν ἄστεσι προσκεῖται, ἢ καὶ ἐκ θαλάσσης νῆσος ἀντίκειται,³ πρὸς⁴ τῶν θερινῶν πνευμάτων θερμὸν καὶ νοσερὸν τοῦτο τὸ χωρίον, διότι οὔτε βορέης διαπνέων καθαρὴν τὴν ἐπαγωγὴν τοῦ πνεύματος παρέχει, οὔτε ὑπὸ τῶν θερινῶν πνευμάτων διαψύχεται. τῶν δὲ ιῆσων αἱ μὲν ἐγγὺς τῶν ἡπείρων δυσχειμερώτεραι εἰσιν, αἱ δὲ πόντιαι ἀλεεινότεραι τὸν χειμῶνα, διότι αἱ χιόνες 40 καὶ πάγοι ἐν μὲν τῇσιν ἡπείροισιν ἔχουσι στάσιν καὶ τὰ πνεύματα ψυχρὰ πέμπουσιν ἐς τὰς ἐγγὺς νήσους, τὰ δὲ πελάγια οὐκ ἔχει στάσιν ἐν 43 χειμῶνι.

XXXVIII. Περὶ δὲ πνευμάτων ἥντινα φύσιν ἔχει καὶ δύναμιν ἔκαστα, ὡδε χρὴ διαγινώσκειν. φύσιν μὲν ἔχει τὰ πνεύματα πάντα ὑγραίνειν καὶ ψύχειν τά τε σώματα τῶν ζῴων καὶ τὰ φυόμενα ἐκ τῆς γῆς διὰ τάδε· ἀνάγκη τὰ πνεύματα ταῦτα πνεῖν ἀπὸ χιόνος καὶ κρυστάλλου καὶ πάγων ἴσχυρῶν καὶ ποταμῶν καὶ λιμνέων καὶ γῆς ὑγρανθείσης καὶ ψυχθείσης. καὶ τὰ μὲν ἴσχυρότερα τῶν πνευμάτων ἀπὸ μεζόνων καὶ ἴσχυροτέρων, τὰ δὲ ἀσθενέστερα ἀπὸ μειόνων καὶ ἀσθενεστέρων ὥσπερ γάρ καὶ τοῖσι ζῷοισι πνεῦμα ἔνεστιν, οὕτω καὶ τοῖσι ἄλλοισι πᾶσι

¹ Θ omits πρὸς νότου.

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its own nourishment, having nothing moister to assail in order to nourish itself therefrom. In places where mountains are situated to the south, the south winds that blow are parching and unhealthy; where the mountains are situated to the north, there northern winds occasion disorders and sickness. Where there are hollows on the north side of a town, or where it is faced by an island to the north, such a district becomes hot and sickly with the summer winds, because no north wind blows across to bring a pure current of air, nor is the land cooled by the summer winds. Islands which are near the mainland have very severe winters; but those which are further out to sea are milder in winter. The reason is because the snow and ice on the mainland remain, and send cold winds to the neighbouring islands; but islands situated in mid-ocean have no snow remaining in the winter.

XXXVIII. You may distinguish the nature and power of every particular wind in the following way. All winds have a power of moistening and cooling both animal and vegetable bodies for this reason; because all these winds must come either from snow or ice or places severely frozen, or from rivers or lakes, or from moist and cold land. The stronger winds come from these conditions when widely extended and strongly intensified, weaker winds from these conditions less widely extended and less intensified. As there is breath in the animals, so there is in

² θ omits from αὐχμώδεες to τούτοισιν.

³ M omits ἢ καὶ . . . ἀντίκειται.

⁴ θ has πρὸ τῶν θερι at the end of fol. 194^v; 194^r begins ρησ οὐκέτι ὅμοιος παραγίνεται. See Chapter XXXVIII, p. 302.

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τοῖσι μὲν ἔλασσον, τοῖσι δὲ¹ κατὰ μέγεθος.
φύσιν μὲν οὖν ἔχει ψύχειν καὶ ὑγραίνειν τὰ
πνεύματα πάντα. διὰ θέσιν δὲ χωρίων καὶ
τόπους, δι’ ὧν παραγίνεται τὰ πνεύματα ἐς τὰς
χώρας ἐκάστας, διάφορα γίνεται ἀλλήλων,
ψυχρότερα, θερμότερα, ὑγρότερα, ξηρότερα,
νοσερώτερα, ὑγιεινότερα. τὴν δὲ αἰτίην ἐκάστων
20 ὥδε χρὴ γινώσκειν· ὁ μὲν βορέας ψυχρὸς καὶ
ὑγρὸς πνεῖ, ὅτι ὄρμαται ἀπὸ τοιούτων χωρίων,
πορεύεται τε διὰ τοιούτων τόπων, οὕστινας ὁ
ῆλιος οὐκ ἐφέρπει, οὐδὲ ἀποξηραίνων τὸν ἡέρα
ἐκπίνει τὴν ἴκμάδα, ὥστε παραγίνεται ἐπὶ τὴν
οἰκεομένην, τὴν ἑωսτοῦ δύναμιν ἔχων, ὅκου μὴ
διὰ τὴν θέσιν τῆς χώρης διαφθείρεται· καὶ τοῖσι
μὲν οἰκέουσιν ἔγγιστα ψυχρότατος, τοῖσι δὲ
προσωτάτῳ ἦκιστα. ὁ δὲ νότος πνεῖ μὲν ἀπὸ
τῶν ὄμοιών τὴν φύσιν τῷ βορέᾳ ἀπὸ γὰρ τοῦ
30 νοτίου πόλου πνέων, ἀπὸ χιόνος πολλῆς καὶ
κρυστάλλου καὶ πάγων ἵσχυρῶν ὄρμώμενος,
τοῖσι μὲν ἐκεῖσε πλησίον αὐτοῦ οἰκέουσιν ἀνάγκη
τοῖον πνεῖν ὄκοιόν περ ἡμῖν ὁ βορέας. ἐπὶ δὲ
πᾶσαν χώρην οὐκ ἔτι ὄμοιος παραγίνεται· διὰ
γὰρ τῶν ἐφόδων τοῦ ἡλίου καὶ ὑπὸ τὴν μεσημ-
βρίην πνέων, ἐκπίνεται τὸ ὑγρὸν ὑπὸ τοῦ ἡλίου·
ἀποξηραινόμενος δὲ ἀραιοῦται· διὸ ἀνάγκη θερμὸν
αὐτὸν καὶ ξηρὸν ἐνθάδε παραγίνεσθαι. ἐν μὲν
οὖν τοῖσιν ἔγγιστα χωρίοισιν ἀνάγκη τοιαύτην
40 δύναμιν ἀποδιδόναι θερμὴν καὶ ξηρήν, καὶ ποιεῖ
τοῦτο ἐν τῇ Λιβύῃ· τά τε γὰρ φυόμενα ἔξαναίνει,²
καὶ τοὺς ἀνθρώπους λανθάνει ἀποξηραίνων· ἅτε
γὰρ οὐκ ἔχων οὔτε ἐκ θαλάσσης ἴκμάδα λαβεῖν
οὔτε ἐκ ποταμοῦ, ἐκ τῶν ζώων καὶ ἐκ τῶν φυομένων

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everything else: some have less, some more according to size. Now all winds have a cooling and moistening nature. But winds differ from one another according to the situation of the countries and places through which they come to the various regions, being colder, hotter, moister, drier, sicklier or healthier. You may know the cause of each in the following way. The north wind blows cold and moist, because it blows from such countries, and passes through places which the sun does not approach to dry the air and consume the moisture, so that it comes to the habitable earth with its own power, unless this be destroyed by the situation of the place. It is most cold to those who dwell nearest to these places and least to those who are farthest from them. The south blows sometimes from places that are of the same nature as the north: for when it blows from the south pole and starts from much snow, ice and severe frosts, it must of necessity blow to those who dwell there near it after the same manner as the north does to us. But it does not come the same to every country; for instance, when it blows through the approaches of the sun under the south, the moisture is absorbed by the sun. As it dries it becomes rare, and therefore of necessity it must reach here hot and dry. Therefore in the most adjacent countries it must impart such a hot and dry quality, as it does in Libya, where it parches the plants, and insensibly dries up the inhabitants. For as it cannot get any moisture either from sea or river, it drinks up the moisture of animals and

¹ Before κατὰ μεγεθος M has πνα.

² ἐξανατεται M.

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έκπινει τὸ ὑγρόν. ὅταν δὲ τὸ πέλαγος περαιώση, ἄτε θερμὸς ἐὼν καὶ ἀραιός, πολλῆς ὑγρασίης ἐμπίμπλησι τὴν χώρην ἐμπίπτων·¹ ἀνάγκη δὲ τὸν νότον θερμόν τε καὶ ὑγρὸν εἶναι, ὅπου μὴ τῶν χωρίων αἱ θέσιες αἴτιαι εἰσιν. ὡσαύτως 50 δὲ καὶ αἱ τῶν ἄλλων πνευμάτων δυνάμιες ἔχουσιν. κατὰ δὲ τὰς χώρας ἐκάστας τὰ πνεύματα ἔχει ὥδε· τὰ μὲν ἐκ θαλάσσης πνεύματα ἐσ τὰς χώρας² ἐσπίπτοντα, ἢ ἀπὸ χιόνος ἢ πάγων ἢ λιμνέων ἢ ποταμῶν, ἀπαντα ὑγράνει καὶ ψύχει καὶ τὰ φυτὰ καὶ τὰ ζῷα, καὶ ὑγείην τοῖσι σώμασι παρέχει ὅσα μὴ ὑπερβάλλει ψυχρότητι· καὶ ταῦτα δὲ βλάπτει, διότι μεγάλας τὰς μεταβολὰς ἐν τοῖσι σώμασιν ἐμποιεῖ τοῦ θερμοῦ καὶ τοῦ 60 ψυχροῦ· ταῦτα δὲ πάσχουσιν ὅσοι ἐν χωρίοις οἰκέουσιν ἐλώδεσι καὶ θερμοῖσιν ἐγγὺς ποταμῶν ἴσχυρῶν. τὰ δ' ἄλλα τῶν πνευμάτων ὅσα πνεῖ ἀπὸ τῶν προειρημένων, ὠφελεῖ, τόν τε ἡέρα καθαρὸν³ καὶ εἰλικρινέα παρέχοντα καὶ τῷ τῆς ψυχῆς θερμῷ ἵκμάδα διδύντα. ὅσα δὲ τῶν πνευμάτων κατὰ γῆν παραγίνεται, ξηρότερα ἀνάγκη εἶναι, ἀπὸ τε τοῦ ἡλίου ἀποξηραινόμενα καὶ ἀπὸ τῆς γῆς· οὐκ ἔχοντα δὲ τροφὴν ὁκόθεν ἐπαγάγηται,⁴ τὰ πνεύματα, ἐκ τῶν ζώων ἐλκοντα τὸ ὑγρόν, βλάπτει καὶ τὰ φυτὰ καὶ τὰ ζῷα. καὶ 70 ὅσα ὑπὲρ τὰ ὄρεα ὑπερπίπτοντα παραγίνεται ἐσ τὰς πόλιας, οὐ μόνον ξηραίνει, ἀλλὰ καὶ ταράσσει τὸ πνεῦμα ὃ ἀναπνέομεν, καὶ τὰ σώματα τῶν ἀνθρώπων, ὥστε νούσους ἐμποιεῖν. φύσιν μὲν οὖν καὶ δύναμιν ἐκάστων οὕτω χρὴ γινώσκειν· ὅπως δὲ 76 χρὴ πρὸς ἔκαστα παρεσκευάσθαι, προϊόντι τῷ λόγῳ δηλώσω.

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plants. But when the wind, being hot and rare, has passed the ocean, it fills the country where it strikes with much moisture. The south wind must necessarily be hot and moist, where the situation of the countries does not cause it to be otherwise. The powers of other winds too are similarly conditioned. The properties of winds due to varieties of region are as follow. The winds which strike regions from off the sea, or from snow, frost, lakes or rivers, all moisten and cool both plants and animals, and are healthy unless they be cold to an excess, when they are hurtful by reason of the great changes of cold and heat which they make in bodies. Those are subject to these changes who inhabit marshy and hot places near great rivers. All other winds which blow from the foresaid places are beneficial, as they afford a pure and serene air, and a moisture to temper the heat of the soul. The winds which come by land must necessarily be drier, being dried both by the sun and the earth. These winds, not having a place whence to draw nourishment, and attracting moisture from living creatures, hurt both plants and animals. The winds which pass over mountains to reach cities do not only dry, but also disturb the air which we breathe, and the bodies of men, so as to engender diseases. This is the way to judge of the nature and power of various winds. I will show in the subsequent discourse how we must provide against each.

¹ ἐμπίπτων θ : ἐκπίπτων M.

² M has ἐσπίπτοντα. ξηρότερα πῶς ἔστι· τὰ δὲ ἀπὸ χιόνου.

³ θ has καθαρούντα.

⁴ ἐπαγάγηται θ : σπάσηται M : σπάσεται Littré.

XXXIX. Σίτων δὲ καὶ ποτῶν¹ δύναμιν ἔκάστων καὶ τὴν κατὰ φύσιν καὶ τὴν διὰ τέχνης ὥδε χρὴ γινώσκειν. ὅσοι μὲν κατὰ παντὸς ἐπεχείρησαν εἰπεῖν περὶ τῶν γλυκέων ἢ λιπαρῶν ἢ ἀλμυρῶν ἢ περὶ ἄλλου τινὸς τῶν τοιούτων τῆς δυνάμιος, οὐκ ὄρθως γινώσκουσιν· οὐ γὰρ τὴν αὐτὴν δύναμιν ἔχουσιν οὔτε τὰ γλυκέα ἀλλήλοισιν οὔτε τὰ λιπαρὰ οὔτε τῶν ἄλλων τῶν τοιούτων οὐδέν· πολλὰ γὰρ τῶν γλυκέων διαχωρεῖ, τὰ δ' 10 ἵστησι, τὰ δὲ ξηραίνει, τὰ δὲ ὑγραίνει. ὡσαύτως δὲ καὶ τῶν ἄλλων ἀπάντων ἔστι δὲ ὅσα στύφει καὶ διαχωρεῖται, τὰ δὲ οὐρεῖται, τὰ δὲ οὐδέτερα τούτων. ὡσαύτως δὲ καὶ τῶν θερμαντικῶν καὶ τῶν ἄλλων ἀπάντων, ἄλλην ἄλλα δύναμιν ἔχει. περὶ μὲν οὖν ἀπάντων οὐχ οἰόν τε δηλωθῆναι ὅποιά τινά ἔστι· καθ' ἔκαστα δὲ ἥντινα δύναμιν 17 ἔχει διδάξω.

XL. Κριθαὶ φύσει μὲν ψυχρὸν καὶ ὑγρὸν καὶ ξηραίνει· ἔνι δὲ καὶ καθαρτικόν τι² ἀπὸ τοῦ χυλοῦ τοῦ ἀχύρου· τεκμήριον δέ· εἰ μὲν ἐθέλοις³ κριθὰς ἀπτίστους ἐψήσαι, καθαίρει ὁ χυλὸς ἴσχυρῶς· εἴ δὲ πτίσας,⁴ ψύχει μᾶλλον καὶ ἵστησιν· ὅταν δὲ πυρωθῶσι, τὸ μὲν ὑγρὸν καὶ καθαρτικὸν ὑπὸ τοῦ πυρὸς παύεται,⁵ τὸ δὲ καταλειπόμενον ψυχρὸν καὶ ξηρόν. ὄκόσα δὲ δεῖ ψῦξαι καὶ ξηρῆναι, ἄλφιτον διαπρήσεται ὥδε 10 χρεομένῳ⁶ μάζῃ παντοδαπῇ δύναμιν δὲ ἔχει ἡ μᾶζα τοιήνδε. τὰ συγκομιστὰ ἄλευρα τροφὴν μὲν ἔχει ἐλάσσω, διαχωρεῖ δὲ μᾶλλον· τὰ δὲ

¹ σιτῶν δὲ καὶ ποτῶν θ: σιτίων δὲ καὶ ποιατῶν Μ.

² τι omitted by θ.

³ τεκμήριον μὲν· εἰ μὲν θέλεις Μ: τεκμήριον δὲ εἰ μὲν ἐθέλοις θ.

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XXXIX. The power of various foods and drinks, both what they are by nature and what by art, you should judge of thus. Those who have undertaken to treat in general either of sweet, or fat, or salt things, or about the power of any other such thing, are mistaken. The same power does not belong to all sweet things, nor to all fat things, nor to all particulars of any other class. For many sweet things are laxative, many binding, many drying, many moistening. It is the same with all other kinds; some are astringent or laxative, some diuretic; there are some that are neither. It is the same with things which are heating and with all other things, one has one power, another, another. Since therefore it is impossible to set forth these things in general, I will show what power each one has in particular.

XL. Barley in its own nature is cold, moist and drying, but it has something purgative from the juice of the husks. This is proved by boiling unwinnowed barley, the decoction of which is very purgative; but if it be winnowed, it is more cooling and astringent. When it is parched, the moist and purgative quality is removed by the fire, and that which is left is cool and dry. When, therefore, it is necessary to cool and dry, barley meal thus used will do it, no matter how the cake is prepared; such, in fact, is the power of the barley cake.¹ The meal together with the bran has less nourishment, but passes better by stool. That which is cleaned from

¹ The words *μάζη . . . τοιήνδε* seem out of place. Should the words *μάζα παντοδαπή· δύναμιν κ.τ.ε.* be transposed and placed after *ἡσπον δὲ διαχωρεῖ*?

⁴ πτίσας θ: πτίσαι M: ἐπτισμένας K Mack Littré.

⁵ παύεται θ: οὐχεται M. ⁶ χρώμεθα M.

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καθαρὰ τροφιμώτερα, ἥσσον δὲ διαχωρεῖ. μᾶζα προφυρηθεῖσα, ῥαντή, ἄτριπτος, κούφη, καὶ διαχωρεῖ, καὶ ψύχει ψύχει μὲν διότι¹ ψυχρῷ ὕδατι ὑγρὴ ἐγένετο, διαχωρεῖ δὲ διότι ταχέως πέσσεται, κούφη δὲ διότι πολλὴ τῆς τροφῆς μετὰ τοῦ πνεύματος ἔξω ἀποκρίνεται. στενότεραι² γὰρ αἱ διέξοδοι τῇ τροφῇ³ ἐοῦσαι ἄλλην ἐπιοῦσαν 20 οὐκ ἐπιδέχονται· καὶ τὸ μὲν σὺν τῷ πνεύματι λεπτυνόμενον ἀποκρίνεται ἔξω, τὸ δὲ αὐτοῦ μένον⁴ φῦσαν ἐμποιεῖ· καὶ τὸ μὲν ἄνω ἐρυγγάνεται, τὸ δὲ κάτω ὑποχωρεῖ· πολλὴ οὖν τῆς τροφῆς ἀπὸ τοῦ σώματος ἀπογίνεται.⁵ εἰ δὲ ἐθέλοις⁶ εὐθέως συμφυρήσας τὴν μᾶζαν⁷ διδόναι, ἡ τοιαύτη ξηραντική· ἅτε γὰρ τὸ ἄλφιτον ξηρὸν ἐὸν καὶ ἀπὸ τοῦ ὕδατος διάβροχον οὕτω⁸ γεγενημένον, ἐμπεσὸν ἐσ τὴν κοιλίην, ἔλκει ἔξ αὐτῆς τὸ ὑγρὸν θερμὸν ἐόν· πέφυκε γὰρ τὸ μὲν θερμὸν ψυχρὸν ἔλκειν, τὸ δὲ ψυχρὸν τὸ θερμόν· καταναλισκομένου δὲ τοῦ ὑγροῦ ἐκ τῆς κοιλίης ἀνάγκη ξηραίνεσθαι, τοῦ δὲ ὕδατος τοῦ σὺν τῇ μάζῃ ἐσελθόντος † ψύχει ψύχεσθαι ἐπαγόμειον.†⁹ ὅσα

¹ M has ὅτι (three times).

² M has στενοτοποροι.

³ τῆς τροφῆς M.

⁴ μένον θ: ἐμμένον M.

⁵ ἀπογίνεται θ: ἀποπνέεται M.

⁶ εἰ δὲ ἐθέλοις θ: εἰ δὲ θέλεις M : ἦν δὲ θέλης Littré.

⁷ τὴν μᾶζαν εὐθέως φυρήσας M.

⁸ οὗπω ἴδιάβροχον θ: διάβροχον οὕτω M.

⁹ ἐπαγόμενον δν θ: ἐπαγόμενον M. θ has ψύχεσθαι without ψύχει, M ψύχει without ψύχεσθαι. I give Littré's reading within daggers.

¹ προφυρηθεῖσα seems to mean "mixed some time before it is cooked (or required)."

² This is a very perplexing sentence. Whether we take the reading of θ or that of M the grammar is abnormal.

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the bran is more nourishing, but does not pass so well by stool. Barley cake made into a paste betimes,¹ sprinkled with water but not well kneaded, is light, passes easily by stool, and cools. It cools because it is moistened with cold water; it passes by stool because that it is soon digested, and it is light because that a great part of the nourishment is secreted outside with the breath. For the passages, being too narrow for the nourishment, will not receive a new addition, and part of it is attenuated and secreted outside with the breath, while a part remains and causes flatulence; of this some is belched upwards, and some passes out downwards. A great part, therefore, of the nourishment passes out of the body. If you will give the barley cake as soon as it is mixed, it is drying, for the barley meal, being dry, and moist only by the water which is mixed with it, coming into the belly attracts its moisture as being hot; for it is natural for the hot to attract the cold, and the cold the hot. The moisture of the belly being consumed it must necessarily grow dry, and when the water mixed with the barley cake has entered the belly it must grow cool.² So when

Littré, combining the two readings, translates: "Le liquide qui est dans le ventre se consume et se dessèche nécessairement, et celui qui y est appelé se refroidit par le froid de l'eau introduite avec la polenta." He takes $\tau\delta\ \dot{\nu}\gamma\rho\delta\nu$ as the subject of both infinitives and $\psi\acute{u}\chi\epsilon i$ as a noun. But we should certainly require $\tau\hat{\omega}\ \psi\acute{u}\chi\epsilon i$ and $\tau\delta\ \dot{\epsilon}\pi\alpha\gamma\dot{\theta}\mu\epsilon\nu\omega\nu$, and it is also hard to distinguish (as Littré does) the $\dot{\nu}\gamma\rho\delta\nu\ \dot{\epsilon}\pi\alpha\gamma\dot{\theta}\mu\epsilon\nu\omega\nu$ from the $\dot{\nu}\gamma\rho\delta\nu\ \dot{\epsilon}\sigma\epsilon\lambda\theta\nu$. I am tempted to think that $\psi\acute{u}\chi\epsilon i\ \dot{\epsilon}\pi\alpha\gamma\dot{\theta}\mu\epsilon\nu\omega\nu$ ("cools when introduced") is a note that has crept into an original text which read $\tau\omega\ \dots\ \dot{\epsilon}\sigma\epsilon\lambda\theta\dot{\nu}\nu\tau\omega\ \psi\acute{u}\chi\epsilon\sigma\theta\omega\iota\iota\iota$, and that the subject of both infinitives is $\tau\eta\eta\kappa\omega\iota\lambda\iota\eta\eta\omega\iota\iota\iota$.

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ούν δεῖ ψῦξαι ἢ ξηρῆναι ἢ διαρροίη ἔχόμενον¹ ἢ
ἄλλῃ τινὶ θερμασίῃ, ἡ τοιαύτη μᾶξα διαπρήσε-
ται. ἡ δὲ ξηρὴ τριπτὴ ξηραίνει μὲν οὐχ ὄμοιώς
διὰ τὸ πεπιλῆσθαι ισχυρῶς, τροφὴν δὲ τῷ σώματι
πλείστην δίδωσιν, ἅτε γὰρ ἡσυχῇ τηκομένης
δέχονται τὴν τροφὴν αἱ δίοδοι.² διαχωρεῖ μὲν οὖν
40 βραδέως, φῦσαν δὲ οὐκ ἐμποιεῖ οὐδὲ ἐρυγγάνεται,
ἡ δὲ προφυρηθεῖσα τριπτὴ τρέφει μὲν ἡσσον,
42 διαχωρεῖ δὲ καὶ φῦσαν ἐμποιεῖ μᾶλλον.

XII. Κυκεὼν δὲ σὺν ἀλφίτοισι³ μοῦνον ἐφ’
ὑδατὶ μὲν ψύχει καὶ τρέφει, ἐπ’ οἴνῳ δὲ θερμαίνει
καὶ τρέφει καὶ ἵστησιν ἐπὶ μέλιτι δὲ θερμαίνει
μὲν ἡσσον καὶ τρέφει, διαχωρεῖ δὲ μᾶλλον, ἦν
μὴ ἄκρητον⁴ ἢ τὸ μέλι· εἰ δὲ μή, ἵστησιν. ἐπὶ
δὲ γάλακτι τρόφιμοι μὲν πάντες, ἀτὰρ τὸ μὲν
ὅϊον⁵ ἵστησι, τὸ δὲ αἴγειον μᾶλλον διαχωρεῖ, τὸ
δὲ βόειον⁶ ἡσσον, τὸ δὲ ἵππειον καὶ τὸ ὅιειον
9 μᾶλλον διαχωρεῖ.

XLII. Πυροὶ ισχυρότεροι κριθῶν καὶ τροφιμώ-
τεροι, διαχωρέουσι δὲ ἡσσον καὶ αὐτοὶ καὶ ὁ
χυλός. ἄρτος δὲ ὁ μὲν συγκομιστὸς ξηραίνει
καὶ διαχωρεῖ, ὁ δὲ καθαρὸς τρέφει μὲν μᾶλλον,
διαχωρεῖ δὲ ἡσσον. αὐτῶν δὲ τῶν ἄρτων ὁ
μὲν ζυμίτης κοῦφος διαχωρεῖ· κοῦφος μέν,
ὅτι ἀπὸ τῆς ζύμης τοῦ ὄξεος τὸ ὑγρὸν προανά-
λωται,⁷ ὅπερ ἐστὶν ἡ τροφὴ· διαχωρεῖ δὲ ὅτι

¹ χεόμενον M.

² δίδοι θ: δίοδοι M.

³ M omits σὺν ἀλφίτοισι.

⁴ μὴ ἄκρητον M: ατηκιον θ.

⁵ βόειον μὲν θ: μὲν ὅϊον M.

⁶ δίον (ὅϊον ?) θ: βόειον M.

⁷ προσανάλωται M.

¹ The base of cyceon was barley meal, mixed with water, wine or milk. To this was added honey, or salt or herbs.

REGIMENT, II. XL.-XLII.

it is necessary to cool or to dry a sufferer from diarrhoea or from any sort of inflammation, barley cake of this sort serves well. Barley cake that is dry and well kneaded does not dry so much, by reason that it is more tightly compressed, but it is very nourishing, because as it gently dissolves the passages admit the nourishment; so it passes slowly without occasioning wind either downwards or upwards. That which has been mixed beforehand and well kneaded nourishes less, but passes by stool and causes more wind.

XLI. Cyceon made with barley only¹ added to water cools and nourishes, with wine it heats, nourishes and is astringent. With honey it heats and nourishes less, but is more laxative unless the honey be unmixed;² with unmixed honey it is astringent. With milk all cyceons are nourishing; made with sheep's milk they are astringent, with goats' milk they are more laxative, with cows' milk less, but with mares' or asses' milk they are more laxative.

XLII. Wheat is stronger and more nourishing than barley, but both it and its gruel are less laxative. Bread made of it without separating the bran dries and passes; when cleaned³ from the bran it nourishes more, but is less laxative. Of the various breads themselves the fermented is light and passes. It is light because the moisture is quickly used up owing to the acid of the leaven, and this is the nourishment.⁴ It passes, because it is

² With ἀτηκτον: "if the honey be unmelted."

³ I.e. "white" bread, as opposed to "brown" (*συγκομιστός*).

⁴ I.e. the consumption of moisture is nourishment.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ταχέως πέσσεται. ὁ δὲ ἄξυμος διαχωρεῖται¹
 10 μὲν ἡσσον, τρέφει δὲ μᾶλλον. ὁ δὲ τῷ χυλῷ
 πεφυρημένος κουφότατος,² καὶ τρέφει ίκανῶς, καὶ
 διαχωρεῖ· τρέφει μὲν ὅτι καθαρός, κοῦφος δέ, ὅτι
 τῷ κουφοτάτῳ πεφύρηται καὶ ἐξύμωται ὑπὸ³
 τούτου καὶ πεπύρωται· διαχωρεῖ δὲ ὅτι τὸ γλυκὺ⁴
 καὶ διαχωρητικὸν τοῦ πυροῦ συμμέμικται. καὶ
 αὐτῶν δὲ τῶν ἄρτων οἱ μέγιστοι τροφιμώτατοι,
 ὅτι ἥκιστα ἔκκαιονται ὑπὸ τοῦ πυρὸς τὸ ὑγρόν·
 καὶ οἱ ἵπνῖται τροφιμώτεροι τῶν ἐσχαριτῶν καὶ
 ὀβελιέων, διότι⁴ ἡσσον ἔκκαιονται ὑπὸ τοῦ
 20 πυρός. οἱ δὲ κλιβανίται καὶ οἱ ἐγκρυφίαι
 ἔηρότατοι, οἱ μὲν διὰ τὴν σποδόν, οἱ δὲ διὰ τὸ
 ὄστρακον ἔκπινόνται τὸ ὑγρόν. οἱ δὲ σεμιδα-
 λίται ἴσχυρότατοι τούτων πάντων, ἕτι δὲ μᾶλλον
 οἱ ἐκ τοῦ χόνδρου καὶ τρόφιμοι σφόδρα, οὐ
 μέντοι διαχωρέουσιν ὁμοίως. ἄλητον καθαρὸν καὶ
 πινόμενον ἐφ' ὕδατι ψύχει, καὶ πλῦμα σταιτὸς
 ἐπὶ πυρί. πιτύρων χυμὸς ἐφθὸς⁵ κοῦφος καὶ
 διαχωρεῖ. τὰ δὲ ἐν γάλακτι ἐψόμενα⁶ ἄλητα
 διαχωρεῖ μᾶλλον ἢ τὰ ἐν τῷ ὕδατι, διὰ τοὺς
 30 ὄρρούς, καὶ μάλιστα ἐν τοῖσι διαχωρητικοῖσιν.
 ὄκόσα δὲ σὺν μέλιτι καὶ ἐλαῖῳ ἔψεται ἢ
 ὄπτάται ἐξ ἀλήτων, πάντα καυσώδεα καὶ
 ἐρευγματώδεα.⁷ ἐρευγματώδεα μὲν διότι τρόφιμα
 ἔόντα οὐ διαχωρητικά ἔστι, καυσώδεα δὲ διότι
 λιπαρὰ καὶ γλυκέα καὶ ἀσύμφορα ἀλλήλοισιν
 ἔόντα,⁸ οὐ τῆς αὐτῆς καθεψήσιος δεόμενα, ἐν τῷ

¹ διαχωρέει M.

² κουφότερος M.

³ πυρὸς M.

⁴ After διότι θ has περιπλάσσεται τος ταῖς ὄβολσκοις. This looks like a marginal note; τος perhaps represents ἄρτος.

⁵ ὄπτὸς θ: ἐφθὸς M.

⁶ διδόμενα M.

⁷ ἐρευγματώδεα M.

REGIMEN, II. XLII.

soon digested; but that which is not fermented does not pass so well, but nourishes more. That which is mixed with wheat gruel is lightest, affords good nourishment, and passes. It nourishes because it is made of pure wheat. It is light because it is tempered with what is most light, and is fermented by it and baked. It passes because it is mixed with the sweet and laxative part of the wheat. Of loaves themselves the largest are the most nourishing, because the moisture of these is least consumed by the fire. Those which are baked in an oven are more nourishing than those which are baked on the hearth or on a spit, because that they are less burnt by the fire. Those which are baked in a pan or under the ashes are the most dry; the latter by reason of the ashes, the former by reason of the earthen pan which imbibes their moisture. The bread made of finest flour called similago is the most strengthening of all, except that which is made of groats, which is very nourishing, but does not pass so well by stool. Fine flour mixed with water and drunk is refreshing, and so is the water wherein flour of spelt has been washed over a fire. A decoction of bran when boiled is light and passes well by stool. Meal boiled in milk passes better by stool than that boiled in water by reason of the whey, and especially if it is mixed with laxatives. All foods from meals boiled or fried with honey and oil are heating and windy; windy because they are very nourishing and do not pass by stool, heating because in one place are fat, sweet and ill-assorted ingredients, which should not be

⁸ καὶ ἀσύμφορα δὲ ἀλλήλοισιν ἔόντα· θ: ξύμφορα ἀλλήλοις
ἔντα Μ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

αὐτῷ ἔστι. σεμίδαλις καὶ χόνδρος ἐφθά,¹ ἰσχυρὰ
38 καὶ τρόφιμα, οὐ μέντοι διαχωρεῖ.

XLIII. Τίφη, ζειὰ² κουφότερα πυρῶν, καὶ τὰ
ἔξ αὐτῶν γινόμενα ὁμοίως ὥσπερ ἐκ τῶν πυρῶν,
καὶ διαχωρεῖ δὲ μᾶλλον. Βρόμος ὑγραίνει καὶ
4 ψύχει ἐσθιόμενος καὶ ρόφημα πινόμενος.³

XLIV. Τὰ πρόσφατα ἄλφιτα καὶ ἄλητα
ξηρότερα τῶν παλαιῶν, διότι ἔγγιον τοῦ πυρὸς
καὶ τῆς ἐργασίης εἰσί· παλαιούμενα δέ, τὸ μὲν
θερμὸν ἐκπινεῖ, τὸ δὲ ψυχρὸν ἐπάγεται. ἄρτοι
θερμοὶ μὲν ξηραίνουσι, ψυχροὶ δὲ ἡσσον, ἔωλοι
6 δέ τι ἡσσον,⁴ ἰσχνασίην δέ τινα παρέχουσιν.

XLV. Κύαμοι, τρόφιμον καὶ στατικὸν καὶ
φυσῶδες· φυσῶδες μὲν ὅτι οὐ δέχονται οἱ πόροι
τὴν τροφὴν ἀλέα ἐπιοῦσαν· στάσιμον δὲ ὅτι
δλίγην⁵ ἔχει τὴν ὑποστάθμην τῆς τροφῆς. οἱ
δὲ πισοὶ φυσῶσι μὲν ἡσσον, διαχωρέουσι δὲ
μᾶλλον. ωχροὶ καὶ δόλιχοι διαχωρητικώτεροι⁶
τούτων, ἡσσον δὲ φυσώδεες, τρόφιμοι δέ. ἐρέ-
βινθοὶ λευκοὶ διαχωρέουσι καὶ οὐρέονται καὶ
10 τρέφουσι· τρέφει μὲν τὸ σαρκῶδες. οὐρεῖται δὲ
τὸ γλυκύ· διαχωρεῖται δὲ τὸ ἀλμυρόν. κέγχρων
χόνδροι καὶ κυρήβια,⁷ ξηρὸν καὶ στάσιμον,⁸ μετὰ
σύκων ἰσχυρὸν τοῖσι πονέουσιν.⁹ αὐτοὶ δὲ οἱ

¹ ἐφθᾶ M.

² τιφῆεια θ: στρύγις (and ἔξ αὐτῆς) M.

³ πινόμενος θ: γενόμενος M.

⁴ ἔωλοι δέ τι ἡσσον omitted by M. I suggest δ' ἔτι
“yesterday's still less.”

⁵ δλην M.

⁶ διαχωρητικοὶ θ: διαχωρητικώτερα M. Also φυσώδεα and
τρόφιμα.

⁷ χοινδρια κυρήβαξια θ: χόνδροι· κυβηρια M.

⁸ ξηρὰ καὶ στάσιμα M.

REGIMENT, II. XLII.-XLV.

cooked in the same way. Similago and groats boiled are strengthening and very nourishing, but do not pass by stool.

XLIII. The spelts¹ are lighter than wheat, and preparations therefrom are as light as² those from wheat, and more laxative. Oats, whether eaten or drunk as a decoction, moisten and cool.

XLIV. Freshly cooked meal and flour are drier than those which are stale, because they are nearer the fire with which they were prepared; for as they grow stale the heat exhales and the cold succeeds. Hot bread dries, cold dries less, yesterday's bread somewhat less, and causes a certain amount of leanness.

XLV. Beans afford an astringent and flatulent nourishment; flatulent because that the passages do not admit the abundant nourishment which is brought, astringent because that it has only a small residue from its nourishment. Peas are less windy and pass better by stool. The chick-pea, called *ochrus*, and the bean called *dolichus* pass better by stool than these, and are less windy but nourishing. The white chick-pea passes by stool and urine, and nourishes. The substantial part nourishes, the sweet passes by urine, and the saline passes by stool. Millet groats and husks are dry and binding; with figs they are strong nourishment for hard workers. Whole millet by itself boiled is

¹ *Triticum monococcum* and *triticum spelta*.

² I am not satisfied with θ's reading (in the text), nor with Littré's *τοῖς* for *ωσπερ*. An old emendation, *τῶν*, has more to be said for it: "preparations therefrom are similarly lighter than those from wheat."

ΠΕΡΙ ΔΙΑΙΤΗΣ

κέγχροι ἔφθοι τρόφιμοι, οὐ μέντοι διαχωρέουσιν.
 φακοὶ καυσώδεες καὶ ταρακτικοί,¹ οὔτε διαχωρέουσιν οὔτε ἵστασιν. ὅροβοι στάσιμον καὶ
 ἴσχυρὸν καὶ παχύνει καὶ πληροῦ καὶ εὔχρουν
 ποιεῖ τὸν ἄνθρωπον. λίνου καρπὸς τρόφιμον
 καὶ² στάσιμον· ἔχει δέ τι καὶ ψυκτικόν.
 ὄρμίνου καρπὸς παραπλήσια διαπρήσσεται.

20 θέρμοι φύσει μὲν ἴσχυρόν καὶ θερμόν, διὰ δὲ τὴν
 ἐργασίην κουφότερον καὶ ψυκτικώτερον καὶ
 διαχωρεῖ. ἐρύσιμον ὑγραίνει καὶ διαχωρεῖ.
 σικύου σπέρμα διουρεῖται μᾶλλον ἢ διαχωρεῖ.
 σήσαμα ἅπλυτα διαχωρεῖται,³ πληροῦ δὲ καὶ
 παχύνει· διαχωρεῖ μὲν διὰ τὸ ἄχυρον τὸ ἔξω,
 παχύνει δὲ διὰ τὴν σάρκα· πεπλυμένα δὲ διαχωρεῖ μὲν ἥσσον,⁴ παχύνει δὲ καὶ πληροῦ μᾶλλον,
 αὐαίνει⁵ δὲ καὶ καίει διὰ τὸ λιπαρὸν καὶ πῖον.
 κνίκος διαχωρεῖ.⁶ μήκων στάσιμον, μᾶλλον ἢ
 30 μέλαινα, ἀτὰρ καὶ ἡ λευκή· τρόφιμον μέντοι καὶ
 ἴσχυρόν. τούτων δὲ οἱ χυλοὶ⁷ διαχωρητικώ-
 τεροι τῆς σαρκός· δεῖ οὖν τῇ ἐργασίῃ φυλάσσειν,
 ὁκόσα μὲν βούλει ξηραίνειν, τοὺς χυλοὺς⁸
 ἀφαιρέοντα τῇ σαρκὶ χρῆσθαι· ὁκόσα δὲ διαχωρῆσαι,⁹ τῷ μὲν χυλῷ πλέονι, τῇ δὲ σαρκὶ¹⁰
 36 ἐλάσσονι καὶ εὐχυλοτέρῃ.

XLVI. Περὶ δὲ τῶν ζῷων τῶν ἐσθιομένων ὁδε
 χρὴ γινώσκειν. βοὸς¹¹ κρέα ἴσχυρὰ καὶ στάσιμα

¹ καταρρητικόν M.

² τρόφιμον καὶ omitted by M.

³ σήσαμα ἅπλυτα διαχωρεῖται omitted by M.

⁴ After ἥσσον M adds δέ.

⁵ αὐαίνει θ: ὑγραίνει M.

REGIMENT, II. XLV.—XLVI.

nourishing, but it does not pass by stool. Lentils are heating and trouble the bowels ; they are neither laxative nor astringent. Bitter vetches are binding, strengthening, fattening, filling, and give a person a good colour. Linseed is nourishing, astringent, and somewhat refreshing. Clary seed is much of the same nature as linseed. Lupins are in their nature strengthening and heating, but by preparation they become more light and cooling than they are naturally, and pass by stool. Hedge-mustard seed moistens and passes by stool. Cucumber seeds pass better by urine than by stool. Unwashed sesame seeds pass by stool, fill and fatten ; they pass by stool by reason of their outward skins, they are fattening by reason of their substance ; when washed they pass less by stool, but they fatten and fill more ; they dry and heat because they are fat and oily. Wild saffron passes by stool. Poppy is binding, the black more than the white, but the white also. It is nourishing, however, and strengthening. Of all these seeds the juices are more laxative than their substance. When, therefore, you have a mind to dry, you must take care in preparation to remove their juices, and to make use of their substance ; when you have a mind to loosen, to make use of more of their juices, less of their substance, and only of those that are very succulent.

XLVI. As to animals which are eatable, you must know that beef is strong and binding, and hard of

⁶ θ omits κνίκος διαχωρεῖ.

⁷ χυλοὶ θ : χυμοὶ M.

⁸ χυλοὺς θ : χυμοὺς M.

⁹ διαχωρῆσαι θ : διαχωρεῖ M.

¹⁰ ἐνχυλοτέρηι θ : ἐνχυμοτέρα M, which also has χυμῶι.

¹¹ βόδις θ : βόεια M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ δύσπεπτα τῆσι κοιλίησι, διότι παχύαιμον
καὶ πολύαιμον ἔστι τοῦτο τὸ ζῷον· καὶ τὰ κρέα
βαρέα ἐς τὸ σῶμα,¹ καὶ αὐταὶ αἱ σάρκες καὶ τὸ
γάλα καὶ τὸ αἷμα. ὁκόσων δὲ τὸ γάλα λεπτὸν
καὶ τὸ αἷμα ὅμοιον, καὶ αἱ σάρκες παραπλήσιοι.
τὰ δὲ αἴγεια κουφότερα τούτων καὶ διαχωρεῖ
μᾶλλον. τὰ δὲ ὕεια ἴσχὺν μὲν τῷ σωματὶ¹⁰
ἔμποιεῖ μᾶλλον τούτων, διαχωρεῖ δὲ ἵκανῶς διότι
λεπτὰς τὰς φλέβας ἔχει καὶ ὀλιγαίμους, σάρκα
δὲ πολλήν. ἄριεια δὲ κουφότερα ὅτιαν, καὶ
ἐρίφεια αἰγείων, καὶ διότι ἀναιμότερα καὶ ὑγρότερα.
ξηρὰ γὰρ καὶ ἴσχυρὰ φύσει καὶ τὰ ζῷα, ὁκόταν
μὲν ἀπαλὰ ἦ, διαχωρεῖ, ὁκόταν δὲ αὐξηθῇ, οὐχ
όμοιῶς. καὶ τὰ μόσχεια τῶν βοείων ὠσαύτως.
τὰ δὲ χοίρεια τῶν συείων βαρύτερα· φύσει γὰρ
εὔσαρκον ὅν τὸ ζῷον καὶ ἀναιμον ὑπερβολὴν
ὑγρασίης ἔχει τέως ἀν νέον ἦ. ὁκόταν οὖν οἱ
πόροι μὴ δέχωνται τὴν τροφὴν ἐπιοῦσαν, ἔμμενον
θερμαίνει καὶ ταράσσει τὴν κοιλίην. τὰ δὲ ὕεια
διαχωρεῖ, καὶ τῶν πώλων ἔτι μᾶλλον, καὶ τὰ
ἴππεια δέ ἔτι κουφότερα. κύνεια ξηραίνει καὶ
θερμαίνει καὶ ἴσχὺν ἔμποιεῖ, οὐ μέντοι διαχωρεῖ.
σκυλάκεια δὲ ὑγραίνει καὶ διαχωρεῖ, οὐρεῖται δὲ
μᾶλλον. ὑὸς ἀγρίου ξηραίνει καὶ ἴσχὺν παρέχει
καὶ διαχωρεῖ. ἐλάφου δὲ ξηραίνει μέν, ἥσσον
δὲ διαχωρεῖ, οὐρεῖται δὲ μᾶλλον. λαγῶν
καὶ στάσιμα, οὐρησιν δέ τινα παρέχει. ἀλω-
πέκων ὑγρότερα, καὶ οὐρεῖται δέ καὶ ἔχίνων
χερσαίων οὐρητικά, ὑγραίνει δέ.

XLVII. Ὁρνίθων δὲ πέρι ὡδε ἔχει· σχεδόν τι
πάντα ξηρότερα ἢ τὰ τετράποδα· ὁκόσα γὰρ

¹ σῶμα θ: στόμα Μ : ἐν τῷ σταθμῷ Zwinger.

REGIMENT, II. XLVI.—XLVII.

digestion, because this animal abounds with a gross thick blood. The meat is heavy to the body, the flesh itself, the milk and the blood. Those animals which have a thin milk, and the blood the same, have flesh too of the like nature. Goats' flesh is lighter than these, and passes better by stool. Swine's flesh affords more strength to the body than these and passes well by stool, because this animal has small anaemic veins, but much flesh. Lambs' flesh is lighter than sheep's, and kids' than goats', because they do not abound with so much blood, and are more moist. For animals too which are naturally dry and strong, when tender, pass by stool; but when they are grown up, not so much; it is just the same with veal compared to beef. But young pigs' flesh is heavier than pork; for this animal, abounding naturally in flesh and not in blood, has excess of moisture whilst young; so when the passages refuse the entering nourishment, it remains, grows hot, and deranges the belly. The flesh of asses passes by stool, and that of their foals still better, though horseflesh is somewhat lighter. Dogs' flesh dries, heats, and affords strength, but does not pass by stool. The flesh of puppies moistens and passes by stool, still more by urine. Wild boars' flesh is drying and strengthening, and passes by stool. Deer's flesh is drying and passes not so well by stool, but better by urine. Hares' flesh is dry and constipating, but is somewhat diuretic. Foxes' flesh is moister, and passes by urine. Hedgehogs' is diuretic and moistens.

XLVII. With birds it is as follows. All birds almost are drier than beasts, for those creatures

ΠΕΡΙ ΔΙΑΙΤΗΣ

κύστιν οὐκ ἔχει οὕτε οὔρεῖ οὕτε σιαλοχοεῖ¹ διὰ θερμότητα τῆς κοιλίης· ἀναλίσκεται γὰρ τὸ ὑγρὸν ἐκ τοῦ σώματος ἐς τὴν τροφὴν τῷ θερμῷ,
ῶστε οὕτε οὔρεῖται οὕτε σιαλοχοεῖ· ἐν οἴῳ δὲ μὴ
ἔνι τοιαύτῃ ὑγρασίῃ,² ξηρὰ εἶναι ἀνάγκη· ξηρότατον μὲν οὖν φαίνεται φύσσης, δεύτερον πέρδικος, τρίτον περιστερῆς καὶ ἀλεκτρυόνος καὶ
10 τρυγόνος· ὑγρότατον δὲ χηνός. ὅσα δὲ σπερμολογεῖ ξηρότατα τῶν ἑτέρων. νήσσης δὲ καὶ τῶν ἄλλων ὄκόσα ἐν ἔλεσι³ διαιτήται ἢ ἐν ὕδασι,
13 πάντα ὑγρά.

XLVIII. Τῶν δὲ ἴχθύων ξηρότατοι μὲν οἵδε, σκορπίος, δράκων, καλλιώνυμος, κόκκυξ, γλαῦκος, πέρκη, θρίσσα· κοῦφοι δὲ οἱ πετραῖοι σχεδόν τι πάντες, οἰον κίχλη, φυκίς, κωβιός, ἐλεφιτίς⁴ οἱ τοιοῦτοι τῶν ἴχθύων κουφότεροι τῶν πλανήτων· ἀτε γὰρ ἀτρεμίζοντες ἀραιῆν τὴν σάρκα ἔχουσιν καὶ κούφην. οἱ δὲ πλανῆται καὶ κυματοπλῆγες τεθρυμμένοι τῷ πόνῳ στερεωτέρην καὶ βαθυτέρην τὴν σάρκα ἔχουσιν. νάρκαι δὲ καὶ ρίναι καὶ
10 ψῆσσαι καὶ τὰ τοιαῦτα κοῦφα. ὄκόσοι δὲ ἐν τοῖσι πηλώδεσι καὶ ὑγροῖσι⁵ χωρίοισι τὰς τροφὰς ἔχουσιν, οἰον κέφαλοι, κεστραῖοι, ἐγχέλυες, οἱ τοιοῦτοι τῶν ἴχθύων βαρύτεροί εἰσι, διότι ἀπὸ τοῦ ὕδατος καὶ τοῦ πηλοῦ καὶ τῶν ἐν τούτοις φυομένων τὰς τροφὰς ἔχουσιν, ἀφ' ὧν καὶ τὸ πνεῦμα ἐσιὸν ἐς τὸν ἄνθρωπον βλάπτει καὶ βαρύνει. οἱ δὲ ποτάμιοι καὶ λιμναῖοι ἔτι βαρύ-

¹ I have adopted here the readings of θ. M has: σιαλοχοέει διὰ γὰρ θερμότητα τῆς κοιλίης ἀναλίσκεται τὸ ὑγρὸν κ.τ.έ.

² So θ. M has δται δὲ μὴ ἔνι τοιαῦται ὑγρασίαι ξηραίνειν ἀναγκη.

REGIMENT, II. XLVII.-XLVIII.

which have no bladder neither make urine nor have spittle, by reason of the heat of the belly. For the moisture of the body is consumed to nourish the heat; wherefore they neither urinate nor spit. Therefore that which wants such moisture must necessarily be dry. The flesh of ringdoves is the driest, secondly partridges, thirdly pigeons, cocks and turtles. The flesh of geese is the most moist. Those which feed on seed are drier than the others. Ducks and other fowls that feed on marshes or waters are all moist.

XLVIII. As to the flesh of fish, these are the driest. The scorpion fish, dragon fish,¹ the fish called callionymos, the piper, the grey fish, the perch, the fish called thrissa. The fish that frequent stony places are almost all light, as the thrush fish, the hake, the gudgeon and elephitis. These are lighter than those which move from place to place, for these remaining quiet have a rare and light flesh, but those which wander and are wave-tossed have a more solid and deeper flesh, being much battered by the toil. The torpedo, skate, turbot and such-like are light. All those fish that feed in muddy and marshy places, as mullet, cestreus, eels and the like are heavier (of digestion), because they feed upon muddy water and other things which grow therein. The air of which also, entering a person, hurts and oppresses him. The fish of rivers and ponds are heavier than these. The

¹ The great weever.

³ θ has εαεσι—an interesting survival of a mistake made when the manuscripts were in uncials; ΕΑΕΣΙ and ΕΑΕΣΙ.

⁴ Said to be corrupt. Corrected by Coraes to ἀλφηστῆς.

⁵ ὑγροῖσι θ: ἰδρηλοῖσι M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τεροι τούτων. πολύποδες δὲ καὶ σηπίαι καὶ τὰ τοιαῦτα οὕτε κοῦφα, ὡς δοκεῖ, ἐστὶν οὕτε 20 διαχωρητικά, τοὺς δ' ὀφθαλμοὺς ἀπαμβλύνουσιν.¹ οἱ μέντοι χυμοὶ τούτων διαχωρέουσιν. τὰ δὲ κογχύλια, οἷον πίνναι, λεπάδες, πορφύραι, κήρυκες, ὅστρεα, αὐτὴ μὲν ἡ σάρξ ξηραίνει,² οἱ δὲ χυλοὶ διαχωρητικοί· μύες δὲ καὶ κτένες καὶ τελλίναι μᾶλλον τούτων διαχωρέουσιν· αἱ δὲ κνίδαι μάλιστα· καὶ τὰ σελάχεα ὑγραίνει καὶ διαχωρεῖ. ἔχίνων ὡὰ καὶ τὸ ὑγρὸν καράβων διαχωρεῖ, καὶ ἄρκοι,³ καὶ καρκίνοι, μᾶλλον μὲν οἱ ποτάμιοι, ἀτὰρ καὶ οἱ θαλάσσιοι, καὶ οὐρεῖται.⁴ 30 οἱ τάριχοι ξηραίνουσι καὶ ἵσχναίνουσι· τὰ δὲ πίονα⁵ διαχωρεῖ ἐπιεικέως· ξηρότατοι μὲν τῶν ταρίχων οἱ θαλάσσιοι, δεύτερον δὲ οἱ ποτάμιοι, ὑγρότατοι δὲ οἱ λιμναῖοι. αὐτῶν δὲ τῶν ταρίχων, 34 οἵπερ καὶ ἴχθύες ξηρότατοι, οὗτοι καὶ τάριχοι.⁶

XLIX. Τῶν δὲ ζώων τῶν τιθασσῶν,⁷ τὰ ὑλόνομα καὶ ἀγρόνομα⁸ τῶν ἔνδον τρεφομένων ξηρότερα, ὅτι πονοῦντα ξηραίνεται καὶ ὑπὸ τοῦ ἥλιου καὶ ὑπὸ τοῦ ψύχεος, καὶ τῷ πνεύματι ξηροτέρῳ χρῆται.⁹ τὰ δὲ ἄγρια τῶν ἡμέρων ξηρότερα,¹⁰ καὶ τὰ ὀλιγοφάγα τῶν πολυφάγων, καὶ τὰ τρχλωροφάγα¹¹ τῶν ποηφάγων, καὶ τὰ καρ-

¹ ἀπαμβλύνουσιν θ: βαρύνουσιν M.

² αὐτὴ μὲν ἡ σάρξ ξηραίνει θ: αὐτὰ μὲν ξηρὰ M.

³ καὶ ἄρκοι omitted by θ, which also reads οἱ for καὶ (before καρκίνοι). M has καράβου μύες καὶ ἄρκοι καὶ καρκίνοι.

⁴ M has καὶ διαχωρεῖ καὶ οὐρεῖται.

⁵ πίονα θ: πλείονα M.

⁶ αὐτῶν δὲ τῶν ταρίχων οἱ περ καὶ ἴχθύες M: αὐτῶν δὲ τῶν ταρίχων οἱ περκαὶ ἴχθυες θ: αὐτέων δὲ τῶν θαλασσίων οἱ λεγόμενοι πέρκαι ἴχθυες Littré (from Paris MSS.), suggesting αἱ λεγόμεναι πηλαμύδες.

REGIMENT, II. XLVIII.-XLIX.

polypus, cuttle and the like are neither light, as they are thought to be, nor do they pass by stool, but they dull the eyes. The broth of them, however, passes by stool. Shell-fish, as the pinna, limpet, purple fish, trumpet and oysters, have a flesh that dries, but their broths pass by stool. Mussels, cockles and tellines pass better than these by stool; sea-nettles do so especially; fish that are cartilaginous moisten and pass by stool. The spawn of urchins and the juice of spiny lobsters pass by stool; arcos too and crabs, the river variety more than others, but also sea-crabs; they are also diuretic. Pickled fish are drying and attenuating; oily ones are gently laxative. The driest of pickled fish are those of the sea, the next those of the rivers, while the moistest are those of the lakes. Of pickled fish considered by themselves those are driest which are made from the driest fish.

XLIX. As to animals which are tamed, those which feed in the woods and fields are drier than those fed within doors, because their labours in the sun and the cold dry them, while they breathe an air that is drier. Wild beasts are drier than tame; small eaters than great eaters; hay eaters than grass eaters;¹ fruit eaters than non-fruit eaters; small drinkers than

¹ This is evidently the sense of the sentence, but neither the *χλωροφάγα* of θ nor the *καρποφάγα* of M can bear the meaning "hay eating." Perhaps we should adopt the conjecture of Zwinger.

⁷ For *τιθασσῶν* θ has *πόλεων*.

⁸ *ἀγρόνομα* M: *ὑγρόνομα* θ.

⁹ *χρῆται* θ: *τρέφεται* M.

¹⁰ M has *καὶ τὰ ὡμοφάγα καὶ τὰ ὄλοφάγα.* after *ξηρότερα.*

¹¹ *χλωροφάγα* θ: *καρποφάγα* M: *χορτοφάγα* Zwinger.

ποφάγα τῶν μὴ καρποφάγων, καὶ τὰ ὀλιγόποτα
 τῶν πολυπότων, καὶ τὰ πολύαιμα τῶν ἀναίμων
 10 καὶ ὀλιγαίμων, καὶ τὰ ἀκμάζοντα μᾶλλον ἢ τὰ
 λίην παλαιὰ καὶ τὰ νέα, καὶ τὰ ἄρσενα τῶν
 θηλείων, καὶ τὰ ἔνορχα τῶν ἀνόρχων, καὶ μέλανα
 λευκῶν, καὶ τὰ δασέα ψιλῶν τὰ δ' ἐναντία
 ὑγρότερα. αὐτῶν δὲ τῶν ζώων ἰσχυρόταται μὲν
 αἱ σάρκες αἱ μάλιστα πονέουσαι καὶ ἐναιμόταται
 καὶ ἐν ᾧσι κατακλίνεται, κουφόταται δὲ τῶν
 σαρκῶν αἱ ἥκιστα πονέουσαι καὶ ὀλιγαιμόταται,¹
 καὶ ἐκ τῆς σκιῆς, καὶ ὅσαι ἐσώταται τοῦ ζῶου.
 τῶν δὲ ἀναίμων ἐγκέφαλος καὶ μυελὸς ἰσχυρό-
 20 τατα· κουφότατα δὲ κεφαλαί, πόδες, κτένες, καὶ
 μύες. τῶν δὲ ἰχθύων ξηρότατά ἐστι τὰ ἄνω,
 κουφότατα δὲ τὰ ὑπογάστρια, καὶ κεφαλαὶ
 23 ὑγρότεραι διὰ τὴν πιμελὴν καὶ τὸν ἐγκέφαλον.

L. Ὡιὰ δὲ ὄρνιθων ἰσχυρὸν καὶ τρόφιμον καὶ
 φυσῶδες· ἰσχυρὸν μέν, ὅτι γένεσίς ἐστι ζῶου,
 τρόφιμον δέ, ὅτι γάλα ἐστὶ τοῦ ζῶου, φυσῶδες
 4 δέ, ὅτι ἐκ μικροῦ ὅγκου ἐς πολὺ διαχεῖται.

LI. Τυρὸς δὲ ἰσχυρὸν καὶ καυσῶδες καὶ τρόφι-
 μον καὶ στάσιμον.² ἰσχυρὸν μέν, ὅτι ἔγγιστα
 γενέσιος, τρόφιμον δέ, ὅτι τοῦ γάλακτος τὸ
 σαρκῶδες ἐστιν ὑπόλοιπον, καυσῶδες δέ, ὅτι
 λιπαρόν, στάσιμον δέ, ὅτι ὁπῷ καὶ πυτίῃ
 6 συνέστηκεν.

LII. "Τδωρ ψυχρὸν καὶ ὑγρόν."³ οὖνος θερμὸν
 καὶ ξηρόν· ἔχει δέ τι καὶ καθαρτικὸν ἀπὸ τῆς
 ὕλης. τῶν δὲ οὖνων οἱ μέλανες καὶ αὐστηροὶ

¹ καὶ ὀλιγαιμόταται is omitted by M.

² καὶ στάσιμον omitted by M.

³ ψυκτικόν M: ψυχρὸν καὶ ὑγρόν θ.

REGIMENT, II. XLIX.-LII.

great drinkers; those which abound in blood than those which have little or no blood; those which are in their vigour than those which are very old or young; males than females; entire than gelded; the black than the white; the hairy than those which have little or no hair. The opposite to these are more moist. As to the flesh of animals as a class, that is the strongest which labours most, abounds most in blood, and on which they lie. Those are lightest which have laboured least, have least blood, are most in the shade, and are placed most inwardly in the animal. Of the bloodless parts the brain and the marrow are the strongest; the lightest parts are the head, the feet, the region of the genitals and those that are tendinous.¹ Of fish, the driest parts are the upper, the lightest those below the stomach; the head is more moist by reason of the fat and brain.

L. Birds' eggs are strong, nourishing and windy. An egg is strong because it is the origin of an animal; nourishing because it is the milk of the animal; windy, because from small bulk it expands to a great one.

LI. Cheese is strong, heating, nourishing and binding; it is strong because it is nearest to a creature's origin; it is nourishing because the fleshy part of the milk remains in it; it is heating because it is fat; binding, because it is coagulated by fig juice or rennet.

LII. Water is cooling and moist. Wine is hot and dry, and it has something purgative from its original substance. Dark and harsh wines are more dry, and

¹ For the meaning of *μύες* see Littré's note.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ξηρότεροι καὶ οὗτε διαχωρέονται οὗτε οὐρέονται¹ οὗτε πτύονται.² ξηραίνουσι δὲ τῇ θερμασίῃ,³ τὸ ύγρὸν ἐκ τοῦ σώματος καταναλίσκοντες. οἱ δὲ μαλακοὶ μέλανες ύγρότεροι, καὶ φυσῶσι καὶ διαχωρέονται μᾶλλον. οἱ δὲ γλυκέες μέλανες ύγρότεροι καὶ ἀσθενέστεροι,⁴ καὶ φυσῶσιν ύγρασίνην ἔμποιέοντες. οἱ δὲ λευκοὶ⁵ αὐστηροὶ θερμαίνουσι μέν, οὐ μὴν ξηραίνουσιν, οὐρέονται δὲ μᾶλλον ἢ διαχωρέονταιν. οἱ νέοι μᾶλλον τῶν οἷνων διαχωρέονται, διότι ἐγγυτέρω τοῦ γλεύκεος εἰσὶ καὶ τροφιμώτεροι, καὶ οἱ ὅξοντες τῶν ἀνόδμων τῆς αὐτῆς ἡλικίης, διότι πεπειρότεροί εἰσι, καὶ οἱ παχέες τῶν λεπτῶν. οἱ δὲ λεπτοὶ οὐρέονται μᾶλλον καὶ οἱ λευκοὶ καὶ οἱ λεπτοὶ γλυκέες οὐρέονται μᾶλλον ἢ διαχωρέονται, καὶ ψύχουσι μὲν καὶ ἰσχναίνουσι καὶ ύγραίνουσι τὸ σῶμα,⁶ καὶ τὸ αἷμα ἀσθενὲς ποιέονταιν, αὔξοντες τὸ ἀντίπαλον τῷ αἵματι ἐν τῷ σώματι.⁷ γλεῦκος φυσᾷ καὶ ἑκταράσσει καὶ τὴν κοιλίην ύπαγει.⁸ φυσᾷ μέν, ὅτι θερμαίνει, ύπαγει δὲ ἐκ τοῦ σώματος ὅτι καθαίρει,⁹ ταράσσει δὲ ζέον ἐν τῇ κοιλίῃ καὶ διαχωρεῖ. οἱ ὅξιναι οἶνοι ψύχουσι καὶ ύγραίνουσι καὶ ἰσχναίνουσι, ψύχουσι μὲν καὶ ἰσχναίνουσι κένωσιν¹⁰ τοῦ ύγροῦ ἐκ τοῦ σώματος ποιεόμενοι, ύγραίνουσι δὲ ἀπὸ τοῦ ἐσιόντος ὕδατος σὺν τῷ οἶνῳ. ὅξος ψυκτικόν,

¹ οὗτε οὐρέονται omitted by θ.

² πτύονται θ: πτύουσι M.

³ τῇ θερμασίῃ θ: τὴν θερμασίην M.

⁴ καὶ ἀσθενέστεροι θ: θερμαίνουσι M.

⁵ After λευκοὶ M adds καὶ.

⁶ οἱ δὲ λεπτοὶ γλυκέες οὐρέονται μᾶλλον καὶ διαχωρέονται καὶ ύγραίνουσι τὸ σῶμα M: οἱ δὲ λεπτοὶ οὐράονται μᾶλλον καὶ οἱ

REGIMENT, II. LII.

they pass well neither by stool nor by urine, nor by spittle. They dry by reason of their heat, consuming the moisture out of the body. Soft dark wines are moister ; they are flatulent and pass better by stool. The sweet dark wines are moister and weaker ; they cause flatulence because they produce moisture. Harsh white wines heat without drying, and they pass better by urine than by stool. New wines pass by stool better than other wines because they are nearer the must, and more nourishing ; of wines of the same age, those with bouquet pass better by stool than those without, because they are riper, and the thicker wines better than the thin. Thin wines pass better by urine. White wines and thin sweet wines pass better by urine than by stool ; they cool, attenuate and moisten the body, but make the blood weak, increasing in the body that which is opposed to the blood. Must causes wind, disturbs the bowels and empties them. It causes wind because it heats ; it empties the body because it purges ; it disturbs by fermenting in the bowels and passing by stool. Acid wines cool, moisten and attenuate ; they cool and attenuate by emptying the body of its moisture ; they moisten from the water that enters with the wine. Vinegar is refreshing,

λευκοὶ καὶ οἱ λεπτοὶ γλυκέες οὐραίονται μᾶλλον. ἡ διαχωρέονσι·
καὶ ψύχουσι μὲν καὶ ἰσχναίνουσι· καὶ ὑγραίνουσι τὸ σῶμα θ.

⁷ αὔξονταί τε ἐς τὸ ἀντίπαλον τῷ αἷματι ἐν τῷ σώματι θ:
αὔξοντέσ τε τὸ ἀντίπαλον τοῦ σώματος τὸ αἷμα ἐν τῷ σώματι Μ.

⁸ φυσᾷ καὶ ὑπάγει καὶ ἐκταράσσεται ζέον ἐν τῇ κοιλίῃ καὶ
διαχωρέει Μ : φυσᾷ καὶ ἐκταράσσει· καὶ τὴν κοιλίην ὑπάγει θ.

⁹ ὅτι καθάριει Littré : κάθαρσιν θ Μ.

¹⁰ ψύχουσι μὲν καὶ ἰσχναίνουσι omitted by θ. Μ has κενώσει,
θ κένωσι. Perhaps some ancient texts had κένωσιν ποιεόμενοι
and others κενώσει (sc. τοῦ ὑγροῦ).

ΠΕΡΙ ΔΙΑΙΤΗΣ

30 διότι τῆκον τὸ ὑγρὸν τὸ ἐν τῷ σώματι καταναλίσκει, ἵστησι δὲ μᾶλλον ἡ διαχωρεῖ διότι οὐ τρόφιμον καὶ δριμύ. ἔψημα θερμαίνει καὶ ὑγραίνει καὶ ὑπάγει, θερμαίνει μὲν ὅτι οἰνῶδες, ὑγραίνει δὲ ὅτι τρόφιμον, ὑπάγει δὲ ὅτι γλυκὺ καὶ πρός, καθηψημένον¹ ἐστίν. τρύγει στεμφυλίτιδες ὑγραίνουσι καὶ ὑπάγουσι καὶ φυσῶσι,
37 διότι² καὶ τὸ γλεῦκος τὸ αὐτὸ ποιεῖ.

LIII. Μέλι θερμαίνει καὶ ξηραίνει ἄκρητον, σὺν ὕδati δὲ ὑγραίνει καὶ διαχωρεῖ τοῖσι χολώδεσι, τοῖσι δὲ φλεγματώδεσιν ἵστησιν. ὁ δὲ γλυκὺς οἶνος διαχωρεῖ μᾶλλον τοῖσι φλεγματίησι.

LIV. Περὶ δὲ λαχάνων ὥδε ἔχει. σκόροδον θερμὸν καὶ διαχωρητικὸν καὶ οὐρεῖται, ἀγαθὸν τοῖσι σώμασι, τοῖσι δὲ ὀφθαλμοῖσι φλαῦρον· κάθαρσιν γὰρ ἐκ τοῦ σώματος πολλὴν ποιεόμενον, τὴν ὅψιν ἀπαμβλύνει· διαχωρεῖ δὲ καὶ οὐρεῖται, διὰ τὸ καθαρτικόν· ἐφθὸν ἀσθειέστερον ἡ ὡμόν· φῦσαν δὲ ἐμποιεῖ διὰ τοῦ πνεύματος τὴν ἐπίστασιν.³ κρόμμυον τῇ μὲν ὅψει ἀγαθόν, τῷ δὲ σώματι κακόν, διότι θερμὸν καὶ καυσῶδες ἐστι
10 καὶ οὐ διαχωρεῖ· τροφὴν μὲν γὰρ οὐ δίδωσι τῷ σώματι οὐδὲ ὀφελεῖται· θερμαῖνον δὲ ξηραίνει διὰ τὸν ὄπόν. πράσον θερμαίνει μὲν ἡσσον, οὐρεῖται δὲ καὶ διαχωρεῖ· ἔχει δέ τι καὶ καθαρτικόν· ὑγραίνει δὲ καὶ ὀξυρεγμήν παύει· ὕστατον δὲ ἐσθίειν. ῥαφανὶς ὑγραίνει διαχέουσα τὸ φλέγμα τῇ δριμύτητι, τὰ δὲ φύλλα ἡσσον. πρὸς τὰ ἀρθριτικὰ μοχθηρὸν ἡ ῥίζη, ἐπιπολάζον δὲ καὶ

¹ καθάπερ ἡψημένον M: προσκαθήμενον θ: προσκαθεψημένον (sic) Littré.

REGIMEN, II. LII.-LIV.

because it dissolves and consumes the moisture in the body ; it is binding rather than laxative because it affords no nourishment and is sharp. Boiled-down wine warms, moistens and sends to stool. It warms because it is vinous, moistens because it is nutritious, and sends to stool because it is sweet and moreover boiled-down. Wine from grape-husks moistens, sends to stool and fills with wind, because must also does the same.

LIII. Honey unmixed warms and dries ; mixed with water it moistens, sends to stool those of biliary temperament, but binds those who are phlegmatic. But sweet wine tends to send the phlegmatic to stool.

LIV. The qualities of vegetables are as follow. Garlic warms, passes well by stool and by urine, and is good for the body though bad for the eyes. For making a considerable purgation of the body it dulls the sight. It promotes stools and urine because of the purgative qualities it possesses. When boiled it is weaker than when raw. It causes flatulence because it causes stoppage of wind. The onion is good for sight, but bad for the body, because it is hot and burning, and does not lead to stool ; for without giving nourishment or help to the body it warms and dries on account of its juice. The leek warms less, but passes well by urine and by stool ; it has also a certain purgative quality. It moistens and it stops heartburn, but you must eat it last. The radish moistens through melting the phlegm by its sharpness, but the leaves do so less. The root is bad for arthritis, and it repeats and is hard to digest. Cress

² διόπτι M : ὅπερ θ.

³ ἐπίστασιν M : ἐπίσπασι θ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

δύσπεπτον. κάρδαμον θερμαντικὸν καὶ τὴν σάρκα τῆκον· συνίστησι φλέγμα λευκόν, ὥστε 20 στραγγούριν ἐμποιεῖν. νᾶπυ θερμόν· διαχωρεῖ, δυσουρεῖται δὲ καὶ τοῦτο· καὶ εὔξωμον παραπλήσια τούτοισι διαπρήσσεται. κορίανον θερμὸν καὶ στατικόν, καὶ ὀξυρεγμίην παύει, ὕστατον δ’ ἐπεσθιόμενον καὶ ὑπνοποιεῖ. θρίδαξ ψυχρότερον πρὶν τὸν ὅπὸν ἔχειν· ἀσθενείην δ’ ἐνίστε¹ ἐμποιεῖ τῷ σώματι. ἄνηθον² θερμὸν καὶ στατικόν, καὶ πταρμὸν παύει ὀσφραινόμενον. σέλινον οὐρεῖται μᾶλλον ἢ διαχωρεῖ, καὶ αἱ ρίζαι μᾶλλον ἢ αὐτὸ διαχωρέουσιν. ὕκιμον ξηρὸν καὶ 30 θερμὸν³ καὶ στάσιμον. πήγανον οὐρεῖται μᾶλλον ἢ διαχωρεῖ, καὶ συστρεπτικόν τι ἔχει, καὶ πρὸς τὰ φάρμακα τὰ βλαβερὰ ὠφελεῖ προπινόμενον. ἀσπάραγος ξηρὸν καὶ στάσιμον. ἐλελίσφακον ξηρὸν καὶ στατικόν. στρύχνος ψύχει καὶ ἔξονειρώσσειν οὐκ ἔᾳ. ἀνδράχνη ψύχει ἢ ποταινίη,⁴ τεταριχευμένη δὲ θερμαίνει. κνίδη⁵ καθαίρει. καλαμίνθη θερμαίνει καὶ καθαίρει.⁶ μίνθη θερμαίνει καὶ οὐρεῖται καὶ ἐμέτους ἵστησι, καὶ ἦν πολλάκις ἐσθίη τις, τὴν γονὴν τήκει ὥστε 40 ρεῖν, καὶ ἐντείνειν κωλύει, καὶ τὸ σῶμα ἀσθενὲς ποιεῖ. λάπαθον θερμαῖνον διαχωρεῖ. ἀνδράφαξις ὑγρόν, οὐ μέντοι διαχωρεῖ. βλίτον θερμόν, οὐ διαχωρητικόν.⁷ κράμβη θερμαίνει καὶ διαχωρεῖ. χολώδεα δὲ ἄγει. σεύτλον ὁ μὲν χυλὸς διαχωρεῖ, αὐτὸ δὲ ἵστησιν, αἱ δὲ ρίζαι τῶν σεύτλων διαχωρητικώτεραι. κολοκύντη θερμαίνει⁸ καὶ ὑγραίνει

¹ δ’ ἐνίστε θ: δὲ τινὰ Μ.

² Before θερμὸν θ adds ἡσσον.

³ καὶ θερμὸν is omitted by θ.

REGIMENT, II. LIV.

is heating and melts the flesh; it congeals white phlegm, so as to produce strangury. Mustard is hot and passes well by stool; it too passes hardly by urine. Rocket also has effects like those of mustard. Coriander is hot and astringent; it stops heartburn, and when eaten last also causes sleep. Lettuce is rather cooling before it has its juice, but sometimes it produces weakness in the body. Anise is hot and astringent, and the smell of it stops sneezing. Celery passes better by urine than by stool, and the root passes by stool better than does the stalk. Basil is dry, hot and astringent. Rue passes better by urine than by stool, and it has a certain congealing quality, while if drunk beforehand it is a prophylactic against poisons. Asparagus is dry and astringent. Sage is dry and astringent. Night-shade cools and prevents nightly pollutions. Purslane when fresh cools, when preserved it warms. Nettles purge. Catmint warms and purges. Mint warms, passes easily by urine, and stops vomiting; if eaten often it melts the seed and makes it run, preventing erections and weakening the body. Sorrel warms and passes well by stool. Orach is moist without passing well by stool. Blite is warm without passing well by stool. Cabbage warms, passes well by stool and evacuates biliary matters. Beet juice passes well by stool, though the vegetable itself is astringent; the roots of beet are rather more aperient. The pumpkin

⁴ ποτανίη Foes (in note), Mack, Littré: ποταμηθι θ: ποταμή M.

⁵ For κνίδη M has καὶ.

⁶ θ omits καθαίρει. μύνθη θερμαίνει καὶ.

⁷ βλίτον θερμόν, οὐδιαχωρητικόν M. Omitted by θ, while Littré has οὐ θερμόν, διαχωρητικόν.

⁸ φύχει Littré: θερμαίνει θ M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ διαχωρεῖ, οὐκ οὐρεῖται δέ. γογγυλὶς καυ-
σῶδες, ὑγραίνει δὲ καὶ ταράσσει τὸ σῶμα, οὐ
μέντοι διαχωρεῖ, δυσουρεῖται¹ δέ. γλήχων θερ-
50 μαίνει καὶ διαχωρεῖ. ὄρίγανον θερμαίνει, ὑπάγει
δὲ χολώδεα. θύμβρη παραπλήσια διαπρήσ-
σεται. θύμον θερμόν, διαχωρεῖ καὶ οὐρεῖται, ἄγει
δὲ φλεγματώδεα. ὕσσωπος θερμαίνει καὶ ὑπάγει
φλεγματώδεα. τῶν δὲ ἀγρίων λαχάνων ὅσα
ἐν τῷ στόματι θερμαντικὰ καὶ εὐώδεα, ταῦτα
θερμαίνει καὶ οὐρεῖται μᾶλλον ἢ διαχωρεῖ· ὁκόσα
δὲ ὑγρὴν φύσιν ἔχει καὶ ψυχρὴν καὶ μωρὴν ἢ
ὸσμὰς βαρείας, ὑποχωρεῖται μᾶλλον ἢ οὐρεῖται·
όκόσα δέ ἐστι στρυφνὰ ἢ αὔστηρά, στάσιμα·
60 ὅσα δὲ δριμέα καὶ εὐώδεα, διουρεῖται· ὁκόσα δὲ
δριμέα καὶ ξηρὰ ἐν τῷ στόματι, ταῦτα ξηραίνει·
όκόσα δὲ ὀξέα,² ψυκτικά. οἱ δὲ χυμοὶ διουρη-
τικοί, κρήθμου, σελίνου, σκορόδου ἀποβρέγματα,
κυτίσου, μαράθρου, πράσου,³ ἀδιάντου, στρύχου·
ψύχει σκολοπένδριον,⁴ μίνθη, σέσελι, σέρις,
καυκαλίδες, ὑπερικόν, κνίδαι· διαχωρητικοὶ δὲ
καὶ καθαρτικοί, ἐρεβίνθων, φακῆς, κριθῆς,
σεύτλων, κράμβης, λινοζώστιος, ἀκτῆς, κυήκου·
69 ταῦτα μᾶλλον ὑποχωρεῖται ἢ διουρεῖται.

LV. Περὶ δὲ ὄπωρης ὥδε ἔχει. τὰ μὲν

¹ For δυσουρεῖται θ has οὐραίεται.

² Before ψυκτικά M has καὶ.

³ θ has μαράθου πράσων, and M μαράθων πράσοιν

warms,¹ moistens, and passes easily by stool though not by urine. The turnip is heating, moistening, and disturbing to the body ; but it does not pass easily, either by stool or by urine.² Pennyroyal warms and passes easily by stool. Marjoram warms, and also evacuates bilious matters. Savory acts in a similar way. Thyme is hot, passes easily by stool and urine, and evacuates phlegmatic humours. Hyssop is warming and expels phlegmatic humours. Of wild vegetables, those that are warming in the mouth, and of a sweet smell, warm and pass more readily by urine than by stool ; those that have a moist, cold and sluggish nature, or a strong smell, pass more easily by stool than by urine ; those that are rough or harsh, are binding ; those that are sharp and of a sweet smell pass easily by urine ; those that are sharp and dry in the mouth are drying ; those that are acid are cooling. Diuretic juices are those of samphire, celery, garlic (in infusions), clover, fennel, leek, maiden-hair, night-shade. Cooling are hart's tongue, mint, *seseli*, endive, bur-parsley, hypericum, nettles. Juices that send to stool or purge are those of chick-pea, lentils, barley, beet, cabbage, mercury, elder, carthamus. These help stools rather than urine.

LV. The following are the qualities of fruits.

¹ It is difficult to accept this reading, although the authority for it is very strong. Littré's reading (*ψύχει*, but he does not give his authority) may be correct, but it is difficult to see why it should have been changed to *θερμαίνει*.

² With the reading of θ : "does not pass easily by stool, though it does by urine."

* θ has ἀδιάντον καὶ ψύχει στρυχνόν. καὶ τοῦτο ψύχει· καὶ σκολοπένδριον.

ΠΕΡΙ ΔΙΑΙΤΗΣ

έγκαρπια¹ διαχωρητικώτερα, τὰ δὲ χλωρὰ τῶν ξηρῶν. ἡ δὲ δύναμις εἰρήσεται² αὐτῶν. μόρα θερμαίνει καὶ ὑγραίνει καὶ διαχωρεῖ. ἄπιοι πέπειροι θερμαίνουσι καὶ ὑγραίνουσι καὶ διαχωρέουσιν· αἱ δὲ σκληραὶ στάσιμον· ἀχράδες δὲ χειμέριοι πέπειροι διαχωρέουσι καὶ τὴν κοιλίην καθαίρουσιν.³ αἱ δὲ ὠμαὶ στάσιμον. μῆλα γλυκέα δύσπεπτα, ὁξέα δὲ πέπονα ἥσσον· κυδώνια 10 στυπτικὰ καὶ οὐ διαχωρέουσιν.⁴ οἱ δὲ χυλοὶ τῶν μήλων πρὸς τοὺς ἐμέτους στατικοὶ καὶ οὐρητικοί· καὶ ὀδμαὶ πρὸς τοὺς ἐμέτους· τὰ δὲ ἄγρια μῆλα στατικά, ἔφθα δὲ μᾶλλον διαχωρεῖ· πρὸς δὲ τὴν ὄρθοπνοίην οἵ τε χυλοὶ αὐτῶν καὶ αὐτὰ πινόμενα ὠφελεῖ. οὖν⁵ δὲ καὶ μέσπιλα καὶ κράνια καὶ ἡ τοιαύτη ὀπώρη στατικὴ καὶ στρυφνή. ροιῆς γλυκείης χυλὸς διαχωρεῖ, καυσῶδες δέ τι ἔχει· αἱ οἰνώδεες φυσώδεες· αἱ δὲ ὁξεῖαι ψυκτικώτεραι.⁶ οἱ δὲ πυρῆνες πασέων στάσιμον. σίκνοι ὡμοὶ 20 δύσπεπτον,⁷ πέπονες δὲ οὐρέονται καὶ διαχωρέουσιν,⁸ φυσώδεες δέ. βότρυες θερμὸν καὶ ὑγρὸν

¹ For ἔγκαρπια θ has κάρπιμα.

² εἰρήσεται θ: εἴρηται M.

³ καθαίρονται θ: καθαίρει M.

⁴ θ has μῆλα κυδώνια δύσπεπτα ὁξέα πέπονα ἥσσον· ἔχει δὲ τι στυπτικόν.

⁵ For οὖν θ has a blank space.

⁶ θ has ὁ οἰνώδης φυσώδης· ἡ δὲ ὁξεῖα ψυκτικωτέρη· οἱ δὲ πύρινες πάντων στάσιμον. M. has αἱ οἰνώδεες. ἥσσον καυσῶδεες· οἱ δὲ ὁξεῖαι ψυκτικώτεραι· οἱ δὲ πύρινες πάντων στάσιμοι. Littré reads αἱ οἰνώδεες τῶν ροιῶν φυσώδεες· αἱ δὲ ὁξεῖαι ψυκτικώτεραι· οἱ δὲ πυρῆνες πασέων στάσιμοι.

⁷ The text is that of θ. The reading of M is σικνοὶ ὡμοὶ ψυχροὶ καὶ δύσπεπτοι. Littré has the reading of M, and continues: οἱ δὲ πέπονες οὐρέονται.

⁸ θ has διαχωρέουσι δὲ, M διαχωρεῦνται.

REGIMENT, II. LV.

Fruit generally¹ is rather relaxing, more so when fresh than when dry. The properties of fruits shall now be given. Mulberries warm, moisten and pass easily by stool. Pears when ripe warm, moisten and pass easily by stool, but when hard they are binding. Wild winter pears when ripe pass easily by stool and purge the bowels; when unripe they are binding. Sweet apples are indigestible, but acid apples when ripe are less so. Quinces are astringent, and do not pass easily by stool. Apple juice stops vomiting and promotes urine. The smell too of apples is good for vomiting. Wild apples are astringent, but when cooked they pass more easily by stool. For orthopnæa their juice, and the apples themselves when a draught is made of them, are beneficial. Service berries, medlars, cornel berries and such fruit generally are binding and astringent. The juice of the sweet pomegranate is laxative, but has a certain burning quality. Vinous pomegranates are flatulent.² The acid are more cooling. The seeds of all³ are astringent. Unripe gourds⁴ are indigestible; ripe gourds⁵ pass easily by urine and stool, but are flatulent. Grapes are warming and moist, passing easily by

¹ ἐγκάρπιος means literally, “containing seed within it.” It may therefore mean here “with the seed formed,” i.e. “ripe,” as Littré takes it. I prefer, however, to make ἐγκάρπια = fruit generally, those things “whose seed is in themselves.” The reading of θ (κάρπιμα) can scarcely be right, as κάρπιμος means “fruitful” or “fruit-bearing.” It is possible that ἐγκάρπια refers to fruit as distinguished from nuts. ὁπώσα includes both.

² With the reading of M, “less burning.”

³ The reading πάντων has overwhelming authority. Can it mean “of all fruits” (pomegranates included)?

⁴ Apparently the cucumber.

⁵ Apparently the melon.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ διαχωρεῖ, μάλιστα μὲν οἱ λευκοί· οἱ μὲν οὖν γλυκέες θερμαίνουσιν ἵσχυρῶς, διότι πολὺ ἥδη τοῦ θερμοῦ ἔχουσιν· οἱ δὲ ὄμφακώδεες ἡσσον θερμαίνουσι, καθαίρουσι δὲ πινόμενοι· ἀσταφίδες δὲ καυσώδεις, διαχωρεῖ δέ. σῦκον χλωρὸν ὑγραίνει καὶ διαχωρεῖ καὶ θερμαίνει· ὑγραίνει μὲν διὰ τὸ ἔγχυλον εἶναι,¹ θερμαίνει δὲ διὰ τὸν γλυκὺν ὅπὸν καὶ διαχωρεῖ· τὰ πρῶτα τῶν σύκων κά-
30 κιστα, ὅτι ὀπωδέστατα, βέλτιστα δὲ τὰ ὕστατα·
ξηρὰ σῦκα καυσώδεα μέν, διαχωρεῖ δέ. αἱ ἀμυγδάλαι καυσώδεις, τρόφιμον δέ· καυσώδεις μὲν διὰ τὸ λιπαρόν, τρόφιμον δὲ διὰ τὸ σαρκώδεις. κάρυα στρογγύλα παραπλήσια· τὰ δὲ πλατέα τρόφιμα πέπονα, καὶ διαχωρεῖ² καθαρὰ ἐόντα, καὶ φῦσαν ἐμποιεῖν οἱ δὲ χιτῶνες αὐτῶν στάσιμον. ἄκυλοι δὲ καὶ βάλανοι δρύινοι³ στατικὰ ὡμά·⁴
38 ἐφθὰ ἡσσον.

LVI. Τὰ πίονα τῶν κρεῶν καυσώδεα, διαχωρεῖ δέ. κρέα ταριχηρὰ ἐν οἴνῳ μὲν ξηραίνει καὶ τρέφει, ξηραίνει μὲν διὰ τὸν οἶνον, τρέφει δὲ διὰ τὴν σάρκα· ἐν ὅξει δὲ τεταριχευμένα θερμαίνει μὲν ἡσσον διὰ τὸ ὅξος, τρέφει δὲ ίκανῶς· ἐν ἀλὶ δὲ κρέα ταριχηρὰ τρόφιμα μὲν ἡσσον, διὰ τὸ ἄλας⁵ τοῦ ὑγροῦ ἀπεστερημένα, ἵσχυραίνει δὲ καὶ ξηραίνει καὶ διαχωρεῖ ίκανῶς. τὰς δὲ δυνάμιας ἑκάστων ἀφαιρεῖν καὶ προστιθέναι ὠδε χρή, 10 εἰδότα ὅτι⁶ πυρὶ καὶ ὕδατι πάντα συνίσταται

¹ So θ: M has διότι ἔγχυλόν ἐστι.

² τὰ δὲ πλατέα πεπονα· τρόφιμον καὶ διαχωρέει M: τὰ δὲ πλατέα κάρεα· τρόφιμα· πέπονα· καὶ διαχωρέει θ.

³ δρυῖνοι θ: καὶ φηγη M: καὶ φηγοὶ Littré.

⁴ After ὡμά M adds καὶ ὀπτά.

REGIMEN, II. LV.—LVI.

stool; white grapes are especially so. Sweet grapes are very heating, because by the time they are sweet they have absorbed much heat. Unripe grapes are less warming, but a draught made from them is purgative. Raisins are burning, but pass well by stool. The green fig moistens, passes well by stool and warms; it moistens because it is juicy, warms and passes well because of its sweet juice. The first crop of figs is the worst, because such figs have most juice; the latest are the best. Dry figs are burning, but pass well by stool. Almonds are burning but nutritious: burning because they are oily, and nutritious because they are fleshy. Round nuts¹ are similar. Flat nuts² are nutritious when ripe, pass easily by stool when peeled, and cause flatulence. Their skins, however, are binding. Ilex nuts and acorns are binding when raw, but less so when boiled.

LVI. Rich meats are burning, but pass well by stool. Meats preserved in wine are drying and nutritious; drying because of the wine, and nourishing because of the flesh. When preserved in vinegar they are less warming because of the vinegar, but they are quite nutritious. Meats preserved in salt are less nutritious, because the brine has deprived them of their moisture, but they attenuate, dry, and pass by stool quite well. The powers of foods severally ought to be diminished or increased in the following way, as it is known that out of fire and water are composed all things, both animal and

¹ Ordinary nuts.

² Chestnuts.

⁵ θ has αλι and τὸ ἄλα, M αλσὶ and τὸ ἄλες. Two MSS. have the late form τὸ ἄλας (so Mack and Littré).

⁶ εἰδότα δὲ omitted by M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ ζῷα καὶ φυτά, καὶ ὑπὸ τούτων αὔξεται καὶ
 ἐς ταῦτα διακρίνεται. τῶν μὲν οὖν ἰσχυρῶν
 σιτίων ἔψωντα πολλάκις καὶ διαψύχοντα τὴν
 δύναμιν ἀφαιρεῖν, τῶν δὲ ὑγρῶν πυροῦντα καὶ
 φώξοντα τὴν ὑγρασίην ἐξαιρεῖν, τῶν δὲ ξηρῶν
 βρέχοντα καὶ νοτίζοντα, τῶν δὲ ἀλμυρῶν
 βρέχοντα καὶ ἔψωντα, τῶν δὲ πικρῶν καὶ
 δριμέων τοῖσι γλυκέσι διακιρυῶντα, τῶν δὲ
 στρυφνῶν τοῖσι λιπαροῖσι· καὶ τῶν ἄλλων
 20 πάντων ἐκ τῶν προειρημένων χρὴ γινώσκειν.
 ὁκόσα πυρούμενα ἡ φωζόμενα στάσιμά ἐστι¹
 μᾶλλον τῶν ὡμῶν, διότι τὸ ὑγρὸν ὑπὸ τοῦ
 πυρὸς ἀφήρηται καὶ τὸ ὀπῶδες καὶ τὸ λιπαρόν.
 ὅταν οὖν ἐς τὴν κοιλίην ἐμπέσῃ, ἔλκει τὸ ὑγρὸν
 ἐκ τῆς κοιλίης ἐφ' ἔωστά, καὶ συγκαίει² τὰ στόματα
 τῶν φλεβῶν, ξηραίνοντα καὶ θερμαίνοντα, ὥστε
 ἵστησι τὰς διεξόδους τῶν ὑγρῶν.³ τὰ δὲ ἐκ
 τῶν ἀνύδρων καὶ ξηρῶν καὶ πυνγηρῶν χωρίων
 ἄπαντα ξηρότερα καὶ θερμότερα καὶ ἰσχὺν πλείω
 30 παρέχεται ἐς τὸ σῶμα, διότι ἐκ τοῦ ἴσου ὅγκου
 βαρύτερα καὶ πυκνότερα καὶ πολύνοστά⁴ ἐστιν
 ἡ τὰ ἐκ τῶν ὑγρῶν τε καὶ ἀρδομένων καὶ ψυχρῶν
 ταῦτα δὲ ὑγρότερα καὶ κουφότερα καὶ ψυχρότερα.
 οὕκουν⁵ δεῖ τὴν δύναμιν αὐτοῦ μόνον γρῦναι τοῦ
 τε σίτου καὶ τοῦ πόματος καὶ τῶν ζῴων, ἀλλὰ
 καὶ τῆς πατρίδος⁶ ὁκόθεν εἰσίν. ὅταν μὲν οὖν
 βούλωνται τροφὴν ἰσχυροτέρην τῷ σώματι
 προσενεγκεῖν ἀπὸ τῶν αὐτῶν σίτων, τοῖσιν ἐκ
 τῶν ἀνύδρων χωρίων χρηστέον καὶ σιτίοισι καὶ
 40 πόμασι καὶ ζῷοισιν· ὁκόταν δὲ κουφοτέρη τροφῇ

¹ ὅκως ἀπυρούμενα ἡ φωζόμενα στασιμά ἐστι Μ: ὅσα πυροῦται
 η φωζομένα στατικά ἐστι θ.

REGIMENT, II. LVI.

vegetable, and that through them all things grow, and into them they are dissolved. Take away their power from strong foods by boiling and cooling many times; remove moisture from moist things by grilling and roasting them; soak and moisten dry things, soak and boil salt things, bitter and sharp things mix with sweet, and astringent things mix with oily. All other cases judge in accordance with what has been already said. Foods grilled or roasted are more binding than raw, because the fire has taken away the moisture, the juice and the fat. So when they fall into the belly they drag to themselves the moisture from the belly, burning up the mouths of the veins, drying and heating them so as to shut up the passages for liquids. Things coming from waterless, dry and torrid regions are all drier and warmer, and provide the body with more strength, because, bulk for bulk, they are heavier, more compact and more nutritious¹ than those from moist regions that are well-watered and cold, the latter foods being moister, lighter and colder. Accordingly, it is necessary to know the property, not only of foods themselves, whether of corn, drink or meat, but also of the country from which they come. So those who wish to give the body a stronger nourishment, without increasing the bulk of the food, must

¹ Or (reading *πολύναστα*) “more compressed.”

² ἐπ' αὐτὰ συγκλείων Μ : ἐφεωυτο· καὶ συγκαίων θ. Perhaps we should read ἐφ' ἐωυτό, συγκαίον κ.τ.ἔ. with singular participles following. The subject then would be “such food as this.”

³ τῶν ὑγρῶν θ : τοῦ ὑγροῦ Μ.

⁴ πολύνοστά Μ : πολιναστα θ.

⁵ τῆς πατρίδας θ : τῆς πατρίδος Μ.

⁶ οὐκοῦν θ Μ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ ὑγροτέρη, τοῖς ἐκ τῶν ἀρδομένων χρηστέον.
 τὰ γλυκέα καὶ τὰ δριμέα καὶ τὰ ἀλυκὰ καὶ τὰ
 πικρὰ καὶ τὰ αὐστηρὰ καὶ τὰ σαρκώδεα θερμαί-
 νειν πέφυκε, καὶ ὅσα ξηρά ἔστι καὶ ὅσα ὑγρά.¹
 ὁκόσα μὲν οὖν ξηροῦ μέρος πλέον ἐν αὐτοῖσι
 ἔχει, ταῦτα μὲν θερμαίνει καὶ ξηραίνει· ὁκόσα
 δὲ ὑγροῦ μέρος ἔχει πλέον, ταῦτα πάντα θερμαί-
 νοντα ὑγραίνει καὶ διαχωρεῖ μᾶλλον ἢ τὰ ξηρά·
 τροφὴν γὰρ μᾶλλον ἐς τὸ σῶμα διδόντα, ἀντί-
 50 σπασιν ποιεῖται ἐς τὴν κοιλίην,² καὶ ὑγραίνοντα
 διαχωρεῖ. ὅσα θερμαίνοντα ξηραίνει ἢ σῆτα ἢ
 ποτά, οὕτε πτύσιν οὕτε διούρησιν οὕτε διαχώ-
 ρησιν ποιέοντα ξηραίνει τὸ σῶμα διὰ τάδε·
 θερμαινόμενον τὸ σῶμα κενοῦται τοῦ ὑγροῦ, τὸ
 μὲν ὑπ' αὐτῶν τῶν σιτίων, τὸ δὲ ἐς³ τὴν τροφὴν
 τῷ τῆς ψυχῆς θερμῷ καταναλίσκεται, τὸ δὲ διὰ
 τοῦ χρωτὸς ἐξωθεῖται θερμαινόμενον καὶ λεπτυ-
 νόμενον. τὰ γλυκέα καὶ τὰ πίονα καὶ τὰ λιπαρὰ
 πληρωτικά ἔστι, διότι ἐξ ὀλίγου ὅγκου πολύχοα
 60 ἔστι· θερμαινόμενα δὲ καὶ διαχεόμενα πληροῦ τὸ
 θερμὸν ἐν τῷ σώματι καὶ γαληνίζειν⁴ ποιεῖ. τὰ δὲ
 ὀξέα καὶ δριμέα καὶ αὐστηρὰ καὶ στρυφὰ καὶ⁵
 συγκομιστὰ καὶ ξηρὰ οὐ πληροῦ, διότι τὰ στόματα
 τῶν φλεβῶν ἀνέωξέ τε καὶ διεκάθηρε· καὶ τὰ μὲν
 ξηραίνοντα, τὰ δὲ δάκνοντα, τὰ δὲ στύφοντα
 φρίξαι καὶ συστῆναι ἐς ὀλίγου ὅγκου ἐποίησεν
 τὸ ὑγρὸν τὸ ἐν τῇ σαρκὶ· καὶ τὸ κενὸν πολὺ
 ἐγένετο ἐν τῷ σώματι. ὅταν οὖν βούλῃ ἀπ'
 ὀλίγων πληρῶσαι ἢ ἀπὸ πλειόνων κενῶσαι,

¹ πικρά θ: ὑγρὰ M.

² So θ M. The vulgate has ἀντίστασιν and ἐν τῇ κοιλίῃ.

³ δ' εἰς θ: δὲ M.

REGIMENT, II. LVI.

use corn, drink and meat from waterless regions. When they need lighter and moister nourishment, they must use things from well-watered regions. Things sweet, or sharp, or salt, or bitter, or harsh, or fleshy are naturally heating, whether they are dry or moist. Things that have in themselves a greater portion of the dry, these warm and dry ; those that have a greater portion of the moist in all cases warm, moisten and pass by stool better than things that are dry ; for being more nourishing to the body they cause a revulsion to the belly, and, moistening, pass readily by stool. Such foods or drinks as warm and dry, producing neither spittle nor urine nor stools, dry the body for the following reasons. The body growing warm is emptied of its moisture, partly by the foods themselves, while part is consumed in giving nourishment to the warmth of the soul, while yet another part, growing warm and thin, forces its way through the skin. Things sweet, or fat, or oily are filling, because though of small bulk they are capable of wide diffusion. Growing warm and melting they fill up the warmth in the body and make it calm. Things acid, sharp, harsh, astringent, †—† and dry are not filling, seeing that they open and thoroughly cleanse the mouths of the veins ; and some by drying, others by stinging, others by contracting, make the moisture in the flesh shiver and compress itself into a small bulk, and so the void in the body becomes great. So when you wish to fill with little food, or empty with more, use foods of

* γαληνίζειν θ : γαληνιάζειν M.

† συγκομιστὰ M : δυσκόμιστα θ. The true reading has been lost, as we need a word meaning harsh or dry. συγκομιστὸς means “assorted” and δυσκόμιστος “intolerable.”

ΠΕΡΙ ΔΙΑΙΤΗΣ

70 τοιούτοισι χρῆσθαι. τὰ πρόσφατα πάντα ἵσχυν παρέχεται πλείω τῶν ἄλλων διὰ τόδε, ὅτι ἔγγιον τοῦ ζωντός ἐστι· τὰ δὲ ἔωλα καὶ σαπρὰ διαχωρεῖ μᾶλλον τῶν προσφάτων, διότι ἔγγιον τῆς σηπεδόνος ἐστί. τὰ δὲ ἔνωμα στροφώδεα καὶ ἐρευγμώδεα, διότι ἡ δεῖ τῷ πυρὶ κατεργάζεσθαι, ταῦτα ἡ κοιλίη διαπρήσεται ἀσθενεστέρη ἐοῦσα τῶν ἐσιόντων. τὰ δὲ ἐν τοῖσιν ὑποτρίμμασιν ὅψα σκευαζόμενα καυσώδεα καὶ ὑγρά, ὅτι λιπαρὰ καὶ πυρώδεα καὶ θερμὰ καὶ ἀνομοίους τὰς 80 δυνάμιας ἀλλήλοισιν ἔχοντα ἐν τῷ αὐτῷ ἕξει.¹ τὰ δὲ ἐν ἄλμῃ ἡ ὅξει βελτίω καὶ οὐ καυσώδεα.

LVII. Περὶ δὲ λουτρῶν ὁδε ἔχει· ὕδωρ πότιμον ὑγραίνει καὶ ψύχει, δίδωσι γὰρ τῷ σώματι ὑγρασίην· τὸ δὲ ἀλμυρὸν λουτρὸν θερμαίνει καὶ ξηραίνει, φύσει γὰρ θερμὸν ἔλκει ἀπὸ τοῦ σώματος τὸ ὑγρόν. τὰ δὲ θερμὰ λουτρὰ νῆστιν μὲν ἴσχυνται καὶ ψύχει· φέρει γὰρ ἀπὸ τοῦ σώματος τὸ ὑγρὸν τῇ θερμασίῃ· κενουμένης δὲ τῆς σαρκὸς τοῦ ὑγροῦ, ψύχεται τὸ σῶμα· βεβρωκότα δὲ θερμαίνει καὶ ὑγραίνει, διαχέοντα τὰ ὑπάρχοντα 10 ἐν τῷ σώματι ὑγρὰ ἐς πλείονα ὅγκον. ψυχρὰ δὲ λουτρὰ τούναντίον· κενῷ μὲν τῷ σώματι δέδωσι θερμόν τι τῷ ψυχρὸν ἐόν· βεβρωκότος δὲ ἀφαιρεῖ ὑγροῦ ἐόντος ξηρὸν ἐόν, καὶ πληροῖ τοῦ ὑπάρχον-

REGIMEN, II. LVI.—LVII.

this kind. Fresh foods in all cases give more strength than others, just because they are nearer to the living creature. But stale and putrid things pass more readily by stool than do fresh because they are nearer to corruption. Raw things cause colic and belching, because what ought to be digested by the fire is dealt with by the belly, which is too weak for the substances that enter it. Meats prepared in sauces¹ are burning and moist, because there are united in one place things oily, fiery, warm, and with mutually opposite properties. Preparations in brine or vinegar are better and are not burning.

LVII. As to baths, their properties are these. Drinkable² water moistens and cools, as it gives moisture to the body. A salt bath warms and dries, as having a natural heat it draws the moisture from the body. Hot baths, when taken fasting, reduce and cool, for they carry the moisture from the body owing to their warmth, while as the flesh is emptied of its moisture the body is cooled. Taken after a meal they warm and moisten, as they expand to a greater bulk the moisture already existing in the body. Cold baths have an opposite effect. To an empty body they give a certain amount of heat; after a meal they take away moisture and fill with

¹ The *ὑπότριψα* (like the Latin *moretum*) was a piquant dish of various ingredients grated together.

² *I.e.* what we call “fresh” water.

¹ καὶ ἀνόμοια ἐσ τὰς δυνάμιας ἀλλήλοισιν ἀντις ἔχοντα ἐν τῷ ἀντῷ οὖτε. θ: καὶ ἀνομοίας τὰς δυνάμιας ἀλλήλοισι ἔχοντα ἐν τῷ ἀντέωι οὖτε Μ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τος ξηροῦ.^{†1} ἀλουσίη ξηραίνει καταγαλισκομένου
15 τοῦ ύγροῦ, καὶ ἀνηλειψίη ώσαύτως.²

LVIII. Λίπος δὲ θερμαίνει καὶ ύγραίνει καὶ μαλάσσει. ἥλιος δὲ καὶ πῦρ ξηραίνει διὰ τόδε· θερμὰ ἔόντα καὶ ξηρὰ ἔλκει ἐκ τοῦ σώματος τὸ ύγρόν. σκιὴ δὲ καὶ ψύχεα τὰ μέτρια ύγραίνει· δίδωσι γάρ μᾶλλον ἢ λαμβάνει. ἴδρωτες πάντες ἀπιόντες καὶ ξηραίνουσι καὶ ἰσχναίνουσιν, ἐκλεί-
10 ποντος τοῦ ύγροῦ ἐκ τοῦ σώματος. λαγνείη ἰσχναίνει καὶ ύγραίνει καὶ θερμαίνει. θερμαίνει μὲν διὰ τὸν πόνον καὶ τὴν ἀπόκρισιν τοῦ ύγροῦ,
12 ἰσχναίνει δὲ διὰ τὴν κένωσιν, ύγραίνει δὲ διὰ τὸ ύπολειπόμενον ἐν τῷ σώματι τῆς συντήξιος τῆς ὑπὸ τοῦ πόνου.

LIX. "Εμετοι ἰσχναίνουσι διὰ τὴν κένωσιν τῆς τροφῆς, οὐ μέντοι ξηραίνουσιν, ἢν μή τις τῇ ὑστεραίη θεραπεύῃ ὁρθῶς, ἀλλ' ύγραίνουσι μᾶλ-
λον διὰ τὴν πλήρωσιν³ καὶ διὰ τὴν σύντηξιν τῆς σαρκὸς τὴν ύπὸ τοῦ πόνου· ἢν δέ τις ἐάσῃ

¹ κένωσι μὲν τῷ σώματι δίδωσι θερμῶι ἔόντι ψυχρὸν ἔόν· βεβρωκότος δὲ ἀφαιρέει θερμοῦ ἔόντος· καὶ πληροῦ ψυχροῦ ἔόντος τοῦ ὑπάρχοντος ύγροῦ θ: κενῷ μὲν τῷ σώματι δίδωσι θερμόν τι ψυχρόν· βεβρωκότι δὲ ἀφαιρέεται ύγροῦ ἔόντος· καὶ πληροῦ ψυχρὸν ἔόν τοῦ ὑπάρχοντος ξηροῦ M.

The text within daggers is Littré's, but does not claim to be the original, which probably will never be recovered. Littré, however, is right when he says: "le sens est détermi-
né par opposition." Perhaps the reading originally was something like this; κενῷ μὲν τῷ σώματι δίδωσι θερμόν τι· βεβρωκότος δὲ ἀφαιρεῖ ύγροῦ ἔόντος καὶ πληροῦ ψυχροῦ ἔόντος τοῦ ὑπάρχοντος ξηροῦ. We should certainly expect, from the sentence ψυχρὰ δὲ λουτρὰ τούταντίον, a passage of which the correct summary is:—

(1) θερμὰ λουτρὰ

(a) νῆστιν ἰσχναίνει καὶ ψύχει.

(b) βεβρωκότα θερμαίνει καὶ ύγραίνει.

REGIMEN, II. LVII.-LIX.

their dryness, which is cold.¹ To refrain from baths dries, as the moisture is used up, and so does to refrain from oiling.

LVIII. Oiling warms, moistens and softens. The sun and fire dry for the following reason. Being warm and dry, they draw the moisture from the body. Shade and moderate cold moisten, for they give more than they receive. All sweats on their departure both dry and reduce, as the moisture of the body leaves it. Sexual intercourse reduces, moistens and warms. It warms owing to the fatigue and the excretion of moisture; it reduces owing to the evacuation; it moistens because of the remnant in the body of the matters melted by the fatigue.

LIX. Vomitings reduce through the evacuation of the nourishment. They do not, however, dry, unless appropriate treatment be applied on the following day; they tend rather to moisten through the repletion² and through the melting of flesh caused by the fatigue. But if on the morrow one

¹ See critical note on this passage.

² The “repletion” must mean fulness caused by the added emetic. This does not give a very good sense, and one is tempted to think that the *πικρωστι* (*i.e.* *πίκρωστιν*) of θ is either the correct reading or at least a near corruption of it. Perhaps the sharp taste of certain emetics is referred to, which tends to extract moisture from glands. See p. 51.

(2) *ψυχρὰ λουτρὰ*

(a) *νῆστιν πληροῖ καὶ θερμαίνει.*

(b) *βεβρωκότα ψύχει καὶ ξηραίνει.*

I have in my translation given the general sense of the passage as I conceive it to have been originally written.

² *καὶ ἀναλυθῆ ὡσαύτως θ*: *καὶ ἀναληφή ὡσαύτως Μ*: *ώσαύτως δὲ καὶ ἡ ἀνηλευθή* Littré.

³ *πλήρωσιν Μ*: *πικρωστι θ*.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ταῦτα καταγαλωθῆναι τῇ ὑστεραίη ἐς τὴν τροφὴν
τῷ θερμῷ, καὶ τῇ διαίτῃ ἡσύχως προσαγάγῃ,
ξηραίνουσιν. κοιλίην δὲ συνεστηκυῖαν διαλύει
ἔμετος, καὶ διαχωροῦσαν μᾶλλον τοῦ καιροῦ
10 ἵστησι, τὴν μὲν διυγραίνων, τὴν δὲ ξηραίνων.¹
όκόταν μὲν οὖν στῆσαι βούλη, τὴν ταχίστην
φαγόντα χρὴ ἔμεν, πρὸν ἀν' ὑγρὸν ἐδὲ τὸ σιτίον
καταβιβασθῆ κάτω,² καὶ τοῖσι στρυφοῖσι καὶ
τοῖσιν αὐστηροῖσι σιτίοισι μᾶλλον χρῆσθαι·
όκόταν δὲ λῦσαι τὴν κοιλίην βούλη, ἐνδιατρίβειν
ἐν τοῖσι σιτίοισιν ὡς πλεῖστον χρόνον συμφέρει,
καὶ τοῖσι δριμέσι καὶ ἀλμυροῖσι καὶ λιπαροῖσι
18 καὶ γλυκέσι σιτίοισι καὶ πόμασι χρῆσθαι.

LX. "Τπνοι δὲ ιῆστιν μὲν ἴσχναίνουσι καὶ
ψύχουσιν, ἦν μὴ μακροὶ ἔωσι, κενοῦντες τοῦ
ὑπάρχοντος ὑγροῦ· ἦν δὲ³ μᾶλλον, ἐκθερμαί-
νοντες συντήκουσι τὴν σάρκα, καὶ διαλύοντες τὸ
σῶμα, καὶ ἀσθενὲς ποιέουσι· βεβρωκότα δὲ
θερμαίνοντες ὑγραίνουσι, τὴν τροφὴν ἐς τὸ σῶμα
διαχέοντες· ἀπὸ δὲ τῶν ὄρθριων περιπάτων
ἄπνοις μάλιστα ξηραίνει. ἄγρυπνή δὲ ἐν μὲν
τοῖσι σιτίοισι βλάπτει, οὐκ ἔωσα τὸ σιτίον
10 τήκεσθαι· ἀσίτῳ δὲ ἴσχνασίην μέν τινα δίδωσι,
βλάπτει δὲ ἥστον. ῥᾳθυμίῃ ὑγραίνει καὶ ἀσθενὲς
τὸ σῶμα ποιεῖ. ἀτρεμίζουσα γὰρ οὐκ ψυχὴ οὐκ
ἀγαλίσκει τὸ ὑγρὸν ἐκ τοῦ σώματος· πόνος δὲ
ξηραίνει καὶ τὸ σῶμα ἴσχυρὸν ποιεῖ. μονοσιτίῃ
ἴσχναίνει καὶ ξηραίνει καὶ τὴν κοιλίην ἵστησι,
διότι τῷ τῆς ψυχῆς θερμῷ τὸ ὑγρὸν ἐκ τῆς

¹ ξηραίνων Littré: ἀντισπῶν θ: M omits τὴν δὲ ξηραίνων.
The ἀντισπῶν of θ is possibly correct, and ξηραίνων a gloss.

lets the moisture be consumed by the warmth for its nourishment, and increase nourishment gradually, vomitings dry. Constipated bowels are relaxed by vomiting, and too relaxed bowels are bound thereby ; it moistens the former and dries the latter. When, therefore, you wish to bind the bowels, take a meal and administer an emetic as quickly as possible, before the food can be moistened and drawn downwards ; the food used should by preference be astringent and dry. But when you wish to loosen the bowels, it is beneficial to keep the food as long as possible, and to take food and drink that are sharp, salt, greasy and sweet.

LX. Sleep when fasting reduces and cools, if it be not prolonged, as it empties the body of the existing moisture ; if, however, it be prolonged, it heats and melts the flesh, dissolves the body and enfeebles it. After a meal sleep warms and moistens, spreading the nourishment over the body. It is especially after early-morning walks that sleep is drying. Want of sleep, after a meal, is injurious, as it prevents the food from dissolving ; to a fasting person it is less injurious, while it tends to reduce flesh. Inaction moistens and weakens the body ; for the soul, being at rest, does not consume the moisture out of the body. But labour dries and strengthens the body. Taking one meal¹ a day reduces, dries and binds the bowels, because, through the warmth of the soul the moisture

¹ The *μονάσται* took the *δεῖπνον* only ; others took the *ἄριστον* as well.

² πρὶν διυγρηθῆναι τὸν σῖτον καὶ κατασπασθῆναι κάτω Μ : πρὶν ἂν ύγρὸν ἔὸν τὸ σιτίον καταβιβασθῆι κάτω θ.

³ After δὲ θ adds μακροὶ ἐώσι.

ΠΕΡΙ ΔΙΑΙΤΗΣ

κοιλίης καὶ τῆς σαρκὸς καταναλίσκεται.¹ ἄριστον δὲ τάνατία διαπρήσσεται τῇ μονοσιτίῃ. ὅδωρ πόμα² θερμὸν ἵσχναίνει πάντα, καὶ ψυχρὸν ὡσαύτως. τὸ δὲ ὑπερβάλλον ψυχρὸν καὶ πνεῦμα καὶ σιτίον καὶ ποτὸν πήγνυσι τὸ ὑγρὸν τὸ ἐν τῷ σώματι καὶ τὰς κοιλίας συνίστησι τῇ πήξει καὶ ψύξει· κρατεῖ γὰρ τοῦ τῆς ψυχῆς ὑγροῦ. καὶ τοῦ θερμοῦ δὲ πάλιν αἱ ὑπερβολαὶ πηγνύουσι, καὶ οὕτως ὥστε μὴ διάχυσιν ἔχειν. ὅσα δὲ θερμαίνοντα τὸ σῶμα, τροφὴν μὴ διδόντα, κεροῖ τοῦ ὑγροῦ τὴν σάρκα μὴ ὑπερβολὴν ποιέοντα, πάντα ψύξιν τῷ ἀνθρώπῳ παραδίδωσι· κενουμένου γὰρ τοῦ ὑπάρχοντος ὑγροῦ, πνεύματος 30 ἐπακτοῦ πληρεύμενον ψύχεται.

LXI. Περὶ δὲ τῶν πόνων ἥντινα ἔχουσι δύναμιν διηγήσομαι. εἰσὶ γὰρ οἱ μὲν κατὰ φύσιν, οἱ δὲ διὰ βίης· οἱ μὲν οὖν κατὰ φύσιν αὐτῶν εἰσιν³ ὄψιος πόνος, ἀκοῆς, φωνῆς, μερίμνης. ὄψιος μὲν οὖν δύναμις τοιῆδε.⁴ προσέχουσα ἡ ψυχὴ τῷ ὄρατῷ⁵ κινεῖται καὶ θερμαίνεται· θερμαινομένη δὲ ξηραίνεται, κεκενωμένου τοῦ ὑγροῦ. διὰ δὲ τῆς ἀκοῆς ἐσπίπτοντος τοῦ ψόφου σείεται ἡ ψυχὴ καὶ πονεῖ, πονέουσα δὲ θερμαίνεται καὶ ξηραί-10 νεται. ὅσα μεριμνᾶ ἀνθρωπος, κινεῖται ἡ ψυχὴ

¹ καταναλίσκει θ: καταναλίσκεται M.

² πόμα M: πολὺ θ.

³ Before ὄψιος θ has οἱ δὲ.

⁴ τοιῆδε θ: τοιαύτη M.

⁵ M has ὄρεομένωι, perhaps rightly.

¹ The word *πόνος* cannot always be represented by the same English equivalent. It may mean “toil” generally, voluntary toil (or “exercise”), or even the “pain” caused by toil (usually *κόπος*). The division of *πόνοι* into natural

REGIMENT, II. LX.-LXI.

is consumed from out the belly and the flesh. To take lunch has effects opposite to those of taking one meal only. Hot water as a drink is a general reducer of flesh, and cold water likewise. But excessive cold, whether of breath, food or drink, congeals the moisture in the body, and binds the bowels by the congealing and the cold; for it overpowers the moisture of the soul. Then again excess of heat too causes congealing, to such an extent as to prevent diffusion. Such things as warm the body without affording nourishment, and empty the flesh of its moisture, even when there is no excess, in all cases cause chill in a man; for, the existing moisture being emptied out, the body is filled with breath from outside and grows cold.

LXI. I will now discuss the properties of exercises.¹ Some exercises are natural and some violent. Natural exercises are those of sight, hearing, voice and thought. The nature² of sight is as follows. The soul, applying itself to what it can see, is moved and warmed. As it warms it dries, the moisture having been emptied out. Through hearing, when noise strikes the soul, the latter is shaken and exercised, and as it is exercised it is warmed and dried. By all the thoughts that come to a man the

and violent corresponds to no modern division, as is proved by the enumeration of "natural" exercises, while by "violent" exercise we mean "excessive" exercise, but *of διὰ βίης πόνοι* means rather exercises that are artificial, the result of conscious and forced effort. Apparently all muscular exercises are "violent."

² The word *δύναμις* means much the same thing as *δύναμιν* in the first sentence. The essential qualities are referred to in both cases, but it seems preferable to use different equivalents in the translation, as *δύναμιν* refers mostly to the *qualities* and *δύναμις* to the *essence* of exercises.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ύπὸ τούτων καὶ θερμαίνεται καὶ ξηραίνεται, καὶ τὸ ὑγρὸν καταναλίσκουσα πονεῖ, καὶ κενοῦ¹ τὰς σύρκας, καὶ λεπτύνει τὸν ἀιθρωπὸν. ὁκόσοι δὲ πόνοι φωνῆς, ἡ λέξις ἡ ἀναγνώσις ἡ ὠδαί,² πάντες οὗτοι κινέουσι τὴν ψυχήν· κινεομένη δὲ θερμαίνεται καὶ ξηραίνεται, καὶ τὸ ὑγρὸν καταναλίσκει.

LXII. Οἱ δὲ περίπατοι κατὰ φύσιν μὲν εἰσί, καὶ οὗτοι μάλιστα τῶν λοιπῶν, ἔχουσι δέ τι βίαιον. δύναμις δὲ αὐτῶν ἐκάστων³ τοιήδε· ὁ ἀπὸ δείπνου περίπατος ξηραίνει τὴν τε κοιλίην καὶ τὸ σῶμα, καὶ τὴν γαστέρα οὐκ ἐᾶ πίειραν γίνεσθαι⁴ διὰ τάδε· κινευμένον τοῦ ἀνθρώπου, θερμαίνεται τὰ σιτία καὶ τὸ σῶμα· ἔλκει οὖν τὴν ἴκμάδα ἡ σάρξ, καὶ οὐκ ἐᾶ περὶ τὴν κοιλίην συνίστασθαι· τὸ μὲν οὖν σῶμα πληροῦται, ἡ δὲ 10 κοιλίη λεπτύνεται. ξηραίνεται δὲ διὰ τάδε· κινευμένον τοῦ σώματος καὶ θερμαινομένου, τὸ λεπτότατον τῆς τροφῆς καταναλίσκεται, τὸ μὲν ὑπὸ τοῦ συμφύτου θερμοῦ, τὸ δὲ σὺν τῷ πνεύματι ἀποκρίνεται ἔξω, τὸ δὲ καὶ διουρεῖται· ὑπολείπεται δὲ τὸ ξηρότατον ἀπὸ τῶν σιτίων ἐν τῷ σώματι,⁵ ὥστε τὴν κοιλίην ἀποξηραίνεσθαι καὶ τὴν σύρκα. καὶ οἱ ὄρθριοι περίπατοι ἰσχναίνουσι, καὶ τὰ περὶ τὴν κεφαλὴν κοῦφά τε καὶ εὐαγέα⁶ καὶ εὐήκοα παρασκευάζουσι, καὶ τὴν 20 κοιλίην λύουσιν· ἰσχναίνουσι μὲν ὅτι κινεύμενον τὸ σῶμα θερμαίνεται, καὶ τὸ ὑγρὸν λεπτύνεται καὶ καθαίρεται, τὸ μὲν ὑπὸ τοῦ πνεύματος, τὸ δὲ μύσσεται καὶ χρέμπτεται, τὸ δὲ ἐσ τὴν τροφὴν

¹ M transposes κενοῦ and λεπτύνει.

² So θ. M has λέξις· ἡ ἀνάγνωσις· ἡ ὠδὴ·

REGIMEN, II. LXI.-LXII.

soul is warmed and dried ; consuming the moisture it is exercised, it empties the flesh and it makes a man thin. Exercises of the voice, whether speech, reading or singing, all these move the soul. And as it moves it grows warm and dry, and consumes the moisture.

LXII. Walking is a natural exercise, much more so than the other exercises, but there is something violent about it. The properties of the several kinds of walking are as follow. A walk after dinner dries the belly and body ; it prevents the stomach becoming fat for the following reasons. As the man moves, the food and his body grow warm. So the flesh draws the moisture, and prevents it accumulating about the belly. So the body is filled while the belly grows thin. The drying is caused thus. As the body moves and grows warm, the finest part of the nourishment is either consumed by the innate heat, or secreted out with the breath or by the urine. What is left behind in the body is the driest part from the food, so that the belly and the flesh dry up. Early-morning walks too reduce [the body], and render the parts about the head light, bright and of good hearing, while they relax the bowels. They reduce because the body as it moves grows hot, and the moisture is thinned and purged, partly by the breath, partly when the nose is blown and the throat cleared, partly being consumed by

³ ἔκάστων is omitted by M, which reads in its place έστι.

⁴ γένεσθαι θ : γενέσθαι M.

⁵ ἐν τῷ σώματι is omitted by M, perhaps rightly.

⁶ εὐαγέα Littré (after Foës, Zwinger and Mack) : εὐπαγῆ θ : εὐπαγέα M.

ΠΕΡΙ ΔΙΑΛΙΤΗΣ

τῷ τῆς ψυχῆς θερμῷ καταναλίσκεται· τὴν δὲ κοιλίην λύουσι, διότι θερμῇ ἐπύση τοῦ ψυχροῦ πνεύματος ἐπεισπίπτοντος¹ ἄνωθεν, ὑποχωρεῖ τὸ θερμὸν τῷ ψυχρῷ. κοῦφα δὲ τὰ περὶ τὴν κεφαλὴν ποιεῖ διὰ τάδε· ὅταν κενωθῆ ἡ κοιλίη, ἔλκει ἐς ἑωτὴν ἕκ τε τοῦ ἄλλου σώματος καὶ
30 ἕκ τῆς κεφαλῆς τὸ ὑγρὸν θερμὴ ἐοῦσα. κεινου-
μένης δὲ τῆς κεφαλῆς, ἀποκαθαίρεται ἡ τε ὅψις
καὶ ἡ ἀκοή· καὶ γίνεται εὐαγής.² οἱ δὲ ἀπὸ
τῶν γυμνασίων περίπατοι καθαρὰ τὰ σώματα
παρασκευάζουσι καὶ ἴσχνά,³ οὐκ ἐῶντες τὴν
σύντηξιν τῆς σαρκὸς τὴν ὑπὸ τοῦ πόνου συν-
36 ἰστασθαι, ἀλλ' ἀποκαθαίρουσιν.

LXIII. Τῶν δὲ δρόμων δύνανται οἱ μὴ καμπτοὶ
καὶ μακροί,⁴ ἐξ ὀλίγου προσαγόμενοι, θερμαί-
νοντες τὴν σάρκα συνεψεῖν καὶ διαχεῖν, καὶ τῶν
σίτων τὴν δύναμιν τὴν ἐν τῇ σαρκὶ καταπέσ-
σονται.⁵ βραδύτερά τε καὶ παχύτερα τὰ σώματα
παρασκευάζουσι τῶν τρόχων· τοῖσι δὲ πολλὰ
ἐσθίουσι συμφορώτεροι, καὶ χειμῶνος μᾶλλον ἡ
θέρεος. οἱ δὲ ἐν τῷ ἴματιώ δρόμοι τὴν μὲν
δύναμιν τὴν αὐτὴν ἔχουσι, θâσσον δὲ διαθερμά-
10 νοντες⁶ ὑγρότερα τὰ σώματα ποιέουσιν, ἀχροώ-

¹ θερμηὶ ἐοῦσα τοῦ ψυχροῦ . . . ἐπισπίπτοντος θ: θερμὴ ἐοῦσα . . . ἐσπίπτοντος M. Some MSS. have θερμοῦ for ψυχροῦ.

² γίνεται εὐαγής θ: γίνονται εὐαγέες M.

³ ἴσχνα θ (which also reads καθαρώτατα): ἴσχναίνονται M.

⁴ τῶν δὲ δρόμων δύνανται· οἱ μὲν καμπτοὶ καὶ μακροί. θ: τῶν δὲ δρόμων γίνονται· οἱ μὲν μακροὶ καὶ καμπτοὶ M, with δύνανται after διαχέειν. ἄκαμπτοι and μὴ καμπτοὶ have been suggested by early editors.

⁵ For καταπέσσονται θ has καταπέσσει, and βαθύτερα for παχύτερα.

REGIMEN, II. LXII.-LXIII.

the heat of the soul for the nourishment thereof. They relax the bowels because, cold breath rushing into them from above while they are hot, the heat gives way before the cold. It makes light the parts about the head for the following reasons. When the bowels have been emptied, being hot they draw to themselves the moisture from the body generally, and especially from the head; when the head is emptied sight and hearing are purged, and the man becomes bright.¹ Walks after gymnastics render the body pure and thin, prevent the flesh melted by exercise from collecting together, and purge it away.

LXIII. Of running exercises, such as are not double² and long, if increased gradually, have the power to heat, concoct and dissolve the flesh; they digest the power of the foods that is in the flesh, making the body slower and more gross than do circular runnings, but they are more beneficial to big eaters, and in winter rather than in summer. Running in a cloak has the same power, but heating more rapidly it makes the body more moist but less

¹ It is tempting to give *εὐαγής* here and above an active sense, "with clear vision." It is not possible, however, to find a parallel, except perhaps Euripides, *Supp.* 652: *ἔστην θεατὴς πύργον εὐαγῆ λαβών*, where *εὐαγῆ* may mean, not "clearly seen," but "affording a clear view." "Affording a clear view," however, is not the same thing as "having good eyesight." So one has to fall back upon the general sense of "bright" or "clear." Perhaps "alert."

² The "double" exercise consisted in running along a double track to a goal and back again to a starting-point. It was of a fixed length and could not be "increased gradually" as readily as could distances along a single track.

⁶ M has μᾶλλον δὲ διαθερμαίνουσι καὶ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τερα δέ, διότι οὐκ ἀποκαθαιρεῖ προσπίπτον τὸ πνεῦμα τὸ εἰλικρινές, ἀλλ' ἐν τῷ αὐτῷ ἐγγυμνάζεται πνεύματι συμφέρει οὖν τοῖσι ξηροῖσι καὶ τοῖσι πολυσάρκοισιν, ὅστις καθελεῖν τὴν σάρκα βούλεται, καὶ τοῖσι πρεσβυτέροισι διὰ ψύξιν¹ τοῦ σώματος. οἱ δὲ δίαυλοι καὶ ὑπηρέτοι² τὴν μὲν σάρκα ἡσσον διαχέουσιν, ἵσχναι ουσι δὲ μᾶλλον, διότι τοῖς εἴσω³ τῆς ψυχῆς μέρεσιν οἱ πόνοι ὄντες ἀντισπῶσιν⁴ ἐκ τῆς σαρκὸς τὸ ὑγρὸν 20 καὶ τὸ σῶμα λεπτύνουσι καὶ ξηραίνουσιν. οἱ δὲ τρόχοι τὴν μὲν σάρκα ἥκιστα διαχέουσιν, ἵσχναινουσι δὲ καὶ προσστέλλονται⁵ τήν τε σάρκα καὶ τὴν κοιλίην μάλιστα, διότι ὀξυτάτῳ τῷ πνεύματι χρώμενοι τάχιστα τὸ ὑγρὸν ἔλκουσιν 25 ἐφ' ἔωστούς.

LXIV. Τὰ δὲ παρασείσματα ξηροῖσι μὲν καὶ ἔξαπίνης,⁶ ἀσύμφορα· σπάσματα γὰρ ἐμποιεῖ διὸ τόδε. τεθερμασμένον τὸ σῶμα, τὸ μὲν δέρμα

¹ διὰ ψύξιν θ : διαψύχειν M.

² οἱ δὲ δίαυλοι καὶ ὑπηρέτοι θ : οἱ δε δίαυλοι καὶ ἥπεροι ἵπποι. M : οἱ δὲ δίαυλοι καὶ ὑπηρέτοι ἵπποι Littré. The ἵπποι of M is probably a corruption of ὑπηρέτοι.

³ εἴσω θ : ἔσω M : ἔξω Littré, with inferior MS. authority.

⁴ ἀντισπῶσιν M : ἀντισπῶντες θ : ἀνασπῶσιν Zwinger.

⁵ πρὸς στέλλονται θ : διαστέλλονται M.

⁶ After ἔξαπίνης M adds οὐκ ἐπιτίθεται καὶ. It also has διὰ τεθερμασμένον, while θ has τεθερμασμένον only. Littré reads διατεθερμασμένον.

¹ This means that the body becomes thinner but less flabby. The δίαυλος was a *καμπτὸς δρόμος* of roughly 200 yards each way, *i.e.* of 400 yards in all.

² Both the reading and the interpretation of this sentence are uncertain. Probably the mental strain of the “quarter-mile” is referred to; it is the most strenuous of the foot races and may well be said to be concerned with the “inner

tanned, because this is not cleansed by meeting the rush of pure air, but remains in the same air while it is exercised. So this kind of running is beneficial to those who have a dry body, to those who have excess of flesh which they wish to reduce, and, because of the coldness of their bodies, to those who are getting on in years. The double course, with the body exposed to the air, dissolves the flesh less, but reduces the body more,¹ because the exercises, being concerned with the inner parts² of the soul, draw by revulsion the moisture out of the flesh, and render the body thin and dry. Running in a circle dissolves the flesh least, but reduces and contracts the flesh and the belly most, because, as it causes the most rapid respiration, it is the quickest to draw the moisture to itself.

LXIV. Swinging the arms, for persons of dry flesh, and when jerky, is inexpedient, as it causes sprains, in the following way. The body having been warmed,³ this swinging makes the skin consider-

parts of soul.” Probably the reading ἔξω is an attempt to connect psychologically this mental strain with the profuse perspiration caused by the δίαινας. I believe that ίπποι is a mere corruption of ὑπηρέτοι, but its adoption may have been encouraged by a desire to explain the introduction of “mental exercises”; the comparative inaction of riding suggests an active mental factor.

³ This sentence appears to contain such an undoubted instance of a *nominatus pendens* that it renders less likely my substitution (in Chapter LXII) of θερμή ἐσύση for θερμὴ ἐσύστα in order to avoid such an anacoluthon. One way out of the grammatical difficulty would be to take as the subject τεθερμασμένον τὸ σῶμα, in the sense of “bodily heat,” but it seems too violent to say σῶμα λεπτύνει. Another way would be to read διὰ τεθερμασμένον (with M). The chief objection to this is that local διὰ with the accusative appears to be confined to the poets. Fortunately the general sense is clear, that the flesh becomes hot, dry and brittle.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ισχυρῶς λεπτύνει, τὴν δὲ σάρκα ἥσσον συνίστησι τῶν τρόχων, κενοῖ δὲ τὴν σάρκα τοῦ ὑγροῦ. τὰ δὲ ἀνακινήματα καὶ ἀνακουφίσματα τὴν μὲν σύρκα ἥκιστα διαθερμαίνει,¹ παροξύνει δὲ καὶ τὸ σῶμα καὶ τὴν ψυχήν, καὶ τοῦ πνεύματος κενοῖ. πάλη δὲ καὶ τρῆψις τοῖσι μὲν ἔξω τοῦ 10 σώματος παρέχει τὸν πόνον μᾶλλον, θερμαίνει δὲ τὴν σάρκα καὶ στερεοῖ καὶ αὐξεσθαι ποιεῖ διὰ τόδε· τὰ μὲν στερεὰ φύσει τριβόμενα ἐστὶ συνίστησι,² τὰ δὲ κοῦλα αὔξεται,³ ὅσαι φλέβες εἰσὶ· θερμαϊνόμεναι δὲ αἱ σάρκες καὶ ξηραινόμεναι ἔλκουσιν ἐφ' ἐωսτὰς τὴν τροφὴν διὰ τῶν πόρων,³ εἴτα αὔξονται. ἀλίνδησις παραπλήσια πάλη διαπρήσσεται, ξηραίνει δὲ μᾶλλον διὰ τὴν κόνιν καὶ σαρκοῦ ἥσσον. ἀκροχειρισμὸς⁴ 20 ισχναίνει καὶ τὰς σάρκας ἔλκει ἄνω, καὶ κωρυκομή καὶ χειρονομίη παραπλήσια διαπρήσσεται. πνεύματος δὲ κατάσχεσις τοὺς πόρους διαναγκάσαι καὶ τὸ δέρμα λεπτῦναι καὶ τὸ 23 ὑγρὸν ἐκ τοῦ δέρματος ἔξωσαι δύναται.

LXV. Τὰ ἐν κόνει καὶ τὰ ἐν ἔλαιῳ⁵ γυμνάσια διαφέρει τοσόνδε· κόνις μὲν ψυχρόν, ἔλαιον δὲ θερμόν· ἐν μὲν τῷ χειμῶνι τὸ ἔλαιον αὔξιμώτερον, διότι τὸ ψῦχος κωλύει φέρειν ἀπὸ τοῦ σώματος· ἐν δὲ τῷ θέρει τὸ ἔλαιον ὑπερβολὴν θερμασίης ποιεῦν⁶ τίκει τὴν σάρκα, ὅταν ὑπὸ τῆς ὥρης ἐκθερμαίνηται καὶ τοῦ ἔλαιον καὶ τοῦ

¹ M has διαθερμαίνοντα and later κενοῦσι.

² After αὔξεται M reads τῆς γοῦν σαρκὸς τὸ μὲν πυκνὸν τριβόμενον ξυνίσταται· τὰ δὲ κοῦλα αὔξεται καὶ ὁκόσαι φλέβες εἰσὶ κ.τ.ἔ. This appears to be an attempt to mend the grammar of the corrupt sentence preceding. It has probably crept into the text from the margin.

REGIMENT, II. LXIV.-LXV.

ably thinner, but contracts the flesh less than running in a circle, and empties the flesh of its moisture. Sparring and raising the body¹ heat the flesh least, but they stimulate both body and soul, while they empty the body of breath. Wrestling and rubbing give exercise more to the exterior parts of the body, but they warm the flesh, harden it and make it grow, for the following reason. Parts that are naturally hard are compressed by rubbing, while hollow parts grow, such as are veins. For the flesh, growing warm and dry, draws to itself the nourishment through the passages, and then it grows. Wrestling in the dust has effects like to those of ordinary wrestling, but it dries more because of the dust, and it increases flesh less. Wrestling with the fingers reduces and draws the flesh upwards; the punch-ball and arm exercises have like effects. Holding the breath has the property of forcing open the passages, of thinning the skin, and of expelling therefrom the moisture.

LXV. Exercises in dust differ from those in oil thus. Dust is cold, oil is warm. In winter oil promotes growth more, because it prevents the cold from being carried from the body. In summer, oil, producing excess of heat, melts the flesh, when the latter is heated by the season, by the oil and by the

¹ Or, “the arms.” The *lexica* neglect this word. I take it to refer either to raising the body from a prone position or to arm exercises.

³ πόρων θ: φλεβῶν M.

⁴ ἀκροχειρισμὸς θ: ἀκροχεῖριξ δ' M.

⁵ ἐν κοινήι καὶ ἐλαίωι M.

⁶ ποιεῦν θ: ποιεύμενον M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

πόνου. ἡ δὲ κόνις ἐγγυμνάζεσθαι ἐν τῷ θέρει
αὐξιμώτερον.¹ Ψύχουσα γὰρ τὸ σῶμα οὐκ ἔἁ
10 ἐκθερμαίνεσθαι ἐσ ύπερβολήν² ἐν δὲ τῷ χειμῶνι
διαψυκτικὸν καὶ κρυμνῶδες.³ ἐγδιατρίζειν δὲ ἐν
τῇ κόνει μετὰ τοὺς πόνους ἐν τῷ θέρει, ὀλίγον
μὲν χρόνον ὥφελεῖ ψύχουσα, πολὺν δὲ ύπερξη-
ραίνει καὶ τὰ σώματα σκληρὰ καὶ ξυλώδεα
ἀποδεικνύει. τρῆψις ἐλαίου σὺν ὑδατι μαλάσσει
16 καὶ οὐ ἔἁ πολλὰ⁴ διαθερμαίνεσθαι.

LXVI. Περὶ δὲ κόπων τῶν ἐν τοῖσι σώμασιν
γινομένων ὅδε ἔχει· οἱ μὲν ἀγύμναστοι τῶν
ἀνθρώπων ἀπὸ παντὸς πόνου κοπιῶσι· οὐδένα
γὰρ τοῦ σώματος διαπεπόιηται πρὸς οὐδένα
πόνον· τὰ δὲ γεγυμνασμένα τῶν σωμάτων ὑπὸ⁴
τῶν ἀηθῶν⁵ πόνων κοπιᾶ· τὰ δὲ καὶ ύπὸ τῶν
συνήθων γυμνασίων κοπιᾶ, ύπερβολῆ χρησάμενα.
τὰ μὲν οὖν εἴδεα τῶν κόπων ταῦτά⁶ ἔστιν· ἡ
δὲ δύναμις αὐτῶν ὅδε ἔχει· οἱ μὲν οὖν ἀγύμνα-
10 στοι ύγρὴν τὴν σάρκα ἔχοντες, ὅταν πονήσωσι,
θερμαινομένου τοῦ σώματος, σύντηξιν πολλὴν
ἀφιᾶσιν· ὅ τι μὲν οὖν ἀν ἐξιδρώσῃ ἡ καὶ σὺν
πνεύματι ἀποκαθαρθῆ, οὐ παρέχει πόνου ἄλλον
ἢ τῷ κενωθέντι τοῦ σώματος παρὰ τὸ ἔθος· ὅ τι
δ' ἄν ἐμμείνῃ τῆς συντήξιος, οὐ μόνον τῷ
κενωθέντι τοῦ σώματος παρὰ τὸ ἔθος παρέχει
πόνον,⁷ ἀλλὰ καὶ τῷ δεξαμένῳ τὸ ύγρόν οὐ γάρ
ἔστι σύντροφον⁸ τῷ σώματι, ἀλλὰ πολέμιον. ἐσ
μὲν δὴ τὰ ἄσαρκα τῶν σωμάτων οὐ συνίσταται

¹ M has ἐγγυμνάζεται, δὲ after ἐν and αὐξιμώτερος.

² κρυμνῶδες θ: κρυμῶδες M.

³ οὐκ ἔἁ πολλὰ θ: οὐ δεινῶς ἔἁ M.

⁴ For ύπὸ Linden and Mack would read ἀπὸ (probably rightly).

REGIMENT, II. LXV.—LXVI.

exercise. In summer it is exercise in dust that promotes growth more, for by cooling the body it prevents its being heated to excess. But in winter dust is chilling, or even freezing. To remain in the dust after exercise in summer benefits by its cooling property, if it be for a short time ; if it be for long, it dries the body to excess and renders it hard as wood. Rubbing with oil and water softens the body, and prevents its becoming over-heated.

LXVI. The fatigue pains that arise in the body are as follow. Men out of training suffer these pains after the slightest exercise, as no part of their body has been inured to any exercise ; but trained bodies feel fatigue pains after unusual exercises, some even after usual exercises if they be excessive. These are the various kinds of fatigue pains ; their properties are as follow. Untrained people, whose flesh is moist, after exercise undergo a considerable melting, as the body grows warm. Now whatever of this melted substance passes out as sweat, or is purged away with the breath, causes pain only to the part of the body that has been emptied contrary to custom ; but such part of it as remains behind causes pain not only to the part of the body emptied contrary to custom, but also to the part that has received the moisture, as it is not congenial to the body but hostile to it. It tends to gather, not at the fleshless, but at the fleshy parts of the body, in

⁶ ἀγήθων θ : ἀνεθίστων M.

⁶ ταῦτά θ : τοιαντά M.

⁷ M has ὅτι δ' ἦν ἐμμένη τῆς ἀποκρήσιος οὐ παρέχει τὸν πόνον κ.τ.ζ.

⁸ σύντροφον θ : σύμφορον M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

20 ὁμοίως, ἐσ δὲ τὰ σαρκώδεα, ὥστε τούτοισι πόνου παρέχειν ἔως ἀν ἔξέλθη. ἄτε δὴ οὐκ ἔχον περίοδον,¹ ἀτρεμίζον ἐκθερμαίνεται αὐτό τε καὶ τὰ προσπίπτοντα· ἦν μὲν οὖν πολὺ γένηται τὸ ἀποκριθέν, ἐκράτησε καὶ τοῦ ὑγιαίνοντος, ὥστε συνεκθερμανθῆναι τὸ πᾶν² σῶμα, καὶ ἐνεποίησε πυρετὸν ἴσχυρόν.³ θερμανθέντος γὰρ τοῦ αἵματος καὶ ἐπισπασθέντος, ταχείην ἐποίησε⁴ τὴν περίοδον τὰ ἐν τῷ σώματι, καὶ τό τε ἄλλο σῶμα καθαίρεται ὑπὸ τοῦ πνεύματος, καὶ τὸ συνεστηκὸς θερμαινόμενον λεπτύνεται τε καὶ ἔξωθεῖται⁵ ἐκ τῆς σαρκὸς ἔξω ὑπὸ τὸ δέρμα, ὅπερ ἰδρὼς καλεῖται θερμός. τούτου δὲ ἀποκριθέντος, τό τε αἷμα καθίσταται ἐσ τὴν κατὰ φύσιν κίνησιν,⁶ καὶ ὁ πυρετὸς ἀνίησι, καὶ ὁ κόπος παύεται μάλιστα τριταῖος. χρὴ δὲ τοὺς τοιούτους κόπους⁷ ὧδε θεραπεύειν πυρίησι καὶ λουτροῖσι θερμοῖσι διαλύοιτα τὸ συνεστηκός, περιπάτοισι τε μὴ⁸ βιαίοισιν, ὡς ἀποκαθαιρωνται, καὶ δλιγοσιτίησι καὶ ἴσχνασίησι συνιστάναι τῆς σαρκὸς τὴν κένωσιν, καὶ ἀλείφεσθαι⁹ τῷ ἐλαίῳ ἡσυχῇ πολὺν χρόνον, ὅκως μὴ βιαίως διαθερμαίνωνται,¹⁰ καὶ τοῖσι χρίσμασι τοῖσιν ἰδρωτικοῖσι¹¹ χρίεσθαι καὶ μαλακευνεῖν¹² συμφέρει. τοῖσι δὲ γυμναζομένοισιν ἀπὸ τῶν ἀγεθίστων πόνων διὰ τάδε γίνεται ὁ κόπος· ὅ τι ἀν μὴ

¹ πάροδον θ: περίοδον M.

² τὸ πᾶν θ: ὅλον τὸ M.

³ ἴσχυρόν is omitted by θ.

⁴ ἐποήσατο θ: ἐποίησε M. θ has τὴν ἐν and M τὰ ἐν.

⁵ M has συνεξωθέεται.

⁶ κεύησι θ: σύστασι M.

⁷ τὸν τοιούτον κόπον M.

⁸ M omits τε μὴ.

⁹ ἀλίφεσθαι θ: τρίβεσθαι M

¹⁰ ἀγαθερμαίνεται M.

REGIMENT, II. LXVI.

such a way as to cause them pain until it has passed out. Now as it has no circulation, it remains still and grows hot, as do also the things that touch it. Now if the secretion prove abundant it overpowers even that which is healthy, so that the whole body is heated and a high fever follows. For when the blood has been attracted and heated, the things in the body set up a rapid circulation, and the body generally is cleansed by the breath, while the collected moisture, becoming warm, is thinned and forced outwards from the flesh to the skin, and is called "hot sweat." When the secretion of this is over, the blood is restored to its natural motion,¹ the fever subsides, and the fatigue pains cease about the third day. Pains of this sort should be treated thus. Break up the collected humour by vapour baths, and by hot baths, and make firm the reduced flesh² by gentle walks, in order to effect purgation, by restricted diet and by practices that cause leanness; it is beneficial to apply oil gently to the body for a long time, that the heating be not violent, to use sudorific unguents, and to lie on a soft bed. Those in training suffer fatigue pains from unaccustomed exercises for the following reasons. Any

¹ I retain θ's κείνησι (i.e. κίνησιν). If correct it throws light upon the early history of the circulation of the blood. But M's σύστασιν is quite probably correct.

² Littré says "on soutient la réduction de la chair," but this can scarcely represent συντάσαι. The whole of this sentence is grammatically loose; it is difficult, for instance, to decide how far συμφέρει extends its influence, and what infinitives (if any) are imperative.

¹¹ τοῖσιν ἴδιωτικοῖσι θ: τοῖσι ἰδρωτικοῖσι· καὶ τοῖσι μαλακτικοῖσι M.

¹² μαλακευεῖν Littré: μαλακυνεῖν θ: μαλακύνειν M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

πεπονήκη τὸ σῶμα, ὑγρὴν ἀνάγκη τὴν σάρκα
 εἶναι πρὸς τοῦτον τὸν τόπον,¹ πρὸς δὲ μὴ εἴθισται
 πονεῖν, ὥσπερ ἀγυμνάστων πρὸς ἔκαστα· τὴν
 μὲν οὖν² σάρκα συντίκεσθαι ἀνάγκη καὶ
 50 ἀποκρίνεσθαι καὶ συνίστασθαι ὥσπερ τῷ προ-
 τέρῳ. συμφέρει δὲ θεραπεύεσθαι ὅδε· τοῖσι
 μὲν γυμνασίοισι χρῆσθαι τοῖσι συνήθεσιν, ὅκως
 τὸ συνεστηκὸς θερμαινόμενον λεπτύνηται καὶ
 ἀποκαθαίρηται, καὶ τὸ ἄλλο σῶμα μὴ ὑγραίνηται,
 μηδ' ἀγύμναστον γίνηται. τοῖσι δὲ λουτροῖσι
 θερμοῖσι καὶ τούτοισι συμφέρει³ χρῆσθαι, καὶ
 τῇ τρίψει ὁμοίως ὡς καὶ τοῖς ἔμπροσθεν.⁴ τῆς
 δὲ πυριήσις οὐδὲν δεῖται· οἱ πόνοι γὰρ ἴκανοι
 θερμαίνοντες λεπτύνειν καὶ ἀποκαθαίρειν τὸ
 60 συστάν. οἱ δὲ ἀπὸ τῶν συνήθων γυμνασίων
 κόποι τῷδε τῷ τρόπῳ γίνονται· ἀπὸ μὲν συμ-
 μέτρου πόνου κόπος οὐ γίνεται.⁵ ὅταν δὲ πλεῖον
 τοῦ καιροῦ πονήσῃ,⁶ ὑπερεξήρηνε τὴν σάρκα·
 κενωθεῖσα δὲ τοῦ ὑγροῦ, θερμαίνεται τε καὶ
 ἀλγεῖ καὶ φρίσσει καὶ ἐς πυρετὸν μακρότερον
 καθίσταται, ἦν μή τις ἐκθεραπεύσῃ ὀρθῶς.
 χρὴ δὲ πρῶτον μὲν αὐτὸν τῷ λουτρῷ μὴ σφόδρα
 πολλῷ μηδὲ θερμῷ ἄγαν λοῦσαι, εἴτα πίσαι⁷
 αὐτὸν ἐκ τοῦ λουτροῦ μαλθακὸν οἶνον, καὶ
 70 δειπνεῖν ὡς πλεῖστα καὶ παντοδαπὰ σιτία, καὶ

¹ τόπον M: πόνον θ.

² μὲν οὖν M: γοῦν θ.

³ τοῖσι θερμοῖσι ξυμφέρει καὶ τοῦτον χρέεσθαι M.

⁴ ὅμοια. ὡς καὶ τοὺς ἔμπροσθεν θ: ὁμοίως ὡς καὶ τὸν πρόσθεν M.

⁵ γίγνεται θ: κινέεται M.

⁶ ὅτ' ἂν δὲ πλεῖον τοῦ καιροῦ πονήσῃ θ: ὀκόταν δὲ πλεῖον τοῦ καιροῦ πόνος ἦ M: ὀκόταν δὲ πλείων τοῦ καιροῦ πόνος ἦ Littré.

REGIMEN, II. LXVI.

unexercised part of the body must of necessity have its flesh moist, just as persons out of training are moist generally throughout.¹ So the flesh must of necessity melt, secrete itself and collect itself, as in the former case. Beneficial treatment of such cases is as follows. Accustomed exercises should be practised, so that the collected humour may grow warm, become thin, and purge itself away, while the body generally may become neither moist nor yet unexercised. It is beneficial to employ hot baths in these cases also, with rubbing as before. But there is no need of vapour baths, as the exercises, being warming, are sufficient to thin and purge away the humour that has collected. Fatigue pains from accustomed exercises arise in the following way. Moderate toil is not followed by pain; but when immoderate it dries the flesh overmuch, and this flesh, being emptied of its moisture, grows hot, painful and shivery, and falls into a longish fever, unless proper treatment be applied. First the patient should be washed in a bath not too copious nor yet over-hot; then after the bath give him to drink a soft wine; he should eat as heartily as possible of a many-coursed dinner, and drink copiously of a soft

¹ This is the general sense of the passage, with the reading *τόπον*. It must be confessed, however, that the accusative is strange to express (with *πρὸς*) "place where," and grammatically the reading *πόνον* is superior. But how can flesh be "moist in relation to one particular exercise"? If for *εἶναι* the MSS. had *γενέσθαι* one would without hesitation read *πόνον*, and translate: "whatever be the unusual exercise, the flesh must become moist with this exercise, just as persons out of training become moist with any exercise."

² λοῦσαι· εἴτα πεῖσαι θ: λούεσθαι· εἴτα πιεῖς M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ποτῷ ὑδαρεῖ, μαλθακῷ δ' οἷνῳ χρῆσθαι καὶ πολλῷ,¹ εἰτ' ἐνδιατρῆψαι πλέω χρόνον μεχρι ἀν αἱ φλέβες πληρωθεῖσαι ἀρθῶσιν εἴτα ἔξεμείτω, καὶ ἔξαναστάντα² ὀλίγον καθεύδειν μαλθακῶς εἴτα προσάγειν ἡσυχῇ τοῖσι σιτίοισι καὶ τοῖσι πόνοισι τοῖσι συνήθεσιν ἐς ἡμέρας ἔξ, ἐν ταύτησι δὲ καταστῆσαι ἐς τὸ σύνηθες καὶ σίτου καὶ ποτοῦ. δύναμιν δὲ ἔχει ἡ θεραπείη τοιήνδε ἀνεξηρασμένον τὸ σῶμα ἐς ὑπερβολὴν 80 ἔξυγρῆναι δύναται ἄτερ ὑπερβολῆς εἰ μὲν οὖν δυνατὸν ἦν, τὴν ὑπερβολὴν τοῦ πόιου³ γνόντα ὥκόση τίς ἐστι, τοῦ σίτου τῇ συμμετρίῃ ἀκέσασθαι, εῦ ἀν εἶχεν οὕτω· νῦν δὲ τὸ μὲν ἀδύνατον, τὸ δὲ ῥάδιον ἔξηρασμένον γὰρ τὸ σῶμα, σίτων ἐμπεσόντων παντοδαπῶν, ἔλκει τὸ σύμφορον αὐτὸν ἑωυτῷ⁴ ἔκαστον τοῦ σώματος ἐκάστου σίτου, πληρωθὲν δὲ καὶ ὑγρανθέν, κενωθείσης τῆς κοιλίης ὑπὸ τοῦ ἐμέτου, ἀφίησι πάλιν τὴν ὑπερβολὴν· ἡ δὲ κοιλίη κενὴ ἐοῦσα ἀντισπᾶ. 90 τὸ μὲν οὖν ὑπερβάλλον ὑγρὸν ἔξερεύγεται ἡ σάρξ, τὸ δὲ σύμμετρον οὐκ ἀφίησιν, ἦν μὴ διὰ βίης ἢ φαρμάκων ἢ πόνων ἢ ἄλλης τινὸς ἀντισπάσιος. τῇ δὲ προσαγωγῇ χρησάμενος καταστήσεις τὸ σῶμα ἐς τὴν ἀρχαίην δίαιταν⁵ 95 ἡσυχῆ.

¹ οἵναι δὲ μαλακῶι χρέεσθαι πολλῶι Μ.

² ἔξαναστάντα Μ: ἀναστὰς θ.

³ τὴν ὑπερβολὴν τοῦ πόνου omitted by θ.

REGIMENT, II. LXVI.

wine, well diluted; then he should let a longish interval pass, until the veins become filled and inflated. Then let him vomit, and, having gone a short stroll, sleep on a soft bed. Then increase gradually his food and usual¹ exercises for six days, in which you must restore him to his usual food and drink. The treatment has the property of moistening without excess the body which has been dried to excess. Now if it were possible to discover the amount of the excess and cure it by an appropriate amount of food, all would be well thus. But as it is, this is impossible, but the other course is easy. For the body, in a state of dryness, after the entrance of all sorts of food, draws to itself what is beneficial from the several foods for the several parts of the body; on being filled and moistened, the belly having been emptied by the emetic, it casts away the excess, while the belly, being empty, exercises a revulsion. So the flesh rejects the excessive moisture, but it does not cast away that which is of an appropriate amount, unless it be under the constraint of drugs, of exercises,² or of some revulsion. By employing gradation, you will restore the body gently to its old regimen.

¹ Or, “usual food and exercises.”

² Or, “fatigue.”

⁴ σιτῶν ἐμπεσόντων παντοδαπῶν. ἔλκει τὸ σύμφορον αὐτὸ
ἔωνται θ: τῶν ἐμπεσόντων παντοδαπῶν ἀφ' ὧν λαμβάνει τὸ
ξυμφέρον αὐτὸ έωϋτῶι M.

⁵ κατέστησε τὸ σῶμα τὴν δίαιταν M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

LXVII. Περὶ διαιτῆς ἀνθρωπίνης, ὥσπερ μοι
 καὶ πρόσθεν εἴρηται, συγγράψαι μὲν οὐχ οἶόν
 τε ἐσ ἀκριβείην, ὥστε πρὸς τὸ πλῆθος τοῦ σίτου
 τὴν συμμετρίην τῶν πόνων ποιεῖσθαι· πολλὰ
 γὰρ τὰ κωλύοντα. πρῶτον μὲν αἱ φύσιες τῶν
 ἀνθρώπων διάφοροι ἔονται· καὶ γὰρ¹ ξηραὶ
 αὐταὶ² ἑωυτῶν πρὸς αὐτὰς³ καὶ πρὸς ἄλληλας⁴
 μᾶλλον καὶ ἡσσον ξηραί, καὶ ὑγραὶ ὡσαύτως,
 καὶ αἱ ἄλλαι πᾶσαι· ἔπειτα αἱ ἡλικίαι οὐ τῶν
 10 αὐτῶν δεόμεναι· ἔτι δὲ καὶ τῶν χωρίων αἱ θέσιες,
 καὶ τῶν πνευμάτων αἱ μεταβολαί, τῶν τε ὠρέων
 αἱ μεταστάσιες, καὶ τοῦ ἐνιαυτοῦ αἱ κατα-
 στάσιες. αὐτῶν τε τῶν σίτων πολλαὶ αἱ διαφοραί.⁵
 πυροί τε γὰρ πυρῶν καὶ οἶνος οἶνου καὶ τāλλα
 οἵς⁶ διαιτεόμεθα, πάντα διάφορα ἔόντα ἀπο-
 κωλύει μὴ⁷ δυνατὸν εἶναι ἐσ ἀκριβείην συγ-
 γραφῆναι. ἄλλὰ γὰρ αἱ διαγνώσιες⁸ ἔμοιγε
 ἔξευρημέναι εἰσὶ τῶν ἐπικρατεόντων ἐν τῷ σώματι,
 ἦν τε οἱ πόνοι ἐπικρατέωσι τῶν σίτων, ἦν τε τὰ
 20 σῖτα τῶν πόνων, καὶ ὡς χρὴ ἔκαστα ἔξακεῖσθαι,
 προκαταλαμβάνειν τε ὑγείην, ὥστε τὰς νούσους
 μὴ προσπελάξειν,⁹ εἰ μὴ τις πάνυ μεγάλα
 ἔξαμαρτάνοι καὶ πολλάκις ταῦτα δὲ φαρμάκων

¹ After γὰρ M adds αἱ.

² αὐταὶ M: αῦται θ.

³ ἑωυτὰς M: αὐτὰς θ.

⁴ ἄλληλας θ: ἄλλος M.

⁵ πολλαὶ αἱ διαφοραί θ: πολλὴ διαφορα M.

REGIMENT III

LXVII. As I have said above, it is impossible to treat of the regimen of men with such a nicety as to make the exercises exactly proportionate to the amount of food. There are many things to prevent this. First, the constitutions of men differ; dry constitutions, for instance, are more or less dry as compared with themselves or as compared with one another. Similarly with moist constitutions, or with those of any other kind. Then the various ages have different needs. Moreover, there are the situations of districts, the shifting of the winds, the changes of the seasons, and the constitution of the year. Foods themselves exhibit many differences; the differences between wheat and wheat, wine and wine, and those of the various other articles of diet, all prevent its being possible to lay down rigidly exact rules in writing. But the discovery that I have made is how to diagnose what is the overpowering element in the body, whether exercises overpower food or food overpowers exercises; how to cure each excess, and to insure good health so as to prevent the approach of disease, unless very serious and many blunders be made. In such cases there is

⁶ οῖς θ : ὅσα M.

⁷ μὴ omitted by M.

⁸ διαγνώσιες θ : προγνώσιες M.

⁹ προκαταλαμβάνειν τὲ ὑγιείην· ὥστε τὰς νούσους προσπελάζειν θ : προκαταμανθάνειν τε ὑγιέας τὰς φύσεις· μὴ προσπελάζειν τε τὰς νούσους M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

δεῖται ἥδη, ἔστι δ' ἄσσα οὐδ' ὑπὸ τῶν φαρμάκων
δύναται ὑγιάζεσθαι. ως μὲν οὖν δυνατὸν
εὔρεθῆναι, ἔγγιστα τοῦ ὄρου¹ ἐμοὶ εὕρηται, τὸ δὲ
27 ἀκριβὲς οὐδενί.

LXVIII. Πρῶτον μὲν οὖν τοῖσι πολλοῖσι τῶν
ἀνθρώπων συγγράψω ἐξ ὧν μάλιστα ἀν ὡφε-
λοῦντο οἵτινες σίτοισί τε καὶ πόμασι τοῖσι
προστυχοῦσι χρῶνται, πόνοισί τε τοῖσιν ἀναγ-
καίοισιν, ὁδοιπορίησί τε τῇσι πρὸς ἀνάγκας,
θαλασσουργίησί τε τῇσι πρὸς² συλλογὴν τοῦ
βίου, θαλπόμενοί τε παρὰ τὸ σύμφορον,³ ψυχό-
μενοί τε παρὰ τὸ ὡφέλιμον, τῇ τε ἄλλῃ διαίτῃ
ἀκαταστάτῳ χρεόμενοι. τούτοισι δὴ συμφέρει
10 ἐκ τῶν ὑπαρχόντων ὅδε διαιτῆσθαι· τὸν μὲν
οὖν⁴ ἐνιαυτὸν ἐς τέσσαρα μέρεα διαιρέω,⁵ ἅπερ
μάλιστα γινώσκουσιν οἱ πολλοί, χειμῶνα, ἥρ,
θέρος, φθινόπωρον· χειμῶνα μὲν ἀπὸ πλειάδων
δύσιος ἄχρι ἵσημερίης ἡμεριῆς, ἥρ δὲ ἀπὸ ἵση-
μερίης μέχρι πλειάδων ἐπιτολῆς,⁶ θέρος δὲ ἀπὸ
πλειάδων μέχρι ἀρκτούρου ἐπιτολῆς, φθινόπωρον
δὲ ἀπὸ ἀρκτούρου μέχρι πλειάδων δύσιος. ἐν
μὲν οὖν τῷ χειμῶνι συμφέρει πρὸς τὴν ὥρην,
ψυχρήν τε καὶ συνεστηκυίην, ὑπεναντιούμενον
20 τοῖσι διαιτήμασιν ὅδε χρῆσθαι. πρῶτον μὲν
μονοσιτίησι χρὴ διάγειν, ἥν μὴ πάνυ ξηρήν
τις τὴν κοιλίην ἔχῃ· ἥν⁷ δὲ μή, μικρὸν ἀριστῆν·
τοῖσι δὲ διαιτήμασι χρῆσθαι τοῖσι ξηραντι-

¹ ἔγγιστα τοῦ ὄρου M : εἴ τις τὰ τοῦ ὄρθοῦ θ.

² After πρὸς M adds τὴν.

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need of drugs, while some there are that not even drugs can cure. So as far as it is possible to make discoveries, to the utmost limit my discoveries have been made, but absolute accuracy has been attained by nobody.

LXVIII. Now first of all I shall write, for the great majority of men, the means of helping such as use any ordinary food and drink, the exercises that are absolutely necessary, the walking that is necessary, and the sea-voyages required to collect the wherewithal to live—the persons who suffer heat contrary to what is beneficial and cold contrary to what is useful, making use of a regimen generally irregular. These are benefited by living as follows, so far as their circumstances allow. I divide the year into the four parts most generally recognised—winter, spring, summer, autumn. Winter lasts from the setting of the Pleiads to the spring equinox, spring from the equinox to the rising of the Pleiads, summer from the Pleiads to the rising of Arcturus, autumn from Arcturus to the setting of the Pleiads. Now in winter it is beneficial to counteract the cold and congealed season by living according to the following regimen. First a man should have one meal a day only, unless he have a very dry belly; in that case let him take a light luncheon. The articles of diet to be used are such as are of a drying

³ So M, but θ has ἡλιουμένοι τὲ παρὰ τὸ συμφέρον, a reading so attractive that it is difficult to choose between it and that of M.

⁴ οὖν is omitted by M.

⁵ διαιρέωι ἐσθιεῖ θ: διαιρέωσιν. M: διαιρέουσιν Littré. The reading in the text is that of Mack.

⁶ ἐπιτολῆς M: ὑπερβολῆς θ.

⁷ ἢν θ: εἰ M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

κοῖσι¹ καὶ θερμαντικοῖσι καὶ συγκομιστοῖσι καὶ
ἀκρήτοισιν, ἀρτοσιτίῃ τε² μᾶλλον, καὶ τοῖσιν
ὅπτοῖσι τῶν ὄψων μᾶλλον ἡ ἐφθοῖσι, καὶ τοῖσι
πόμασι μέλασιν ἀκρητεστέροισι καὶ ἐλάσσοσι·
λαχάνοισιν ὡς ἥκιστα χρή, πλὴν τοῖσι θερμαντι-
κοῖσι καὶ ξηροῖσι, καὶ χυλοῖσι καὶ ροφήμασιν
30 ὡς ἥκιστα· τοῖσι δὲ πόνοισι πολλοῖσιν ἅπασι,
τοῖσί τε δρόμοισι καμπτοῖσιν ἐξ ὀλίγου προσά-
γοντα, καὶ τῇ πάλῃ ἐν ἐλαίῳ μακρῇ, ἀπὸ κούφων
προσαναγκάζοντα· τοῖσί τε³ περιπάτοισιν ἀπὸ
τῶν γυμνασίων δξέσιν, ἀπὸ δὲ τοῦ δείπνου βρα-
δέσιν ἐν ἀλέῃ, ὄρθροισί τε πολλοῖσιν ἐξ ὀλίγου
ἀρχόμενον, προσάγοντα⁴ ἐς τὸ σφοδρόν, ἀπο-
παύοντά τε ἡσυχῇ καὶ σκληροκοιτήσι⁵ καὶ
νυκτοβατίησι⁶ καὶ νυκτοδρομίησι⁷ χρῆσθαι
συμφέρει· πάντα γὰρ ταῦτα ἴσχναίνει καὶ
40 θερμαίνει· χρίεσθαι τε πλείω.⁸ ὁκόταν δὲ ἐθέλῃ
λούεσθαι,⁹ ἦν μὲν ἐκπονήση ἐν παλαίστρῃ,
ψυχρῷ λουέσθω· ἦν δὲ ἄλλῳ τινὶ πόνῳ χρήση-
ται, τὸ θερμὸν συμφορώτερον. χρῆσθαι δὲ καὶ
λαγνείη πλέον ἐς ταύτην τὴν ὥρην, καὶ τοὺς
πρεσβυτέρους μᾶλλον ἡ τοὺς νεωτέρους. χρῆσθαι
δὲ καὶ τοῖσιν ἐμέτοισι, τοὺς μὲν ὑγροτέρους τρὶς
τοῦ μηνός, τοὺς δὲ ξηροτέρους δὶς ἀπὸ σίτων
παντοδαπῶν, ἐκ δὲ τῶν ἐμέτων προσάγειν ἡσυχῇ
πρὸς τὸ εἰλιτισμένον σιτίον ἐς ἡμέρας τρεῖς, καὶ

¹ τοῖσι δὲ ξηραντικοῖσι θ: τοῖσι ξηροῖσι καὶ αὐστηροῖσι M.

² ἀρτοσιτίῃ τε θ: ἀρτοσιτέειν δὲ M. ³ τε omitted by M.

⁴ προσάγοντα (without ἐς τὸ) M: πρὸς ἄπαντα ἐς τὸ θ.

⁵ σκληρευτήσι θ: σκληροκοιτήσι M.

⁶ νυκτοβαδίησι θ.

⁷ νυκτοδρομίησι θ: κοινοβατίησι καὶ κυνοδρομίησι M.

⁸ χρέεσθαι τὲ τὰ πλείω θ: χρέεσθαλ τε πλείω M.

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nature, of a warming character, assorted¹ and undiluted ; wheaten bread is to be preferred to barley cake, and roasted to boiled meats ; drink should be dark, slightly diluted wine, limited in quantity : vegetables should be reduced to a minimum, except such as are warming and dry, and so should barley water and barley gruel. Exercises should be many and of all kinds ; running on the double track increased gradually ; wrestling after being oiled, begun with light exercises and gradually made long ; sharp walks after exercises, short walks in the sun after dinner ; many walks in the early morning, quiet to begin with, increasing until they are violent, and then gently finishing. It is beneficial to sleep on a hard bed and to take night walks and night runs, for all these things reduce and warm ; unctions should be copious. When a bath is desired, let it be cold after exercise in the palaestra ; after any other exercise, a hot bath is more beneficial. Sexual intercourse should be more frequent at this season, and for older men more than for the younger. Emetics are to be used three times a month by moist constitutions, twice a month by dry constitutions, after a meal of all sorts of food ; after the emetic three days should pass in slowly increasing the food to the

¹ *συγκομιστὸς* is rendered here by Littré “de substances grossières,” by Liddle and Scott (after Foës) “mixed.” I suppose that the objection to the latter is its apparent inconsistency with *ἀκρήτοισιν*. But *συγκομιστὸς* applies to foods and *ἀκρητός* to wine. My own objection to translating *συγκομιστὸς* (with Littré) “coarse,” “of unbolted meal” (as in *Ancient Medicine*), is that it limits too much the foods to which it applies. I think (with Foës) that “a mixed diet,” as we term it, is referred to.

² Λούεσθαι θ : λούσασθαι Μ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

50 τοῖσι πόνοισι κουφοτέροισι καὶ ἐλάσσοσι τοῦτον
 τὸν χρόνον· ἀπὸ δὲ βοείων καὶ χοιρείων κρεῶν
 ἡ τῶν ἄλλων ὅ τι ἀν ὑπερβάλλη πλησμονῆ,¹
 ἐμεῖν συμφέρει,² καὶ ἀπὸ τυρωδέων καὶ γλυκέων
 καὶ λιπαρῶν ἀνεθίστων πλησμονῆς ἐμεῖν συμφέ-
 ρει· καὶ ἀπὸ μέθης καὶ σίτων μεταβολῆς καὶ
 χωρίων μεταλλαγῆς ἐμεῖν βέλτιον. διδόναι δὲ
 καὶ τῷ ψύχει ἔωυτὸν θαρσέων,³ πλὴν ἀπὸ
 σίτων⁴ καὶ γυμνασίων, ἀλλ' ἐν τε τοῖσιν ὄρθροισι
 περιπάτοισιν, ὅταν ἄρξηται τὸ σῶμα διαθερμαί-
 νεσθαι, καὶ ἐν⁵ τοῖσι δρόμοισι καὶ ἐν τῷ ἄλλῳ
 χρόνῳ, ὑπερβολὴν φυλασσόμενος· οὐκ ἀγαθὸν
 γὰρ τῷ σώματι μὴ χειμάζεσθαι ἐν τῇ ὥρῃ.⁶
 οὐδὲ γὰρ τὰ δένδρεα μὴ χειμασθέντα ἐν τῇ ὥρῃ
 δύναται καρποφορεῖν,⁷ οὐδὲ αὐτὰ ἐρρῶσθαι.
 χρῆσθαι δὲ καὶ τοῖσι πόνοισι πολλοῖσι ταύτην
 τὴν ὥρην ἅπασιν· ὑπερβολὴν γὰρ οὐκ ἔχει, ἦν
 μὴ οἱ κόποι ἐγγίνωνται· τοῦτο τὸ⁸ τεκμήριον
 διδάσκω τοὺς ἰδιώτας. διότι δὲ οὕτως ἔχει
 φράσω· τῆς ὥρης ἐούσης ψυχρῆς καὶ συνε-
 70 στηκυίης, παραπλήσια πέπονθε καὶ τὰ ζῶα·
 βραδέως οὖν διαθερμαίνεσθαι ἀνάγκη τὰ σώματα
 ὑπὸ τοῦ πόνου, καὶ τοῦ ὑγροῦ μικρόν τι μέρος
 ἀποκρίνεσθαι τοῦ ὑπάρχοντος· εἴτα τοῦ χρόνου
 ὅντινα μὲν πονεῖν ἀποδέδοται, ὀλίγος· ὅντινα δὲ
 ἀναπαύεσθαι, πολύς·⁹ ἡ μὲν γὰρ ἡμέρη βραχεῖη,

¹ πλησμονῆι θ: πλησσομέν-ν M.

² συμφέρει omitted by M.

³ εωυτὸν θαρσέων θ: καθαρων ἔωυτὸν M.

⁴ ἀπὸ σιτῶν θ: ἀπὸ τῶν σιτίων M. ⁵ ἐν omitted by M.

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usual amount, and exercises should be lighter and fewer during this time. Emetics are beneficial after beef, pork, or any food causing excessive surfeit; also after excess of unaccustomed foods, cheesy, sweet or fat. Further, it is better to take an emetic after drunkenness, change of food or change of residence. One may expose oneself confidently to cold, except after food and exercise, but exposure is wise in early-morning walks, when the body has begun to warm up, in running, and during the other times, though excess should be avoided. For it is not good for the body not to be exposed to the cold of winter, just as trees that have not felt winter's cold can neither bear fruit nor themselves be vigorous. During this season, take also plenty of all sorts of exercise. For there is no risk of excess, unless fatigue-pains follow; this is the sign that I teach laymen, and the reason I will now proceed to explain. As the season is cold and congealed, animals too have the qualities of the season. So the body perforce warms up slowly under exercise, and only a small part of the available moisture is excreted. Then the time devoted to exercise is little, and that devoted to rest is much, as in winter days are short and nights are long. For these reasons neither the length nor the character of the exercise can be excessive. So in this way should this season be

⁶ οὐκ ἀγαθὸν γὰρ τῷ σώματι μὴ χειμάζεσθαι ἐν τῇ ὥρῃ θ: ἀγαθὸν γαρ τῷ σώματι χειμάζεσθαι η γυμνάζεσθαι ἐν τῇ ὥρῃ M.

⁷ καρποφορεῖν θ: καρπὸν φέρειν M.

⁸ τὸ omitted by M.

⁹ ὅντινα μὲν πονέει. ἀποδέδοται ὀλίγος. ὅντινα δὲ ἀναπαύεται. πολύς. M: ὅντινα μὲν πονέειν ἀποδέδοται ὁ λόγος. ὅντινα δὲ ἀναπαύεσθαι πολύς θ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἡ δὲ εὐφρόνη¹ μακρή· διὰ ταῦτα οὐκ ἔχει ὑπερβολὴν ὁ χρόνος καὶ ὁ πόνος. χρὴ οὖν ταύτην τὴν ὥρην οὕτω διαιτῆσθαι, ἀπὸ πλειάδων δύσιος μέχρις ἡλίου τροπῶν ἡμέρας τεσσαράκοντα τέσσαρας· περὶ δὲ τὴν τροπὴν ἐν φυλακῇ ὡς μάλιστα εἶναι, καὶ ἀπὸ τροπῆς ἡλίου ἄλλας τοσαύτας ἡμέρας τῇ αὐτῇ διαιτῇ χρῆσθαι. μετὰ δὲ ταῦτα ὥρη ἥδη ζέφυρον πνεῖν, καὶ μαλακωτέρη ἡ ὥρη· χρὴ δὴ καὶ τῇ διαιτῇ μετὰ τῆς ὥρης ἐφέπεσθαι ἡμέρας πεντεκαίδεκα. εἴτα δὲ ἀρκτούρου ἐπιτολή, καὶ χελιδόνα ὥρη ἥδη φαίνεσθαι,² τὸν ἐχόμενον δὲ χρόνον ποικιλώτερον ἥδη ἄγειν³ μέχρις ἵσημερίης ἡμέρας τριήκοντα δύο. δεῖ οὖν καὶ τοῖσι διαιτήμασιν ἐπεσθαι⁴ τῇ ὥρῃ διαποικίλλοντα μαλακωτέροισι⁵ καὶ κουφοτέροισι, τοῖσι τε σιτίοισι καὶ τοῖσι⁶ πόνοισι, προσάγοντα ἡσυχῆ πρὸς τὸ ἥρ. ὅκόταν δὲ ἵσημερίη γένηται, ἥδη μαλακώτεραι αἱ ἡμέραι καὶ μακρότεραι, αἱ νύκτες δὲ βραχύτεραι, καὶ ἡ ὥρη ἡ ἐπιοῦσα⁷ θερμή τε καὶ ξηρή, ἡ δὲ παρεοῦσα τρόφιμός τε καὶ εὔκριτος. δεῖ οὖν, ὕσπερ καὶ τὰ δένδρεα παρασκευάζεται ἐν ταύτῃ τῇ ὥρῃ αὐτὰ αὐτοῖς⁸ ὠφελείην ἐσ τὸ θέρος, οὐκ ἔχοντα γνώμην, αὕξησίν τε καὶ σκιήν, 100 οὕτω καὶ τὸν ἄνθρωπον ἐπεὶ γὰρ γνώμην ἔχει, τῆς σαρκὸς τὴν αὔξησιν δεῖ ὑγιηρὴν παρασκευάζειν. χρὴ οὖν, ὡς μὴ ἐξαπίνης τὴν δίαιταν μεταβάλῃ, διελεῖν τὸν χρόνον ἐσ μέρεα ἔξ κατὰ

¹ συφρονηι θ: νὺξ Μ.

² ζέφυρον πνέειν καὶ μαλακωτέρη ἡ ὥρη· χρὴ δὴ καὶ τῇ διαιτῇ μετὰ τῆς ὥρης ἐφέπεσθαι. ἡμέρας πεντεκαίδεκα. εἴτα δὲ ἀρκτούρου ἐπιτολη· καὶ χελιδόνα ὥρη ἥδη φαίνεσθαι· θ: ζέφυρον

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passed, for forty-four days, from the setting of the Pleiads to the solstice. Near the solstice itself the greatest possible caution is required, and for the same number of days after the solstice the same regimen should be adopted. After this interval it is now time for the west wind to blow, and the season is milder; so for fifteen days regimen should be assimilated to the season. Then Arcturus rises, and it is now the season for the swallow to appear; from this time onwards live a more varied life for thirty-two days until the equinox. It is accordingly right to assimilate regimen to the season, varying it with the milder and lighter foods and exercises, with a gentle gradation until spring comes. When the equinox has come, the days are now milder and longer, the nights shorter; the coming season is hot and dry, the actual season is nourishing and temperate. Accordingly, just as trees, which have no intelligence, prepare for themselves growth and shade to help them in summer, even so man, seeing that he does possess intelligence, ought to prepare an increase of flesh that is healthy. It is accordingly necessary, in order that regimen may not be changed suddenly, to divide the time into six parts of eight

καὶ μαλακωτέρη ἡ ἥρη ηδη δεῖ οὖν καὶ τῇ διαιτῃ μετὰ τῆς ἥρης ἔπεσθαι ημέρας πεντεκαίδεκα εἰτεδ' ἀρκτούρου ἐπιτολῇ καὶ χελιδόνα ηδη φέρεσθαι Μ.

³ ἄγειν θ Μ : διάγειν Littré, who says: “διάγειν om., restit. al. manu H.”

⁴ ἔπεσθαι θ: χρέεσθαι Μ.

⁵ μαλακωτέροισι θ Μ : φαυλοτέροισι Littré (without giving authority).

⁶ Before πόνοισι Littré has ποτοῖσι καὶ without giving authority. θ Μ omit.

⁷ Μ omits ἡ before ἐπισῦσα. ⁸ αὐτὰ αὐτοῖς θ: αὐτοῖσι Μ

ΠΕΡΙ ΔΙΑΙΤΗΣ

όκτω ήμέρας. ἐν μὲν οὖν¹ τῇ πρώτῃ μοίρῃ χρὴ τῶν τε πόνων ἀφαιρεῖν καὶ τοῖσι λοιποῖσιν ἡπιωτέροισι¹ χρῆσθαι, τοῖσί τε σιτίοισι μαλακωτέροισι καὶ καθαρωτέροισι, τοῖσί τε πόμασιν ὑδαρεστέροισι καὶ λευκοτέροισι, καὶ τῇ πάλῃ σὺν τῷ ἐλαίῳ ἐν τῷ ἥλιῳ χρῆσθαι· ἐν ἕκαστῃ
 110 δὲ ὥρῃ ἔκαστα τῶν διαιτημάτων μεθιστάναι κατὰ μικρόν· καὶ τῶν περιπάτων ἀφαιρεῖν, τῶν ἀπὸ μὲν τοῦ δείπνου² πλέοντος, τῶν δὲ ὀρθρίων ἐλάσσους· καὶ τῆς μάζης ἀντὶ τῶν ἄρτων προστίθεσθαι, καὶ τῶν λαχάνων τῶν ἐψανῶν προσάγειν, καὶ τὰ ὅψα ἀνισάζειν τὰ ἐφθὰ τοῖσιν ὀπτοῖσι, λουτροῖσί τε χρῆσθαι, καὶ τι καὶ ἐναριστῆν μικρόν, ἀφροδισίοισι δὲ ἐλάσσοσι, καὶ τοῖσιν ἐμέτοισι, τὸ μὲν πρῶτον ἐκ τῶν τριῶν δύο ποιεῖσθαι,³ εἴτα διὰ πλείονος χρόνου, ὅπως
 120 ἀν καταστήσῃ τὸ σῶμα σεσαρκωμένον καθαρῆ σαρκί, καὶ τὴν δίαιταν μαλθακὴν ἐν τούτῳ τῷ χρόνῳ μέχρι πλειάδων ἐπιτολῆς. ἐν τούτῳ θέρος, καὶ τὴν δίαιταν ἥδη δεῦ⁴ πρὸς τοῦτο ποιεῖσθαι· χρὴ οὖν, ἐπειδὰν πλειὰς ἐπιτείλη, τοῖσί τε σίτοισι μαλακωτέροισι καὶ καθαρωτέροισι καὶ ἐλάσσοσι χρῆσθαι, εἴτα τῇ μάζῃ πλείον ἢ τῷ ἄρτῳ, ταύτῃ δὲ προφυρητῇ⁵ ἀτριπτοτέρῃ, τοῖσι δὲ πόμασι μαλακοῖσι, λευκοῖσιν, ὑδαρέσιν, ἀρίστῳ δὲ ὀλίγῳ, καὶ ὑπνοισιν ἀπὸ
 130 τοῦ ἀρίστου βραχέσι, καὶ πληγμονῆσιν ὡς

¹ For ἡπιωτέροισι M has ὁξυτέροισι.

² M has τοὺς πλείους and Littré has τοὺς before ἐλάσσους (θ M omit).

³ καὶ τοῖσιν ἐμέτοισι· τὸ μὲν πρῶτον ἐκ τῶν τριῶν. δύο ποιεῖσθαι θ: καὶ τοῖσι ἐμέτοισι· τὸ μὲν πρῶτον ἐκ τῶν δύο

REGIMEN, III. LXVIII.

days apiece. So in the first portion one ought to lessen the exercises, and such as one adopts should be of a milder type, with foods softer and purer, and drinks more diluted and whiter, with wrestling in the sun, the body oiled. In each season the various items of regimen should be changed gradually. Walks should be lessened, those after dinner more, early-morning walks less. Take barley cake instead of wheaten bread, and eat boiled vegetables; make boiled meats equal to roast; use baths; have a little luncheon; use sexual intercourse less, and also your emetics. At first vomit twice instead of thrice, in the same period,¹ then at longer intervals, so as to furnish the body with permanent pure flesh, while regimen should be mild during this period until the rising of the Pleiads. Then it is summer, and hereafter regimen should be adapted to that season. So when that constellation has risen, eat softer, purer and less food, more barley-cake than wheaten bread, and that well-kneaded but not of finely crushed barley²; drink soft, white, diluted wines; take little luncheon, and only a short sleep after it; avoid as

¹ Namely, one month. See page 371.

² Either the text is wrong or else the dictionaries are at fault, for they give opposite meanings to *προφυρητὸς* and *ἄτριπτος*. The various readings may represent attempts to smooth away the difficulty. Perhaps *προφυρητὸς* refers to the kneading of the dough and *ἄτριπτος* to the coarseness of the flour. So apparently Littré.

ποιέεσθαι M. Littré does not record the reading of θ. Perhaps *τὸν ἐμέτους* should be read; if not, Littré's punctuation must be changed.

⁴ δεῦ θ: χρὴ M.

⁵ M has *προφυραιτῆι*, and Littré records *προσφύραι τῇ*, *προφύραι τῇ*, *προφυρετῇ*.

ΠΕΡΙ ΔΙΑΙΤΗΣ

η̄κιστα τῶν σιτίων, καὶ τῷ ποτῷ ἵκαιῳ¹ ἐπὶ τῷ σίτῳ χρῆσθαι· δι’ ἡμέρης δὲ ὡς η̄κιστα πίνειν, ἦν μὴ ἀναγκαῖη τινὶ ξηρασίῃ τὸ σῶμα χρήσηται· χρῆσθαι δὲ τοῖσι λαχάνοισι τοῖσιν ἔφθοῖσι, πλὴν τῶν καυσωδέων,² χρῆσθαι δὲ καὶ τοῖσιν ὡμοῖσι, πλὴν τῶν θερμαντικῶν³ καὶ ξηρῶν· ἐμέτοισι δὲ μὴ χρῆσθαι, ἦν μή τις πλησμονὴ ἐγγένηται· τοῖσι δὲ ἀφροδισίοισιν ὡς η̄κιστα· λουτροῖσι δὲ χλιεροῖσι χρῆσθαι. ἡ δὲ 140 ὁπώρη ἴσχυρότερον τῆς ἀνθρωπίνης φύσιος· βέλτιον οὖν ἀπέχεσθαι· εἰ δὲ χρῶτό τις, μετὰ τῶν σίτων χρεόμενος η̄κιστ⁴ ἀν ἐξαμαρτάγοι. τοῖσί τε πόνοισι τοῖσι τρόχοισι χρὴ γυμνάζεσθαι καὶ διαύλοισιν ὀλίγοισι μὴ πολὺν χρόνον, καὶ τοῖσι περιπάτοισιν ἐν σκιῇ, τῇ τε πάλη ἐν κόνει, ὅκως η̄κιστα ἐκθερμαίνηται· ἡ γὰρ ἀλίνδησις βέλτιον ἡ οἱ τρόχοι· ξηραίνουσι⁴ γὰρ τὸ σῶμα κενοῦντες τοῦ ὑγροῦ· ἀπὸ δείπνου δὲ μὴ περιπατεῖν ἀλλ’ ἡ ὅσον ἐξαναστῆναι· πρωΐ δὲ χρῆσθαι 150 τοῖσι περιπάτοισιν· ἥλιους δὲ φυλάσσεσθαι⁵ καὶ τὰ ψύχεα τὰ πρώϊα καὶ τὰ ἐσ τὴν ἐσπέρην,⁶ ὅσα ποταμοὶ ἡ λίμναι ἡ χιόνες ἀποπνέουσιν. ταύτη δὲ τῇ διαίτῃ προσανεχέτω μέχρις ἥλιου τροπέων, ὅκως ἐν τούτῳ τῷ χρόνῳ ἀφαιρήσει πάντα ὅσα ξηρὰ καὶ θερμὰ καὶ μέλανα καὶ ἄκρητα, καὶ τοὺς ἄρτους, πλὴν εἴ τι σμικρὸν ἥδονῆς εἶνεκα. τὸν ἐχόμενον δὲ χρόνον διαιτήσεται

¹ For τῷ ποτῷ ἵκαιῳ M has τῶν ποτῶν ἵκανῶς. Possibly ἵκανῶς is correct.

² After καυσωδέων M adds καὶ ξηρῶν.

³ After θερμαντικῶν θ adds καὶ τῶν ξηραντικῶν· καὶ τῶν.

⁴ διαύλοισι πουλὺν χρόνον· καὶ τοῖσι περιπάτοισιν ἐν σκιῇ· τῇ τε πάλῃ ἐν κόνει. ὅκως η̄κιστα διαθερμαίνοιτο· ἡ γὰρ αλινδησις

REGIMEN, III. LXVIII.

far as possible surfeits of food, and drink plentifully with food. But during the day drink as little as possible, unless the body experience an imperious dryness. Eat boiled vegetables, except those that are heating; eat also raw vegetables, except such as are warming and dry. Refrain from emetics, except in cases of surfeit. Sexual intercourse should be reduced to a minimum, and baths should be tepid. But the season's fruit is too strong for the human constitution. Accordingly, it is better to abstain from it; but if one should take it, by eating it with food the harm is reduced to a minimum. As for exercises, practice on the circular track and in the double stade should be infrequent and short, walking should be in the shade, and wrestling on dust, so as to avoid overheating as much as possible. For wrestling in the dust is preferable to circular running, as this dries the body by emptying it of its moisture. After dinner walking should be restricted to a short stroll, but in the early morning walks should be taken; one should, however, beware of the sun and of morning and evening chills, such as are given off by rivers, lakes or snow. Keep to this regimen until the solstice, so as to cut out during this period everything dry, hot, black, or undiluted, as well as wheaten bread, except just a little for pleasure's sake. During the period

βέλτιον· καὶ οἱ τροχοὶ δὲ βέλτιον· ψύχουσι θερμόν πουλὺν χρόνον καὶ τοῖσι περιπάτοισι ἐν σκιᾷ· τὴν τε πάλην ἐν κόνει ὅκως ἥκιστα ἐκθερμαλνηται· ἡ γὰρ αλίνδησις βέλτιον ἢ οἱ τροχοὶ· ψύχουσιν M. The text is Littré's.

⁵ M has φυλάσσειν.

⁶ τὰ πρωΐα· καὶ τὰ ἐς τὴν ἑσπέρην θερμόν πρωΐ καὶ τὰ ἐς τὴν ἑσπέρην. M: τὰ ἐν τῷ πρωῒ καὶ τὰ ἐν τῷ ἑσπέρῃ Littré.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τοῖσι μαλθακοῖσι καὶ ὑγροῖσι καὶ ψυκτικοῖσι,
λευκοῖσι καὶ καθαροῖσι, μέχρις ἀρκτούρου ἐπι-
160 τολῆς καὶ ἵσημερίης ἡμέρας ἐνενήκοντα τρεῖς.
ἀπὸ δὲ ἵσημερίης ὥδε χρὴ διαιτῆσθαι, προσά-
γοντα πρὸς τὸν χειμῶνα ἐν τῇ φθινοπωρινῇ,¹
φυλασσόμενον τὰς μεταβολὰς τῶν ψυχέων καὶ
τῆς ἀλέης ἐσθῆτι παχεύῃ· χρῆσθαι δὲ ἐν τούτῳ
τῷ χρόνῳ ἐν ἴματίῳ προκινήσαντα τῇ τε τρίψει
καὶ τῇ πάλῃ τῇ ἐν ἐλαίῳ, ἡσυχῇ προσάγοντα·
καὶ τοὺς περιπάτους ποιεῖσθαι ἐν ἀλέῃ· θερμο-
λουσίῃ τε χρῆσθαι, καὶ τοὺς ὑπνους ἡμερινοὺς
ἀφαιρεῦν, καὶ τοῖσι σιτίοισι θερμοτέροισι καὶ
170 ἡσσον ὑγροῖσι καὶ καθαροῖσι, καὶ τοῖσι πόμασι
μελαντέροισι, μαλθακοῖσι δὲ καὶ μὴ ὄδαρέσι,
τοῖσι τε λαχάνοισι ξηροῖσιν ἡσσόν τε, τῇ τε
ἄλλῃ διαίτῃ προσάγειν πάσῃ, τῶν δὲ θερινῶν
ὑφαιρέοντα, τοῖσι δὲ² χειμερίοισι χρῆσθαι μὴ ἐς
ἄκρουν, ὅπως καταστήσει ὡς ἔγγιστα τῆς χειμε-
ρινῆς διαιτῆς, ἐν ἡμέραις δυοῖν δεούσαιν πεντή-
177 κοντα³ μέχρι πλειάδων δύσιος⁴ ἀπὸ ἵσημερίης.

LXIX. Ταῦτα μὲν παραινέω τῷ πλήθει τῶν
ἀνθρώπων, ὁκόσοισιν ἐξ ἀνάγκης εἰκῇ τὸν βίον
διατελεῖν ἐστί, μηδὲ ὑπάρχει αὐτοῖσι τῶν ἄλλων
ἀμελήσασι τῆς ὑγιείης ἐπιμελεῖσθαι. ὅτῳ⁵ δὲ

¹ τῇ φθινοπωρινῇ θ: τῷ φθινοπώρῳ M.

² M omits this δὲ and that before θερινῶν, and has
ἀφαιρεῦντα for ὑφαιρέοντα.

³ M has ἐν ἡμέρῃ δυοῖν δεούσαιν ἡ πεντήκοντα.

⁴ For δύσιος θ has λύσιος.

⁵ For ὅτῳ M has οἷσι.

REGIMEN, III. LXVIII.—LXIX.

that follows let regimen consist of things soft, moist, cooling, white and pure, for ninety-three days until the rising of Arcturus and the equinox. From the equinox regimen should be as follows, with a gradation during the autumn season to the winter, and with the use of a thick garment to guard against sudden changes of heat and cold. During this period, after some preliminary exercise in a cloak, have massage and practise wrestling with the body oiled, increasing the vigour gradually. Walks should be taken in the sun ; baths should be warm ; omit sleep in the day-time ; food should be warmer, less moist, and pure,¹ drinks darker, soft and not diluted, vegetables dry and less in quantity ; in every respect adopt a regimen departing gradually from that of summer and embracing that of winter, avoiding extremes in such a way as to take the forty-eight days from the equinox to the setting of the Pleiads in reaching the closest possible approximation to the winter regimen.

LXIX. Such is my advice to the great mass of mankind, who of necessity live a haphazard life without the chance of neglecting everything to concentrate on taking care of their health. But

¹ The present seems a suitable place to point out that it is impossible, owing to changes in habits, to find adequate English equivalents for the Greek vocabulary of foods and drinks. *στιά*, for instance, must for convenience be rendered “food,” but does not include meat, vegetables or fruit ; while *καθαρός* does not refer to hygienic purity but to freedom from admixture. Finally, *πόμα* refers mainly to wine, practically the only drink favoured by the Greeks (they appear to have been less fond of milk than ourselves), and so *μέλας* will refer to what we call “red” wines, while *μαλθακός* will certainly not mean a “soft” drink, but a mild, gentle wine, not fiery, coarse or harsh.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τοῦτο παρεσκεύασται καὶ διέγνωσται, ὅτι οὐδὲν
δῆθελός ἐστιν οὕτε χρημάτων οὕτε τῶν ἄλλων
οὐδενὸς ἄτερ τῆς ὑγιείης, πρὸς τούτοις¹ ἐστι μοι
δίαιτα ἔξευρημένη ὡς ἀνυστὸν πρὸς τὸ ἀληθέσ-
ταν τῶν δυνατῶν προσηγμένη. ταύτην μὲν
10 οὖν προϊόντος τοῦ λόγου² δηλώσω. τόδε δὲ τὸ
ἔξεύρημα καλὸν μὲν ἐμοὶ τῷ εὔροντι, ὡφέλιμον δὲ
τοῖσι μαθοῦσιν, οὐδεὶς δέ πω τῶν πρότερον οὐδὲ
ἐπεχείρησε συνεῖναι,³ πρὸς ἄπαντα δὲ⁴ τὰ ἄλλα
πολλοῦ κρίνω αὐτὸ⁵ εἶναι ἄξιον. ἐστι δὲ προ-
διάγνωσις⁶ μὲν πρὸ τοῦ κάμνειν, διάγνωσις δὲ
τῶν σωμάτων τί πέπονθε, πότερον τὸ σιτίον
κρατεῖ τοὺς πόνους, ἢ οἱ πόνοι τὰ σιτία, ἢ
μετρίως ἔχει πρὸς ἄλληλα· ἀπὸ μὲν γὰρ τοῦ
κρατεῖσθαι ὁποτερονοῦν νοῦσοι ἐγγίνονται· ἀπὸ
20 δὲ τοῦ ἴσαζειν πρὸς ἄλληλα ὑγείη πρόσεστιν.
ἐπὶ ταῦτα δὴ τὰ εἴδεα ἐπέξειμι, καὶ δείξω οἷά
ἐστι καὶ γίνεται⁷ τοῖσιν ἀνθρώποισιν ὑγιαίνειν
δοκέονται καὶ ἐσθίουσιν ἡδέως πονεῖν τε δυνα-
μένοισι καὶ σώματος καὶ χρώματος ἰκανῶς
25 ἔχουσιν.

LXX. Αἱ ῥῖνες ἄτερ προφάσιος φανερῆς ἐμ-
πλάσσονται ἀπό τε τοῦ δείπνου καὶ τοῦ ὕπνου,
καὶ δοκέονται μὲν πλήρεes εἶναι, μύσσονται δὲ
οὐδέν· ὅταν δὲ περιπατεῖν ἀρξωνται τοῦ ὅρθρου

¹ For τούτοις M has τουτέους.

² προϊόντος τοῦ λόγου θ : προϊοντι τῷ χρόνῳ M.

³ For συνεῖναι M has ξυνθεῖναι. Littré has δ after συνεῖναι.

⁴ δὲ my conjecture : δὴ θM. ⁵ M omits αὐτὸ.

⁶ θ has προδιάγνώσεις and διαγνώσεις.

REGIMEN, III. LXIX.-LXX.

when a man is thus favourably situated, and is convinced that neither wealth nor anything else is of any value without health, I can add to his blessings a regimen that I have discovered, one that approximates to the truth as closely as is possible. What it is I will set forth in the sequel. This discovery reflects glory on myself its discoverer, and is useful to those who have learnt it, but no one of my predecessors has even attempted to understand¹ it, though I judge it to be of great value in respect of² everything else. It comprises prognosis before illness and diagnosis of what is the matter with the body, whether food overpowers exercise, whether exercise overpowers food, or whether the two are duly proportioned. For it is from the overpowering of one or the other that diseases arise, while from their being evenly balanced comes good health. Now these different conditions³ I will set forth, and explain their nature and their arising in men who appear to be in health, eat with an appetite, can take their exercise, and are in good condition and of a healthy complexion.

LXX. The nostrils without obvious cause become blocked after dinner and after sleep, and they seem to be full without there being need to blow the nose. But when these persons have begun to walk in the

¹ Or, with the reading of M, “to set it forth in a treatise,” “to compose an essay about it.”

² Or “in comparison with.”

³ Littré translates “formes.” Professor A. E. Taylor (*Varia Socratica*) maintains that in the *Corpus* *εἶδος* has the meaning “physical shape or appearance.” Such a sense could be attributed to the word here (“healthy or unhealthy looks”), but it hardly suits *οὐαὶ ἔστι καὶ γίνεται*.

* *οὐαὶ ἔστι καὶ γίνεται θ : δκοῖα γίγνεται* M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ γυμνάζεσθαι, τότε μύσσονται καὶ πτύουσι, προϊόντος δὲ τοῦ χρόνου καὶ τὰ βλέφαρα βαρέα ἵσχουσι, καὶ τὸ μέτωπον ὥσπερ ξυσμὸς¹ λαμβάνει, τῶν τε σίτων ἥσσον ἅπτονται,² πίνειν τε ἥσσον δύνανται, ἀχροιαι³ τε τούτοισιν ὑπογίνονται, καὶ ἡ⁴ κατάρροοι κινέονται ἡ πυρετοὶ φρικώδεες, καθ' ὃ τι ἀν τύχη τοῦ τόπου⁵ ἡ πλησμονὴ κινηθεῖσα. ὃ τι δ' ἀν τύχη ποιήσας κατὰ τοῦτον τὸν καιρόν, τοῦτο αἰτιῆται οὐκ αἴτιον ἐόν· τούτῳ γὰρ κρατεῦντα τὰ σιτία τοὺς πόνους, κατὰ σμικρὸν συλλεγομένη ἡ πλησμονὴ ἐς νοῦσον προήγαγεν.⁶ ἀλλ' οὐ χρὴ προϊεσθαι μέχρι τούτου, ἀλλ' ὁκόταν γνῷ τὰ πρῶτα τῶν τεκμηρίων, εἰδέναι ὅτι κρατεῖ τὰ σιτία τοὺς πόνους κατὰ σμικρὸν συλλεγόμενα, ἡ πλησμονὴ ἔστι.⁷ μύξα γὰρ 20 καὶ σίαλον πλησμονῆς ἔστι κρίσις.⁸ ἀτρεμίζοντος μὲν δὴ τοῦ σώματος, φραγνύονται⁹ τοὺς πόρους τοῦ πνεύματος, πολλῆς ἐνεούσης τῆς πλησμονῆς· θερμαινόμενον δὲ ἀπὸ¹⁰ τοῦ πόνου, ἀποκρίνεται λεπτυνόμενον. χρὴ δὲ τὸν τοιοῦτον ἐκθεραπευθῆναι ὥδε· ἐκπονῆσαι ἐν τοῖσι γυμνασίοισι τοῖσιν εἰθισμένοισιν ἀκόπως, θερμῷ λουσάμενον ἔξεμέσαι εὐθὺς σίτοισι χρησάμενον παντοδαποῖ-

¹ ὥσπερ ξυσμὸς θ: ξυσμὴ M.

² ἥσσον ἅπτονται θ: ἀπέχονται M.

³ αχροιαι θ: ἀχροιη τε (with ὑπογίνεται) M.

⁴ ἡ οὖν M for καὶ ἡ.

⁵ τόπου θ: χρόνου M.

⁶ προήγαγεν θ: ἤγγειν M.

⁷ ἡ πλεισμονῆι ἔστι θ: πλησμονὴ ἔστι M. I have translated Littré's text, but am persuaded that the words are a gloss.

⁸ μύξαι γὰρ καὶ σίελα πλησμονῆς ἔστι κρίσις M.

⁹ φραγνύονται θ: φράσσουσι M. ¹⁰ ἀπὸ θ: ὑπὸ M.

REGIMENT, III. LXX.

morning or¹ to take exercise, then they blow the nose and spit; as time goes on the eyelids too are heavy, and as it were an itching seizes the forehead; they have less appetite for food and less capacity for drink; their complexion fades; and there come on either catarrhs or aguish fevers, according to the place occupied by the surfeit that was aroused. But the sufferer always lays the blame unjustly on the thing he may happen to do at the time of the illness. In such a case² food overpowers exercises, and the surfeit gathering together little by little brings on disease. One ought not, however, to let things drift to this point, but to realise, as soon as one has recognised the first of the signs, that exercises are overpowered by foods that gather together little by little, whereby comes surfeit.³ For mucus and saliva are the crisis⁴ of surfeit. Now as the body is at rest, they block up the passages of the breath, the surfeit inside being considerable; but being warmed by exercise, (the humour)⁵ thins and separates itself out. Such a patient should be treated thus. He must take his usual exercise thoroughly yet without fatigue, have a warm bath, and vomit immediately after eating a

¹ Or, possibly, "and."

² Unless the MSS. reading be violently changed, this is an undoubted "nominative absolute." The scholar will accordingly be cautious in altering sentences containing this construction. See page 355.

³ I have translated Littré's reading, with little belief in its correctness. The *ἡ . . . ἐστι* is grammatically possible, but idiomatically strange. ⁴ Or, "test."

⁵ So Littré, and probably rightly. But the grammar is curious, as the natural subject of *ἀποκρίνεται* is *σῶμα*. If the middle could mean "gives off a secretion from itself," the sense would be excellent and the grammar normal. I cannot, however, find any support for this meaning of *ἀποκρίνεται*.

ΠΕΡΙ ΔΙΑΙΤΗΣ

σιν·¹ ἐκ δὲ τοῦ ἐμέτου κλύσαι τὸ στόμα καὶ τὴν
φάρυγγα οὕνω αὐστηρῷ, ὅκως ἀν στύψῃ² τὰ
30 στόματα τῶν φλεβῶν καὶ μιηδὲν ἐπικατασπασθῆ,
όκουνα γίνεται ἀπὸ ἐμέτων· εἴτα ἔξαναστὰς³
περιπατησάτω ἐν ἀλέῃ ὀλίγα· τῇ δὲ ὑστεραίῃ⁴
τοῖσι μὲν περιπάτοισιν τοῖσιν αὐτοῖσι χρησάσθω,⁵
τοῖσι δὲ γυμνασίοισιν ἐλάσσοσι καὶ κουφοτέροι-
σιν ἢ πρόσθεν· καὶ ἀνάριστος διαγέτω, ἥν θέρος
ἢ· ἥν δὲ μὴ θέρος ἢ,⁶ μικρὸν ἐπιφαγέτω· καὶ τοῦ
δείπνου ἀφελεῖν τὸ ἥμισυ οὖ εἴωθε δειπνεῖν· τῇ
δὲ τρίτῃ τοὺς μὲν πόνους ἀποδότω τοὺς εἰθισ-
μένους πάντας καὶ τοὺς περιπάτους, τοῖσι δὲ
40 σιτίοισι προσαγέτω ἡσυχῆ, ὅπως τῇ πέμπτῃ
ἀπὸ τοῦ ἐμέτου κομιεῖται τὸ σιτίον τὸ εἰθισμένον.
ἥν μὲν οὖν ἀπὸ τούτου ἴκανῶς ἔχῃ, θεραπευέσθω
τὰ ἐπίλοιπα τοῖσι μὲν σιτίοισιν ἐλάσσοσι, τοῖσι
δὲ πόνοισι πλείοσιν· ἥν δὲ μὴ καθεστήκῃ τὰ
τεκμήρια. τῆς πλησμοιῆς, διαλιπὼν δύο ἡμέρας
ἀφ' ἣς ἐκομίσατο τὰ σιτία, ἐμεσάτω πάλιν καὶ
προσαγέτω κατὰ τὰ αὐτά· ἥν δὲ⁷ καὶ ἐκ τρίτου,
48 μέχρις ἀν ἀπαλλαγῆ⁸ τῆς πλησμονῆς.

LXXI. Εἰσὶ δέ τινες τῶν ἀνθρώπων οἵτινες,
ὅταν κρατέωνται οἱ πόνοι οὐπὸ⁹ τῶν σίτων, καὶ
τοιάδε¹⁰ πάσχουσιν· ἀρχομένης τῆς πλησμονῆς

¹ ἐκπονῆσαι ἐν τοῖσι γυμνασίοισι τοῖσιν εἰθισμένοισιν ἀκόπως.
θερμῶι λουσάμενον. ἔξεμένσαι εὐθὺς· σιτοῖσι χρησάμενον παντο-
δαποῖσιν. θ: διαπονήσαντα ἐν τοῖσι γυμνασίοισι τοῖσι εἰθισμένοισι
ἀκόπως θερμῶι λουσάμενον παντοδάποισι. M: διαπονήσαντα . . .
λουσάμενον, σιτίσαι πανιοδαποῖσι καὶ ποιῆσαι ἐμέσαι. Littré,
from the second hand in H.

² στύψῃ θ: συνστυψῇ M.

³ ἔξαναστὰς θ: ἀναστὰς M.

⁴ τῇ δὲ ὑστεραίῃ θ: ἐς δὲ τῇν ὑστεραίῃν M.

REGIMENT, III. LXX.-LXXI.

very varied meal.¹ After vomiting flush the mouth and throat with a harsh² wine, so as to contract the mouths of the veins, and prevent any result of the vomiting from being drawn down afterwards. Then one should go out for a short walk in the sun. On the next day one should take the same walks, but less and lighter exercise than before. One should take no luncheon if it be summer; if it be not summer, a light luncheon should be eaten. Reduce the usual dinner by one half. On the third day all usual exercises and walks should be resumed, and food should be gradually increased, until the usual food is restored on the fifth day from the vomiting. If as a result the patient's condition be satisfactory, let his treatment hereafter be to take less food and more exercise. But if the signs of surfeit do not disappear, let the patient wait for two days after the return to the usual diet, vomit again, and follow the same progressive increase. Even if a third vomiting be necessary, the patient should continue until he is rid of the surfeit.

LXXI. There are some men who, when exercise is overpowered by food, experience the following symptoms. At the beginning of the surfeit they

¹ The harsh asyndeton of θ's reading does not warrant our rejecting it.

² i.e. "astringent."

⁵ χρησάσθωι θ: χρέεσθαι M.

⁶ ἦν μὴ θέρος ήι. θ: ἦν θέρος ήι. ἦν δὲ μὴ θέρος ήι. M.

⁷ ἦν δὲ καὶ ἐκ τρίτου θ: ἦν δὲ μὴ. καὶ ἐκ τρίτου M.

⁸ μέχρι ἀπαλλαγῆι θ: μέχρις ἀπαλλαγῆι M: μέχρις ἀν ἀπαλλαγῆ Littré.

⁹ ὑπὸ M: ἀπὸ θ.

¹⁰ καὶ τοιάδε θ: τοιάδε M: τοιαῦτα Littré (no authority given).

ΠΕΡΙ ΔΙΑΙΤΗΣ

ὕπνοι μακροὶ καὶ ἡδέες αὐτοῖσιν ἐγγίνονται,¹ καὶ τι τῆς ἡμέρης ἐπικοιμῶνται· οὐ δὲ ὕπνος γίνεται τῆς σαρκὸς ὑγρανθείσης,² καὶ χεῖται τὸ αἷμα, καὶ γαληνίζεται³ διαχεόμενον τὸ πνεῦμα. ὁκόταν δὲ μὴ δέχηται ἔτι τὸ σῶμα τὴν πλησμονήν, ἀπόκρισιν ἥδη ἀφίησιν εἴσω ὑπὸ βίης τῆς περιόδου,

10 ἵτις ὑπεναντιούμενη τῇ τροφῇ τῇ ἀπὸ τῶν σίτων ταράσσει τὴν ψυχήν. οὐκ ἔτι δὴ κατὰ τοῦτον τὸν χρόνον ἥδεῖς οἱ ὕπνοι, ἀλλ’ ἀνάγκη ταράσσεσθαι τὸν ἄνθρωπον, καὶ δοκεῖν⁴ μάχεσθαι· ὁκοῖα γάρ τινα πάσχει τὸ σῶμα, τοιαῦτα ὅρῃ ἡ ψυχή, κρυπτομένης τῆς ὅψιος. ὁκόταν υῦν ἐς τοῦτο ἥκη ὄνθρωπος, ἐγγὺς ἥδη τοῦ κάμνειν ἔστιν· ὅ τι δὲ ἥξει νόσημα, ἀδηλον· ὁκοίη γάρ ἀν ἔλθῃ ἀπόκρισις καὶ ὅτου ἀν κρατήσῃ, τοῦτο ἐνοσοποίησεν.⁵ ἀλλ’ οὐ χρὴ

20 προέσθαι τὸν φρονέοντα, ἀλλ’ ὁκόταν ἐπιγνῷ⁶ τὰ πρῶτα, τῆσι θεραπείησιν ὥσπερ τὸν πρότερον ἐκθεραπευθῆναι,⁷ πλείονος δὲ χρόνου καὶ λιμο-

23 κτονίης δεῖται.

LXXII. Ἐστι δὲ καὶ τὰ τοιάδε τεκμήρια πλησμονῆς· ἀλγεῖ τὸ σῶμα οἷσι μὲν ἄπαν, οἷσι δὲ μέρος τι τοῦ σώματος ὅ τι ἀν τύχῃ.⁸ τὸ δὲ

¹ ἐνγίγνονται θ: ἐπιγίνονται Μ.

² ὑγρανθείσης is omitted by θΜ, and is added by Littré from the second hand of E.

³ γαληνίζεται θ: γαληνίζει Μ.

⁴ δοκεῖν θ: δοκέει Μ.

⁵ δτι ηξει νόσημα ἀδηλον δοκιη γαρ ἀνέλθηι ἀπόκρισις· καὶ ὅκου ἀν κρατήσῃ τοῦτο. ἐνοσοποίησεν θ: δτι δὲ ἥξει τὸ νόσημα,

⁶ μάλα δῆλον· δοκοία γάρ ἀν ἔλθηι ἀπόκρισις· καὶ ὅτου ἦν κρατήσαι τοῦτο, ἐιόσησεν Μ.

REGIMENT, III. LXXI.-LXXII.

have fall upon them long and pleasant sleeps, and they slumber for a part of the day. The sleep is the result of the flesh becoming moist¹; the blood dissolves, and the breath, diffusing itself, is calm. But when the body can no longer contain the surfeit, it now gives out a secretion inwards through the force of the circulation,² which, being opposed to the nourishment from food, disturbs the soul. So at this period the sleeps are no longer pleasant, but the patient perforce is disturbed and thinks that he is struggling. For as the experiences of the body are, so are the visions of the soul when sight is cut off. Accordingly, when a man has reached this condition he is now near to an illness. What illness will come is not yet known, as it depends upon the nature of the secretion and the part that it overpowers. The wise man, however, should not let things drift, but as soon as he recognises the first signs, he should carry out a cure by the same remedies as in the first case, although more time is required and strict abstinence from food.

LXXII. The symptoms of surfeit are sometimes as follow. The body aches, in some cases all over, in others that part only of the body that happens to

¹ With the reading of θΜ: “The flesh goes to sleep, the blood dissolves, etc.,” that is, “As the flesh, etc.”

² For the περίοδος see pp. 241, 361, 427.

* After ἐπιγνῶ Μ has τῶν τεκμηρίων.

? τῆσι θεραπείησιν ὥσπερ τὸν πρῶτον ἐκθεραπευθῆναι θ: τῆς θεραπείης ἔχεισθαι, ὥσπερ τὸν πρότερον ἐκθεραπευθῆναι Μ: τῆς θεραπείης ἔχεισθαι, καὶ δὴ τοῦτον ὥσπερ τὸν πρότερον ἐκθεραπευθῆναι Littré.

⁸ τοῦ σώματος ὁ τι ἀν τύχῃ omitted by θ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἄλγος ἔστιν οίονεὶ¹ κόπος· δοκέοντες οὖν κοπιῆν, ράθυμίησί τε καὶ πλησμονῆσι θεραπεύονται, μέχρι ἀν² ἐς πυρετὸν ἀφικνέωνται· καὶ οὐδέπω οὐδὲ τοῦτο γυιώσκουσιν, ἀλλὰ λουτροῖσι τε καὶ σίτοισι χρησάμενοι ἐς περιπλευμονίην κατέστησαν τὸ νόσημα, καὶ ἐς κίνδυνον τὸν ἔσχατον
 10 ἀφικνέονται. ἀλλὰ χρὴ προμηθεῖσθαι πρὸν³ ἐς τὰς νούσους ἀφικνέωνται, καὶ θεραπεύεσθαι τῷδε τῷ τρόπῳ· μάλιστα μὲν πυριηθέντα μαλακῆσι πυριῆσι, εἰ δὲ μή, λουσάμενον πολλῷ καὶ θερμῷ, διαλύσαντα τὸ σῶμα ὡς μάλιστα, χρησάμενον τῶν σιτίων πρῶτον μὲν τοῖσι δριμέσι καὶ πλείστοισιν, εἴτα τοῖσιν ἄλλοισιν⁴ ἔξεμέσαι εὖ, καὶ ἔξαναστάντα περιπατῆσαι ὀλίγον χρόνον ἐν ἀλέῃ, ἔπειτα καταδαρθεῖν· πρωὶ δὲ τοῖσι περιπάτοισι πολλοῖσιν⁵ ἔξ ὀλίγου
 20 προσάγοντα χρῆσθαι καὶ τοῖσι γυμνασίοισι κούφοισι καὶ τῇσι προσαγωγῆσι καθάπερ καὶ πρότερον· ἵσχνασίης δὲ τοῦτο πλείστης δεῖται καὶ περιπάτων. ἦν δὲ μὴ προνοηθεὶς ἐς πυρετὸν ἀφίκηται, προσφέρειν μηδὲν ἄλλο⁶ ἢ ὕδωρ ἥμερέων τριῶν· ἦν μὲν οὖν ἐν ταύτησι παύσηται· ἦν δὲ μή, πτισάντης χυλῷ θεραπεύεσθαι· ἢ γὰρ τεταρταῖος ἢ ἑβδομαῖος⁷ ἐκστήσεται καὶ⁸

¹ οίονεὶ θ : δοκοῖον M. ² ἀν is omitted by M.

³ After πρὸν some MSS. (not θM) add ἀν.

⁴ τοῖσιν ἄλλοισιν θ : τοῖσι ἄλλοισι M: Littré says “ἄλυκοῖσιν vulg.” without naming MSS.

⁵ πολλοῖσιν omitted by M.

⁶ ἄλλο η θ : ἄλλ' ἡ M : ἄλλο ἄλλ' ἡ Littré (with apparently the authority of some Paris MS. or MSS.).

⁷ ἢ γὰρ τεταρταῖος· ἢ ἑβδομαῖος θ : ἢ τεταρταῖος ἢ ἑβδομαῖος M : καὶ ἡ τεταρταῖος ἢ ἑβδομαῖος Littré (with apparently some authority).

REGIMEN, III. LXXII.

be affected. The ache resembles the pain of fatigue. Accordingly, under the impression that they are suffering fatigue pains, these patients adopt a treatment of rest and over-feeding, until they fall into a fever. Even then they fail to realise the true state of affairs, but indulging in baths and food they turn the illness into pneumonia, and fall into the direst peril. But what is necessary is to exercise forethought before the diseases attack, and to adopt the following treatment. Take by preference gentle vapour baths, the next best thing being copious hot baths, so as to dilate the body as much as possible, and then, after meals, at first of harsh foods and very copious, afterwards of the other kinds¹ of food, there should be a thorough emptying of the body by vomiting; after this there should be taken a short stroll in the sun, followed by sleep. In the morning walks should be long², though short to begin with, and gradually increased; exercises should be light, and with the same gradual increases as in the former case. Such a state requires severe reduction of flesh and plenty of walking exercise. And if through lack of forethought there is an attack of fever, nothing should be given for three days except water. If the fever go down in that time, well and good; if it does not, treat the patient with barley water, and on the fourth or the seventh day he will sweat and be quit of the

¹ Or (with the reading *ἀλυκοῦσιν*), “of salt foods.”

² So Littré. It is doubtful in the *Corpus* whether *πολὺς* refers to quantity or to number, an ambiguity that often occurs in *Epidemics I* and *III*. “Many” is a possible meaning here, as of course the treatment is spread over several days.

⁸ καὶ θ : ἦ M : εἰ Littré, with some Paris authority.

ΠΕΡΙ ΔΙΑΙΤΗΣ

εξιδρώσει ἀγαθὸν δὲ τοῖσι χρίσμασι χρῆσθαι τοῖσιν ἰδρωτικοῖσιν ὑπὸ τὰς κρίσιας, ἔξαναγ-
30 κάζουσι γάρ.

LXXIII. Πάσχουσι δέ τινες καὶ τοιάδε ἀπὸ πλησμονῆς· τὴν κεφαλὴν ἀλγέοντι καὶ βαρύνονται, καὶ τὰ βλέφαρα πίπτει αὐτοῖσιν ἀπὸ τοῦ δείπνου, ἐν τε τοῖς ὕπνοις ταράσσονται,¹ καὶ δοκεῖ θέρμη ἐνεῖναι, ἢ τε κοιλίη ἐφίσταται ἐνίστε-
όκόταν δὲ ἀφροδισιάσῃ, δοκεῖ κουφότερος εἶναι
ἐς τὸ παραυτίκα, ἐξ ὑστέρου δὲ μᾶλλον βαρύ-
νεται· τούτοισι ἡ κεφαλὴ τὴν πλησμονὴν
ἀντισπῶσα τίν τε κοιλίην ἐφίστησι, καὶ αὐτὴ
10 βαρύνεται· κίνδυνοί τε ἐπίκεινται² κακοί, καὶ
ὅκου ἀν ῥαγῆ ἡ πλησμονή, τοῦτο διαφθείρει.
ἀλλὰ χρὴ προμηθεῖσθαι ὅδε· ἦν μὲν βούληται
τὴν θεραπείην ποιεῖσθαι ταχυτέρην,³ προπυρη-
θέντα ἐλλεβόρῳ καθαρθῆναι, εἴτα προσάγειν
τοῖσι σιτίοισι κούφοισι καὶ μαλθακοῖσιν ἐφ'
ἡμέρας δέκα· τοῖσι δὲ ὄψοισι⁴ διαχωρητικοῖσιν,
ὅκως κρατήσει ἡ κάτω κοιλίη τὴν κεφαλὴν τῇ
κάτω ἀντισπάσει· καὶ τοῖσι δρόμοισι βραδέσι
καὶ τοῖσιν ὄρθροισι περιπάτοισιν ἰκανοῖσι, τῇ
20 τε πάλῃ ἐν ἐλαίῳ· ἀρίστῳ τε χρήσθω καὶ ὕπνῳ
ἀπὸ τοῦ ἀρίστου μὴ μακρῷ· ἀπὸ τοῦ δείπνου
δὲ ὅσον ἔξαναστῆναι ἰκανόν· καὶ τὸ μὲν λούεσθαι,
τὸ δὲ χρίεσθαι, λούεσθαι⁵ δὲ χλιερῷ, λαγνείης
δὲ ἀπέχεσθαι. αὕτη μὲν ἡ ταχυτάτη⁶ θεραπείη·
εἰ δὲ μὴ βούλοιτο φαρμακοποτεῖν, λουσάμενον

¹ After ταράσσονται θ has τὲ (sic) which may (without the accent) be correct, but probably is dittography.

² M has ὑπόκειται, omits κακοὶ and reads ὅκη.

³ ταχυτέρην θ: ταχείην (before ποιεῖσθαι) M.

REGIMENT, III. LXXII.-LXXIII.

trouble.¹ It is good to use sudorific unguents at the approach of a crisis, as they bring on sweating.

LXXIII. In certain cases the sufferers from surfeit experience the following symptoms. The head aches and feels heavy; their eyelids close after dinner; they are distressed in their sleep; they appear to be feverish, and occasionally the bowels are constipated. After sexual intercourse they seem to be for the moment more at ease, but afterwards the feeling of heaviness increases. In these cases the head, acting by revulsion on the surfeit, makes the bowels constipated and itself becomes heavy. Nasty dangers threaten, and the surfeit infects that part where it has broken out. But forethought of the following kind is required. If the quicker treatment is desired, after a vapour bath purge with hellebore, and for ten days gradually increase light and soft foods, and meats that open the bowels, that the lower belly may overpower the head by the revulsion below. Practise slow runs, longish early-morning walks, and wrestling with the body oiled. Take luncheon and a short sleep after it. After dinner a stroll is sufficient. Use baths and unguents, the baths tepid, and abstain from sexual intercourse. This is the quickest method of treatment. But if the patient wish to avoid drug-taking,² he should take a hot

¹ With the reading of Littré: "he will get rid of the trouble if he sweat."

² This refers to the hellebore mentioned earlier in the chapter. In the *Corpus* "drugs" are purges.

⁴ ὅψοισι θ (not ὅπτοισι as Littré says): σιτίοισι M.

⁵ For λούεσθαι θ has λοῦσθαι.

⁶ ταχυτάτη θ: ταχυτέρη M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

θερμῷ,¹ ἐμέσαι σιτίοισι χρησάμενον τοῖσι δριμέσιν, ὑγροῖσι καὶ γλυκέσι καὶ ἀλμυροῖσιν,² ἐξ ἐμέτου δὲ ὅσον ἐξαναστῆναι πρωῒ δὲ τοῖσι περιπάτοισι πρᾳέσι προσάγειν καὶ τοῖσι γυμνασίοισι γεγραμμένοισιν ἐς ἡμέρας ἔξ. τῇ δὲ ἑβδόμῃ πλησμονὴν προσθέντα ἐμέτον ποιῆσαι³ ἀπὸ τῶν ὁμοίων σιτίων, καὶ προσάγειν κατὰ τωύτο· χρῆσθαι δὲ τούτοισι ἐπὶ τέσσαρας ἑβδομάδας, μάλιστα γὰρ ἐν τοσούτῳ χρόνῳ καθίσταται· εἴτα προσάγειν τοῖσί τε σίτοισι καὶ τοῖσι πόνοισι, τούς τε ἐμέτους σὺν πλείονι χρόνῳ ποιεῖσθαι, τά τε σιτία ἐν ἐλαύσσονι προσάγειν, ὅκως τὸ σῶμα ἀνακομίσηται, καθιστάναι τε τὴν δίαιταν ἐς τὸ σύνηθες κατὰ μικρόν.

LXXIV. Γίνεται δὲ καὶ τοιάδε ἀπὸ πλησμονῆς· ὁκόσοισιν ἡ μὲν κοιλίη καταπέσσει τὸ σιτίον, αἱ δὲ σάρκες μὴ δέχονται, ἐμμένουσα ἡ τροφὴ φῦσαν ἐμποιεῖ· ὅταν δὲ ἀριστήσῃ, καθίσταται, ὑπὸ γὰρ τοῦ ἴσχυροτέρου τὸ κουφότερον ἐξελαύνεται, καὶ δοκέουσιν ἀπηλλάχθαι· τὸ δὲ πολὺ πλέον ἐς τὴν ὑστεραίην παραγίνεται. ὅταν δὲ καθ' ἡμέρην ἐκάστην αὐξανόμενον ἴσχυρὸν γένηται, ἐκράτησε τὸ ὑπάρχον τῶν ἐπεισενεχθέντων, 10 καὶ ἐξεθέρμηε, καὶ ἐτάραξεν ἄπαν τὸ σῶμα, καὶ ἐποίησε διαρροίην· τοῦτο γὰρ ὀνομάζεται, ἕως ἀν-

¹ θερμῶι θ: πολλῷ M.

² ἐμέσαι σιτίοισι καὶ γλυκέσι καὶ ἀλμυροῖσι M.

REGIMENT, III. LXXIII.-LXXIV.

bath, and then vomit after eating foods that are sharp, moist, sweet and salt¹; after vomiting let him go for a short stroll. In the morning let him take gentle walks to begin with, and gradually increase them, and the exercises described above, for a period of six days. On the seventh day add a surfeit of like foods, and then vomit; after which make the same progressive increase. Follow this regimen for four weeks, for this is about the time required for a recovery. Then gradually increase food and exercise; increase the interval between vomitings; lessen the time taken in increasing food to the normal, so that the body may recreate itself, and restore the regimen to what is usual little by little.

LXXIV. Surfeit shows also the following symptoms. When the belly digests the food, but the flesh rejects it, the nutriment, remaining inside, causes flatulence. After luncheon, the flatulence subsides, for the lighter is expelled by the stronger, and the trouble seems to have been got rid of; but on the next day the symptoms recur much intensified. But when, owing to the daily growth, the surfeit becomes strong, what is already present overpowers the things added from without, generates heat, disturbs the whole body and causes diarrhoea. For such is the name given to

¹ Littré translates as though all four epithets applied to one food. The Greek suggests (*a*) foods sharp (acid) and moist, (*b*) sweet foods, (*c*) salt foods; perhaps (*a*) acid and moist, (*b*) sweet and moist, (*c*) salt and moist. At any rate the four qualities (which to a Greek of 400 B.C. were substances) had to be combined in one meal. As *δρυμός* is generally opposed to *γλυκύς*, it is not surprising that the manuscript M omits two epithets.

² ποιῆσαι θ: ποιήσασθαι M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

αὐτὴ μούνη σαπεῖσα ἡ τροφὴ ὑποχωρῆ.¹ ὁκόταν
δὲ θερμαινομένου τοῦ σώματος κάθαρσις δριμέα
γένηται, τό τε ἔντερον ξύεται καὶ ἐλκοῦται καὶ
διαχωρεῖται αἷματώδεα, τοῦτο δὲ δυσεντερίη
καλεῖται, νοῦσος χαλεπὴ καὶ ἐπικίνδυνος. ἀλλὰ
χρὴ προμηθεῖσθαι καὶ τὸ ἄριστον ἀφαιρεῖσθαι
καὶ τοῦ δείπνου τὸ τρίτον μέρος· τοῖσι δὲ πόνοισι
πλείοσι, τῇσι πάλησι καὶ τοῖσι δρόμοισι καὶ
20 περιπάτοισι² χρῆσθαι, ἀπό τε τῶν γυμνασίων
καὶ ὅρθρου· ὅταν δὲ ἡμέραι δέκα γένωνται, προσ-
θέσθαι³ τοῦ σίτου τὸ ἥμισυ τοῦ ἀφαιρεθέντος,
καὶ ἔμετον ποιήσασθαι, καὶ προσάγειν⁴ ἐς ἡμέρας
τέσσαρας· ὁκόταν δὲ ἄλλη δεκὰς γένηται, τόν
τε⁵ σίτον τὸν λοιπὸν προσθέσθαι, καὶ ἔμετον
ποιήσασθαι, καὶ προσάγων πρὸς τὸν σίτον
ὑγιέα ποιήσεις ἐν τούτῳ τῷ χρόνῳ· τοῖσι δὲ
28 πόνοισι θαρρεῦν⁶ τὸν τοιοῦτον πιέζων.

LXXV. Γίνεται δὲ καὶ τοιάδε· ἐς τὴν ὑστε-
ραίην⁷ τὸν σίτον ἐρυγγάνεται ὡμὸν ἄτερ ὀξυρε-
γμίης, ἡ δὲ κοιλίη διαχωρεῖ, ἐλάσσω μὲν ἡ πρὸς
τὰ σίτα, ὅμως δὲ ἵκαιῶς, πόνος δὲ οὐδεὶς ἐγγίνεται·
τούτοισιν ἡ κοιλίη ψυχρὴ ἐοῦσα οὐ δύναται
καταπέσσειν τὸν σίτον ἐν τῇ νυκτὶ· ὁκόταν οὖν
κινηθῆ, ἐρυγγάνεται τὸν σίτον ὡμόν. δεῖ οὖν
τούτῳ παρασκευάσαι τὴν κοιλίην θερμασίην ἀπό
τε τῆς διαίτης καὶ⁸ τῶν πόνων· πρῶτον μὲν οὖν
10 χρὴ ἄρτῳ θερμῷ⁹ χρῆσθαι ζυμίτῃ, διαθρύπτοντα

¹ For ὑποχωρῆ θ has χωρέει.

² τοῖσι δὲ δρόμοισι πλείοσι καὶ τῇσι παλῆισι καὶ τοῖσι περι-
πάτοισι M.

³ προσθέσθαι θ: προσθῆναι M.

⁴ προσάγειν θ: προσαγαγεῖν M.

⁵ τὸν τε M: τότε θ.

REGIMEN, III. LXXIV.—LXXV.

the disorder so long as the waste products¹ only of food pass by stool. But when, as the body grows hot, the purging becomes harsh, the bowel is scraped, ulcers form and the stools passed are bloody; this disorder is called dysentery, a difficult and dangerous disease. Precautions must be taken, lunch omitted and dinner lessened by one-third. Use more exercises, wrestling, running and walks, both after the gymnastic practice and in the early morning. When ten days are gone, add one half of the food that has been taken away, take an emetic, and gradually increase the food for four days. When another ten days are gone, add the food that is still lacking, take an emetic, and gradually increasing the food you will effect a cure in this interval of time. Such a case as this you can without fear exercise vigorously.

LXXV. There also occurs the following kind of surfeit. On the following day the food is brought up undigested, without heartburn, copious stools are passed, but not proportionate to the food eaten, and there are no fatigue pains. In these cases the belly, being cold, cannot digest the food in the night. So when it is disturbed it brings up the food undigested. So for such a patient it is necessary to procure warmth for the belly both from regimen and from exercises. So first one should use warm, fermented bread,

¹ For *σῆψις* see p. 409.

⁶ θαρρεῖν M : θαρρεῖ (θάρρει ?) θ.

⁷ τοιάδε ἐσ τὴν ὑστεραίην M : τοιάδε ἐσ τὴν ὑστέραν· ἡν θ : τοιάδε πλησμονή ἐσ τὴν ὑστεραίην Littré (with some authority).

⁸ After καὶ M adds ἀπό τε.

⁹ θερμῶι θ : συγκομιστῶι M.

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έσ οῖνον μέλανα ἡ ἐσ ζωμὸν ὕειον· τοῖσι τε
ἰχθύσιν ἑφθοῖσιν ἐν ἄλμῃ δριμείῃ· χρῆσθαι δὲ
καὶ τοῖσι σαρκώδεσιν, οἷον ἀκροκωλίοισι¹ τε
διέφθοισι τοῖσιν ὕειοισι, τοῖσι τε πίοσιν ὕειοισιν
ὄπτοῖσι, τοῖσι δὲ² χοιρείοισι μὴ πολλοῖσι καὶ
σκυλάκων μηδὲ³ ἐρίφων· λαχάνοισι δὲ πράσοισι
τε καὶ σκορόδοισιν ἑφθοῖσι καὶ ωμοῖσι, βλίτῳ
τε ἑφθῷ καὶ κολοκύντῃ⁴ ποτοῖσι τε ἀκρήτοισιν,
ἀναριστῆν τε τὴν πρώτην.⁵ ὕπνοισι τε ἀπὸ τῶν
20 γυμνασίων, τοῖσι τε δρόμοισι καμπτοῖσιν, ἐξ
ὸλίγου προσάγων, πάλῃ τε μαλακῇ ἐν ἐλαίῳ,
λουτροῖσι τε ὀλίγοισι, χρίσμασι πλείοσι, τοῖσι
πρωτὶ περιπάτοισι πλείστοισιν, ἀπὸ δείπνου δὲ⁶
ὸλίγοισι καὶ τὸ σῦκον μετὰ τῶν σίτων ἀγαθόν,
ἄκρητός τε ἐπ' αὐτῷ. ἐκ δὲ ταύτης τῆς θερα-
πείης καθίσταται τοῖσι μὲν θᾶσσον, τοῖσι δὲ
27 βραδύτερον.

LXXVI. "Ἄλλοι δέ τινες τοιάδε πάσχουσιν.
ἀχροοῦσι, καί, ὅταν φάγωσιν, ἐρυγγάνουσιν
ὸλίγον ὕστερον δξύ,⁷ καὶ ἐσ τὰς ρῦνας ἀνέρπει
τὸ δξύ. τούτοισι τὰ σώματα οὐ καθαρά ἔστιν.
ὑπὸ γὰρ τοῦ πόνου πλεῦνον τὸ συντηκόμενον τῆς
σαρκὸς ἡ τὸ ἀποκαθαιρόμενον⁸ ὑπὸ τῆς περιόδου
ἐμμένον δὴ τοῦτο ἐναντιοῦται τῇ τροφῇ, καὶ
βιάζεται, καὶ ἀποξύνει. ἡ μὲν οὖν τροφὴ ἐρυγ-
γάνεται, αὐτὸ δὲ ὑπὸ τὸ δέρμα⁹ ἐξωθεῖται, καὶ
10 τῷ ἀνθρώπῳ ἄχροιαν ἐμποιεῖ, καὶ νούσους ὑδρω-

¹ ἀκροκωλίοισι M: ἄκροις θ.

² τοῖσι τὲ πίοσιν ὕειοις ὄπτοῖσι· τοῖσι δὲ θ: καὶ τοῖσι πλείοσι
νοῖσι ἑφθοῖσι· τοῖσι τε M.

³ μηδὲ θ: καὶ M.

⁴ τῆς τε κολοκύντης θM: καὶ κολοκύντῃ Littré: possibly
τῆσι τε κολοκύντησι.

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crumbling it into dark wine or into pork broth. Also fish boiled in acrid brine. Use also fleshy meats, such as pig's feet well boiled and fat roast pork, but be sparing of sucking-pig, and the flesh of puppies and kids. Vegetables should be leeks and onions, boiled and raw, boiled blite and the pumpkin. Drink should be undiluted, and no luncheon should be taken at first. There should be sleep after exercises, running in the double course, increased gradually, gentle wrestling with the body oiled, few baths, more anointings than usual, plenty of¹ early-morning walks, but only short ones after dinner. Figs with food are good, and neat wine therewith. This treatment brings recovery, in some cases rapid, in others slower.

LXXVI. In other cases the following symptoms are experienced. There is paleness, and acid belching shortly after food, the acid matter rising into the nose. In such cases the body is impure. For the flesh melted by the fatigue is greater than that purged away by the circulation. Now this excess, remaining in the body, is antagonistic to the nourishment, forces it along, and renders it acid. So the nourishment is belched up, and the excess is pushed out under the skin, causing in the patient paleness

¹ Or, “long.”

⁵ ποτοισι τὲ ἀκρήτοισιν ἀναριστην τὲ τὴν πρώτην θ: πόμαστ
τε ἀκρητεστέροισι⁶ ὑπνοισί τε μακροῖσι ἀναριστησίῃσι τὴν
πρώτην M.

⁶ δὲ θ: τε M.

⁷ ὁξύ θ: ὁξέα M.

⁸ ἀπὸ γὰρ τοῦ πόνου πλείονος ἔβντος συντηκομένης τῆς
σαρκός τὸ ἀπὸ καθαιρόμενον θ. The text is that of M, which,
however, has τε for γὰρ.

⁹ ἀντὸ δὲ τὸ ὑπὸ τὸ δέρμα θ: ἀντὸ δὲ ὑπὸ τοῦ δέρματος M.

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ποειδέας. ἀλλὰ χρὴ προμηθεῖσθαι ὡδε· ἡ μὲν ταχυτέρη θεραπείη, ἐλλέβορον πίσαντα προσάγειν, ὥσπερ μοι πρότερον γέγραπται· ἡ δὲ ἀσφαλεστέρη¹ ὑπὸ τῆς διαιτήσιος ὡδε· πρῶτον μὲν λουσάμενον θερμῷ ἔμετον ποιήσασθαι, εἴτα προσάγειν ἐς² ἡμέρας ἑπτὰ τὸ σιτίον τὸ εἰθισμένον. δεκάτη δὲ ἡμέρῃ ἀπὸ τοῦ ἔμέτου αὐθις ἐμεῖτω, καὶ προσαγέτω κατὰ τωύτο· καὶ τὸ τρίτον ὠσαύτως ποιησάτω· τοῖσι δὲ τρόχοισιν ὀλίγοισι
 20 καὶ ὀξέσι καὶ ἀνακινήμασι³ καὶ τρίψει, καὶ διατριβῇ⁴ πολλῇ χρήσθω ἐν τῷ γυμνασίῳ, καὶ ἀλινδήσει χρήσθω⁵ τοῖσι τε περιπάτοισι πολλοῖσιν ἀπὸ τῶν γυμνασίων, χρήσθαι δὲ καὶ ἀπὸ δείπνου, πλείστοισι δὲ τοῖσιν ὄρθρίοισιν· ἐγκονιόμενος⁶ δὲ χριέσθω· ὅταν δὲ λούεσθαι θέλῃ, θερμῷ λουέσθω· ἀνάριστος δὲ διατελείτω τοῦτον τὸν χρόνον. καὶ ἦν μὲν ἐν μηνὶ καθιστῆται, θεραπευέσθω τὸ λοιπὸν τοῖσι προσήκουσιν· ἦν δέ τι
 29 ὑπόλοιπον ἦ, χρήσθω τῇ θεραπείῃ.

LXXVII. Εἰσὶ δέ τινες οἵσιν ἐς τὴν ὑστεραίην ὀξυρεγμίαι γίνονται· τούτοισιν ἐν τῇ νυκτὶ ἀπόκρισις ἀπὸ πλησμονῆς γίνεται.⁷ ὁκόταν οὖν κινηθῇ ἐκ τοῦ ὑπου τὸ σῶμα, πυκνοτέρῳ τῷ

¹ For ἀσφαλεστέρη θ has βραδυτέρη.

² ἐς is omitted by M.

³ ἐνκινήμασι θM : ἀνακινήμασι Zwinger.

⁴ For διατριβῇ M has ἐνδιατριβῇ.

⁵ ἐν τῷ . . . χρήσθω omitted by θ.

⁶ For ἐγκονιόμενος M has ἐκκονίων ιωένοις.

⁷ M has ἦ before ἀπόκρισις, τῆς before πλησμονῆς, and ὑπὸ for ἀπὸ. θ has ἀποκρίσεις.

REGIMENT, III. LXXVI.-LXXVII.

and dropsical diseases. The following precautions should be taken. The quicker method of treatment is to give a draught of hellebore and then to adopt the progressive diet that I have already described. The safer method, however, is by the following regimen. First a hot bath should be taken, then an emetic, and then the usual diet should be regained by a gradual increase spread over seven days. On the tenth day after the emetic another should be taken, followed by the same gradual increase of food. The treatment should be repeated a third time. Short but sharp runs should be taken in the circular course, with arm exercises, massage, long practice in the gymnasium and wrestling in dust. Plenty of walking after exercises, after dinner, but especially in the early morning. The body should be anointed when covered with dust. When the patient wishes to bathe, let the water be hot. During this time no luncheon should be taken. If recovery occur in a month, let the patient take hereafter the fitting treatment; but if the illness has not completely disappeared, let the patient continue the treatment.¹

LXXVII. In some cases the morrow brings heart-burn. When this is so, a secretion arises in the night from surfeit. Accordingly, when the body has moved after sleep, breathing more rapidly it forces

¹ The argument appears to be faulty. Why should "fitting treatment" follow complete recovery? Ermerins, seeing the difficulty, would revive an old reading (or conjecture) and add *πρότερον* before *θεραπείη*. This does not touch the difficulty of the clause *θεραπευέσθω . . . προσήκουσιν*. It is just possible that this clause is merely a misplaced variant of *χρῆσθω τῇ <πρότερον> θεραπείη*, and in the original text there was an *aposiopesis* after *καθιστῆται*. "If the patient recover in a month, well and good; if not, continue the treatment."

ΠΕΡΙ ΔΙΑΙΤΗΣ

πνεύματι χρησάμενον, βιάζεται ἔξω σὺν τῷ πνεύματι θερμόν τε καὶ ὀξύ· ἐκ τούτου νοῦσοι γίνονται, ἥν μή τις προμηθεί χρήσηται. συμφέρει δὲ καὶ τούτοισι ὕσπερ καὶ τῷ προτέρῳ¹ θεραπευθῆναι· τοῖσι δὲ πόνοισι πλείοσι τούτον
10 χρῆσθαι.

LXXVIII. Γίνεται δέ τισι καὶ τοιάδε· ἐν τοῖσι πυκνοσάρκοισι τῶν σωμάτων, ὅταν τὰ σιτία θερμαίνηται καὶ διαχέηται ἀπὸ πρώτου ὑπνου, θερμαινομένης τῆς σαρκὸς ὑπό τε τῶν σιτίων διά τε² τὸν ὑπνον, ἀπόκρισις γίνεται ἀπὸ τῆς σαρκὸς πολλὴ ὑγρῆς ἐούσης³ εἴτα τὴν μὲν τροφὴν ἡ σᾶρξ οὐ δέχεται πυκνὴ ἐοῦσα, τὸ δὲ ἀπὸ τῆς σαρκὸς ἀποκριθὲν ἐναντιούμενον τῇ τροφῇ καὶ βιαζόμενον ἔξω⁴ πνίγει τὸν ἄνθρωπον καὶ θερ-
10 μαίνει, μέχρι ἔξεμέση· ἔπειτα δὲ κουφότερος ἐγένετο· πόνος δὲ οὐδεὶς ἐν τῷ σώματι φανερός· ἀχροίη δὲ ἔνεστι· προϊόντος δὲ τοῦ χρόνου πόνοι τε γίγονται καὶ νοῦσοι. πάσχουσι δὲ τούτοισι παραπλίσια καὶ ὄκοσοι ἀγύμνυστοι ἔοντες, ἔξα-
πίνης πονήσαντες, σύντηξιν τῆς σαρκὸς πολλὴν ἐποίησαν.⁵ χρὴ δὲ τοὺς τοιούτους ὥδε θερα-
πεύειν· ἀφελεῖν τῶν σίτων τὸ τρίτον μέρος· τοῖσι δὲ σίτοισι χρῆσθαι τοῖσι δριμέσι καὶ ξηροῖσι καὶ αὐστηροῖσι καὶ εὐώδεσι καὶ οὐρητικοῖσι, τοῖσι δὲ
20 δρόμοισι τοῖσι μὲν πλείστοισι καμπτοῖσιν ἐν ἴματίῳ, γυμνὸς δὲ⁶ καὶ τοῖσι διαύλοισι καὶ τοῖσι τρόχοισι, τρίψεσι δὲ καὶ πάλῃ ὀλίγῃ,⁷ ἀκρο-

¹ τὸν πρότερον θΜ: τῷ προτέρῳ Littré. It is possible, but rather awkward, to understand a verb to govern τὸν πρότερον.

² τε is omitted by M.

³ πολλῆς ὑγρῆς ἐούσης θ: πολλὴ ὑγρασίη Μ.

REGIMENT, III. LXXVII.-LXXVIII.

out with the breath hot and acid matter.¹ From this come diseases, unless precautions be taken. In such cases it is beneficial to take the same treatment as that last described, but the patient must increase the amount of exercise.

LXXVIII. The following symptoms also occur. In persons of firm flesh, when the food warms and melts during first sleep, the flesh warming owing to the food and through the sleep, a copious secretion comes from the moist flesh. Then the flesh owing to its firmness will not receive the nourishment, while the secretion from the flesh, being opposed to the nourishment and forced out, warms and chokes the man until he has vomited it forth. Relief follows the vomiting, and no pain is felt in the body though the complexion is pale. In course of time, however, pain and disease occur. Similar symptoms are experienced by those who, when out of training, suddenly take violent exercise, causing a copious melting of their flesh. Such persons must be treated thus. Reduce their food by one-third. The food to be used should be acrid, dry, astringent, aromatic and diuretic. Running should be mostly on double tracks, with the cloak worn, while the double stade and circular course should be run stripped; use massage, a little wrestling, and wrestling with the

¹ Perhaps a *τι* has dropped out of the text here owing to the influence of *πνεύματι* or *τε*.

⁴ έξω M : είσω θ.

⁵ σύντηξι τῆς σαρκὸς πυλλὴν ἐποιήσαντο θ: σύντηξιν τῆς σαρκὸς καὶ πολλὴν ἐποίησαν M : σύντηξιν τῆς σαρκὸς βιαίαν καὶ πολλὴν ἐποίησαν Littré.

⁶ ἐν ἴματίουσι γυμνὸς δέ· καὶ θ: ἐν ἴματίαι γυμνοῖσι δὲ καὶ M.

⁷ For ὀλίγῃ θ has απαλῃ (sic).

ΠΕΡΙ ΔΙΑΓΗΣ

χειρισμοῖσιν· (ἀκροχείρισις¹ καὶ κωρυκομαχίη συμφορώτερον) τοῖσι δὲ περιπάτοισιν ἀπὸ τῶν γυμνασίων πολλοῖσι καὶ τοῖσιν ὄρθροισι καὶ ἀπὸ δείπνου· φωνῆς δὲ πόνος ἐπιτήδειον· κένωσιν γὰρ τοῦ ὑγροῦ ποιεύμενος ἀραιοῖ τὴν σάρκα· συμφέρει δὲ ἀνάριστον διάγειν· χρῆσθαι δὲ τοῖσι τοιούτοισιν² ἐν ἡμέρῃσι δέκα· εἴτα προσθέσθαι 30 τὸ ἥμισυ τοῦ σίτου³ τοῦ ἀφαιρεθέντος ἐς ἡμέρας ἔξ, καὶ ἔμετον ποιήσασθαι, ἐκ δὲ τοῦ⁴ ἔμέτου προσάγειν ἐς ἡμέρας τέσσαρας τὸ σίτον· ὅταν δὲ ἡμέραι δέκα γένωνται ἀπὸ τοῦ ἔμέτου, κομισάσθω⁵ τὸ ἀφαιρεθὲν σιτίον ἅπαν· τοῖσι δὲ πόνοισι καὶ τοῖσι περιπάτοισι προσεχέτω καὶ ὑγιῆς ἔσται. ή δὲ τοιαύτη φύσις πόνου πλείονος 37 δεῖται η̄ σίτου.

LXXIX. Πάσχουσι δέ τινες καὶ τοιάδε· διαχωρεῖ αὐτοῖσι τὸ σιτίον ὑγρὸν ἄπεπτον οὐ διὰ νόσημα, οἷον λειεντερίην, οὐδὲ⁶ πόνον οὐδένα παρέχει· πάσχουσι δὲ τοῦτο μάλιστα αἱ κοιλίαι ὅσαι ψυχραὶ καὶ ὑγραί εἰσιν· διὰ μὲν οὖν ψυχρότητα οὐ συνεψεῖ, διὰ δὲ ὑγρότητα διαχωρεῖ· τὸ οὖν σῶμα τρύχεται τροφὴν οὐ λαμβάνον τὴν προσήκουσαν, αἵ τε κοιλίαι διαφθείρονται, ἐς νούσους τε ἐμπίπτουσιν. ἀλλὰ χρὴ προμηθεῖσθαι· συμφέρει δὲ τούτῳ τῶν μὲν σίτων

¹ ἀκροχείρισις is omitted by θ. Ermerins omits ἀκροχειρισμοῖσιν.

² τοιούτοισιν θ: σιτίοισι M

³ τοῦ σίτου omitted by M.

⁴ ἐκ δὲ τοῦ θ: ἐκάστου M.

⁵ After κομισάσθω θ adds ἀπὸ τοῦ σιτοῦ, omitting σιτίον.

⁶ οὐ διανόσημα· οἷον λιεντερίην οὐδὲ θ: οἷον λιεντερίην οὐδὲ M: οἷον ἐκ λειεντερίης Littré, Ermerins.

REGIMEN, III. LXXVIII.—LXXIX.

hands (hand-wrestling and the punch-ball are more than usually valuable),¹ with long walks after exercises, in the early morning and after dinner. Voice exercises are useful, for by evacuating the moisture they rarefy the flesh. It is beneficial to abstain from luncheon. Follow this treatment for ten days; then add half the food taken away, continue thus for six days and administer an emetic. After the emetic increase the food gradually for four days. When ten days have elapsed since taking the emetic, restore food to the full original amount, keeping, however, the exercises and the walks, and the patient will recover. A constitution of such a nature needs more exercise than food.

LXXIX. The following symptoms are experienced by some patients. Their food passes watery and undigested; there is no illness like lientery to cause the trouble,² and no pain is felt. It is especially bowels that are cold and moist that show these symptoms. The coldness prevents digestion, and the moistness makes the bowels loose. So the body wastes away through not receiving its proper nourishment, while the bowels become diseased and illnesses occur. Precautions ought to be taken. It is beneficial in this case to reduce food by one-

¹ This sentence may be a marginal note that has crept into the text. Ermerins' emendation is probably correct. "Hand-wrestling and punch-ball are better than πάλη."

² The reading *οἵον ἐκ λιεντερίης* was probably due to a corrector who scented an inconsistency between *οὐ διὰ νόσημα* and *ἐσ τούστους τε ἐμπίπτονταν* later on. The true meaning of the passage is that, while the state of the bowels is not caused by one of the diseases that commonly do cause it, yet illnesses follow this disordered condition unless precautions be taken.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἀφελεῖν τὸ τρίτον μέρος· ἔστω δὲ τὰ σίτα ἄρτοι συγκομιστοὶ ἄξυμοι, κλιβανῖται, ἢ ἐγκρυφίαι, θερμοὶ ἐς οἶνον αὐστηρὸν¹ ἐμβαπτόμενοι, καὶ τῶν ἰχθύων τὰ νωτιαῖα καὶ οὐραῖα, τὰ δὲ κεφάλαια καὶ ὑπογάστρια ἔân² ως ὑγρότερα· καὶ τοὺς μὲν ἐφθοὺς ἐν ἄλμῃ, τοὺς δὲ ὀπτοὺς ἐν ὅξει· καὶ τοῖσι κρέασι τεταριχευμένοισιν ἐν ἀλσὶ³ καὶ ὅξει· καὶ τοῖσι κυνείοισιν ὀπτοῖσι.⁴ καὶ φάσσης καὶ τῶν λοιπῶν τοιούτων ὄρνιθων, ἐφθοῖσι καὶ ὀπτοῖσι.

20 λαχάνοισι δὲ ως ἵκιστα· οἶνῳ δὲ μέλανι ἀκριτεστέρῳ αὐστηρῷ.⁵ καὶ τοῖσι περιπάτοισι ἀπό τε τοῦ δείπνου πολλοῖσι καὶ τοῖσιν ὄρθροισι, καὶ ἐκ τοῦ περιπάτου κοιμάσθω.⁶ δρόμοισι δὲ καμπτοῖσιν ἐκ προσαγωγῆς· ἔστω δὲ καὶ τρῆψις πολλή· καὶ πάλη βραχείη καὶ ἐν τῷ ἐλαίῳ καὶ ἐν τῇ κόνει, ὅκως⁷ διαθερμαίνομένη ἡ σὰρξ ἀποξηραίνηται τε καὶ τὸ ὑγρὸν ἐκ τῆς κοιλίης ἀντισπᾶ· ἀλείφεσθαι δὲ συμφέρει μᾶλλον ἡ λούεσθαι· ἀνάριστος δὲ διαγέτω· ὅταν δὲ γένωνται

30 ἡμέραι ἑπτά, προσθέσθω τὸ ἡμισυ τοῦ σίτου τοῦ ἀφαιρεθέντος, καὶ ἔμετον ποιησάσθω,⁸ καὶ προσαγέτω ἐς τέσσαρας ἡμέρας τὸ σιτίον· τῇ δὲ ἄλλῃ ἐβδόμῃ κομισάσθω ἄπαν· καὶ ἔμετον πάλιν

34 ποιησάμενος προσαγέτω κατὰ τωύτο.

LXXX. "Ἄλλοισι δέ τισι γίνεται τοιάδε· τὸ διαχώρημα ἀσηπτον διαχωρεῖ, καὶ τὸ σῶμα τρύχεται τῶν σίτων οὐκ ἐπαυρισκόμενον.⁹ οὗτοι

¹ For αὐστηρὸν θ has θερμὸν.

² ἔân ως omitted by θ.

³ For ἀλσὶ θ has αλει.

⁴ For ὀπτοῖσι θ has ἐφθοῖσι.

⁵ M omits δὲ and ἀκρητεστέρῳ αὐστηρῷ.

REGIMENT, III. LXXIX.—LXXX.

third. The food should consist of unleavened bread, made from unbolted meal, baked in a pot or under ashes, dipped warm into a dry wine. Of fish the parts about the back and tail; those about the head and belly are too moist and should not be taken. Fish may be boiled in brine or grilled with vinegar. Meat may be preserved in either salt or vinegar. Dog's flesh roasted; the flesh of pigeons, and of other such-like birds, boiled or roasted. Vegetables to be reduced to a minimum. Wine should be dark, dry and but little diluted. Long walks should be taken after dinner and in the early morning, with sleep after the walk. The double track should be gradually increased. Let there be plenty of massage. There should be a little wrestling, both in oil and in dust, so that the flesh may become hot and dry, and draw by revulsion the moisture from the belly. Anointing is more beneficial than bathing. The patient should not take luncheon. After seven days have passed, restore one-half of the food that has been taken away; then an emetic should be drunk, and the food increased gradually for four days. A week later restore the diet to what it was originally, administer an emetic again, and follow it by a similar gradual increase.

LXXX. In some other cases appear the following symptoms. The stools that pass are undigested, and the body wastes away, getting no profit from

⁶ κοιμάσθωι θ: κοιμᾶσθαι M.

⁷ ὅκως θ: ὅπως M. Usually M has the -κ- forms of the relatives and θ the others.

⁸ After ποιησάσθω θ adds τὸ ἡμισυ τοῦ σιτοῦ.

• For οὐκ ἐπαυρισκόμενον θ has ἐπαυρίσκεται.

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δὲ προϊόντος τοῦ χρόνου ἐμπίπτουσιν ἐς¹ νούσους· τούτοισιν αἱ κοιλίαι ψυχραὶ καὶ ξηραὶ· ὁκόταν οὖν μήτε σίτοισι προσήκουσι χρέωνται μήτε γυμνασίοισι, πάσχουσι ταῦτα. συμφέρει δὴ τούτῳ² ἄρτοισί καθαροῖσιν ἵπνίτησι χρῆσθαι, καὶ τοῖσιν ἰχθύσιν ἐφθοῖσιν ἐν ὑποτρίμμασι, καὶ

10 κρέασιν ἐφθοῖσιν υείοισι, καὶ τοῖσιν ἀκροκωλίοισι διέφθοισι, καὶ τοῖσι πίοσιν ὀπτοῖσι,³ καὶ τῶν δριμέων καὶ τῶν ἀλυκῶν τοῖσιν ὑγραίνουσι, καὶ τοῖσιν ἀλμυροῖσιν· οἶνοισι δὲ μέλασι μαλακοῖσι· καὶ τῶν βοτρύων καὶ τῶν σύκων ἐν τοῖσι σίτοισι.⁴ χρὴ δὲ καὶ ἐναριστῆν μικρόν· τοῖσι δὲ γυμνασίοισι πλείοσι χρῆσθαι, δρόμοισι καμπτοῖσιν ἐκ προσ- αγωγῆς, ὑστάτοισι τε τρόχοισι, πάλῃ δὲ μετὰ τὸν δρόμον ἐν ἐλαίῳ⁵ περιπάτοισι δὲ μὴ πολ- λοῖσιν ἀπὸ τῶν γυμνασίων· ἀπὸ δείπνου δὲ ὅσου

20 ἔξαναστῆναι· ὅρθρου δὲ πλείοσι περιπάτοισι χρῆσθαι· λουέσθω δὲ θερμῷ· χρῆσθω δὲ καὶ χρίσμασιν· ὕπνον δὲ πλείονα διδότω καὶ μαλα- κευνείτω· χρὴ δὲ καὶ ἀφροδισιάσαι τι· τῶν δὲ σίτων ἀφελεῖν τὸ τρίτον μέρος· ἐν ἡμέρησι δὲ

25 δέκα δύο⁶ προσάγειν αὐτὸν πρὸς τὰ σιτία.

LXXXI. Εἰσὶ δέ τινες οἵσι τὸ διαχώρημα ὑγρὸν καὶ σεσηπός διαχωρεῖ, τοῖσιν ἄλλως ὑγιαίνουσι καὶ γυμναζομένοισι, καὶ πόνον οὐ παρέχει· οἱ δέ τινες ἀποκλείονται τῶν προση-

¹ Before νούσους M has τὰς.

² δὴ τούτῳ θ: δὲ τῷ τοιούτῳ M.

³ καὶ τοῖσι μὲν ἀκροῖς διέφθοῖς· τοῖσι δὲ πίοσιν ἐφθοῖσι· θ: καὶ τοῖσιν ἀκροκωλίοισι διέφθοισι καὶ τοῖσι πλείστοισι ὀπτοῖσι M.

⁴ ἐν τοῖσι σιτοῖσι· θ: τοῖσι δὲ σιτίοισι· M: ἐμφορεῖσθαι ἐν γε τοῖσι σιτίοισι. Littré.

⁵ M has πάλῃ τε and τῷ before ἐλαίῳ.

⁶ M has τὸ τέταρτον μέρος ἐν ἡμέρησι δέκα· καὶ.

REGIMENT, III. LXXX.—LXXXI.

the food. In course of time such people fall ill. In these cases the bowels are cold and dry. So when they take neither suitable food nor suitable exercises, their symptoms are those I have said. This kind of person is benefited by taking bread of bolted meal, oven-baked, boiled fish in sauce, boiled pork, extremities thoroughly boiled, fat meats roasted, of acrid, salt foods such as are moistening, and also piquant sauces.¹ Wines to be dark and soft. Some grapes and some figs to be taken with food. A little luncheon too should be eaten. Exercises should be above the average, double-track running should be gradually increased, while the last running should be on the circular track; after the running should come wrestling with the body oiled. After the exercises there should be short walks, after dinner mere strolls, but in the early morning longer walks. Let the bath be warm. Unguents should be used. Let sleep be plentiful and on a soft bed. Some sexual intercourse is necessary. Reduce food by one-third. Take twelve days to bring food back to normal.

LXXXI. In some cases the stools are watery and of waste matter;² the general health is good, exercise is taken and no pain is felt. Others, however,

¹ The word ἀλμυρὸς is difficult, as it is hardly to be distinguished from ἀλυκός. I suppose that it refers here to pungent dishes generally.

² The process whereby the digestive organs make waste matter was called *σῆψις*, the process of digestion *πέψις*. Hence both ἀπεπτός and ἀσηπτός mean “undigested,” while σεσηπός means that there is plenty of waste matter, without undigested food in it; apparently the food is turned to waste without normal assimilation. Ermerins translates both ἀπεπτός and ἀσηπτός by “incoctus,” σεσηπός by “concoctus.” Littré has “non digérē,” “non corrompu,” “corrompu.”

ΠΕΡΙ ΔΙΑΙΤΗΣ

κόντων· προϊόντος δὲ τοῦ χρόνου, καὶ τὰς σάρκας
 ἐπισπᾶται τῇ θερμασίῃ ἡ κοιλίη, πόνον τε
 παρέχει, τῶν τε σίτων ἀποκλείονται, ἢ τε κοιλίη
 ἔξελκοῦται, στῆσαι δὲ χαλεπὸν ἥδη γίνεται
 αὐτήν. ἀλλὰ χρὴ πρότερον προμηθεῖσθαι γνόντα
 10 τὴν κοιλίην θερμὴν καὶ ὑγρὴν παρὰ τὸ προσῆκον,
 πόνων τε ὑπερβολὴν ἀσυμφόρων ἐγγενομένων.
 τῇ οὖν διαιτῇ δεῖ ψῦξαι καὶ ξηρῆναι. πρῶτον
 μὲν χρὴ τὰ γυμνάσια τὰ ήμίσεα ἀφελεῖν, τῶν
 τε σίτων τὸ τρίτον μέρος· χρῆσθαι δὲ μάζησι¹
 προφυρητῆσι τριπτῆσι, καὶ τοῖσιν ἵχθύσι τοῖσι
 ξηροτάτοισιν ἐφθοῖσι, μήτε λιπαροῖσι μήτε ἀλμυ-
 ροῖσι· χρήσθω δὲ καὶ ὄπτοισι· κρέασι δὲ τοῖσιν
 ὀρνιθίοισιν, ἐφθοῖσι μὲν φάσσης, περιστερῆς,
 περδίκων δὲ καὶ ἀλεκτορίδων ὄπτοισιν ἥδύντοισι,²
 20 λαγῳδοῖσιν ἐφθοῖσιν ἐν ὕδατι, καὶ τοῖσιν ἀγρίοισι
 λαχάνοισιν ὅσα ψυκτικά, τοῖσι τεύτλοισι καθέ-
 φθοισιν δξηροῖσι.³ οἷνῳ δὲ μέλανι αὐστηρῷ·
 γυμνασίοισι τε τρόχοισιν δξέσι· τρῖψις μὴ
 πολλὴ προσέστω,⁴ ἀλλ’ ὀλίγη, μηδὲ πάλη· ἀκρο-
 χειρισμὸς δὲ⁵ καὶ χειρονομίη καὶ κωρυκομαχίη
 καὶ ἀλίνδησις ἐπιτηδείη⁶ μὴ πολλή· τοῖσι δὲ
 περιπάτοισι καὶ ἀπὸ τοῦ γυμνασίου χρήσθω
 πρὸς τὸν πόνον ἴκανοῖσι, καὶ ἀπὸ δείπνου πρὸς
 τὰ σιτία πλείστοισι, καὶ πρωῒ πρὸς τὴν ἔξιν
 30 συμμέτρως· λούσθω δὲ χλιερῷ ἀτρέμας· οὕτω
 δὲ διαιτηθεὶς ημέρας δέκα προσθέσθω τοῦ τε

¹ M has the singular, μάζηι κ.τ.ξ.

² ἀνηδύντοισι M: ηδυντοισι θ.

³ Ermerins after δξηροῖσι adds καὶ τοῖσι ἀγρίοισι ἄπασι.
 This may be correct.

⁴ προσαγέσθω M.

REGIMEN, III. LXXXI.

cannot attend to their duties. In course of time the belly by its heat draws the flesh to itself; pain is felt; there is loss of appetite; ulcers form in the belly, and hereafter the diarrhoea is difficult to arrest. Precautions should be taken early, with the knowledge that the belly is over-hot and over-watery, and that there has been excess of unsuitable exercises. Regimen, accordingly, must be such as to cool and dry the belly. First, exercise should be reduced by one-half, food by one-third. Barley cake should be eaten, the grain ground and well-kneaded. Fish of the driest kinds, that are neither rich nor salt, may be eaten boiled. They may also be grilled. As to the flesh of birds, doves and pigeons should be boiled, partridges and chickens roasted, with seasoning. Eat hares boiled in water, and such wild vegetables as are cooling; beet thoroughly boiled and with vinegar.¹ Wine should be dark and dry. Exercises to be sharp runs on the round track. Massage, but only a little, not much. No wrestling proper; but hand-wrestling, arm exercises, punch-ball and wrestling in the dust are suitable when not in excess. Walks are to be taken after exercise that are adequate considering the fatigue; after dinner they should be as long as possible considering the food; in the morning they should be proportioned to the habit of body. The bath should be tepid and taken quietly. After ten days of this regimen restore half of the food and one-

¹ The text here is very uncertain, and I have done my best to make sense of the reading of θ. It is tempting to adopt the reading of Ermerins: “vegetables that are cooling, such as beet . . . , and all wild vegetables.”

ΠΕΡΙ ΔΙΑΙΤΗΣ

σίτου τὸ ἥμισυ καὶ τῶν πόνων τὸ τρίτον μέρος·
καὶ ἔμετον ποιησάσθω ἀπὸ τῶν ξηρῶν καὶ στρυ-
φιῶν, καὶ μὴ διατριβέτω¹ ἐν τῷ σιτίῳ, ἀλλὰ
ἔμείτω τὴν ταχίστην· ἐκ δὲ τοῦ ἐμέτου προσα-
γέτω ἐς ἡμέρας τέσσαρας² τὸν σῖτον καὶ τὸ
ποτὸν³ καὶ τὸν πόνον μερίζων· ὅταν δὲ δεκὰς
γένηται, προσθέσθω τὸν σῖτον τὸν λοιπὸν ἃ καὶ
τῶν οἰνων τὸ πότιμον, πλὴν τῶν πόνων ἐνδεέστε-
40 ρον· ἃ⁴ καὶ ἔμετον ποιησάμενος προσαγέτω, κα-
θάπερ γέγραπται· μονοσιτεῖν δὲ τοῦτον τὸν
42 χρόνον συμφέρει μέχρι ἀν καταστῆ.

LXXXII. "Αλλοισι δέ τισι ξηρὸν καὶ συγκε-
καυμένον τὸ διαχώρημα γίνεται, καὶ τὸ στόμα
ξηρόν, ποοϊόντος δὲ τοῦ χρόνου καὶ πικρὸν
γίνεται, καὶ ἡ κοιλίη ἵσταται καὶ οὔρησις·
όκόταν γὰρ μὴ ἔχῃ τὸ ἔντερον ὑγρασίην, περὶ
τὸν ἀπόπατον περιοιδῆσαν ἀποφράσσει τὰς
διεξόδους, καὶ ὁδύνην τε παρέχει, καὶ θέρμη
λαμβάνει, καὶ ὅ τι ἀν φάγη ἢ πίῃ ἐξεμεῖ· τελευ-
τῶν δὲ καὶ κόπρον ἐμεῖ·⁵ οὐτος οὐ βιώσιμος,
10 οκόταν ἐς τοῦτο ἔλθῃ. ἀλλὰ χρὴ πρότερον
προμηθεῖσθαι γινώσκοντα ὅτι ξηρασίη θερμῇ
κρατεῖται ὕινθρωπος. διαιτῆσθαι οὖν χρὴ αὐτὸν
τῇ τε μάζῃ προφυρητῇ ῥαντῇ καὶ ἄρτῳ σιτανίων
πυρῶν τῷ τε χυμῷ⁶ τῶν πιτύρων ἐξυμωμένῳ,
λαχάνοισί τε χρῆσθαι πλὴν τῶν δριμέων καὶ

¹ διατριβέτω Μ: διατριβε θ.

² τέσσαρας is omitted by θ.

³ καὶ τὸ ποτὸν is omitted by Μ.

⁴ καὶ τῶν σιτῶν πρὸς τὸν πόνον ἐνδεέστέρως· θ: καὶ τῶν σίτων
τὸ πότιμον τὸν πόνον ἐνδεέστερον· Μ: καὶ τῶν οἰνων τὸ πότιμον,
πλὴν τῶν πόνων ἐνδεέστερον. Littré: καὶ τὸν οἶνον, πλὴν τῶν
πόνων ἐνδεέστερον. Ermerins. I have printed Littré's text

REGIMENT, III. LXXXI.-LXXXII.

third of the exercise. An emetic should be taken after a meal of dry and astringent food, which must not remain long in the stomach; in fact the emetic should follow with all speed. After the emetic for four days increase gradually by *(equal)*¹ portions food, drink and exercise. When ten days are passed, add the rest of food and drink, but not quite all the exercises.² After an emetic proceed progressively, as has been described. It is beneficial to take during this period one meal only a day until health is restored.

LXXXII. In some other cases the stools pass dry and burnt up, and the mouth becomes dry, in course of time becoming bitter also, while bowels and kidneys cease to act. For when the intestines have no moisture, they swell around the faeces and block up the passages, causing pain, while fever comes on and everything eaten or drunk is vomited. Finally, dung too is brought up. When this point is reached life may be despaired of. Precautions should be taken betimes, with the knowledge that the patient is overpowered by a dry heat. So his diet should consist of barley cake, well-kneaded and sprinkled, with buck-wheat bread fermented with the gruel of its bran. Vegetables should be taken except those that are acrid and dry, and they should be

¹ The word *μερίζων*, “dividing them,” may merely emphasize the notion of progressive increase implied in *προσαγέτω*.

² The Greek admits the rendering, “but not quite enough to match the exercise.” But the sense of the passage suffers.

between daggers and given a translation that represents the general sense.

⁵ τελευτῶν . . . ἐμεῖ omitted by θ.

⁶ χυμῶς θ: χυλῶι M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ξηρῶν καὶ ἐψανοῖσι· καὶ τῶν ἵχθύων τοῖσι
κουφοτάτοισιν ἐφθοῖσι· καὶ τοῖσι κεφαλαίοισι
τῶν ἵχθύων καὶ καράβων· μυσὶ καὶ ἐχίνοισι καὶ
τοῖσι καρκίνοισι, καὶ τῶν κογχυλίων τοῖσι
20 χυμοῖσι καὶ αὐτοῖσι τοιούτοισιν ὑγροτάτοισι·
κρέασι δὲ τοῖσιν ὑείοισιν ἀκροκωλίοισιν ἐμ-
προσθίοισιν¹ ἐφθοῖσι καὶ ἐρίφων καὶ ἀρνῶν
καὶ σκυλάκων ἐφθοῖσιν· ἵχθύων δὲ τοῖσι ποτα-
μίοισι καὶ λιμναίοισιν ἐφθοῖσιν· οὖν φ μαλακῷ,
ὑδαρεῖ· τοῖσι δὲ πόνοισι μὴ πολλοῖσι μηδὲ
ταχέσιν, ἀλλ’ ἡσύχοισιν ἅπασι· τοῖσι δὲ περι-
πάτοισι πρωῒ μὲν χρήσθω, πρὸς τὴν ἔξιν ἰκανοῖσι
καὶ ἀπὸ γυμνασίου πρὸς τὸν πόνον συμμέτροισιν·
ἀπὸ δείπνου δὲ μὴ περιπατείτω· λουτροῖσι δὲ
30 χρήσθω καὶ ὑπνοῖσι μαλακοῖσι καὶ ἀρίστῳ·
ὑπνῷ τε μετὰ τὸ ἄριστον μὴ μακρῷ· ὅπωρῃ τε
τῇ ὑγραινούσῃ μετὰ τῶν σιτίων² χρήσθω· καὶ
τοῖσιν ἐρεβίνθοισι τοῖσι χλωροῖσι, καὶ ξηροὺς
δὲ βρέξας ἐν ὕδατι· ἀφελέσθω δὲ τῶν πόνων καὶ
οὗτος ἐξ ἀρχῆς τοὺς ἡμίσεας τῶν πρόσθεν. καὶ
ποιησάσθω³ ἔμετον ἀπὸ γλυκέων καὶ λιπαρῶν
καὶ ἀλμυρῶν καὶ πιόνων,⁴ ἐνδιατριβέτω δὲ ὡς
πλεῖστον χρόνον ἐν τοῖσι σιτίοισι πρὸς τοὺς
ἐμέτους· εἴτα προσαγέτω τὸ σιτίον ἐς ἡμέρας
40 τρεῖς, μηδὲ ἀνάριστος ἔστω· ὅταν δὲ ἡμέραι δέκα
γένωνται, τῶν πόνων προσαγέσθω⁵ πλείονας·
ἢ μὲν οὖν ἡ πλησμονὴ ἐνῇ ἀπὸ τοῦ σίτου ἢ τῆς
κοιλίης πλημμέλεια, ἐμεσάτω· ἢν δὲ μή, οὕτω
44 θεραπευέσθω τὸν ἐπίλοιπον χρόνον.

¹ ἐμπροσθίοις M : ἐμπροσθιδίοισιν θ.

² σιτίων M : λοιπῶν θ (perhaps rightly).

³ For ποιησάσθω θ reads ποιησάτω.

REGIMENT, III. LXXXII.

boiled. Fish must be of the lightest and boiled. He may eat the heads of fish and of lobsters. Mussels, sea-urchins, crabs, soups from cockles, and cockles themselves of the most watery kind. Among meats, pigs' fore-feet boiled, and flesh of kids, lambs and puppies, also boiled. Fish from rivers and lakes, boiled. Soft wine, well-diluted. Exercises neither long nor sharp, but gentle in all cases. Walks are to be taken in the morning, long enough for the habit of body, and, after exercise, proportioned to the fatigue; after dinner no walk must be taken. Baths should be taken, gentle sleep, and luncheon, but the sleep after luncheon should not be long. Moistening fruit should be eaten with food. Chick-peas should be taken when fresh; if dried let them be first soaked in water. This patient too must reduce, from the very first, his former exercise by one-half. Let him also take an emetic after a meal of sweet, rich, salt, fatty¹ foods; let this meal lie in the stomach as long as possible consistently with vomiting it up. Then let the patient increase the food for three days, not forgetting to take luncheon. After ten days let him resume gradually the greater part of the exercises. If now after food there be experienced surfeit, or a disorder of the belly, let an emetic be taken. Otherwise, the same treatment should be continued for the rest of the time.

¹ The reading of M, *πλειόνων*, “more than usually copious,” may be right. It is hard to distinguish *πιόνων* from *λιπαρῶν*. Perhaps the former is “fatty,” the latter “sickly.”

⁴ For *πιόνων* M reads *πλειόνων*.

⁵ For *προσαγέσθω* M reads *προσαγέτω*.

ΠΕΡΙ ΔΙΑΙΤΗΣ

LXXXIII. Γίνεται δὲ καὶ τοιάδε· φρίκαι
 ἀπὸ τῶν περιπάτων ἐγγίνονται τῶν ὄρθρίων,¹
 καὶ τὴν κεφαλὴν βαρύνονται τοσούτῳ ὀκόσῳ²
 πλείουνες οἱ περίπατοι τῆς συμμετρίης· κειεό-
 μενον δὲ τὸ σῶμα καὶ ἡ κεφαλὴ τοῦ ὑγροῦ
 φρίσσει τε καὶ βαρύνεται· προϊόντος δὲ τοῦ
 χρόνου ἐς πυρετὸν ἀφικνεῖται φρικώδεα. ἀλλ’
 οὐ χρὴ προέσθαι ἐς τοῦτο, ἀλλ’ ἐκθεραπεύεσθαι
 πρότερον ὅδε· ὅταν γένηται τάχιστα τῶν τεκ-
 10 μηρίων τι, χρισάμενον καὶ ἀνατριψάμενον ὀλίγα,
 ἀριστον ποιήσασθαι πλέον τοῦ εἰθισμένου, καὶ
 πιεῖν ἵκανὸν οἶνον μαλακόν, εἴτα ὑπνῷ χρῆσθαι³
 ἀπὸ τοῦ ἀρίστου ἵκανῷ.⁴ ἐς τὴν ἐσπέρην δὲ
 κούφοισι χρησάμενον γυμνασίοισι θερμῷ⁵ λου-
 σάμενον δειπνῆσαι τὸ εἰθισμένον· περιπάτῳ δὲ
 μὴ χρῆσθαι ἀπὸ δείπνου, διατρίβειν δὲ χρόνον·
 τῇ δὲ ὑστεραίη ἀφελέσθω τῶν γυμνασίων πάντων
 καὶ τῶν περιπάτων τὸ τρίτον μέρος, τοῖσι δὲ
 σίτοισι χρησάσθω ὕσπερ εἴθιστο· λουέσθω δὲ
 20 χλιαρῷ, καὶ τῷ ἐλαίῳ ἀλειφέσθω⁶ ἐν τῷ ὕδατι·
 ὑπνοισί τε μαλακοῖσι διαγέτω, ἐν ἥμέρῃσι δὲ
 22 πέντε τοὺς πόνους προσαγέτω⁷ κατὰ μικρόν.

LXXXIV. Εἰσὶ δέ τινες οἱ φρίσσουσιν ἐκ τῶν
 γυμνασίων, καὶ ἐπειδὰν ἐκδύσωνται⁸ μέχρι
 διαπονήσωσιν· ὅταν δὲ ψύχηται, πάλιν φρίσσει·

¹ For ὄρθρίων M reads ὄρθρον.

² So θ. M has βαρύνεται· τούτῳ πλείουνες.

³ For χρῆσθαι M has χρήσασθαι.

⁴ For ἵκανῷ M has ἵκανῶς.

⁵ For θερμῷ M has θερμῶς.

REGIMENT, III. LXXXIII.-LXXXIV.

LXXXIII. The following symptoms also occur. Rigors come on after the early-morning walk, with heaviness of the head proportionate to the excess of the walking over the proper amount. The reason for the rigors and the heaviness is because the body and the head are emptied of their moisture. In course of time the patient falls into a fever attended by rigors. Instead of letting things slide thus far, the following treatment should be carried out before. On the first appearance of the symptoms¹ let the patient have a little unction and a little massage, take a heartier luncheon than usual, with plenty of soft wine to drink, and then a long sleep after the luncheon. In the evening light exercises should be taken, a hot bath and the usual dinner. No walk after dinner; the patient should just pass away the time. On the next day reduce all the exercises and the walks by one-third, but the usual food should be eaten. Let the patient take his bath tepid, and in the water anoint himself with oil. He must take his sleep on a soft bed, and spend five days in resuming his exercises little by little.

LXXXIV. Some have rigors as a result of² their exercises, that is to say, from the time they put off their clothes to the time they finish, and the rigors are renewed on cooling down. The teeth

¹ The *τι* seems to refer, not to one of the symptoms, but to their first appearance in a slight form: “as soon as the symptoms appear at all.” *τῶν τεκμηρίων τι*, in fact, means, not “one symptom,” but “something of the symptoms.”

² Or “after,” in which case *καὶ* means “and.” I take the clauses after *καὶ* to explain *ἐκ τῶν γυμνασίων*.

⁶ M omits *τῶν γυμνασίων . . . ἀλειφέσθω*.

⁷ M omits *πόνους* and reads *προσαγεσθω*.

⁸ For *ἐκδύσωνται* M has *ἐκδύηται*.

βρυγμός τε τὸ σῶμα ἔχει· ὑπνώσσει τε, ὅταν δὲ
ἔξέγρηται, χασμάται πολλάκις· ἐκ δὲ τοῦ ὕπνου
τὰ βλέφαρα βαρέα· προιόντος δὲ τοῦ χρόνου καὶ
πυρετοὶ ἐπιγίνονται ἵσχυροί,¹ καὶ φλυαρεῖ. φυ-
λάσσεσθαι οὖν χρὴ καὶ μὴ προΐεσθαι² ἐσ τοῦτο,
ἀλλὰ ἐκδιαιτήσασθαι ὅδε· πρῶτον μὲν τῶν
10 γυμνασίων ἀφελέσθω πάντα ἥ τὰ ἡμίσεα· τοῖσι
δὲ σίτοισιν πᾶσι χρήσθω ὑγροτέροισί τε καὶ
ψυχροτέροισι, καὶ τοῖσι πόμασι μαλακωτέροισι
καὶ ὑδαρεστέροισιν· ὄκοταν δὲ παρέλθωσιν ἡμέραι
πέντε, προσθέσθω τῶν πόνων τὸ τρίτον μέρος
τῶν ἀφαιρεθέντων· τοῖσι δὲ σίτοισι χρήσθω
τοῖσιν αὐτοῖσι· πέμπτη δὲ ἄλλῃ ἡμέρῃ τοὺς
ἡμίσεας τῶν λοιπῶν πόνων προσθέσθω· αὗθις
δὲ πέμπτη μετὰ τοῦτο ἀπόδος τοὺς πόνους
πάντας κουφοτέρους καὶ ἐλάσσονας, ὡς μὴ πάλιν
20 ὑπερβολὴ γένηται.

LXXXV. Τοῖσι γὰρ πάσχουσι ταῦτα τὰ
τεκμηρία οἱ πόνοι κρέσσους εἰσὶ³ τῶν σιτίων·
ἀνισάζειν οὖν χρή· ἔνιοι δὲ οὐ ταῦτα πάντα
πάσχουσιν, ἀλλὰ τὰ μέν, τὰ δ' οὐ. πάντων δὲ
τούτων τῶν τεκμηρίων οἱ πόνοι κρατέουσι τῶν
σίτων, καὶ θεραπεύῃ ἥ αὐτή· συμφέρει δὲ τού-
τοισι θερμολογεῖν, μαλακευεῖν, μεθυσθῆναι
ἄπαξ ἥ δίς, μὴ ἐσ ὑπερβολήν· ἀφροδισιάσαι τε
ὅταν ὑποπίγη·⁴ ῥᾳθυμῆσαι πρὸς τοὺς πόνους,
10 πλὴν τῶν⁵ περιπάτων.

¹ For ἵσχυροί M has φαῦλοι.

² προσίεσθαι θ : πρόεσθαι M (which omits καὶ).

³ θ omits τοῖσι γὰρ . . . εἰσι.

⁴ So M. θ reads ὑποπτῆι, omitting τε.

⁵ τῶν is omitted by M.

REGIMENT, III. LXXXIV.—LXXXV.

chatter.¹ The patient is sleepy, and after waking up he yawns frequently. After sleep the eyelids are heavy. In course of time high fever too comes on with delirium. So care must be taken not to let things drift so far, and the following change of regimen should be adopted. First drop all exercises or reduce them by one-half. All the food taken should be of the moister and more cooling sort, and the drink of the milder sort, well diluted. When five days are passed, let the patient add one-third of the exercises that have been dropped. The food taken should be the same. After another five days restore one-half of the remaining exercises. After another five resume all the exercises, but let them be less strenuous and less prolonged, in order that excess may not recur.

LXXXV. When patients exhibit these symptoms exercises are in excess of food. Accordingly, a due correspondence must be restored. In some cases not all the symptoms are experienced, but only some of them. But with all these symptoms exercises overpower food, and the treatment is the same. These patients ought to take their baths warm, to sleep on a soft bed, to get drunk once or twice, but not to excess, to have sexual intercourse after a moderate indulgence in wine, and to slack off their exercises, except walking.

¹ Ermerins deletes $\tau\delta\ \sigma\hat{\omega}\mu\alpha$, and the words are strange, although supported by all the MSS. Perhaps we should read $\tau\delta\ \sigma\tau\delta\mu\alpha$. I am loth, however, to depart from the MSS., as we really know too little about Greek idioms of this type to be quite sure that the phrase $\tau\delta\ \sigma\hat{\omega}\mu\alpha$ would be impossible in this context.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ΤΟ ΤΕΤΑΡΤΟΝ

Η

ΠΕΡΙ ΕΝΥΠΝΙΩΝ

LXXXVI. Περὶ δὲ τῶν τεκμηρίων τῶν ἐν τοῖσιν ὑπνοισιν ὅστις ὀρθῶς ἔγνωκε, μεγάλην ἔχοντα δύναμιν εὐρίσει πρὸς ἄπαντα. ἡ γὰρ ψυχὴ ἐγρηγορότι μὲν τῷ σώματι ὑπηρετέουσα, ἐπὶ πολλὰ μεριζομένη, οὐ γίνεται αὐτὴ ἔωστῆς, ἀλλ’ ἀποδίδωσί τι¹ μέρος ἐκάστῳ τοῦ σώματος, ἀκοῇ, ὅψει, ψαύσει, ὁδοιπορίῃ, πρήξει παντὸς τοῦ σώματος.² αὐτὴ δὲ ἔωστῆς ἡ διάνοια οὐ γίνεται.³ ὅταν δὲ τὸ σῶμα ἡσυχάσῃ, ἡ ψυχὴ 10 κινεομένη καὶ ἐγρηγορέουσα⁴ διοικεῖ τὸν ἔωστῆς οἶκον, καὶ τὰς τοῦ σώματος πρήξιας ὑπάσας αὐτὴ διαπρίσσεται. τὸ μὲν γὰρ σῶμα καθεῦδον οὐκ αἰσθάνεται, ἡ δὲ ἐγρηγορέουσα γινώσκει πάντα,⁵ καὶ ὥρῃ⁶ τε τὰ ὄρατὰ καὶ ἀκούει τὰ ἀκουστά,⁷ βαδίζει, ψαύει, λυπεῖται, ἐνθυμεῖται, ἐνὶ λόγῳ,⁸ ὁκόσαι⁹ τοῦ σώματος ὑπηρεσίαι ἡ τῆς ψυχῆς, πάντα ταῦτα¹⁰ ἡ ψυχὴ ἐν τῷ ὑπνῳ

¹ τι M : τὸ θ.

² So θ : M has πρήξει πάντῃ τοῦ σώματος δ. ανοίη.

³ αὐτῇ δὲ ἡ διάνοια. εωστῆς οὐ γίνεται θ : αὐτὴ δὲ αὐτῆς ἡ διάνοια οὐ γίνεται M.

⁴ ἐγρηγορέουσα. τὰ πρήγματα θ : ἐπεξέρπουσα τὰ σώματα M : ἐπεξέρπουσα τὰ μέρη τοῦ σώματος Littré.

⁵ πάντα θ : M omits.

⁶ καὶ ορῃ θ : καθορῇ M.

REGIMEN IV

OR

DREAMS

LXXXVI. He who has learnt aright about the signs that come in sleep will find that they have an important influence upon all things. For when the body is awake the soul is its servant, and is never her own mistress, but divides her attention among many things, assigning a part of it to each faculty of the body—to hearing, to sight, to touch, to walking, and to acts of the whole body; but the mind never enjoys independence. But when the body is at rest, the soul, being set in motion and awake,¹ administers her own household, and of herself performs all the acts of the body. For the body when asleep has no perception; but the soul when awake has cognizance of all things—sees what is visible, hears what is audible, walks, touches, feels pain, ponders. In a word, all the functions of body and of soul are performed by

¹ The reading of M would mean, “pervading the body.” The words *τὰ πρήγματα*, which θ has after *ἐγρηγορέουσα*, I take to be a note on *τὸν ἐωτῆς οἶκον* which has crept into the text. The unusual form *ἐγρηγορέουσα* may possibly account for the disturbed state of the manuscript tradition.

⁷ ἀκούει θ : διακούει M.

⁸ ἐν λόγῳ Mack : ἐν δλίγῳ M : ἐν δλίγῳ έοῦσα θ.

⁹ ὄκοσαι M : δκόσα θ.

¹⁰ πάντα· ταῦτα θ : ταῦτα πάντα M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

διαπρήσσεται. ὅστις οὖν ἐπίσταται κρίνειν
19 ταῦτα ὁρθῶς μέγα μέρος ἐπίσταται σοφίης.¹

LXXXVII. Ὁκόσα μὲν οὖν τῶν ἐνυπνίων θεῖά ἔστι καὶ προσημαίνει² ἢ πολέσι ἢ ἴδιώτησι ἢ κακὰ ἢ ἀγαθάτ̄ μὴ δι' αὐτῶν ἀμαρτίην, † εἰσὶ οἱ κρίνουσι περὶ τῶν τοιούτων τέχνην³ ἔχοντες ὄκόσα δὲ ἡ ψυχὴ τοῦ σώματος παθήματα προσημαίνει, πλησμονῆς ἢ κενώσιος ὑπερβολὴν⁴ τῶν συμφυτῶν, ἢ μεταβολὴν τῶν ἀηθέων, κρίνουσι μὲν καὶ ταῦτα, καὶ τὰ μὲν τυγχάνουσι, τὰ δὲ ἀμαρτάνουσι, καὶ οὐδέτερα⁵ τούτων γινώσκουσι δι' ὅ τι⁶ γίνεται, οὐθ' ὅ τι⁷ ἀν ἐπιτύχωσιν οὐθ' ὅ τι ἀν ἀμάρτωσι, φυλάσσεσθαι δὲ παρανέοντες μή τι κακὸν λάβῃ. οἱ δ' οὖν⁸ οὐ διδάσκουσιν ὡς χρὴ φυλάσσεσθαι,⁹ ἀλλὰ θεοῖσιν εὔχεσθαι¹⁰ κελεύοντες· καὶ τὸ μὲν εὔχεσθαι ἀγαθόν.¹¹ δεῖ δὲ καὶ αὐτὸν συλλαμβάνοντα τοὺς θεοὺς¹² ἐπικαλεῖσθαι.

LXXXVIII. Ἐχει δὲ περὶ τούτων ὁδε.¹³ ὄκόσα τῶν ἐνυπνίων τὰς ἡμερινὰς¹⁴ πρήξιας τοῦ ἀνθρώπου ἢ διαγοίας¹⁵ ἐσ τὴν εὐφρόνην¹⁶ ἀπο-

¹ θ omits σοφίης. ² θ omits ἢ . . . προσημαίνει.

³ So M. Some MSS. read ἀκριβῆ τέχνην.

⁴ θ has ἢ before ὑπερβολὴν, and so Diels would read προσημαίνει, ἢ ὑπερβολὴν τῶν συμφύτων κ.τ.λ., perhaps rightly. Ermerins for κενώσιος has κακώσιος, without authorities or comment.

⁵ So M. θ has τυγχάνουσι. τὰ δ' οὐδέτερα.

⁶ διότι οὖν θ M: οὖν is omitted by the first hand in H.

⁷ οὐδότι . . . οὐδότι θ.

⁸ οἰδων θ: οἱ δ' ἀν Diels. ⁹ φυλάξασθαι M.

¹⁰ εὔξασθαι M. In θ the -ῖσιν of θεοῖσιν has been erased.

¹¹ The vulgate has εὔχεσθαι πρέπον καὶ λίην ἔστιν ἀγαθόν. M has εὔχεσθαι δεῖ καὶ ἀγαθόν.

¹² In θ the -υς of τοὺς and θεοὺς has been erased.

REGIMENT, IV. LXXXVI.—LXXXVIII.

the soul during sleep. Whoever, therefore, knows how to interpret these acts aright knows a great part of wisdom.

LXXXVII. Now such dreams as are divine, and foretell to cities or to private persons things evil or things good,¹ have interpreters in those who possess the art of dealing with such things. But all the physical symptoms foretold by the soul, excess, of surfeit or of depletion, of things natural, or change to unaccustomed things, these also the diviners interpret, sometimes with, sometimes without success. But in neither case do they know the cause, either of their success or of their failure. They recommend precautions to be taken to prevent harm,² yet they give no instruction how to take precautions, but only recommend prayers to the gods. Prayer indeed is good, but while calling on the gods a man should himself lend a hand.

LXXXVIII. This is the truth of the matter. Such dreams as repeat in the night a man's actions or thoughts in the day-time, representing them as

¹ The words within daggers I have omitted from my translation. Littré translates “non causés par la faute des parties intéressées.” But such a meaning can apply only to κακά, not to ἀγαθά. If the words be kept, αὐτῶν must be emended to αὗτῶν or ἐωυτῶν, otherwise the order of the words is wrong.

² The punctuation of this passage is uncertain. I have taken παραινέοντες as a slight anacoluthon for παραινέουσι, but it might be better to put a colon or full-stop at ἀμάρτωσι and a comma at λάβῃ. So Littré and Ermerins.

¹³ In M appears here the title 'Ιπποκρατος π ἐνυπνίων ΚΓ.

¹⁴ ἡμερινὰς M : ἐσπερινὰς θ.

¹⁵ ἡ διανολας θ : ἡ διάνοια M.

¹⁶ εὐφρονην M : εὖ φρονεῖν θ. After εὐφρονην M has ἐνυπνιάζεται ἔοπέρην.

ΠΕΡΙ ΔΙΑΙΤΗΣ

δίδωσι κατὰ τρόπον γινομένας¹ ὥσπερ² τῆς
 ἡμέρας ἐπρήχθη ἢ ἐβουλεύθη ἐπὶ³ δικαίῳ
 πρήγματι, ταῦτα τῷ ἀνθρώπῳ ἀγαθά· ὑγιείην
 γάρ σημαίνει, διότι ἡ ψυχὴ παραμένει τοῖσιν
 ἡμερινοῖσι βουλεύμασιν, οὔτε πλησμονῇ κρα-
 τηθεῖσα οὔτε κενώσει οὔτε ἄλλῳ οὐδενὶ ἔξωθεν
 10 προσπεσόντι. ὅταν δὲ πρὸς τὰς ἡμερινὰς
 πρήξιας ὑπεναντιῶται τὰ ἐνύπνια καὶ ἐγγίνηται
 περὶ αὐτῶν ἢ μάχη ἢ νίκη,⁴ σημαίνει τάραχον⁵
 ἐν τῷ σώματι· καὶ ἦν μὲν ἵσχυρὴ ἦ, ἵσχυρὸν
 τὸ κακόν,⁶ ἦν δὲ φαύλη, ἀσθενέστερον. περὶ
 μὲν οὖν τῆς πρήξιος εἴτ' ἀποτρέπειν δεῖ εἴτε
 μή,⁷ οὐ κρίνω· τὸ δὲ σῶμα θεραπεύεσθαι συμ-
 βουλεύω· πλησμονῆς γάρ τυνος ἐγγενομένης
 ἀπόκρισίς τις γενομένη⁸ ἐτάραξε τὴν ψυχὴν.
 ἦν μὲν οὖν ἵσχυρὸν ἦ τὸ ἐναντιωθέν, ἔμετόν τε
 20 συμφέρει ποιήσασθαι καὶ τοῖσι σίτοισι κούφοισι
 προσάγειν ἐς ἡμέρας πέντε, καὶ τοῖσι περιπά-
 τοισι ὄρθρίοισι πολλοῦσι καὶ δξέσιν ἐκ προσα-
 γωγῆς χρῆσθαι, καὶ τοῖσι γυμνασίοισιν, ὅστις
 ἐπιγυμνάζεται,⁹ συμμέτροισι πρὸς τὴν προσα-
 γωγὴν τῶν σίτων¹⁰ ἦν δὲ ἀσθενέστερον τὸ
 ὑπεναντίον¹¹ γένηται, ἀφελὼν τὸν ἔμετον τὸ

¹ γινομένας θ: γενόμενα M.

² ὥσπερ M: ὑπερ θ.

³ ἐπι θ: ἐν M.

⁴ ἢ μάχη: ἢ νικη θ: ἢ μάχη. ἡνίκα ἀν (with σημαίνῃ) M: the text is Diels'.

⁵ τάραχον θ: ταραχὴν M.

⁶ θ has καὶ ἦν ἵσχυρᾶ ἵσχυρὸν τὸ σῶμα. Diels would read καὶ ἦν μὲν ἵσχυρή, ἵσχυρόν (sc. τὸν τάραχον σημαίνει); this is quite possibly correct.

⁷ Both θ and M omit δεῖ, which the vulgate places after μή. M. has οὔτε for εἴτε.

REGIMEN, IV. LXXXVIII.

occurring naturally, just as they were done or planned during the day in a normal¹ act—these are good for a man. They signify health, because the soul abides by the purposes of the day, and is overpowered neither by surfeit nor by depletion nor by any attack from without. But when dreams are contrary to the acts of the day, and there occurs about them some struggle or triumph, a disturbance in the body is indicated, a violent struggle meaning a violent mischief, a feeble struggle a less serious mischief. As to whether the act should be averted or not I do not decide, but I do advise treatment of the body. For a disturbance of the soul has been caused by a secretion arising from some surfeit that has occurred. Now if the contrast be violent, it is beneficial to take an emetic, to increase gradually a light diet for five days, to take in the early morning long, sharp walks, increasing them gradually, and to adapt exercises, when in training,² so as to match the gradual increase of food. If the contrast be milder, omit the emetic, reduce food

¹ The word δικαίω is difficult. Littré's "dans une juste affaire," and Ermerins' "in re insta," hardly bring out the meaning, which has no reference to ethics, but only to the "sanity" of the act or thought.

² The reading ἐπιγυμάζεσθαι is the easier, as few Greeks were ever "out of training." It is hard, however, to discard the reading of so good a MS. as θ, especially when we remember that "difficilior lectio potior."

⁸ ἀποφρίσις τής γενομένη θ: ἀπόκρισις γέγονεν τής. ήτις M: ἀπόκρισις ἐγέιετό της, ήτις Diels.

⁹ ὅστις ἔτι γυμνάζεται θ: ἐπιγυμάζεσθαι M.

¹⁰ σιτῶν θ: σιτῶν M.

¹¹ ὑπενάντιον θ: ὑπειαντιώθεν M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

τρίτον μέρος ἄφελε τῶν σίτων,¹ καὶ τοῦτο²
ἥσυχη προσάγου³ πάλιν ἐπὶ πένθ’ ἡμέρας· καὶ
τοῖσι περιπάτοισι πιέζειν καὶ τοῖσι τῆς φωνῆς
30 πόνοισι χρῆσθαι,⁴ καὶ καταστήσεται ἡ ταραχή.⁵

LXXXIX. "Ἡλιον καὶ σελήνην καὶ οὐρανὸν
καὶ ἄστρα⁶ καθαρὰ καὶ εὐαγέα, κατὰ τρόπον
όρεόμενα⁷ ἔκαστα, ἀγαθά· ὑγιείην γὰρ τῷ σώ-
ματι σημαίνει ἀπὸ πάντων τῶν ὑπαρχόντων·
ἀλλὰ χρὴ διαφυλάσσειν ταύτην τὴν ἔξιν τῇ
παρεούσῃ διαίτῃ. εἰ δέ τι τούτων ὑπεναντίον
γένοιτο, νοῦσόν τινα τῷ σώματι σημαίνει, ἀπὸ⁸
μὲν τῶν ἴσχυροτέρων ἴσχυροτέρην, ἀπὸ δὲ τῶν
ἀσθενεστέρων κουφοτέρην. ἄστρων μὲν οὖν ἡ
10 ἡ ἔξω περίοδος, ἥλιον δὲ ἡ μέση, σελήνης δὲ
ἡ πρὸς τὰ κοῖλα. ὁ τι μὲν οὖν δοκεῖ⁹ τῶν
ἄστρων βλάπτεσθαι ἡ ἀφαιτίζεσθαι ἡ ἐπίσχε-
σθαι⁹ τῆς περιόδου, ἦν μὲν ὑπ’ ἡέρος ἡ νεφέλης,
ἀσθενέστερον· εἰ δὲ καὶ ὕδατος ἡ χαλάζης,
ἴσχυρότερον· σημαίνει δὲ ἀπόκρισιν ἐν τῷ
σώματι ὑγρὴν καὶ φλεγματώδεα γενομένην ἐς
τὴν ἔξω¹⁰ περιφορὴν ἐσπεπτωκέναι. συμφέρει
δὲ τούτῳ τοῖσι τε δρόμοισιν ἐν τοῖσιν ἰματίοισι

¹ τῶν σιτῶν θ: τοῦ σιτίου M.

² τὸ M.

³ προσαγάγου θ M.

⁴ χρῆσθω M.

⁵ After ταραχή θ has καὶ τοῖσι θεοῖσιν εὑχεσθαι with -ισι and -ισιν erased. M has καὶ τοῖσι θεοῖσι εὑχεσθαι.

⁶ ἄστρα θ: ἄστέρας M.

⁷ ὄρώμενα M: ὄραιομένα θ: ἦν before καθαρὰ and ὄρεμενα Diels.

⁸ δοκέοι θ: δοκοίη M.

⁹ ἐπίσχεσθαι M: ἐπίχεσθαι θ.

¹⁰ ἔξω θ: ἔσω M.

¹ "Agiles" Littré; "suo motu agitata" Ermerins, as though εὐαγέα came from ἄγω.

REGIMEN, IV. LXXXVIII.—LXXXIX.

by a third, resuming this by a gentle, gradual increase spread over five days. Insist on vigorous walks, use voice-exercises, and the disturbance will cease.

LXXXIX. To see the sun, moon, heavens and stars clear and bright,¹ each in the proper order, is good, as it indicates physical health in all its signs,² but this condition must be maintained by adhering to the regimen followed at the time. But if there be a contrast between the dream and reality, it indicates a physical illness, a violent contrast a violent illness, a slighter contrast a lighter illness. The stars are in the outer sphere, the sun in the middle sphere, the moon in the sphere next the hollow.³ When any one of the heavenly bodies appears to be disfigured, to disappear, or to be arrested in its revolution, if it be through mist or cloud, the malign influence is comparatively weak; if through rain also or hail, the influence is more powerful. In any case it is indicated that a moist and phlegm-like secretion, arising in the body, has fallen to the outer circuit.⁴ It is beneficial for this man to make his runs long, wearing

² “De la part de tout ce qui y est” Littré; “omniumque eius partium” Ermerins. $\tau\delta\ \nu\pi\alpha\rho\chi\sigma\nu$ in this book often mean an apparition in a dream. See p. 431.

³ The moon was supposed to be in the first and lowest of the eight concentric spheres, the sun in the fourth, the fixed stars in the eighth and outermost. $\tau\delta\ \kappa\omega\lambda\alpha$ means the concavity of the inmost sphere, by which we are surrounded. I owe this note to the kindness of Professor A. E. Housman.

⁴ There is supposed to be a connexion between the spheres in which the stars move and the “circuits” or circulations in the body described in *Regimen I.*

ΠΕΡΙ ΔΙΑΙΤΗΣ

χρῆσθαι πολλοῖσιν, ἐξ ὀλίγου προσάγοντα,
 20 ὅπως ἔξιδρώσῃ¹ ώς μάλιστα, καὶ τοῖσι περιπάτοισιν ἀπὸ τοῦ γυμνασίου πολλοῖσι, καὶ ἀνάριστον διάγειν· τῶν τε² σίτων³ ἀφελόμενον τὸ τρίτον μέρος προσάγειν ἐς πένθ' ήμέρας· εἰ δὲ δοκοίη ἴσχυρότερον εἶναι καὶ πυρίη⁴ χρῆσθαι· τὴν γὰρ κάθαρσιν διὰ τοῦ χρωτὸς συμφέρει ποιεῖσθαι, διότι ἐν τῇ ἔξῳ περιφορῇ ἐστὶ τὸ βλάβος· τοῖσι δὲ σίτοισι χρῆσθαι ξηροῖσι, δριμέσιν, αὐστηροῖσιν, ἀκριήτοισι, καὶ τοῖσι πόνοισι τοῖσι ξηραίνοντι μάλιστα. εἰ δέ τι
 30 τούτων ἡ σελίνη πάσχοι, εἴσω τὴν ἀντισπασιν ποιεῖσθαι συμφέρει, ἐμέτῳ τε⁵ χρῆσθαι ἀπὸ τῶν δριμέων καὶ ἀλμυρῶν καὶ μαλακῶν σίτων· τοῖσι τε τρόχοισιν⁶ ὀξέσι καὶ τοῖσι περιπάτοισι· τοῖσι τε τῆς φωνῆς πόνοισι, καὶ ἀιαριστήσι, τοῦ τε σίτου τῇ ἀφαιρέσει καὶ προσαγωγῇ ὠσαύτως. διὰ τοῦτο δὲ εἴσω ἀντισπαστέον, διότι πρὸς τὰ κοῖλα τοῦ σώματος τὸ βλαβερὸν ἐφάνη. εἰ δὲ ὁ ἥλιος τοιοῦτό τι⁷ πάσχοι, ἴσχυρότερον τοῦτο ἥδη καὶ δυσεξαγωγότερον· δεῖ δὲ
 40 ἀμφοτέρως τὰς ἀντισπάσιας ποιεῖσθαι, καὶ τοῖσι δρόμοισι τοῖσι τε καμπτοῖσι καὶ τοῖσι⁸ τρόχοισι χρῆσθαι καὶ τοῖσι περιπάτοισι καὶ τοῖσιν ἄλλοισι πόνοισι πᾶσι, τῶν τε σίτων τῇ ἀφαιρέσει καὶ τῇ προσαγωγῇ ὠσαύτως. ἔπειτα

¹ ἔξιδρώσει Littré. Diels.

² τε M : δὲ θ.

³ σίτων M : σιτῶν θ.

⁴ πυρὶ M : πυρῆσει θ.

⁵ τε added by Diels.

⁶ τροχοῖσι M : πόνοισιν θ.

⁷ θ omits τι.

⁸ M omits καὶ τοῖσι.

¹ “Non tempérés” Littré, that is, with their properties unmitigated by the addition of other ingredients.

his cloak the while, to increase them gradually, that he may perspire as freely as possible, and after exercise to take long walks; luncheon should be left out. Reduce food by one-third, and take five days in gradually resuming the normal quantity. Should the trouble appear to be of the more potent kind, use also the vapour-bath; for, as the mischief lies in the outer circuit, it is expedient to make the purgation through the skin. The foods employed are to be dry, acrid, astringent and unmixed;¹ the exercises such as are the most drying. But if it be the moon that shows these signs at all,² it is beneficial to effect the revulsion inwards, and to administer an emetic after foods that are acrid, salt and soft. There should be sharp circular runs, walks,³ voice-exercises, omission of luncheon, the same reduction and gradual increase of food. The revulsion must be directed inwards because the harm showed itself at the hollow parts of the body. But if it be the sun that manifests the phenomena, the malady is more potent, and harder to eliminate. It is necessary to effect the revulsions in both directions, to employ running on the double track and on the round track, walks and all other exercises, the same reduction and gradual increase of food. After an emetic should come another

² Or "any one of the signs." See note 1, p. 417.

³ Littré omits *τοῖσι τε τρόχοισι . . . περιπάτοισι*, on the ground that the revulsion is directed inwards. The articles I take to be generic, and the influence of *ώσαντως* to extend backwards only as far as *τοῦ τε σίτου*. The reading of θ looks like an attempt to extend this influence back to the beginning of the sentence, and to assimilate this prescription to the preceding, which, however, does not contain voice-exercises.

ΠΕΡΙ ΔΙΑΙΤΗΣ

έξεμέσαντα αὐτις προσάγειν πρὸς τὰς πέντε·
 εἰ δὲ αἰθρίης ἐούσης θλίβεται,¹ καὶ ἀσθενέα δοκεῖ
 εἶναι καὶ² ὑπὸ τῆς ξηρασίης τῆς περιόδου
 κρατεῖσθαι, σημαίνει κίνδυνον ἐς νοῦσον ἐμπε-
 σεῦν.³ ἀλλὰ χρὴ τῶν πόνων ἀφαιρεῖν, τῇ τε
 50 διαίτῃ τῇ ὑγροτάτῃ⁴ χρῆσθαι, τοῖσι τε λου-
 τροῖσι καὶ ῥαθυμίῃ πλείονι, καὶ ὑπνοῖσι, μέχρι
 καταστῆ. εἰ δὲ πυροειδὲς τὸ ὑπεναντιούμενον
 δοκοίη εἶναι καὶ θερμόν, χολῆς ἀπόκρισιν ση-
 μαίνει· εἰ μὲν οὖν κρατοίη τὰ ὑπάρχοντα,
 νοῦσον σημαίνει.⁵ εἰ δὲ καὶ ἀφανίζοιτο τὰ
 κρατεύμενα, κίνδυνος ἐς θάνατον ἐκ τῆς νούσου
 ἐλθεῖν. εἰ δὲ τρεφθῆναι δοκοίη ἐς φυγὴν τὸ
 ὑπάρχον, φεύγειν δὲ ταχέως, τοὺς δὲ διώκειν,
 κίνδυνος μανῆναι τὸν ἄνθρωπον, ἦν μὴ θερα-
 60 πευθῆ. συμφέρει δὲ τούτοισι πᾶσι μάλιστα μὲν
 ἐλλειβόρῳ καθαρθέντας διαιτῆσθαι· εἰ δὲ μή,
 τῇ πρὸς ὕδατος διαίτῃ συμφέρει χρῆσθαι, οἴγον
 δὲ μὴ πίνειν, εἰ μὴ⁶ λευκούν, λεπτόν, μαλακόν,
 ὕδαρέα· ἀπέχεσθαι δὲ θερμῶν,⁷ δριμέων, ξηραντι-
 κῶν, ἀλμυρῶν· πόνοισι δὲ τοῖσι κατὰ φύσιν
 πλείστοισι χρήσθω καὶ δρόμοισιν ἐν ἴματίω
 πλείστοισι· τρῖψις δὲ μὴ ἔστω, μηδὲ πάλη, μηδὲ
 ἀλίνδησις· ὑπνοῖσι πολλοῖσι μαλακευνείτω·
 ῥαθυμείτω πλὴν ἐκ⁸ τῶν κατὰ φύσιν πόνων·
 70 ἀπὸ δείπνου περιπατείτω· ἀγαθὸν δὲ καὶ πυριῆ-

¹ θ has θλίβηται and δοκῆι.

² καὶ omitted by θ M. First added by Zwinger.

³ ἐνπεσεῖν θ: πεσεῖν M.

⁴ ὑγροτέρηι μαλακῆι (without τῆι) M.

⁵ εἰ μὲν οὖν κρατοίη τὰ . . . σημαίνει θ. M omits, and Ermerins reads οὖν for οὐ.

⁶ μὴ θ: δὲ μὴ M: δ' οὖν Littré, Ermerins.

⁷ M omits θερμῶν, but has θερμαντικῶν after ξηραντικῶν.

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gradual increase spread over five days. But if in a clear sky the heavenly bodies are crushed, seeming to be weak and overpowered by the dryness of the revolution,¹ it indicates a danger of falling into a disease. What is necessary is to reduce food, to employ the moistest regimen, baths and increased rest, and sleep, until there is a recovery. If the hostile influence appear to be fiery and hot, a secretion of bile is indicated. Now if the force² win, a disease is indicated. If the vanquished be also annihilated, there is a danger that the disease will have a fatal issue. But if the force² seem to be put to flight, and to flee quickly, pursued by the stars, there is a danger that the patient will become delirious, unless he be treated. In all these cases it is most beneficial to be purged with hellebore before submitting to regimen. The next best course is to adopt a watery regimen, and to abstain from wine unless it be white, thin, soft and diluted. There should be abstinence from things that are hot, acrid, drying and salt. Let there be plenty of natural exercises and long runs with the cloak worn. Let there be no massage, no ordinary wrestling, and no wrestling on dust. Long sleeps on a soft bed; rest except after³ the natural exercises; let there be a walk after dinner. It is a good thing too to take a vapour-bath. After the

¹ If with Ermerins we transpose *καλ* to before *σημαίνει*, and read *κρατεῖται*, we must translate: "they are overpowered, etc. and it indicates."

² Would the word "Thing" (capital T) represent the mysterious influence suggested by *τὸ δὲ οὐπάρχον*?

³ Or (with *έκ* omitted) "from."

⁸ *έκ* is omitted by M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

σθαι· καὶ ἐμεῖν ἐκ τῆς πυριῆς· τριήκοντα δὲ
ἡμερέων μὴ πληρωθῆ· ὁκόταν δὲ πληρωθῆ, τρὶς
ἐν τῷ μηνὶ ἐμεσάτω ἀπὸ τῶν γλυκέων καὶ ὑδα-
ρέων καὶ κούφων. ὁκόσα δὲ τούτων πλανᾶται
ἄλλοις ἄλλως,¹ ψυχῆς τάραξίν τινα σημαίνει ὑπὸ²
μερίμνης· συμφέρει δὲ τούτῳ ῥᾳθυμῆσαι· τὴν
ψυχὴν τραπέσθαι³ πρὸς θεωρίας, μάλιστα μὲν
πρὸς τὰς γελοίας, εἰ δὲ μή, ἄλλας τινὰς ἃς³
ὅ τι μάλιστα ἡσθήσεται θεησάμενος, ἡμέρας δυο
80 ἢ τρεῖς, καὶ καταστήσεται· εἰ δὲ μή, κίνδυνος
ἐσ νοῦσον πίπτειν. ὅ τι δ' ἀν ἐκ τῆς περιφορῆς
ἐκπίπτειν δοκῇ τῶν ἀστρων, ὁκόσα μὲν καθαρὰ
καὶ λαμπρὰ καὶ πρὸς ἔω φέρεται, ὑγείην σημαί-
νει· ὅ τι δ' ἀν ἐν τῷ σώματι καθαρὸν ἐνεὸν
ἐκκρίνηται ἐκ τῆς περιόδου κατὰ φύσιν ἀφ'
ἔσπέρας πρὸς ἡῶ,⁴ ὁρθῶς ἔχει· καὶ γὰρ τὰ ἐσ
τὴν κοιλίην ἀποκρινόμενα καὶ τὰ ἐσ τὴν σάρκα
ἀπερευγόμενα πάντα ἐκ τῆς περιόδου ἐκπίπτει.
ὅ τι δ' ἀν τούτων μέλαιν καὶ ἀμυδρὸν καὶ πρὸς
90 ἔσπέρην δοκῇ φέρεσθαι, ἢ ἐσ θάλασσαν ἢ ἐσ
τὴν γῆν ἢ⁵ ἄνω, ταῦτα σημαίνει τὰς νούσους·
τὰ μὲν ἄνω φερόμενα κεφαλῆς ῥεύματα· ὅσα δὲ
ἐσ θάλασσαν, κοιλίης νοσήματα· ὅσα δὲ ἐσ γῆν,

¹ For the ἄλλοις ἄλλως of θ, M has ἄλλο τε ἄλλῃ μὴ ὑπὸ²
ἀνάγκης, with τινὰ after ψυχῆς.

² M has τραπῆναι καὶ for τραπέσθαι.

³ M omits ἄλλας τινὰς, perhaps rightly.

⁴ M reads ὅτι γὰρ, ἐδν and προση.

⁵ θ omits ἢ and M has μᾶλλον after ἄνω.

¹ I take ἄλλοις ἄλλως to be an adverbial phrase independent
syntactically of the rest of the sentence. I can discover
no exact parallel for this, but that is no reason for rejecting
the reading in a work in which a strict adherence to

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vapour-bath an emetic is to be drunk. Until thirty days are gone the appetite should not be fully satisfied, and when the time has come for this full satisfaction, let an emetic be taken three times a month after a meal of sweet, watery and light foods. Whenever the heavenly bodies wander about, some in one way and others in another,¹ it indicates a disturbance of the soul arising from anxiety. Rest is beneficial in such a case. The soul should be turned to the contemplation of comic things, if possible, if not, to such other things as will bring most pleasure when looked at, for two or three days, and recovery will take place. Otherwise there is a risk of falling ill. Whenever a heavenly body appears to fall away from its orbit, should it be pure and bright, and the motion towards the east, it is a sign of health. For whenever a pure substance in the body is secreted from the circuit in the natural motion from west to east, it is right and proper. In fact secretions into the belly and substances disgorged into the flesh all fall away from the circuit. But whenever a heavenly body seems to be dark and dull, and to move towards the west, or into the sea, or into the earth, or upwards, disease is indicated. When the motion is upwards, it means fluxes of the head; when into the sea, diseases of the bowels; when

syntax is not always followed. Perhaps we should read, with the same sense, ἄλλοτε ἄλλως. M's reading would mean, "now in one direction and now in another." Perhaps ἄλλοις may refer to the dreamers: "in the way the particular dreamer may happen to see them." Professor D. S. Robertson assures me that the last interpretation is the only one consistent with ἄλλοις ἄλλως. But the Greek of *Regimen* is often abnormal.

ΠΕΡΙ ΔΙΑΙΤΗΣ

φύματα μάλιστα σημαίνει τὰ ἐν τῇ σαρκὶ φυόμενα. τούτοισι συμφέρει τὸ τρίτον μέρος τοῦ σίτου ἀφελέσθαι, ἐμέσαντας δὲ προσάγειν ἐς ἡμέρας πέντε, ἐν ἄλλῃσι δὲ πέντε κομίσασθαι τὸ σιτίον· καὶ ἐμέσας πάλιν προσαγέσθω κατὰ τὸ αὐτό. ὅ τι δ' ἀν τῶν οὐρανίων δόξῃ σοι¹

100 ἐφέζεσθαι καθαρὸν μὲν καὶ ὑγρὸν ἐδὺ ὑγιαίνειν σημαίνει, διότι ἐκ τοῦ αἰθέρος τὸ ἐς τὸν ἄνθρωπον καθαρόν ἔστι, τοιοῦτον δὲ καὶ ἡ ψυχὴ ὥρη οἰόν περ ἐσῆλθεν· ὅ τι δ' ἀν μέλαν ἦ καὶ μὴ καθαρὸν μηδὲ διαφανές, νοῦσον σημαίνει, οὔτε διὰ πλησμούην οὔτε διὰ κένωσιν, ἀλλ' ἔξωθεν ἐπαγωγῇ. συμφέρει δὲ τούτῳ τρόχοισιν δέξεσι χρῆσθαι, ὅπως σύντηξις μὲν ὡς ἐλαχίστη τοῦ σώματος γένηται, πνεύματι δὲ ὡς πυκνοτάτῳ χρησάμενος ἐκκρίνῃ τὸ παρελθόν· ἀπὸ δὲ τῶν 110 τρόχων περιπάτοισιν δέξεσιν. ἡ δίαιτα μαλακὴ καὶ κούφη² προσαχθήτω ἐς ἡμέρας τέσσαρας. ὅ τι δ' ἀν παρὰ θεοῦ δοκῇ λαμβάνειν καθαροῦ καθαρόν, ἀγαθὸν πρὸς ὑγείην· σημαίνει γὰρ τὰ ἐς τὸ σῶμα ἐσιόντα εἶναι καθαρά. ὅ τι δ' ἀν τούτου ἐναντίον δοκῇ ὥρη, οὐκ ἀγαθόν· νοσηρὸν γάρ τι³ σημαίνει ἐς τὸ σῶμα ἐσεληλυθέναι· χρὴ οὖν ὕσπερ τὸν πρότερον θεραπευθῆναι καὶ τοῦτον. εἰ δὲ δοκοίη ὕεσθαι ὕδατι μαλθακῷ ἐν εὐδίῃ, καὶ μὴ σφόδρᾳ βρέχεσθαι μηδὲ δεινῶς

¹ *σοι* is not in *θ*, which has, however, *θιεφίζεσθαι*.

² Both *θ* and *M* have datives *τῇ . . . κούφῃ*. Either read nominatives, or omit *προσαχθήτω* (understanding *χρῆσθαι*). Possibly, however, *προσαχθήτω* could take a dative.

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into the earth, most usually tumours growing in the flesh. In such cases it is beneficial to reduce food by one-third and to take an emetic, to be followed by a gradual increase of food for five days, the normal diet being resumed in another five. Another emetic should be followed by the same gradual increase. Whenever a heavenly body seems to settle on you, if it be pure¹ and moist, it indicates health, because what descends from the ether on to the person is pure, and the soul too sees it in its true character as it entered the body. But should the heavenly body be dark, impure and not transparent, it indicates disease caused neither by surfeit nor by depletion, but by the entrance of something from without. It is beneficial in this case to take sharp runs on the round track, that there may be as little melting of the body as possible, and that by breathing as rapidly as possible the patient may secrete the foreign body. After these runs let there be sharp walks. Diet to be soft and light² for four days. Whatsoever a man seems to receive pure from a pure god is good for health; for it indicates that the matter is pure that enters the body. But whatever he seems to see that is the opposite thereof is not good; for it indicates that something diseased has entered the body. Accordingly the treatment in this case should be the same as the former. Should it seem to rain with a gentle shower from a clear sky, with neither a violent

¹ That is, "clear."

² Perhaps we should add "gradually increased" (*προσαχθῆτω*). It is often uncertain whether *προσάγω* carries this meaning or not.

ΠΕΡΙ ΔΙΑΙΤΗΣ

120 χειμάζειν, ἀγαθόν· σημαίνει γὰρ σύμμετρον καὶ καθαρὸν τὸ πνεῦμα ἐκ τοῦ ἡέρος ἐληλυθέναι. εἰ δὲ τούτων τάνατία, σφόδρα ὕεσθαι καὶ χειμῶνα καὶ ζάλην εἶναι, ὕδατί τε μὴ καθαρῷ, νοῦσον σημαίνει ἀπὸ τοῦ πνεύματος τοῦ ἐπακτοῦ· ἀλλὰ χρὴ καὶ τοῦτον ὠσαύτως διαιτηθῆναι, σίτοισι δὲ ὀλίγοισι παντελῶς τοῦτον.¹ περὶ μὲν οὖν τῶν οὐρανίων σημείων οὕτω γινώσκοντα χρὴ προμηθεῖσθαι καὶ ἐκδιαιτῆσθαι καὶ τοῖσι θεοῖσιν εὗχεσθαι, ἐπὶ μὲν τοῖσι ἀγαθοῖσι 'Ηλίῳ, Διὶ 130 οὐρανίῳ, Διὶ κτησίῳ, 'Αθηνᾶ κτησίῃ, 'Ερμῇ, 'Απόλλωνι, ἐπὶ δὲ τοῖσι ἐναντίοισι τοῖσι ἀποτροπαίοισι, καὶ Γῆ καὶ ἥρωσιν, ἀποτρόπαια τὰ 133 χαλεπὰ εἶναι πάντα.²

XC. Προσημαίνει δὲ καὶ τάδε ἐς ὑγείην τῶν ἐπὶ γῆς ὁξὺ ὄρην καὶ ὁξὺ³ ἀκούειν, ὁδοιπορεῦν τε ἀσφαλῶς καὶ τρέχειν ἀσφαλῶς καὶ ταχὺ⁴ ἄτερ φόβου, καὶ τὴν γῆν ὄρην λείην καὶ καλῶς εἱργασμένην, καὶ τὰ δένδρεα θαλέοντα καὶ πολύκαρπα καὶ ἥμερα, καὶ ποταμοὺς ῥέοντας κατὰ τρόπον καὶ ὕδατι καθαρῷ μήτε πλέονι μήτε ἐλάσσονι τοῦ προσήκοντος, καὶ⁵ τὰς κρήνας καὶ τὰ φρέata ὠσαύτως. ταῦτα πάντα σημαίνει 10 ὑγείην τῷ ἀνθρώπῳ, καὶ τὸ σῶμα κατὰ τρόπον πάσας τε τὰς περιόδους καὶ τὰς προσαγωγὰς καὶ τὰς ἀποκρίσεις εἶναι. εἰ δέ τι τούτων ὑπεναντίον ὄρθο, βλάβος σημαίνει τι ἐν τῷ σώματι ὅψιος μὲν καὶ ἀκοῆς βλαπτομένων, περὶ τὴν κεφαλὴν νοῦσον σημαίνει· τοῖσιν οὖν ὄρθρίοισι περιπάτοισι

¹ M has *σιτίοισι τε ὀλίγοισι πάντας τούτους.*

² I have followed M in this passage. Θ has been "bowdlerized" by some Christian enthusiast, who has

REGIMENT, IV. LXXXIX.-XC.

downpour nor a terrible storm, it is a good sign; for it indicates that the breath has come from the air in just measure and pure. If the reverse occur, violent rain, storm and tempest, and the water be foul, it indicates disease from the breath that comes from without. In this case also the same regimen must be employed, and diet must be very strictly limited. So with this knowledge about the heavenly bodies, precautions must be taken, with change of regimen and prayers to the gods; in the case of good signs, to the Sun, to Heavenly Zeus, to Zeus, Protector of Home, to Athena, Protectress of Home, to Hermes and to Apollo; in the case of adverse signs, to the Averters of evil, to Earth and to the Heroes, that all dangers may be averted.

XC. The following too are signs that foretell health. To see and hear clearly the things on the earth, to walk surely, to run surely, quickly and without fear, to see the earth level and well tilled, trees that are luxuriant, covered with fruit and cultivated, rivers flowing naturally, with water that is pure, and neither higher nor lower than it should be, and springs and wells that are similar. All these indicate health for the dreamer, and that the body with all its circuits, diet and secretions are proper and normal. But if anything be seen that is the reverse of these things, it indicates some harm in the body. If sight or hearing be impaired, it indicates disease in the region of the head. In addition to the preceding regimen the dreamer

erased the -σιν of θεοῖσιν, and also about a line and a quarter (ἢ λιφ . . . Ἀπόλλωνι) to avoid the heathen deities.

³ ὀξὺ omitted by M. which has τε after τὰς.

⁴ ταχὺ omitted by M. ⁵ καὶ omitted by M.

ΠΕΡΙ ΔΙΑΙΤΗΣ

καὶ τοῖσιν ἀπὸ δείπνου πλείοσι χρηστέον πρὸς τὴν
προτέρην διαιτὴν. τῶν σκελέων δὲ βλαπτομένων,
ἔμετοισιν ἀντισπαστέον, καὶ τῇ πάλῃ πλείονι
χρηστέον πρὸς τὴν προτέρην διαιτὴν.¹ γῆ δὲ
20 τραχείη² οὐ καθαρὴν τὴν σάρκα σημαίνει· τοῖσιν
οὖν ἀπὸ τῶν γυμνασίων περιπάτοισι πλείοσι
χρηστέων.³ δένδρων ἀκαρπίᾳ σπέρματος τοῦ
ἀνθρωπίνου διαφθορὴν δηλοῦ· ἦν μὲν οὖν φυλ-
λορροοῦντα ἢ τὰ δένδρα, ὑπὸ τῶν ὑγρῶν καὶ
ψυχρῶν βλάπτεται· ἦν δὲ τεθήλῃ μέν, ἀκαρπα
δὲ ἢ, ὑπὸ τῶν θερμῶν καὶ ξηρῶν· τὰ μὲν οὖν
θερμαίνειν καὶ ξηραίνειν τοῖσι διαιτήμασι χρή,
τὰ δὲ ψύχειν τε καὶ ὑγραίνειν. ποταμοὶ δὲ
κατὰ τρόπουν μὴ γινόμενοι αἷματος περίοδον
30 σημαίνουσι, πλέον μὲν ῥέοντες ὑπερβολήν, ἔλασ-
σον δὲ ῥέοντες ἔλλειψιν· δεῦ δὲ τῇ διαιτῇ τὸ μὲν
αὐξῆσαι, τὸ δὲ μειῶσαι. μὴ καθαρῷ⁴ δὲ ῥέοντες
ταραχὴν σημαίνουσι.⁵ καθαίρεται δὲ ὑπὸ τῶν
τρόχων καὶ τῶν περιπάτων πνεύματι πυκνῷ
διακινεόμενα.⁶ κρῆναι καὶ φρέατα περὶ τὴν
κύστιν τι σημαίνει.⁷ ἀλλὰ χρὴ τοῖσιν οὐρητικοῖσιν
ἐκκαθαίρειν. θάλασσα δὲ ταρασσομένη κοιλίης
νοῦσον σημαίνει· ἀλλὰ χρὴ τοῖσι διαχωρητικοῖσι
καὶ κούφοισι καὶ μαλακοῖσιν ἐκκαθαίρειν. γῆ
40 κινευμένη ἢ οἰκίη ὑγιαίνοντι μὲν ἀσθενείην
σημαίνει, νοσέοντι δὲ ὑγείην καὶ μετακίνησιν τοῦ
ὑπάρχοντος. τῷ μὲν οὖν⁸ ὑγιαίνοντι μεταστῆ-
σαι τὴν διαιταν συμφέρει· ἐμεσάτω δὲ πρῶτον,

¹ θ omits τῶν σκελέων . . . διαιτὴ.

² τῇ δὲ ταχεία θ: τῇ δὲ τραχείη Μ.

³ χρηστέον θ: πονητέον Μ.

⁴ καθαρὸν Μ.

⁵ σημαίνει θ.

REGIMENT, IV. xc.

should take longer walks in the early morning and after dinner. If it be the legs that are injured, the revulsion should be made with emetics, and in addition to the preceding regimen there should be more wrestling. For the earth to be rough indicates that the flesh is impure. So the walks after exercises must be made longer. Fruitless trees signify corruption of the human seed. Now if the trees are shedding their leaves, the harm is caused by moist, cold influences; if leaves abound without any fruit, by hot, dry influences. In the former case regimen must be directed towards warming and drying; in the latter towards cooling and moistening. When rivers are abnormal they indicate a circulation of the blood; high water excess of blood, low water defect of blood. Regimen should be made to increase the latter and lessen the former. Impure streams indicate disturbance of the bowels. The impurities are removed by running on the round track and by walks, which stir them up by accelerated respiration. Springs and cisterns indicate some trouble of the bladder; it should be thoroughly purged by diuretics. A troubled sea indicates disease of the belly; it should be thoroughly purged by light, soft aperients. Trembling of the earth or of a house indicates illness when the dreamer is in health, and a change from disease to health when he is sick. So it is beneficial to change the regimen of a healthy dreamer. Let him first take an emetic, that he may resume nourish-

⁶ διακινούμενα θ : ἀγαπητέύμενα M.

⁷ M has κρῆναι δὲ καὶ φρέατα πνεύματα περὶ τὴν κύστιν τι σημοῖτει.

⁸ οὖν M : νῦν θ.

ΠΕΡΙ ΔΙΑΙΤΗΣ

ἴνα προσδέξηται αὐτις κατὰ μικρόν· ἀπὸ γὰρ τῆς
 ὑπαρχούσης κινεῖται¹ πᾶν τὸ σῶμα. τῷ δὲ
 ἀσθενέοντι συμφέρει χρῆσθαι τῇ αὐτῇ διαίτῃ·
 μεθίσταται γὰρ ἦδη τὸ σῶμα ἐκ τοῦ παρεόντος.
 κατακλυζομένη γῆν ἀπὸ ὕδατος ἡ θαλάσσης
 ὁρῆν νοῦσον σημαίνει, ύγρασίης πολλῆς ἐνεούσης
 50 ἐν τῷ σώματι ἀλλὰ χρὴ τοῖσιν ἐμέτοισι καὶ τῇσιν
 ἀναριστίῃσι² καὶ τοῖσι πόνοισι καὶ τοῖσι διαιτή-
 μασι ἔηροῖσι· ἔπειτα προσάγειν ἐξ ὀλίγων καὶ
 ὀλίγοισιν.³ οὐδὲ μέλαιναν ὄρην τὴν γῆν οὐδὲ
 κατακεκαυμένην ἀγαθόν, ἀλλὰ κίνδυνος ἵσχυρον
 νοσήματος ἀντιτυχεῖν καὶ θανασίμου· ἔηρασίης
 γὰρ ὑπερβολὴν σημαίνει ἐν τῇ σαρκὶ· ἀλλὰ χρὴ
 τούς τε πόνους ἀφελεῖν, τοῦ τε σίτου ὅσα τε ἔηρα
 καὶ⁴ δριμέα καὶ οὐρητικά· διαιτῆσθαι τε τῆς τε
 πτισάνης καθέφθω τῷ χυλῷ, καὶ⁵ σίτοισι
 60 κούφοισιν ὀλίγοισι, ποτῷ δὲ πλέονι ὑδαρεῖ λευκῷ,
 λουτροῖσι πολλοῖσι.⁶ μὴ ἄσιτος λουέσθω, μαλα-
 κευνείτω, ράθυμεῖτω, ψῦχος καὶ ἥλιον φυλασ-
 σέσθω· εὔχεσθαι δὲ Γῆ καὶ Ἐρμῆ καὶ ἥρωσιν.⁷
 εἰ δὲ κολιμβῆν ἐν λίμνῃ ἢ ἐν θαλάσσῃ ἢ ἐν
 ποταμοῖσι δοκεῖ,⁸ οὐκ ἀγαθόν· ὑπερβολὴν γὰρ
 ύγρασίης σημαίνει· συμφέρει δὲ καὶ τούτῳ
 ἔηραίνειν τῇ διαιτῇ, τοῖσι τε⁹ πόνοισι πλείοσι·
 πυρέσσοντι δὲ ἀγαθόν· σθέννυται γὰρ τὸ θερμὸν
 69 ὑπὸ τῶν ύγρῶν.

XCI. "Ο τι δ' ἄν τις περὶ αὐτοῦ ὄρῃ κατὰ τρόπον

¹ κρίνεται θ.

² τῇ ἀναριστήσει M: τῇσιν ἀναριστησι θ.

³ καὶ ὀλίγοισι is omitted by θ.

⁴ After καὶ M has θερμὰ καὶ.

⁵ After καὶ M has πᾶσι τοῖσι μαλακοῖσι καὶ instead of σίτοισι.

REGIMEN, IV. xc.-xci.

ment again little by little, for it is the present nourishment that is troubling all the body. A sick dreamer benefits by continuing the same regimen, for the body is already changing from its present condition. To see the earth flooded by water or sea signifies a disease, as there is much moisture in the body. What is necessary is to take emetics, to avoid luncheon, to exercise and to adopt a dry diet. Then there should be a gradual increase of food, little by little, and little to begin with. It is not good either to see the earth black or scorched, but there is a danger of catching a violent, or even a fatal disease, for it indicates excess of dryness in the flesh. What is necessary is to give up exercises and such food as is dry and acrid and diuretic. Regimen should consist of barley-water well boiled, light and scanty meals, copious white wine well diluted, and numerous baths. No bath should be taken on an empty stomach, the bed should be soft and rest abundant. Chill and the sun should be avoided. Pray to Earth, Hermes and the Heroes. If the dreamer thinks that he is diving in a lake, in the sea, or in a river, it is not a good sign, for it indicates excess of moisture. In this case also benefit comes from a drying regimen and increased exercises. But for a fever patient these dreams are a good sign, for the heat is being suppressed by the moisture.

XCI. The sight of something connected with the

⁶ After πολλοῖσι Μ has θερμοῖσι.

⁷ The "Christian" corrector of Θ has struck out the words Γῆ . . . ἥρωσιν.

⁸ δοκοὶ Θ : δοκέειν Μ.

⁹ Μ has τοῖσι τε πόνοισι χρῆσθαι. Θ omits τε.

ΠΕΡΙ ΔΙΑΙΤΗΣ

γινόμενον, πρὸς τὴν φύσιν τὴν ἑωυτοῦ μήτε μέζω
μήτε ἐλάσσω, ἀγαθὸν πρὸς ὑγείην σημαίνει· καὶ
ἐσθῆτα λευκὴν τὴν ὑπάρχουσαν¹ καὶ ὑπόδεσιν
τὴν καλλίστην, ἀγαθόν. ὅ τι δὲ ἂν ἦ μεῖζον
τῶν μελέων ἢ ἔλασσον, οὐκ ἀγαθόν· ἀλλὰ χρὴ
τὸ μὲν² αὔξειν τῇ διαιτῇ, τὸ δὲ μειοῦν. τὰ δὲ
μέλανα νοσερώτερα καὶ ἐπικινδυνώτερα³ ἀλλὰ
χρὴ μαλάσσειν καὶ ὑγραίνειν. καὶ τὰ καινὰ
10 μεταλλαγὴν σημαίνει.

XCI. Τοὺς δὲ ἀποθανόντας ὄρῆν καθαροὺς ἐν
ἱματίοισι λευκοῖσιν ἀγαθόν, καὶ λαμβάνειν τι παρ'
αὐτῶν καθαρὸν ὑγείην σημαίνει καὶ τῶν σωμάτων
καὶ τῶν ἐσιόντων· ἀπὸ γὰρ τῶν ἀποθανόντων αἱ
τροφαὶ καὶ αὐξήσιες καὶ σπέρματα γίνεται· ταῦτα
δὲ καθαρὰ ἐσέρπειν ἐσ τὸ σῶμα ὑγείην σημαίνει.
εἰ δὲ τούναντίον τις ὁρῷ γυμνοὺς ἢ μελανοεί-
μονας ἢ μὴ καθαροὺς ἢ λαμβάνοντάς τι ἢ φέροντας
ἐκ τῆς οἰκίης, οὐκ ἐπιτίθειον· σημαίνει γὰρ
10 νοῦσον· τὰ γὰρ ἐσιόντα ἐσ τὸ σῶμα βλαβερά·
ἀλλὰ χρὴ τοῖσι τρόχοισι καὶ τοῖσι περιπάτοισιν
ἀποκαθιέρεσθαι, καὶ τῇ τροφῇ τῇ μαλακῇ τε καὶ
13 κούφῃ προσάγειν ἐμέσαντα.

XCII. Ὁκόσα δὲ ἀλλόμορφα σώματα φai-
νεται ἐν τοῖσιν ὑπνοισι καὶ φοβεῖ τὸν ἄνθρωπον,
σιτίων ἀσυνήθων σημαίνει πλησμονὴν καὶ ἀπό-
κρισιν καὶ χολέραν καὶ νοῦσον κινδυνώδεα· ἀλλὰ
χρὴ ἔμετον ποιήσασθαι καὶ προσάγειν ἐσ ἡμέρας

¹ τὴν ὑπάρχουσαν θΜ: ἐνδεδύσθαι Littré, Ermerins.

² θ has τὰ μὲν followed by τὰ δὲ.

³ M has τε before καὶ and reads ἐπικινδυνα.

¹ It is tempting to think that Ermerins is right in reading μέζων and ἔλασσον. The sentence thus becomes far more

REGIMEN, IV. xcI.-xcIII.

person that is normal, and for which the physique is neither too large nor too small,¹ is a good sign for the health. To be wearing white clothes, and the most beautiful shoes, is also a good sign. But anything too large or too small for the limbs is not good. What is necessary is in the latter case to increase by regimen, in the former to diminish. Black objects indicate a worse and more dangerous disease; what is necessary is to soften and to moisten. New objects indicate a change.

XCI. To see the dead clean² and in white cloaks is a good sign, and to receive something clean from them indicates both health of body and the healthiness of the things that enter it. For from the dead come nourishment, growth and seed, and for these to enter the body clean² indicates health. But if, on the contrary, one should see them naked, or clothed in black, or not clean, or taking something, or bringing something out of the house, the sign is unfavourable, as it indicates disease, the things entering the body being harmful. What is necessary is to purge them away by runs on the round track and by walks, and after an emetic gradually to increase a soft and light diet.

XCII. Monstrous bodies that are seen in sleep and frighten a man indicate a surfeit of unaccustomed food, a secretion, a bilious flux and a dangerous disease. What is necessary is an emetic, followed idiomatic, though the sense is not materially altered: "neither too large nor too small for the physique."

² The word *καθαρός* is difficult, and to render it consistently by one English word is impossible. Littré uses "pur" in both these cases; Ermerins has "nitidus" and "purus." "Neat" or "tidy" seems to be the meaning in the first case, "pure" in the other.

ΠΕΡΙ ΔΙΑΙΤΗΣ

πέντε σίτοισιν ὡς κουφοτάτοισι, μὴ πολλοῖσι μηδὲ δριμέσι, μήτε τοῖσι ξηροῖσι μήτε τοῖσι θερμοῖσι, καὶ τῶν πόνων τοῖσι κατὰ φύσιν μάλιστα, πλὴν τῶν ἀπὸ δείπνου περιπάτων. χρῆσθαι δὲ καὶ 10 θερμολουσίῃ καὶ ῥᾳθυμίησιν· ἥλιον δὲ καὶ ψυχος φυλασσέσθω. ὁκόταν¹ δὲ ἐν τῷ ὑπνῳ ἐσθίειν δοκῇ ἡ πίνειν τῶν συνήθων ποτῶν ἡ σιτίων,² ἔνδειαν σημαίνει τροφῆς καὶ ψυχῆς ἀθυμίην·³ κρέα δὲ τὰ μὲν ἵσχυρότατα, μεγίστης ὑπερβολῆς, τὰ δὲ ἀσθενέστερα ἥσσον· ὥσπερ γὰρ ἐσθιόμενον ἀγαθόν, οὕτω καὶ ὄρεόμενον· ἀφαιρεῖν οὖν τῶν σιτίων συμφέρει· τροφῆς γὰρ ὑπερβολὴν σημαίνει·⁴ καὶ ἄρτοι τυρῷ καὶ μέλιτι πεποιημένοι ὡσαύτως σημαίνουσιν. ὕδωρ πινόμενον 20 καθαρὸν οὐ βλάπτει· τὰ δὲ ἄλλα πάντα βλάπτει. ὁκόσα δὲ δοκεῖ ἄνθρωπος θεωρεῖν τῶν συνήθων, ψυχῆς ἐπιθυμίην σημαίνει. ὅσα δὲ φεύγει πεφοβημένος, ἐπίστασιν τοῦ αἷματος σημαίνει ὑπὸ ξηρασίης· συμφέρει δὲ ψῦξαι καὶ ὑγρῆναι τὸ σῶμα. ὅσα δὲ μάχεται ἡ κεντεῖται ἡ συνδεῖται ὑπ’ ἄλλου, ἀπόκρισιν σημαίνει ὑπεναντίην τῇ περιόδῳ γεγονέναι ἐν τῷ σώματι· ἐμεῖν συμφέρει καὶ ἵσχναίνειν καὶ περιπατεῖν· σίτοισι κούφοισι χρῆσθαι, καὶ προσάγειν ἐκ τοῦ

¹ δοκέταν θ: ἦν Μ.

² ποτῶν· ἡ σιτίων θ: σιτίων ἡ πομάτων Μ.

³ M has ἔνδειαν σημαίνει ψυχῆς καὶ τροφῆς ἀθυμίην. Littré and Ermerins read ψυχῆς ἐπιθυμίην.

⁴ Littré would rewrite the passage between daggers. For μεγίστης ὑπερβολῆς he reads ἔνδειας ὑπερβολὴν; he adds οὐ before συμφέρει and ἔνδειας before ὑπερβολὴν.

REGIMENT, IV. xciii.

by a gradual increase, for five days, of the lightest food possible, neither abundant nor acrid, neither dry nor hot, with such exercises as are most natural, excepting walks after dinner. The dreamer should take hot baths and rest, and avoid the sun and cold. Whenever in his sleep a man thinks he is eating or drinking his usual food or drink, it indicates a want of nourishment and depression of the soul. †Meats if they be very strong show a very great excess; if they be weaker, a less excess. For just as eating is good, so eating in a dream is a good sign. So it is beneficial to reduce the quantity of food, for an excess of nourishment is indicated.†¹ The meaning is the same when bread is eaten, prepared with cheese and honey. To drink clean water in dreams is no sign of harm, but it is to drink any other kind. Whenever a man thinks that he beholds familiar objects, it indicates a desire of the soul. Whenever he runs away in fear, it indicates that the blood is arrested by dryness. It is in this case beneficial to cool and moisten the body. Fighting, or to be pierced or bound by another, indicates that there has occurred in the body a secretion opposed to the circuit. It is beneficial to take an emetic, to reduce the flesh, to walk, to eat light foods, and after the

¹ It is easy to see that the passage within daggers, which is a translation of θ, cannot represent the original. But the bold emendations of Littré, although they yield a possible sense, are most unlikely to be correct. I cannot solve the difficulties satisfactorily, but a great many are removed by transposing the sentence *κρέα . . . ἡσσον* to after *όρεθμενον*. We then get the following sequence of ideas. “To eat in dreams one’s usual food is a good sign; but to dream one is eating strong meat indicates excess, and diet should be reduced.”

ΠΕΡΙ ΔΙΑΙΤΗΣ

30 ἐμέτου πρὸς ἡμέρας τέσσαρας.¹ καὶ πλάνοι καὶ
ἀναβάσιες χαλεπαὶ ταῦτα σημαίνονται. ποτα-
μῶν διαβάσιες καὶ ὥπλῖται πολέμιοι καὶ² τέρατα
ἄλλομορφα νοῦσον σημαίνει ἡ μανίην. συμφέρει
σίτοισιν ὀλίγοισι κούφοισι μαλακοῖσι χρῆσθαι
καὶ ἐμέτοισι, προσάγειν ἡσυχὴν ἐς ἡμέρας πέντε,³
καὶ πόνοισι τοῖσι κατὰ φύσιν πολλοῖσι πλὴν
ἀπὸ τοῦ δείπνου, θερμολουσίην, ῥᾳθυμίην, ψῦχος,
ἥλιον φυλάσσεσθαι. τούτοισι χρώμενος ὡς
γέγραπται, ὑγιανεῖ τὸν βίον, καὶ εὑρηταί μοι
40 δίαιτα ὡς δυνατὸν εὑρεῖν ἄνθρωπον ἔοντα σὺν
41 τοῖσι θεοῖσιν.

¹ M has ἐσ ἡμέρας πέντε.

² With Littré I insert καὶ here. θM omit.

³ Before καὶ θ has καὶ σιτοῖσι.

REGIMENT, IV. xciii.

emetic to increase food gradually for four days. Wanderings and difficult ascents have the same meaning. Crossing rivers, enemy men-at-arms and strange monsters indicate disease or raving. It is beneficial to take small meals of light, soft food, and emetics, and gently to increase food for five days, with plenty of natural exercise except after dinner; but hot baths, rest, cold and sun are to be avoided. Using these means in the way I have described a man will live a healthy life: in fact I have discovered regimen, with the gods' help, as far as it is possible for mere man to discover it.

HERACLEITUS ON THE UNIVERSE

WITH AN ENGLISH TRANSLATION BY

W. H. S. JONES

INTRODUCTION

GREEK philosophy began in wonder at the repeated miracle of motion and change, and first manifested itself in an effort to discover the material (*φύσις*) out of which the universe is made, phenomena being regarded as the transient modifications of this permanent reality. It differed from earlier thought in that it discarded the myth, or fairy story, as an explanation, and substituted rational causation; it differed from later science in that it proceeded from an unproved postulate,¹ upon which it built deductively,² attaching little importance to observation of phenomena, and still less to experiment.

In considering the history of early philosophy we must remember that the age of mythology did not pass away suddenly and completely. Mythological figures, indeed, disappear, but the artistic spirit of the romancer, which demands a complete picture, led the Greek philosopher to indulge his imagination in supplying details for which he had no warrant from experience and observation.³ Another fact to be borne in mind is that the conception of im-

¹ Called later on *ὑπόθεσις*.

² Deductive science preceded inductive, probably because of the influence of mathematics, the first science to reach a high state of development.

³ Heracleitus seems freer from this fault than many other early philosophers.

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material existence was as yet unformed ; soul and mind were looked upon as matter. The sciences, too, of logic and grammar were still to be born, and consequently men were often deceived by false analogies and verbal fallacies.

The first impulse to philosophic thought came, not unnaturally,¹ from a contemplation of the earth and sky ; cosmologies succeeded cosmogonies. Thales of Miletus (*floruit* 585 B.C.) looked upon the world as water modifying itself ; Anaximander² (560 B.C.) as “the Boundless” modifying itself in two opposite directions ; Anaximenes³ (546 B.C.) as air modifying itself in two directions by thickening and thinning.⁴ In Western Greece the Pythagorean brotherhood, founded in the latter part of the sixth century, began under the influence of mathematical studies to lay stress upon the dualities apparent in the world.⁵

The Ionian school of material monists had their

¹ Observation of the sky was more common in days when there were no almanacs, no clocks, and no compass.

² Also of Miletus. His “Boundless” ($\tau\delta \ \alpha\piειρον$) may have been a kind of mist or cloud.

³ Also of Miletus. Pre-Socratic philosophy bears many traces of its Eastern birth, notably the religious tinge in its phraseology.

⁴ In other words, Anaximenes took a quantitative view of change.

⁵ The Pythagoreans apparently began with the pair even)(odd. See Aristotle, *Metaphysics*, A 986a. Other (perhaps later) members of the brotherhood increased the number of pairs :—

limit)(unlimited,	rest)(motion.
odd)(even,	straight)(bent,
one)(multitude,	light)(darkness,
right)(left,	good)(bad,
male)(female,	square)(oblong.

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last representative in Heracleitus of Ephesus. He is said to have flourished in the sixty-ninth Olympiad (504-500 b.c.). We know practically nothing about his life, and the title of his writings, which have come down to us only in fragments, has not been preserved.

Heracleitus was called "the dark" by the ancients, who had all his work before them; to the moderns, who possess only isolated sentences, he is darker still. It is both confusing and depressing to read the treatises of Lassalle, Teichmüller and Pfleiderer, and to see how the most opposite and inconsistent conclusions can be drawn by learned and intelligent men from exactly the same evidence. But in spite of all this diversity of opinion there is gradually shaping itself a more stable view of the doctrine of Heracleitus in its main outlines, although the details are still obscure, and may, in fact, in some cases never be elucidated.

It seems reasonable to suppose, when we consider the period in which he lived, that the phenomenon of change was the primary interest of his researches. His contribution to the problem was to point out that change is constant and perpetual. For no two seconds together is a thing ever the same. There is no pause in change; it is as much a *continuum* as is time. All things are for ever passing into something else.

In this eternal flux the only really constant thing is the principle of change itself, yet in some way or other fire, according to Heracleitus, has an individuality of its own which gives it precedence over all other things. The world "was ever, is now, and ever shall be an ever-living Fire, in measures being

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kindled and in measures going out." Nothing could be plainer than this declaration of the eternal nature of fire, and nothing could be more logically inconsistent with the doctrine of perpetual flux. Hence several scholars have held that the fire of Heracleitus is not the fire which burns and crackles, but warm vital force or something even more abstract still. Such a conception seems alien from the thought of the period, and the most recent research regards the Heracleitean fire as the ordinary fire of the every-day world. It is perhaps rash to hazard a guess when so many scholars have been baffled, but it may be that Heracleitus consciously or unconsciously identified fire and change. If so, there is less inconsistency in regarding fire as an eternal reality, though it is bad interpretation to twist facts in order to make a Greek philosopher self-consistent; we are not warranted in assuming that all early philosophy *was* consistent. Perhaps the fragments of Heraclitus do not support my guess, but the Heracleitean treatise *Regimen I* expressly states that the *δύναμις* of fire is to cause motion.¹ In any case, symbolically or actually, fire is a good example of physical transformation. Fuel is supplied from below, the flames quickly alter its nature, and finally it rises as smoke and fumes. The most obvious and the most rapid changes with which we are familiar are all connected with fire; it destroys, it cleanses and it renews. The sun seems to be a great mass of the very best fire, and it is the sun that transforms, by its alternate advance and retreat, the face of the earth from

¹ *Regimen I*, ch. iii. In this treatise *δύναμις* often means essence, and the sentence referred to virtually identifies change and fire.

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season to season and from day to day. The world is an ever-living fire; it is always becoming all things, and all things are always returning into it.

There is thus a twofold way in nature, to fire and from fire, and this leads us to the most fundamental thought of Heracleitus, the “attunement” or harmonious unity resulting from the strife of opposites.¹ There is a “road up” to fire and a “road down” from fire, and these two roads are “one and the same.” If they are one and the same, there must be a perpetual strain resulting from two, as it were, opposite forces. The way up fights with the way down. It is like the tension in a bow-string or in the cord of a harp. The flight of the arrow, the note of the string, are due solely to opposite tension (*παλίντονος ἀρμονίη*). This conception of universal strife dominated the theory of Heracleitus to such an extent that it is sometimes pushed to illogical extremes.² Each opposite is tending to turn into its opposite, and so in a sense each is the same as the other. “God is day and night, winter and summer, war and peace, surfeit and hunger.” What Heracleitus really meant, and should have said, is that day and night, with all other opposites, are two sides of the same process, inseparably conjoined like concavity and convexity. Neither is possible without the other. Any ex-

¹ See in particular Philo, *Rer. Div. Her.* 43: *Ἐν γὰρ τὸ έξ ἀμφοῖν τῶν ἐναντίων, οὐ τυηθέντος γνώριμα τὰ ἐναντία. οὐ γὰρ τοῦτ’ ἔστιν ὁ φασιν “Ελληνες τὸν μέγαν καὶ ἀοίδιμον πάρ’ αὐτοῖς Ἡράκλειτον κεφάλαιον τῆς αὐτοῦ προστησάμενον φιλοσοφίας αὐχεῖν ὡς ἐφ’ εὑρέσει καινῆ;*

² Strictly speaking, the two opposites should produce a third thing, as male and female produce the offspring, but there is no third thing produced by (say) night and day.

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planation of one will be the explanation of the other. It is "the common" that we should seek to know, that which manifests itself now as one thing and now as its opposite.

We are told by Diogenes Laertius that the book of Heracleitus was divided into three parts, one dealing with the universe, one with polities and one with theology.¹ Bywater has attempted with fair success to arrange the fragments under these three heads, his sections being Nos. 1-90, 91-97, 98-130.

We have only a few fragments dealing with ethics and polities, and it is difficult to extract from them a definite ethical standpoint, but this was certainly dependent on the physical theory. Heracleitus lays great stress on "the common." By this he meant, in the case of the State, the law, but it is harder to conjecture what meaning he attached to it in the case of the individual. The most attractive explanation hitherto given is that of Patrick.² He holds that Heracleitus pleaded for unity with nature through obedience to the law of "the common." Communion with the fields and trees could teach men more than discussing virtue and justice. Heracleitus stood for the instinctive, the unconscious, the naïve. "The philosophy and ethics of Heracleitus, as we have seen, stood in vital opposition to" ³ over self-consciousness, too much inwardness and painful self-inspection, absence of trust in our instincts and of the healthful study of nature. We may be sure,

¹ Diogenes Laertius, IX. 5.

² *The Fragments of the Work of Heraclitus of Ephesus on Nature*, by G. T. W. Patrick, Baltimore, 1889. See especially pp. 73-83.

³ *Op. cit.* p. 77.

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too, that Heracleitus warned his readers not to expect too much. Perfect bliss is unattainable, for satisfaction is impossible without want, health implies disease, and rest implies painful effort.

The religious teaching of Heracleitus appears to have been directed against customs and ritual rather than against the immoral legends of Homer and Hesiod. He attacks idolatry, mystery-mongers and purification through blood. There is thus no evidence that he was a prophet of Orphism and the mysteries connected with that way of belief. His God must have been the "ever-living Fire," but he appears to have believed that heroic men, who died through excess of fire (*i.e.* in battle or other brave struggle), and not through excess of water (*i.e.* through sottish habits or decay), became the guardians of the living and of the dead. So gods and men are in a sense one. "They live each others' life and die each others' death."

Patrick lays stress, and rightly, upon the stern, prophetic character of many of the fragments. Heracleitus is like a Hebrew seer. He despised all his contemporaries, both the common people and their would-be teachers. Hesiod, Pythagoras, Xenophanes and Hecataeus, all are attacked and condemned. As for the vulgar many, they are spoken of with contempt for their blindness, stupidity and grossness. "Thus the content of Heracleitus' message to his countrymen was *ethical*. It was a call to men everywhere to *wake up*, to purify their $\beta\alpha\rho\beta\alpha\rho\sigma\psi\chi\alpha\varsigma$, and to see things in their reality."¹

It was to this message, in all probability, that he

¹ *Op. cit.*, p. 59.

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refers in the word $\lambda\circ\gamma\circ\sigma$. Many commentators think that $\lambda\circ\gamma\circ\sigma$ means "reason" or "law." This was certainly the meaning attached to the word in the ethical system of the Stoics, but although this school borrowed largely from Heracleitus, they developed and indeed transformed his thought, adapting it to the more advanced conceptions of their own day. We are, in fact, tempted to look at Heracleitus through Stoic eyes, and so it is necessary to guard against this danger whenever we are dealing with an ancient statement about Heracleitus that comes from or through a Stoic source.

Our evidence for the doctrines of Heracleitus falls into two classes. We have first the fragments quoted by later writers, with their comments thereon. Then we have the so-called doxographies, or summaries of the views of philosophers. Several of these exist, but they are all derived, directly or indirectly, from a lost work of Theophrastus called $\Phi\psi\sigma\iota\kappa\alpha\delta\circ\xi\alpha\iota$. In the case of Heracleitus our chief doxographical evidence is contained in the ninth book of the scrappy series of lives of philosophers that goes by the name of Diogenes Laertius. The compiler, whoever he was, probably lived in the third century A.D.

I have followed Bywater in numbering the fragments, though occasionally I do not adopt his readings. Sincere thanks are due to the Delegates of the Oxford University Press for allowing me to use Bywater's numbering and references.

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See also Eduard Zeller, *Die Philosophie der Griechen*, Bd. I, and John Burnet, *Early Greek Philosophy*.

LIFE OF HERACLITUS¹

HERACLITUS, son of Bloson or, according to some, of Heracon, was a native of Ephesus. He flourished in the 69th Olympiad.² He was lofty-minded beyond all other men,³ and over-weening, as is clear from his book in which he says: "Much learning does not teach understanding; else would it have taught Hesiod and Pythagoras, or, again, Xenophanes and Hecataeus."⁴ For "this one thing is wisdom, to understand thought, as that which guides all the world everywhere."⁵ And he used to say that "Homēr deserved to be chased out of the lists and beaten with rods, and Archilochus likewise."⁶

Again he would say: "There is more need to extinguish insolence than an outbreak of fire,"⁷ and "The people must fight for the law as for city-

¹ Taken from R. D. Hicks' translation of Diogenes Laertius in the Loeb Classical Library. The spelling "Heraclitus" is retained. "D." = Diels and "B." = Bywater.

² 504–500 B.C.

³ The biographers used by our author laid evident stress on this characteristic of the Ephesian, for §§ 1–3 (excepting two fragments cited in § 2) dwell on this single theme. As to the criticism of Pythagoras *cf.* Clem. Alex. *Strom.* i. 129 *s. f.*, who, dealing with chronology, says that Heraclitus was later than Pythagoras, for Pythagoras is mentioned by him.

⁴ Fr. 40 D., 16 B.

⁵ Fr. 42 D., 119 B.

⁶ Fr. 41 D., 19 B.

⁷ Fr. 43 D., 103 B.

LIFE OF HERACLITUS

walls.”¹ He attacks the Ephesians, too, for banishing his friend Hermodorus : he says : “The Ephesians would do well to end their lives, every grown man of them, and leave the city to beardless boys, for that they have driven out Hermodorus, the worthiest man among them, saying, ‘We will have none who is worthiest among us ; or if there be any such let him go elsewhere and consort with others.’”² And when he was requested by them to make laws, he scorned the request because the state was already in the grip of a bad constitution. He would retire to the temple of Artemis and play at knuckle-bones with the boys ; and when the Ephesians stood round him and looked on, “Why, you rascals,” he said, “are you astonished? Is it not better to do this than to take part in your civil life?”

Finally, he became a hater of his kind and wandered on the mountains, and there he continued to live, making his diet of grass and herbs. However, when this gave him dropsy, he made his way back to the city and put this riddle to the physicians, whether they were competent to create a drought after heavy rain. They could make nothing of this, whereupon he buried himself in a cowshed, expecting that the noxious damp humour would be drawn out of him by the warmth of the manure. But, as even this was of no avail, he died at the age of sixty.

There is a piece of my own about him as follows³ :

¹ Fr. 44 D., 100 B.

² Fr. 121 D., 114 B.

³ *Anth. Pal.* vii. 127.

Often have I wondered how it came about that Heraclitus endured to live in this miserable fashion and then to die. For a fell disease flooded his body with water, quenched the light in his eyes and brought on darkness.

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Hermippus, too, says that he asked the doctors whether anyone could by emptying the intestines draw off the moisture; and when they said it was impossible, he put himself in the sun and bade his servants plaster him over with cow-dung. Being thus stretched and prone, he died the next day and was buried in the market-place. Neanthes of Cyzicus states that, being unable to tear off the dung, he remained as he was and, being unrecognisable when so transformed, he was devoured by dogs.

He was exceptional from his boyhood; for when a youth he used to say that he knew nothing, although when he was grown up he claimed that he knew everything. He was nobody's pupil, but he declared that he "inquired of himself,"¹ and learned everything from himself. Some, however, had said that he had been a pupil of Xenophanes, as we learn from Sotion, who also tells us that Ariston in his book *On Heraclitus* declares that he was cured of the dropsy and died of another disease. And Hippobotus has the same story.

As to the work which passes as his, it is a continuous treatise *On Nature*, but is divided into three discourses, one on the universe, another on politics, and a third on theology. This book he deposited in the temple of Artemis and, according to some, he deliberately made it the more obscure in order that none but adepts should approach it, and lest familiarity should breed contempt. Of our philosopher Timon² gives a sketch in these words:³

¹ Fr. 101 D., 80 B.

² Fr. 43 D.

³ Cf. *Il. i.* 247, 248.

In their midst uprose shrill, cuckoo-like, a mob-reviler,
riddling Heraclitus.

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Theophrastus puts it down to melancholy that some parts of his work are half-finished, while other parts make a strange medley. As a proof of his magnanimity Antisthenes in his *Successions of Philosophers* cites the fact that he renounced his claim to the kingship in favour of his brother. So great fame did his book win that a sect was founded and called the Heracliteans, after him.

Here is a general summary of his doctrines. All things are composed of fire, and into fire they are again resolved; further, all things come about by destiny, and existent things are brought into harmony by the clash of opposing currents; again, all things are filled with souls and divinities. He has also given an account of all the orderly happenings in the universe, and declares the sun to be no larger than it appears. Another of his sayings is: "Of soul thou shalt never find boundaries, not if thou trackest it on every path; so deep is its cause."¹ Self-conceit he used to call a falling sickness (epilepsy) and eyesight a lying sense.² Sometimes, however, his utterances are clear and distinct, so that even the dullest can easily understand and derive therefrom elevation of soul. For brevity and weightiness his exposition is incomparable.

Coming now to his particular tenets, we may state them as follows: fire is the element, all things are exchange for fire and come into being by rarefaction and condensation³; but of this he gives no clear explanation. All things come into being by conflict of opposites, and the sum of things flows like a stream. Further, all that is limited and forms one world.

¹ Fr. 45 D., 71 B.

² F. 46 D., 132 B.

³ Cf. Fr. 90 D., 22 B.

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And it is alternately born from fire and again resolved into fire in fixed cycles to all eternity, and this is determined by destiny. Of the opposites that which tends to birth or creation is called war and strife, and that which tends to destruction by fire is called concord and peace.¹ Change he called a pathway up and down, and this determines the birth of the world.

For fire by contracting turns into moisture, and this condensing turns into water; water again when congealed turns into earth. This process he calls the downward path. Then again earth is liquefied, and thus gives rise to water, and from water the rest of the series is derived. He reduces nearly everything to exhalation from the sea. This process is the upward path. Exhalations arise from earth as well as from sea; those from sea are bright and pure, those from earth dark. Fire is fed by the bright exhalations, the moist element by the others. He does not make clear the nature of the surrounding element. He says, however, that there are in it bowls with their concavities turned towards us, in which the bright exhalations collect and produce flames. These are the stars. The flame of the sun is the brightest and the hottest; the other stars are further from the earth and for that reason give it less light and heat. The moon, which is nearer to the earth, traverses a region which is not pure. The sun, however, moves in a clear and untroubled region, and keeps a proportionate distance from us. That is why it gives us more heat and light. Eclipses of the sun and moon occur when the bowls are turned

¹ Cf. Fr. 80 D., 62 B.

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upwards ; the monthly phases of the moon are due to the bowl turning round in its place little by little. Day and night, months, seasons and years, rains and winds and other similar phenomema are accounted for by the various exhalations. Thus the bright exhalation, set afame in the hollow orb of the sun, produces day, the opposite exhalation when it has got the mastery causes night ; the increase of warmth due to the bright exhalation produces summer, whereas the preponderance of moisture due to the dark exhalation brings about winter. His explanations of other phenomena are in harmony with this. He gives no account of the nature of the earth, nor even of the bowls. These, then, were his opinions.

The story told by Ariston of Socrates, and his remarks when he came upon the book of Heraclitus, which Euripides brought him, I have mentioned in my Life of Socrates.¹ However, Seleucus the grammarian says that a certain Croton relates in his book called *The Diver* that the said work of Heraclitus was first brought into Greece by one Crates, who further said it required a Delian diver not to be drowned in it. The title given to it by some is *The Muses*,² by others *Concerning Nature* ; but Diodotus calls it³

A helm unerring for the rule of life ;
others "a guide of conduct, the keel of the whole

¹ ii. 22.

² Plato, alluding to Heraclitus, speaks of "Ionian Muses" (*Ceph.* 242 E). He is followed by Clement of Alexandria (*Strom.* v. 9, 682 P. *αἱ γοῦν Ιάδες Μοῦσαι διαρρήδην λέγονται*), and possibly, as M. Ernout thinks, by Lucretius, i. 657, where "Musae" is the ms. reading. But cf. Lachmann, *ad loc.*

³ Nauck, *T.G.F.*², *Adesp.* 287.

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world, for one and all alike." We are told that, when asked why he kept silence, he replied, "Why, to let you chatter." Darius, too, was eager to make his acquaintance, and wrote to him as follows¹:

"King Darius, son of Hystaspes, to Heraclitus the wise man of Ephesus, greeting.

"You are the author of a treatise *On Nature* which is hard to understand and hard to interpret. In certain parts, if it be interpreted word for word, it seems to contain a power of speculation on the whole universe and all that goes on within it, which depends upon motion most divine; but for the most part judgement is suspended, so that even those who are the most conversant with literature are at a loss to know what is the right interpretation of your work. Accordingly King Darius, son of Hystaspes, wishes to enjoy your instruction and Greek culture. Come then with all speed to see me at my palace. For the Greeks as a rule are not prone to mark their wise men; nay, they neglect their excellent precepts which make for good hearing and learning. But at my court there is secured for you every privilege and daily conversation of a good and worthy kind, and a life in keeping with your counsels."

"Heraclitus of Ephesus to King Darius, son of Hystaspes, greeting.

"All men upon earth hold aloof from truth and justice, while, by reason of wicked folly, they devote themselves to avarice and thirst for popularity. But

¹ The request of Darius is mentioned by Clem. Alex. Strom. i. 65 οὗτος βασιλέα Δαρεῖον παρακαλοῦντα ἥκειν εἰς Πέρσας ὑπερεῖδεν. The story is not made more plausible by the two forged letters to which it must have given rise.

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I, being forgetful of all wickedness, shunning the general satiety which is closely joined with envy, and because I have a horror of splendour, could not come to Persia, being content with little, when that little is to my mind.”

So independent was he even when dealing with a king.

Demetrius, in his book on *Men of the Same Name*, says that he despised even the Athenians, although held by them in the highest estimation; and, notwithstanding that the Ephesians thought little of him, he preferred his own home the more. Demetrius of Phalerum, too, mentions him in his *Defence of Socrates*¹; and the commentators on his work are very numerous, including as they do Antisthenes and Heraclides of Pontus, Cleanthes and Sphaerus the Stoic, and again Pausanius who was called the imitator of Heraclitus, Nicomedes, Dionysius, and among the grammarians, Diodotus. The latter affirms that it is not a treatise upon nature, but upon government, the physical part serving merely for illustration.²

Hieronymus tells us that Scythinus, the satirical poet, undertook to put the discourse of Heraclitus into verse. He is the subject of many epigrams, and amongst them of this one³:

Heraclitus am I. Why do ye drag me up and down, ye illiterate? It was not for you I toiled, but for such as

¹ This work is again quoted in ix. 37 and ix. 57, and is perhaps the sourcee of the first sentence of § 52 also.

² Apparently D. L. is using through another of his sources, the very same citation from Diodotus which he has given verbatim in § 12.

³ *Anth. Pal.* vii. 128.

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understand me. One man in my sight is a match for thirty thousand, but the countless hosts do not make a single one. This I proclaim, yea in the halls of Persephone.

Another runs as follows¹:

Do not be in too great a hurry to get to the end of Heraclitus the Ephesian's book : the path is hard to travel. Gloom is there and darkness devoid of light. But if an initiate be your guide the path shines brighter than sunlight.

Five men have borne the name of Heraclitus : (1) our philosopher ; (2) a lyric poet, who wrote a hymn of praise to the twelve gods ; (3) an elegiac poet of Halicarnassus, on whom Callimachus wrote the following epitaph² :

They told me, Heraclitus, they told me you were dead,
They brought me bitter news to hear and bitter tears to shed.
I wept as I remembered how often you and I
Had tired the sun with talking and sent him down the sky.

And now that thou art lying, my dear old Carian guest,
A handful of grey ashes, long, long ago at rest,
Still are thy pleasant voices, thy nightingales, awake ;
For Death, he taketh all away, but them he cannot take ;³

(4) a Lesbian who wrote a history of Macedonia ;
(5) a jester who adopted this profession after having
been a musician.

¹ *Anth. Pal.* ix. 540.

² *Anth. Pal.* vii. 80.

³ From Cory's *Ionica*, p. 7. In bare prose: "One told me of thy death, Heraclitus, and moved me to tears, when I remembered how often we two watched the sun go down upon our talk. But though thou, I ween, my Halicarnassian friend, art dust long, long ago, yet do thy 'Nightingales' live on, and Death, that insatiate ravisher, shall lay no hand on them." Perhaps "Nightingales" was the title of a work. Laertius deserves our gratitude for inserting this little poem, especially on so slight a pretext.

ΗΡΑΚΛΕΙΤΟΥ ΕΦΕΣΙΟΥ

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ.

The order of the fragments is that of Bywater.

I. Οὐκ ἔμεν ἀλλὰ τοῦ λόγου ἀκούσαντας
2 ὁμολογέειν σοφόν ἐστι, ἐν πάντα εἶναι.

II. Τοῦ δὲ λόγου τοῦδ' ἐόντος αἱὲ ἀξύνετοι
γίνονται ἄνθρωποι καὶ πρόσθεν ἢ ἀκοῦσαι καὶ
ἀκούσαντες τὸ πρῶτον. γινομένων γὰρ πάντων
κατὰ τὸν λόγον τόνδε ἀπείροισι ἑοίκασι πειρώ-
μενοι καὶ ἐπέων καὶ ἔργων τοιουτέων ὁκοίων ἐγὼ
διηγεῦμαι, διαιρέων ἔκαστον κατὰ φύσιν καὶ
φράζων ὅκως ἔχει. τοὺς δὲ ἄλλους ἄνθρωπους
λανθάνει ὁκόσα ἐγερθέντες ποιέουσι, ὅκωσπερ
9 ὁκόσα εῦδοντες ἐπιλανθάνονται.

I. Hippolytus Ref. Haer. ix. 9: 'Ηράκλειτος μὲν οὖν <ἔν>
φησιν εἶναι τὸ πᾶν, διαιρετὸν ἀδιαιρέτον, γενητὸν ἀγένητον,
θυητὸν ἀθάνατον, λόγον αἰῶνα, πατέρα νίόν, θεὸν δίκαιον. Οὐκ
ἔμοι ἀλλὰ τοῦ δόγματος ἀκούσαντας ὁμολογεῖν σοφόν ἐστιν, ἐν
πάντα εἰδέναι, ὁ Ἡράκλειτός φησι· καὶ ὅτι τοῦτο οὐκ ἴσασι
πάντες οὐδὲ ὁμολογοῦσιν, ἐπιμέριφεται ὥδε πως· Οὐ δυναστιν ὅκως
διαφερόμεν· ἐνυπῷ ὁμολογέειν παλίντροπος ἀρμονίη ὅκωσπερ
τόξου καὶ λύρης

λόγου is a conjecture of Bernays, εἶναι a conjecture of Miller. Bergk would reconstruct thus: δίκαιον οὐκ ἔμοι
ἀλλὰ τοῦ δόγματος ἀκούσαντας ὁμολογεῖν ςτι ἐν τὸ σοφόν ἐστιν,
ἐν πάντα εἰδέναι. The conjectures in the text do not arouse
any strong confidence, though δόγματος might well be a
gloss on λόγον. But if εἶναι be correct, why should it have
been corrupted to εἰδέναι? I am on the whole inclined to
think that Bergk's restoration is nearer to the actual words
of Heracleitus.

HERACLEITUS ON THE UNIVERSE

I. IT is wise to listen, not to me but to the Word, and to confess that all things are one.

For *λόγος* see Heinze, *Lehre vom Logos*, 1873; Zeller, i. 630; Aall, *Gesch. d. Logosidee* 1896. “All things are one” because they are all resolved into fire and come from fire.

II. This Word, which is ever true, men prove as incapable of understanding when they hear it for the first time as before they have heard it at all. For although all things happen in accordance with this Word, men seem as though they had no experience thereof, when they make experiment with such words and works as I relate, dividing each thing according to its nature and setting forth how it really is. The rest of men know not what they do when awake, just as they forget what they do when asleep.

Aristotle was in doubt whether *αἰεὶ* should be taken with *ἐόντος* or with *ἀξίωντοι γίνονται*. See *Rhetic*, III. 5, 1407, b 14. *ἐόντος* means “true” in Ionic with words like *λόγος*. See Burnet, *E. G. Ph.* note on Fragment II. I have tried in my translation to bring out the play on words in *ἀπειροῖσι* *ἔοικασι πειρώμενοι*.

II Hipp. *Ref. Haer.* ix. 9; Aristotle *Rhetic* iii. 5; Sextus Empiricus *adversus Mathematicos* vii. 132; Clement of Alex. *Strom.* v. 14, p. 716; Eusebius *Praep. Ev.* xiii. 13, p. 680. The MSS. (except those of Sextus) read *τοῦ δεδύντος*.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

III. Ἀξύνετοι ἀκούσαντες κωφοῖσι ἔοίκασι·
2 φάτις αὐτοῖσι μαρτυρέει παρεόντας ἀπεῖναι.

IV. Κακὸν μάρτυρες ἀνθρώποισι ὁφθαλμοὶ καὶ
2 ώτα, βαρβάρους ψυχὰς ἔχόντων.

V. Οὐ φρονέουσι τοιαῦτα πολλοὶ ὄκόσοισι
ἔγκυρέουσι οὐδὲ μαθόντες γινώσκουσι, ἔωντοῖσι
3 δὲ δοκέουσι.

VI. Ἀκοῦσαι οὐκ ἐπιστάμενοι οὐδ' εἰπεῖν.

VII. Ἐὰν μὴ ἔλπηαι, ἀνέλπιστον οὐκ ἔξευρή-
2 σει, ἀνεξερεύνητον ἐὸν καὶ ἄπορον.

VIII. Χρυσὸν οἱ διξήμενοι γῆν πολλὴν ὄρυσ-
2 σουσι καὶ εὑρίσκουσι ὀλίγον.

IX. Ἀγχιβασίην.

X. Φύσις κρύπτεσθαι φιλεῖ.

XI. Ὁ ἄναξ οὐ τὸ μαντεῖόν ἔστι τὸ ἐν
Δελφοῖς, οὔτε λέγει οὔτε κρύπτει, ἀλλὰ
3 σημαίνει.

III. Clem. Alex. *Strom.* v. 14, p. 718; Euseb. *P.E.* xiii.
13, p. 681.

IV. Sextus Emp. *adv. Math.* vii. 126; Stobaeus *Florilegium*
iv. 56. *Βαρβάρους ψυχὰς ἔχοντος* Bernays.

V. Clem. Alex. *Strom.* ii. 2, p. 432; Marcus Antoninus
iv. 46.

VI. Clem. Alex. *Strom.* ii. 5, p. 442.

VII. Clem. Alex. *Strom.* iii. 4, p. 437. Theodoretus
Therap. i. p. 15, 51. The sources have ἔλπηται and ἔλπιζητε.
ἔλπηαι Schuster and Bywater. Some would put the comma
after ἀνέλπιστον instead of before it.

VIII. Clem. Alex. *Strom.* iv. 2, p. 565; Theodoretus
Therap. i. p. 15, 52.

IX. Suidas *s.v.*

X. Themistius *Or.* v. p. 69.

XI. Plutarch *de Pyth. Orac.* 21, p. 404; Iamblichus *de
Myst.* iii. 15; Stobaeus *Flor.* v. 72 and lxxxi. 17.

ON THE UNIVERSE

III. The stupid when they have heard are like the deaf; of them does the proverb bear witness that when present they are absent.

IV. Bad witnesses are eyes and ears to men, if they have souls that understand not their language.

This passage is not a general attack on the senses; it merely lays stress on the need of an intelligent soul to interpret the sense-impressions. The clever emendation of Bernays would mean: "when mud holds the soul," i.e. when the soul is moist, and therefore (on Heracleitean principles) dull and stupid.

V. Many do not interpret aright such things as they encounter, nor do they have knowledge of them when they have learned, though they seem to themselves so to do.

H. seems to be referring to (a) the correct apprehension of phenomena and (b) the difference between unintelligent learning and understanding.

VI. Knowing neither how to listen nor how to speak.

VII. If you do not expect it, you will not find out the unexpected, as it is hard to be sought out and difficult.

Heracleitus is laying stress upon the importance of the constructive imagination in scientific enquiry—what the early Christians might have called "faith."

VIII. Gold-seekers dig much earth to find a little gold.

IX. Critical discussion.

X. Nature is wont to hide herself.

φύσις is not necessarily an abstraction here, but merely the truth about the Universe. It is easy, however, to see why the Stoics could maintain that their pantheism was founded on Heracleitus. See Fragments XIX, XC I, XC II.

XI. The Lord whose is the oracle in Delphi neither declares nor hides, but sets forth by signs.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XII. Σίβυλλα δὲ μαινομένῳ στόματι ἀγέλαστα καὶ ἀκαλλώπιστα καὶ ἀμύριστα φθεγγομένη χιλίων ἑτέων ἐξικνέεται τῇ φωνῇ διὰ τὸν θεόν.

XIII. "Οσων ὅψις ἀκοὴ μάθησις, ταῦτα ἐγὼ προτιμέω.

XIV. Τοῦτο γὰρ ἴδιόν ἐστι τῶν νῦν καιρῶν, ἐν οἷς πάντων πλωτῶν καὶ πορευτῶν γεγονότων οὐκ ἀνέτι πρέπον εἴη ποιηταῖς καὶ μυθογράφοις χρῆσθαι μάρτυσι περὶ τῶν ἀγνοουμένων, ὅπερ οἱ πρὸ ἡμῶν περὶ τῶν πλείστων, ἀπίστους ἀμφισβητουμένων παρεχόμενοι βεβαιωτὰς κατὰ τὸν Ἡράκλειτον.¹

XV. Ὁφθαλμοὶ τῶν ὄτων ἀκριβέστεροι μάρτυρες.

XVI. Πολυμαθίη νόον ἔχειν οὐ διδάσκει· Ἡσίοδον γὰρ ἀνέδίδαξε καὶ Πυθαγόρην· αὐτίς τε Ξενοφάνεα καὶ Ἐκαταῖον.

XII. Plutarch *de Pyth. Orac.* 6, p. 397.

XIII. Hipp. *Ref. Haer.* ix. 9.

Bywater prints this fragment with a question mark at the end.

XV. Polybius xii. 27.

XVI. Diogenes Laertius ix. 1; cf. Clem. Alex. *Strom.* i. 19, p. 373; Athenaeus xiii. p. 610 B; Aulus Gellius *praef.* 12.

¹ Polybius iv. 40.

ON THE UNIVERSE

XII. The Sibyl with raving mouth utters things mirthless, unadorned and unperfumed, but with her voice she extends over a thousand years because of the God.

In this and the preceding H. seems to be calling attention to his oracular style, which was in part due to the strong religious emotion of his age. There is much that is oracular in Aeschylus and Pindar.

XIII. The things that can be seen, heard and learnt, these I honour especially.

This and the following two fragments emphasise the importance of personal research, as contrasted with learning from authority. Bywater's punctuation would make the meaning to be: "Am I to value highly those things that are learnt by sight or hearing?"—an attack upon the accuracy and value of the senses. But H. does not distrust the senses, but only sense-impressions interpreted in a stupid way.

XIV. Particularly at the present time, when all places can be reached by water or by land, it would not be right to use as evidence for the unknown the works of poets and mythologists, as in most things our predecessors did, proving themselves, as Heracleitus has it, unreliable supporters of disputed points.

XV. Eyes are more accurate witnesses than ears.

First-hand information is better than hearsay.

XVI. Much learning does not teach understanding, or it would have taught Hesiod and Pythagoras, as well as Xenophanes and Hecataeus.

As is plain from the following fragment, this is an attack on confusing second-hand information with true understanding and education. It is unfair to the mathematical achievements of Pythagoras and scarcely does justice to the theological acumen of Xenophanes, to say nothing of his wonderful

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XVII. Πυθαγόρης Μνησάρχου ἵστορίην
ἥσκησε ἀνθρώπων μάλιστα πάντων. καὶ ἐκλεξά-
μενος ταύτας τὰς συγγραφὰς ἐποιήσατο ἐώυτοῦ
4 σοφίην, πολυμαθίην, κακοτεχνίην.

XVIII. Ὁκόσων λόγους ἥκουσα οὐδεὶς ἀφικνέε-
ται ἐς τοῦτο, ὡστε γινώσκειν ὅτι σοφόν ἐστι
3 πάντων κεχωρισμένον.

XIX. Ἐν τὸ σοφόν, ἐπίστασθαι γνώμην ἢ
2 κνβερνᾶται πάντα διὰ πάντων.

XX. Κόσμον τόνδε τὸν αὐτὸν ἀπάντων οὔτε
τις θεῶν οὔτε ἀνθρώπων ἐποίησε, ἀλλ' ἦν αἰὲν
καὶ ἔστι καὶ ἔσται πῦρ ἀείζων, ἀπτόμενον μέτρα
4 καὶ ἀποσβεινύμενον μέτρα.

XXI. Πυρὸς τροπαὶ πρῶτον θάλασσα· θα-
λάσσης δὲ τὸ μὲν ἥμισυ γῆ, τὸ δὲ ἥμισυ
3 πρηστήρ.

XVII. Diogenes Laertius viii. 6. One MS. has ἐποίησεν and one ἐποιήσατο. Bywater reads ἐποίησε and Burnet ἐποιήσατο.

XVIII. Stobaeus *Flor.* iii. 81.

XIX. Diogenes Laertius ix. 1.

XX. Clem. Alex. *Strom.* v. 14, p. 711; cf. Simplicius in Aristotle *de Caelo*, p. 132; Plutarch *de Anim. Procreatione* 5, p. 1014.

XXI. Clem. Alex. *Strom.* v. 14, p. 712.

ON THE UNIVERSE

anticipation of the modern doctrine of scientific progress. See Fragment XVI. (In Stob. *Flor.* 29, 41) :

*οὐ τοι ἀπ' ἀρχῆς πάντα θεοὶ θνητοῖς παρέδειξαν,
ἀλλὰ χρόνῳ ζητοῦντες ἐφευρίσκουσιν ἄμεινον.*

XVII. Pythagoras, son of Mnesarchus, practised research more than any other man, and choosing out these writings claimed as his own a wisdom that was only much learning, a mischievous art.

An attack on book-learning that is merely the acquisition of second-hand information. Diels rejects the fragment as spurious, chiefly because it makes Pythagoras a writer of books. But the reading *ἐποιήσατο* for *ἐποίησεν* does away with this objection.

XVIII. Of all those whose discourses I have heard, not one attains to this, to realise that wisdom is a thing apart from all.

This has been interpreted to mean that true wisdom is attained by none, or that general opinions do not contain real wisdom.

XIX. Wisdom is one thing—to know the thought whereby all things are steered through all things.

That is, to understand the doctrine of opposites and of perpetual change.

XX. This world, which is the same for all, was made neither by a god nor by man, but it ever was, and is, and shall be, ever-living Fire, in measures being kindled and in measures going out.

The use of *κόσμος* to mean “world” is Pythagorean. *μέτρα* refers to the approximate correspondence between the things that are becoming fire and the things that are coming out of fire. The balance of nature is not disturbed by perpetual flux.

XXI. The transformations of Fire are, first, sea; of sea half is earth and half fiery storm-cloud.

This is the famous “road up and down” (or at any rate the best illustration of it) with its three stages—earth, water,

ΙΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XXII. Πυρὸς ἀνταμείβεται πάντα καὶ πῦρ
ἀπάντων, ὥσπερ χρυσοῦ χρήματα καὶ χρημάτων
χρυσός.

XXIII. Θάλασσα διαχέεται καὶ μετρέεται ἐς
τὸν αὐτὸν λόγον ὁκοῖος πρόσθεν ἵν τὴν γενέσθαι.

XXIV. Χρησμοσύνη . . . κόρος.

XXV. Ζῆ πῦρ τὸν ἀέρος θάνατον, καὶ ἀὴρ ζῆ
τὸν πυρὸς θάνατον· ὕδωρ ζῆ τὸν γῆς θάνατον, γῆ
τὸν ὕδατος.

XXVI. Πάντα τὸ πῦρ ἐπελθὸν κρινέει καὶ
καταλήψεται.

XXVII. Τὸ μὴ δῦνόν ποτε πῶς ἄν τις λάθοι;

XXVIII. Τὰ δὲ πάντα οἰακίζει κεραυνός.

XXIX. Ἡλιος οὐχ ὑπερβήσεται μέτρα· εἰ δὲ
μή, Ἐρινύες μιν δίκης ἐπίκουροι ἔξευρήσουσι.

XXII. Plutarch *de EI* 8, p. 388; Diog. Laert. ix. 8; Eusebius *Praep. Evang.* xiv. 3, p. 720.

XXIII. Clem. Alex. *Strom.* v. 14, p. 712; Euseb. *P. E.* xiii. 13, p. 676.

The MSS. of Clement read *γῆ* after *γενέσθαι*, whence Schuster reads *γῆν*. In any case earth is referred to, and *γῆ* is probably the subject of *διαχέεται*. See Burnet.

XXIV. Hipp. *Ref. Haer.* ix. 10; Philo *de Victim.* 6, p. 242; Plutarch *de EI* 9, p. 389.

XXV. Maximus Tyr. xli. 4, p. 489. See also Plutarch *de EI* 18, p. 392, and M. Anton. iv. 46.

In the texts *ἀέρος* and *γῆς* are transposed. Diels reads as above; Bywater retains the old order.

XXVI. Hipp. *Ref. Haer.* ix. 10.

XXVII. Clem. Alex. *Paedag.* ii. 10, p. 229.

XXVIII. Hipp. *Ref. Haer.* ix. 10.

XXIX. Plutarch *de Exil.* 11, p. 604.

ON THE UNIVERSE

fire. On the earth is the sea, above the sea is the sun. Sea is half composed of earth transforming itself to water and half of fiery cloud, the latter representing water on its way to become fire. This explanation of *πρηστήρ* I owe to Burnet.

XXII. All things are exchanged for Fire and Fire for all things, even as goods for gold and gold for goods.

XXIII. It is melted into sea, and is measured to the same proportion as before it became earth.

The subject is *γῆ*, and the whole fragment means that along the "road up" the proportion of the "measures" remains constant. The amount of earth in the universe remains approximately the same, because the "measures" of water turning to earth equal the "measures" of earth turning to water.

XXIV. Want . . . surfeit.

E.g. the "want" of earth for water to increase it equals the "surfeit" of earth which makes some of it turn to water.

XXV. Fire lives the death of air, and air lives the death of Fire; water lives the death of earth, earth that of water.

XXVI. Fire when it has advanced will judge and convict all things.

For the "advances" of fire see *περὶ διαίτης* I, Chap. III. Such statements as the one above led the Stoics to develop their theory of *ἐκπύρωσις*, the destruction of all things periodically by fire, to be followed by a re-birth and restoration of all things.

XXVII. How can you hide from that which never sets?

XXVIII. The thunderbolt steers all things.

XXIX. The sun will not overstep his measures; otherwise the Erinyes, helpers of Justice, will find him out.

See the notes to XX and XXIII.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XXX. Ἡοῦς καὶ ἑσπέρης τέρματα ἡ ἄρκτος,
2 καὶ ἀντίον τῆς ἄρκτου οὐρος αἰθρίου Διός.

XXXI. Εἴ μὴ ἥλιος ἦν, ἐνεκα τῶν ἄλλων
2 ἀστρων εὐφρόνη ἀν ἦν.

XXXII. Νέος ἐφ' ἡμέρῃ ἥλιος.

XXXIII. Δοκεῖ δὲ (scil. Θαλῆς) κατά τινας πρῶτος ἀστρολογῆσαι καὶ ἥλιακὰς ἐκλείψεις καὶ τροπὰς προειπεῖν, ὡς φησιν Εὔδημος ἐν τῇ περὶ τῶν ἀστρολογουμένων ἴστορίᾳ· ὅθεν αὐτὸν καὶ Ξενοφάνης καὶ Ἡρόδοτος θαυμάζει· μαρτυρεῖ δ'
5 αὐτῷ καὶ Ἡράκλειτος καὶ Δημόκριτος.¹

XXXIV. Οὕτως οὖν ἀναγκαίν πρὸς τὸν οὐρανὸν ἔχων συμπλοκὴν καὶ συγαρμογὴν ὁ χρόνος οὐχ ἀπλῶς ἐστι κίνησις ἀλλ', ὡσπερ εἴρηται, κίνησις ἐν τάξει μέτρον ἔχουσῃ καὶ πέρατα καὶ περιόδους. ὃν ὁ ἥλιος ἐπιστάτης ὧν καὶ σκοπός, ὄριζειν καὶ βραβεύειν καὶ ἀγαδεικνύναι καὶ ἀναφαίνειν μεταβολὰς καὶ ὥρας αἱ πάντα φέρουσι, καθ' Ἡρύκλειτον, οὐδὲ φαύλων οὐδὲ μικρῶν, ἀλλὰ τῶν μεγίστων καὶ 10 κυριωτάτων τῷ ἥγεμόνι καὶ πρώτῳ θεῷ γίνεται συνεργός.²

XXX. Strabo i. 6, p. 3.

XXXI. Plutarch *Aquae et Ignis Comp.* 7, p. 957, and *de Fortuna* 3, p. 98. Cf. Clem. Alex. *Protrept.* ii. p. 87.

Bywater does not include the words ἐνεκα . . . ἀστρων in the text, but considers them to be a part of the narrator's explanation.

XXXII. Aristotle *Meteor.* ii. 2, p. 355, a 9. See the comments of Alex. *Aphrod.* and of Olympiodorus. Also Proclus in *Timaeum*, p. 334 B.

¹ Diogenes Laert. i. 23.

² Plutarch *Qu. Plat.* viii. 4, p. 1007.

ON THE UNIVERSE

XXX. The limits of the East and West are the Bear, and opposite the Bear is the boundary of bright Zeus.

The “boundary of bright Zeus” is, according to Diels, the South Pole. Burnet takes it to be the horizon, and the whole passage a protest against the Pythagorean view of a southern hemisphere.

XXXI. If there were no sun, there would be night, in spite of the other stars.

XXXII. The sun is new every day.

This is because of the perpetual flux. One sun is extinguished at sunset; another is kindled at sunrise.

XXXIII. Thales is supposed by some to have been the first astronomer and the first to foretell the eclipses and turnings of the sun, as Eudemus declares in his account of astronomical discoveries. For this reason both Xenophanes and Herodotus pay him respectful honour, and both Heracleitus and Democritus bear witness to him.

XXXIV. So time, having a necessary connection and union with the firmament, is not motion merely, but, as I have said, motion in an order having measure, limits and periods. Of which the sun, being overseer and warder, to determine, judge, appoint and declare the changes and seasons, which, according to Heracleitus, bring all things, is a helper of the leader and first God, not in trivial or small things, but in the greatest and most important.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XXXV. Διδάσκαλος δὲ πλείστων Ἡσίοδος·
τοῦτον ἐπίστανται πλεῖστα εἰδέναι, ὅστις ἡμέρην
3 καὶ εὐφρόνην οὐκ ἔγίνωσκε· ἔστι γὰρ ἔν.

XXXVI. Ὁ θεὸς ἡμέρη εὐφρόνη, χειμῶν θέρος,
πόλεμος εἰρήνη, κόρος λιμός· ἀλλοιοῦται δὲ
ὅκωσπερ πῦρ, ὁκόταν συμμιγῇ θυώμασι, ὀνομάζε-
4 ται καθ' ἡδονὴν ἑκάστου.

XXXVII. Εἰ πάντα τὰ ὄντα καπνὸς γένοιτο,
2 ρῆνες ἀν διαγνοῖεν.

XXXVIII. Αἱ ψυχαὶ ὄσμῶνται καθ' ἄδην.

XXXIX. Τὰ ψυχρὰ θέρεται, θερμὸν ψύχεται,
2 ὑγρὸν αὐαίνεται, καρφαλέον νοτίζεται.

XL. Σκίδνησι καὶ συνάγει, πρόσεισι καὶ
2 ἄπεισι.

XLI. Ποταμοῖσι δὶς τοῖσι αὐτοῖσι οὐκ ἀν
2 ἐμβαίης· ἔτερα γὰρ <καὶ ἔτερα> ἐπιρρέει ὕδατα.

XXXV. Hipp. *Ref. Haer.* ix. 10.

XXXVI. Hipp. *Ref. Haer.* ix. 10. Diels reads ὅκωσπερ
<*πῖρ*>:

Bywater adds θύμα after συμμιγῇ, with Bernays, and
Zeller adds ἀήρ in the same place.

XXXVII. Aristotle *de Sensu* 5, p. 443, a 21.

XXXVIII. Plutarch *de Fac. in Orbe Lunae* 28, p. 943.

XXXIX. Scholiast, Tzetzes *ad Exeg. in Iliada*, p. 126.

XL. Plutarch *de EI* 18, p. 392.

XLI. Plutarch *Quaest. nat.* 2, p. 912; *de sera Num. Vind.*
15, p. 559; *de EI* 18, p. 392. See Plato *Cratylus* 402 a, and
Aristotle *Meta.* iv. 5, p. 1010 a 13.

XLII. I omit this, as being obviously a corrupt form
of XLI.

ON THE UNIVERSE

XXXV. The teacher of most men is Hesiod. They think that he knew very many things, though he did not understand day and night. For they are one.

In *Theogony* 124 Hesiod calls day the daughter of night. According to Heracleitus day and night, two opposites, are really one, or, as we should say, two aspects of the same thing.

XXXVI. God is day and night, winter and summer, war and peace, surfeit and hunger. But he undergoes transformations, just as fire, when it is mixed with spices, is named after the savour of each.

“Unity of opposites” again. Burnet renders ἡδονὴ “savour,” and I have followed him, though with some hesitation, especially as the reading of the second sentence is dubious. *καθ’ ἡδονὴν ἐκάστου* could mean: “according to individual caprice,” and I am not certain that this is not the meaning here.

XXXVII. If all existing things were to become smoke, the nostrils would distinguish them.

XXXVIII. Souls smell in Hades.

It is difficult to see what sense can be given to this fragment except that in Hades souls are a smoky exhalation, and so come under the sense of smell. Pfeiderer suggested *ὅσιοῖνται*, “are made holy,” a thought foreign to Heracleitus.

XXXIX. Cold things become warm, warmth cools, moisture dries, the parched gets wet.

XL. It scatters and gathers, it comes and goes.

XLI. You could not step twice into the same rivers; for other waters are ever flowing on to you.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XLIII. Καὶ Ἡράκλειτος ἐπιτιμᾷ τῷ ποιήσαντι· ώς ἔρις ἔκ τε θεῶν καὶ ἀνθρώπων ἀπόλοιτο· οὐ γὰρ ἀν εἶναι ἄρμονίαν μὴ ὅντος ὀξέος καὶ βαρέος, οὐδὲ τὰ ζῷα ἀνευ θῆλεος καὶ ἄρρενος, 5 ἐναντίων ὅντων.¹

XLIV. Πόλεμος πάντων μὲν πατήρ ἐστι πάντων δὲ βασιλεύς, καὶ τοὺς μὲν θεοὺς ἔδειξε τοὺς δὲ ἀνθρώπους, τοὺς μὲν δούλους ἐποίησε 4 τοὺς δὲ ἐλευθέρους.

XLV. Οὐ ξυνίασι ὅκως διαφερόμενον ἔωντῷ ὁμολογέει παλίντονος ἄρμονίη ὅκωσπερ τόξου 3 καὶ λύρης.

XLVI. Καὶ περὶ αὐτῶν τούτων ἀνώτερον ἐπιζητοῦσι καὶ φυσικώτερον· Εὔριπίδης μὲν φάσκων ἐρᾶν μὲν ὅμβρου γαῖαν ἔηραινθεῖσαν, ἐρᾶν δὲ σεμνὸν οὐρανὸν πληρούμενον ὅμβρου πεσεῖν ἐς γαῖαν· καὶ Ἡράκλειτος τὸ ἀντίξουν συμφέρον, καὶ ἐκ τῶν διαφερόντων καλλίστην 7 ἄρμονίαν, καὶ πάντα κατ' ἔριν γίνεσθαι.²

XLIII. See also Simplicius in Arist. *Categ.* p. 104 Δ. Eustathius on *Iliad* xviii. p. 107, and the Ven. A, Scholiast.

XLIV. Hipp. *Ref. Haer.* ix. 9; Plutarch *de Iside*, 48, p. 370.

XLV. Plato *Symposium* 187 A, *Sophist* 242 D; Plutarch *de Anim.* *Procreatione* 27, p. 1026, *de Iside* 45, p. 369, παλίντονος γὰρ ἄρμονίη κόσμου ὅκωσπερ λύρης καὶ τόξου καθ' Ἡράκλειτον. Burnet thinks (rightly) that Heraeleitus could not have said both παλίντροπος and παλίντονος; he prefers the latter and Diels the former. The one refers to the shape of the bow, the latter to the tension in the bow-string. Bywater reads παλίντροπος (as in Plut. *de An. Pr.* and Hipp. *Ref. Haer.* ix. 9).

ON THE UNIVERSE

XLIII. And Heracleitus rebukes the poet who says, “would that strife might perish from among gods and men.” For there could be (he said) no attunement without the opposites high and low, and no animals without the opposites male and female.

XLIV. War is the father of all and the king of all; some he has marked out to be gods and some to be men, some he has made slaves and some free.

XLV. They understand not how that which is at variance with itself agrees with itself. There is attunement of opposite tensions, like that of the bow and of the harp.

With the reading *παλίντροπος* the meaning is: “a harmony from opposite shapes.”

XLVI. In reference to these very things they look for deeper and more natural principles. Euripides says that “the parched earth is in love with rain,” and that “high heaven, with rain fulfilled, loves to fall to earth.” And Heracleitus says that “the opposite is beneficial,” and that “from things that differ comes the fairest attunement,” and that “all things are born through strife.”

Burnet thinks that there is a reference to the medical theory of “like is cured by unlike” in the first of these quotations from Heracleitus (*τὸ ἀντίξον τὸ συμφέρον*). See also Stewart on Aristotle, *Eth. Nic.* 1104, b16.

¹ Aristotle, *Eth. Eud.* vii. 1, p. 1235a, 26.

² Aristotle, *Eth. Nic.* viii. 2, p. 1151b.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XLVII. Ἀρμογίη ἀφανῆς φανερῆς κρείσσων.

XLVIII. Μὴ εἰκῇ περὶ τῶν μεγίστων συμβα-
2 λώμεθα.

XLIX. Χρὴ εὖ μάλα πολλῶν ἵστορας φιλο-
2 σόφους ἄνδρας εἶναι.

L. Γναφέων ὁδὸς εὐθεῖα καὶ σκολιὴ μία ἐστὶ
2 καὶ ἡ αὐτή.

LI. "Οὐοι σύρματ' ἀν ἔλοιντο μᾶλλον ἢ χρυσόν.

LIa. Heraclitus dixit quod si felicitas esset in
delectationibus corporis boves felices diceremus,
3 cum inveniant orobum ad comedendum.¹

LII. Θάλασσα ὕδωρ καθαρώτατον καὶ μιαρώ-
τατον, ἵχθύσι μὲν πότιμον καὶ σωτήριον,
3 ἀιθρώποις δὲ ἄποτον καὶ ὀλέθριον.

LIII. Siccus etiam pulvis et cinis, ubiqueunque
cohortem porticus vel tectum protegit, iuxta parietes
reponendus est, ut sit quo aves se perfundant: nam
his rebus plumam pinnasque emendant, si modo
credimus Ephesio Heraclito qui ait: sues coeno,
6 cohortales aves pulvere (vel cinere) lavari.²

LIV. Βορβόρῳ χαίρειν.

XLVII. Plutarch *de Anim. Procreatione* 27, p. 1026; Hipp.
Ref. Haer. ix. 9.

XLVIII. Diog. Laert. ix. 73.

XLIX. Clem. Alex. *Strom.* v. 14, p. 733.

L. Hipp. *Ref. Haer.* ix. 10. γραφέων MSS.; γναφέων
Bywater; γναφείω Bernays.

LI. Aristotle *Eth. Nic.* x. 5, p. 1176 a 6. LI. a is
Bywater's discovery. See *Journal of Philology*, ix (1880),
p. 230.

LII. Hipp. *Ref. Haer.* ix. 10.

LIV. Athenaeus v. p. 178 F. Cf. Clem. Alex. *Protrept.*
10, p. 75.

¹ Albertus Magnus *de Veget.* vi. 401, p. 545 Meyer.

² Columella *de R. R.* viii. 4.

ON THE UNIVERSE

XLVII. The invisible attunement is superior to the visible.

This apparently means that the attunement of opposites in the natural world is a superior "harmony" to that which we hear from musical instruments. *ἀρμονία* means "tune" rather than "harmony."

XLVIII. Let us not make random guesses about the greatest things.

XLIX. Men who love wisdom must have knowledge of very many things.

This is not inconsistent with *πολυμαθίην* *ιύστην* *έχειν* *οὐδὲ διδάσκει*. Though *πολυμαθίη* is not enough, yet the true philosopher will have it.

L. The straight and the crooked way of the cloth-carders is one and the same.

This is a reference to the motion of the fuller's comb, which both revolved and also moved in a straight line.

LI. Asses would prefer straw to gold.

LIa. Heraclitus said that if happiness consisted in bodily delights we should call oxen happy when they find bitter vetches to eat.

LII. Sea-water is both very pure and very foul; to fishes it is drinkable and healthful, to men it is undrinkable and deadly.

Here we have the "unity of opposites" in a slightly different form.

LIII. Dry dust also and ashes must be placed near the walls wherever the porch or roof protects the chicken-run, that the birds may have a place to sprinkle themselves; for with these things they improve their plumage and wings, if only we believe Heraclitus the Ephesian, who says: "pigs wash in mud and barnyard fowls in dust (or ash)."

LIV. To delight in mud.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

LV. Πᾶν ἔρπετὸν πληγῇ νέμεται.

LVI. Παλίντονος ἀρμονίη κόσμου ὄκωσπερ
2 λύρης καὶ τόξου.

LVII. Ἀγαθὸν καὶ κακὸν ταῦτόν.

LVIII. Καὶ ἀγαθὸν καὶ κακόν (scil. ἐν ἐστι).
οἱ γοῦν ἰατροί, φησὶν ὁ Ἡράκλειτος, τέμνοντες
καίοντες πάντη βασανίζοντες κακῶς τοὺς ἀρρω-
στοῦντας ἐπαιτιέονται μηδέν' ἄξιον μισθὸν
λαμβάνειν παρὰ τῶν ἀρρωστοῦντων, ταῦτα ἐργα-
6 ζόμενοι τὰ ἀγαθὰ καὶ τὰς νόσους.¹

LIX. Συνάψιες οὐλα καὶ οὐχὶ οὐλα, συμφερό-
μενον διαφερόμενον, συνάδον διὰδον ἐκ πάντων
3 ἐν καὶ ἐξ ἐνὸς πάντα.

LX. Δίκης οὕνομα οὐκ ἀν ἥδεσαν, εἰ ταῦτα
2 μὴ ἦν.

LV. Aristotle *de Mundo* 6, p. 401 *a* 8 (with the reading *τὴν γῆν*); Stobaeus *Ecl.* i. 2, p. 86 (with the reading *πληγῆ*). Zeller retains *τὴν γῆν*.

LVI. See Plutarch *de Tranquill.* 15, p. 473; *de Iside* 45, p. 369; Porphyrius *de Antro Nymph.* 29. It is unlikely that the aphorism occurred with both *παλίντονος* and *παλίντροπος*. See XLV.

LVII. Aristotle *Phys.* i. 2, p. 185 *b* 20, and Hipp. *Ref. Haer.* ix. 10.

LVIII. Many readings have been suggested for the corrupt *τὰς νόσους*—*καὶ* *〈τὰ κακὰ〉 τὰς νόσους*, *κατὰ τὰς νόσους* and *καὶ βασάνους*. See Bywater's note. *ἐπαιτέονται* Bernays for the MS. reading *ἐπαιτιῶνται*.

LIX. Aristotle *de Mundo* 5, p. 396 *b* 12; Stobacus *Ecl.* i. 34, p. 690. *συνάψιες* Diels: *συνάψειας* MSS.

LX. Clem. Alex. *Strom.* iv. 3, p. 568.

¹ Hippolytus *Ref. Haer.* ix. 10.

ON THE UNIVERSE

LV. Every creature is driven to pasture with blows.

The reading $\tau\eta\nu\gamma\hat{\nu}\nu$, preferred by Zeller and Pfleiderer, will refer to the “crawling creatures” (worms) which feed on earth. But cf. Aeschylus, *Agamemnon* 358 and Plato, *Critias* 109 b, $\kappa\alpha\theta\acute{a}\pi\epsilon\rho\pi\omega\mu\epsilon\nu\epsilon s\kappa\tau\acute{e}\nu\eta\pi\lambda\eta\gamma\hat{\eta}\nu\epsilon\mu\omega\nu\tau\epsilon s$. See Diels in *Berl. Sitzb.* 1901, p. 188. Men do not know what is good for them, and have to be forced to it.

LVI. The attunement of the world is of opposite tensions, as is that of the harp or bow.

See Fragment XLV.

LVII. Good and bad are the same.

This refers (*a*) to a thing being good for some and bad for others; (*b*) to goodness and badness being two aspects of the same thing.

LVIII. Goodness and badness are one. At any rate doctors, as Heraclitus says, cut, burn, and cruelly rack the sick, asking to get from the sick a fee that is not their deserts, in that they effect such benefits † in sickness.†

With $\dot{\epsilon}\pi\alpha\tau\iota\hat{\omega}\nu\tau\alpha i$ the meaning is: “complain that the patients do not give them an adequate return.” See Plato, *Republic* VI, 497 b.

LIX. Couples are wholes and not wholes, what agrees disagrees, the concordant is discordant. From all things one and from one all things.

The reading $\sigma\upsilon\pi\acute{a}\psi\epsilon\iota\alpha s$ could be taken as a potential optative without $\ddot{\alpha}v$. Burnet renders $\sigma\upsilon\mu\phi\pi\bar{\rho}\mu\epsilon\nu\pi\pi\delta\iota\alpha\phi\pi\bar{\rho}\mu\epsilon\nu\pi\pi$ “what is drawn together and what is drawn asunder,” and takes all three pairs to be explanatory of $\sigma\upsilon\pi\acute{a}\psi\epsilon\iota\alpha s$.

LX. Men would not have known the name of Justice were it not for these things.

That is, justice is known only through injustice.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

LXI. Ἀπρεπές φασιν, εἰ τέρπει τοὺς θεοὺς πολέμων θέα. ἀλλ’ οὐκ ἀπρεπές· τὰ γὰρ γενναῖα ἔργα τέρπει. ἄλλως τε πόλεμοι καὶ μάχαι ἡμῖν μὲν δειγὰ δοκεῖ, τῷ δὲ θεῷ οὐδὲ ταῦτα δεινά. συντελεῖ γὰρ ἅπαντα ὁ θεὸς πρὸς ἄρμονίαν τῶν ὅλων, οἰκουμῶν τὰ συμφέροντα, ὅπερ καὶ Ἡράκλειτος λέγει, ὡς τῷ μὲν θεῷ καλὰ πάντα καὶ ἀγαθὰ καὶ δίκαια, ἄνθρωποι δὲ ἀ μὲν 9 ἄδικα ὑπειλήφασιν, ἀ δὲ δίκαια.¹

LXII. Εἰδέναι χρὴ τὸν πόλεμον ἐόντα ξυνόν, καὶ δίκην ἔριν· καὶ γινόμενα πάντα κατ’ ἔριν καὶ 3 τὸ χρεώμενα.

LXIII. Ἐστι γὰρ είμαρμένα πάντως * * * *.

LXIV. Θάνατός ἐστι ὁκόσα ἐγερθέντες ὄρέομεν, 2 ὁκόσα δὲ εὔδοντες ὕπνος.

LXV. Ἐν τῷ σοφὸν μοῦνον λέγεσθαι οὐκ ἐθέλει 2 καὶ ἐθέλει Ζηνὸς οὖνομα.

LXVI. Τοῦ βιοῦ οὖνομα βίος, ἔργον δὲ 2 θάνατος.

LXII. Origen *contra Celsum* vi. 42, p. 312.

LXIII. Stobaeus *Ed.* i. 5, p. 178.

LXIV. Clem. Alex. *Strom.* iii. 3, p. 520.

LXV. Clem. Alex. *Strom.* v. 14, p. 718.

LXVI. Eustathius *in Iliad.* i. 49; *Elym. magnum* s.v. βίος; Schol. *in Iliad.* i. 49 ap. Cramer *A. P.* iii. p. 122.

¹ Schol. B. *in Il.* iv. 4, p. 120 Bekk.

ON THE UNIVERSE

LXI. They say that it is unseemly that the sight of wars delights the gods. But it is not unseemly, for noble deeds delight them. Wars and fighting seem to our thoughtlessness (?) terrible, but in the sight of God even these things are not terrible. For God makes everything contribute to the attunement of wholes, as he dispenses the things that benefit, even as Heraclitus says that to God all things are fair and good and just, but men have supposed that some things are unjust, other things just.

LXII. We must know that war is common to all and that strife is justice, and that everything comes into being by strife and . . .

The corrupt *χρεώμενα* has been emended to *καταχρεώμενα*, to *φθειρόμενα* and *κρινόμενα*, but no reading commends itself as really probable.

LXIII. For there are things foreordained wholly.

LXIV. Whatsoever things we see when awake are death, just as those we see in sleep are slumber.

Diels thinks that the original went on to say that "what we see when dead is life." The road up and down has three stages, Fire, Water, Earth, or, Life, Sleep, Death.

LXV. The one and only wisdom is both unwilling and willing to be spoken of under the name of Zeus.

"Unum illud principium mundi est materia causa lex regimen. *Ζεύς, Δίκη, σοφόν, λόγος*: varia nomina, res non diversa. Idem significat illud . . . *πῦρ αἰείζων*, unde manat omnis motus, omnis vita, omnis intellectus." Ritter and Preller, *Hist. Philos. Gr.* § 40, note *a*. This is admirably said, and puts a great deal of Heracleitus' teaching into three sentences.

LXVI. The name of the bow is life, but its work is death.

A pun on *βῆσ* (bow) and *βῆσ* (life).

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

LXVII. Ἀθάνατοι θνητοί, θνητοὶ ἀθάνατοι,
ζῶντες τὸν ἐκείνων θάνατον τὸν δὲ ἐκείνων βίον
3 τεθιεώτες.

LXVIII. Ψυχῆσι γὰρ θάνατος ὕδωρ γενέσθαι,
ὕδατι δὲ θάρατος γῆν γενέσθαι· ἐκ γῆς δὲ ὕδωρ
3 γίνεται, ἐξ ὕδατος δὲ ψυχή.

LXIX. Ὁδὸς ἄνω κάτω μία καὶ ώντή.

LXX. Ξυνὸν ἀρχὴ καὶ πέρας.

LXXI. Ψυχῆς πείρατα οὐκ ἀν ἐξεύροιο πᾶσαν
2 ἐπιπορευόμενος ὁδόν οὕτω βαθὺν λόγον ἔχει.

LXXII. Ψυχῆσι τέρψις ὑγρῆσι γενέσθαι.

LXXIII. Ἀνὴρ ὄκοτ' ἀν μεθυσθῆ, ἄγεται ὑπὸ²
παιδὸς ἀνήβον σφαλλόμενος, οὐκ ἐπαίων ὅκη
3 βαίνει, ὑγρὴν τὴν ψυχὴν ἔχων.

LXXIV. Αὕη ψυχὴ σοφωτάτη καὶ ἀρίστη.

LXVII. Hipp. *Ref. Haer.* ix. 10. The fragment (or parts of it) are quoted by many authors. See Bywater, Patrick or Diels.

LXVIII. Hipp. *Ref. Haer.* v. 16; Clem. Alex. *Strom.* vi. 2, p. 746; Philo *de Incorr. Mundi* 21, p. 509; Proclus *in Tim.* 36 c.

LXIX. Hipp. *Ref. Haer.* ix. 10; Diog. Laert. ix. 8; Max. Tyr. xli. 4, p. 489; Cleomedes *περὶ μετεώρων* i. p. 75; Stobaeus *Ecl.* i. 41.

LXX. Porphyry ap. Schol. B. *Il.* xiv. 200, p. 392 Bekk.

LXXI. Diog. Laert ix. 7.

LXXII. Numenius ap. Porphyry *de Antro Nymph.* 10.

LXXIII. Stobaeus *Flor.* v. 120.

LXXIV. Plutarch *Romulus* 28; Stobaeus *Flor.* v. 120 (in the form αὕη ξηρὴ ψυχὴ σοφωτάτη καὶ ἀρίστη, where ξηρὴ is a gloss). In several cases (e.g. Plutarch *de Cain.* E u i. 6, p. 995; *de Defectu Orac.* 41, p. 432; Hermias in Plato *Phaedr.* p. 73, Ast) the fragment occurs in the form αὔγη ξηρὴ ψυχὴ σοφωτάτη καὶ ἀρίστη. Another very old form, going back at least to Philo, is οὖ γῆ ξηρή, ψυχὴ σοφωτάτη

ON THE UNIVERSE

LXVII. Immortal mortals, mortal immortals, one living the others' death and dying the others' life.

For the sake of symmetry in English I have translated *τεθνεῶτες* rather inaccurately. Being perfect in tense it strictly means "being dead," *i.e.* their being dead is the others' life.

LXVIII. For it is death to souls to become water, and death to water to become earth. But from earth comes water, and from water, soul.

The best commentary on this is Aristotle, *de Anima* I. 2, 405a, 25: *καὶ Ἡράκλειτος δὲ τὴν ἀρχὴν εἶναι φησι ψυχὴν, εἰπερ τὴν ἀναθυμίασιν, ἐξ οὗ τὰλλα συνιστησιν.*

LXIX. The road up and the road down is one and the same.

LXX. The beginning and end are common.

Heracleitus is referring to a point on the circumference of a circle.

LXXI. The limits of soul you could not discover though you journeyed the whole way, so deep a measure it has.

Burnet renders *λόγον* "measure," as in Fragment XXIII.

LXXII. It is delight to souls to become moist.

Perhaps because the change to moisture means death, and the rest of death is pleasant. Or, the way down to death is really a way to the joy of a new life. Or (finally), the passage cannot be altogether without a reference to the *τέρψις* of intoxication. See the next fragment.

LXXIII. A man when he has become drunk is led by a mere stripling, stumbling, not knowing where he walks, having his soul moist.

LXXIV. A dry soul is wisest and best.

καὶ ἀρίστη. The steps in the corruption seem to be *αὕη—αὕη* *ξηρή—αὐγὴ ξηρὴ—οὖ γῆ ξηρή.* See Bywater's notes on LXXV and LXXVI.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

LXXV. †Αὐγὴ ξηρὴ ψυχὴ σοφωτάτη καὶ
2 ἀρίστη.†

LXXVI. †Οὐ γῆ ξηρή, ψυχὴ σοφωτάτη καὶ
2 ἀρίστη.†

LXXVII. Ἀνθρωπος, ὅκως ἐν εὐφρόνῃ φάος,
2 ἀπτεται ἀποσβέννυται.

LXXVIII. Πότε γὰρ ἐν ἡμῖν αὐτοῖς οὐκ ἔστιν
ό θάνατος; καὶ ἦ φησιν Ἡράκλειτος, ταῦτ' εἶναι
ζῶν καὶ τεθηγκός, καὶ τὸ ἐγρηγορὸς καὶ τὸ
καθεῦδον, καὶ νέον καὶ γηραιόν· τάδε γὰρ μετα-
πεσόντα ἐκεῖνά ἔστι κάκεῖνα πάλιν μεταπεσόντα
6 ταῦτα.¹

LXXIX. Λιὸν παῖς ἔστι παιζων πεσσεύων.
2 παιδὸς ἡ βασιληὴ.

LXXX. Ἐδιζησάμην ἐμεωντόν.

LXXXI. Ποταμοῖσι τοῖσι αὐτοῖσι ἐμβαίνομέν
2 τε καὶ οὐκ ἐμβαίνομεν, εἰμέν τε καὶ οὐκ εἰμεν.

LXXVII. Clem Alex. Strom. iv. 22, p. 628.

LXXIX. Clem. Alex. Paedag. i. 5 p. 111; Hipp. Ref. Hoer. ix. 9; Proclus in Tim. 101 f.

LXXX. Plutarch adv. Colot. 20, p. 1118; Dio Chrysost. Or. 55, p. 282; Suidas s.v. Ποστοῦμος.

LXXXI. Heraclitus Alleg. Hom. 24 and Seneca Epp. 58.

¹ Plutarch, Consol. ad Apoll. 10, p. 106.

ON THE UNIVERSE

LXXV. Dry light is the wisest and best soul.

LXXVI. Where earth is dry, the soul is wisest and best.

For LXXV and LXXVI see notes on the text.

LXXVII. Man, like a light in the night, is kindled and put out.

LXXVIII. For when is death not within our selves? And as Heraclitus says: "Living and dead are the same, and so are awake and asleep, young and old. The former when shifted are the latter, and again the latter when shifted are the former."

Burnet takes the metaphor in *μεταπέσοιτα* to be the moving of pieces from one *γραμμή* of the draught-board to another.

LXXIX. Time is a child playing draughts; the kingship is a child's.

Cf. Homer, *Iliad* XV. 362:

Ἄς ὅτε τις ψάμαθον πᾶς ἄγχι θαλάσσης,
ὅς τ' ἐτελ οὖν ποιήσῃ ἀθύρματα νηπίεγσιν,
ἄψ αὐτις συνέχενε ποσὶν καὶ χερσὶν ἀθύρων.

The changes of time are like the changes of the child's game.

LXXX. I searched my self.

See Ritter and Preller, § 48. Possibly it means: "I inquired of myself, and did not trust others." See Fragments XV-XVIII. Some see a reference to *γνῶθι σεαυτόν*, and it is possible that Heraclitus gave a new meaning to this old saying. But Pfleiderer's theory, that H. sought for the *τέλος* in introspection, is a strangely distorted view.

LXXXI. Into the same rivers we step and do not step; we are and we are not.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

LXXXII. Κάματός ἐστι τοῖς αὐτοῖς μοχθεῖν
2 καὶ ἄρχεσθαι.

LXXXIII. Μεταβάλλον ἀναπαύεται.

LXXXIV. Καὶ ὁ κυκεὼν δύσταται μὴ κινέο-
2 μενος.

LXXXV. Νέκυες κοπρίων ἐκβλητότεροι.

LXXXVI. Γενόμενοι ζώειν ἐθέλουσι μόρους τ'
ἔχειν μᾶλλον δὲ ἀναπαύεσθαι, καὶ παιδας κατα-
3 λείπουσι μόρους γενέσθαι.

LXXXVII. Οἱ μὲν “ἡβῶντος” ἀναγινώσκοντες¹
ἔτη τριάκοντα ποιοῦσι τὴν γενέαν καθ' Ἡράκλει-
τον ἐν ᾧ χρόνῳ γεννῶντα παρέχει τὸν ἐξ αὐτοῦ
4 γεγενημένον ὁ γεννήσας.²

LXXXVIII. Ὁ τριάκοντα ἀριθμὸς φυσικώ-
τατός ἐστιν. ὁ γὰρ ἐν μονάσι τριάς, τοῦτο ἐν
δεκάσι τριακοντάς. ἐπεὶ καὶ ὁ τοῦ μηνὸς κύκλος
συνέστηκεν ἐκ τεσσάρων τῶν ἀπὸ μονάδος ἔξῆς
τετραγώνων α', δ', θ', ισ'. ὅθεν οὐκ ἀπὸ σκοποῦ
6 Ἡράκλειτος γενεὰν τὸν μῆτρα καλεῖ.³

LXXXIX. Ex homine in tricennio potest avus
2 haberri.

LXXXII. Plotinus *Enn.* iv. 8, p. 468; Iamblichus *ap.*
Stob. *Ecl.* i. 41, p. 906.

LXXXIII. Same as for LXXXII.

LXXXIV. Theophrastus *περὶ ἱλίγγων* 9, p. 133.

LXXXV. Strabo xvi. 26, p. 784; Plutarch *Qu. coniv.*
iv. 4, p. 669; Pollux *Onom.* v. 163; Origen *contra Cels.* v.
14, p. 247; Julianus *Or.* vii. p. 226 c. The scholiast V on
Hind xxiv. 54, p. 630 Bekk. assigns the fragment to
Empedocles.

LXXXVI. Clem. Alex. *Strom.* iii. 3, p. 516.

LXXXVII. Cf. Censorinus *de D. N.* 17.

LXXXIX. Philo *Qu. in Gen.* ii. 5, p. 82, Aucher.

ON THE UNIVERSE

LXXXII. It is toil to labour for the same masters
and to be ruled by them.

I.e. change is restful. Cf. the next fragment.

LXXXIII. By changing it rests.

LXXXIV. The posset too separates if it be not
stirred.

An example of change and motion giving existence and
reality.

LXXXV. Corpses are more fit to be thrown out
than is dung.

LXXXVI. When born they wish to live and to
have dooms—or rather to rest, and they leave
children after them to become dooms.

LXXXVII. Some reading $\eta\beta\omega\nu\tau\circ s$ in this passage
make a generation to consist of thirty years, as
Heracleitus has it, this being the time it takes a
father to have a son who is himself a father.

LXXXVIII. The number thirty is one most inti-
mately bound up with nature, as it bears the same
relation to tens as three does to units. Then again
the cycle of the moon is composed of the numbers
1, 4, 9, 16, which are the squares of the first four
numbers. Wherefore Heracleitus hit the mark when
he called the month (or moon) a generation.

LXXXIX. In thirty years a man may become a
grandfather.

The Fragments LXXXVI-LXXXIX refer to the “cycle
of life.” The circle is complete when the son himself
becomes a father.

¹ Apud Hesiod *fr.* 163 Goettling.

² Plutarch *de Orac. Def.* 11, p. 415.

³ Io. Lydus *de Mensibus*, iii. 10, p. 37 ed. Bonn.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XCI. Πάντες εἰς ἐν ἀποτέλεσμα συνεργοῦμεν,
οἱ μὲν εἰδότως καὶ παρακολουθητικῶς, οἱ δὲ
ἀνεπιστάτως ὥσπερ καὶ τοὺς καθεύδοντας,
οἶμαι, ὁ Ἡράκλειτος ἐργάτας εἶναι λέγει καὶ
5 συνεργοὺς τῶν ἐν τῷ κόσμῳ γινομένων.¹

XCI. Ξυνόν ἐστι πᾶσι τὸ φρονέειν. ξὺν νόῳ
λέγοντας ἴσχυρίζεσθαι χρὴ τῷ ξυνῷ πάντων,
ὅκωσπερ νόμῳ πόλις καὶ πολὺ ἴσχυροτέρως.
τρέφονται γὰρ πάντες οἱ ἀνθρώπειοι νόμοι ὑπὸ⁶
ἐνὸς τοῦ θείου κρατέει γὰρ τοσοῦτον ὄκόσον
ἐθέλει καὶ ἔξαρκέει πᾶσι καὶ περιγίνεται.

XCII. Διὸ δεῖ ἐπεσθαι τῷ ξυνῷ. τοῦ λόγου
δ' ἐόντος ξυνοῦ, ζώουσι οἱ πολλοὶ ως ἰδίην ἔχοντες
3 φρύνησιν.

XCI. Stobaeus *Flor.* iii. 84. Cf. *Hymn of Cleanthes* 24,
οὗτ' ἐπορῶσι θεοῦ κοινὸν νόμον οὕτε κλίνουσιν, φένεν πειθόμενοι
σὺν νῷ βίον ἐσθλὸν ἔχοιεν.

XCII. Sext. Emp. *ad tr. Math.* vii. 133. Bywater does not
regard Διὸ . . . ξυνῷ as Heracleitean and Burnet rejects τοῦ
. . . ξυνοῦ.

¹ M. Antoninus vi. 42.

ON THE UNIVERSE

ON POLITICS AND ETHICS

XC. We all work together to one end, some wittingly and with understanding, others unconsciously. In this sense, I think, Heracleitus says that even sleepers are workers and co-operators in the things that take place in the world.

XCI. Thought is common to all. Men must speak with understanding and hold fast to that which is common to all, as a city holds fast to its law, and much more strongly still. For all human laws are nourished by the one divine law. For it prevails as far as it wills, suffices for all, and there is something to spare.

"The common" will be fire, which is the one true wisdom. So men who have understanding must "keep their souls dry" and refuse to cut themselves off from the great principle of the universe by letting their souls grow moist. See Introduction, p. 457. Passages like this were eagerly seized upon by the Stoics when they elaborated their theory of a great *κοινὸς λόγος* animating the universe. True virtue, they held, was for a man consciously and lovingly to follow this *λόγος*, which is really the will of God, and to try to associate himself with it. What is crude and imperfect in Heracleitus became mature and complete in Stoicism. Christianity seized upon this thought, and developed the *λόγος* doctrine of St. John and the early Fathers.

XCII. Therefore one must follow the common. But though the Word is common, the many live as though they had a wisdom of their own.

Curnet thinks that *τοῦ λόγου ὁ ἔβιτος γυρεῦ* does not belong to Heracleitus, appealing to the MSS. reading *δὲ ὄντος* in support of his contention. He is chiefly influenced by his conviction that *λόγος* can mean only the message or gospel of Heracleitus. But at this early stage in the history of thought there could be no distinction made between (a) the message and (b) the truth which the message tries to explain. It is the latter meaning that I think *λόγος* has in this passage.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

XCIII. ¹Ωι μάλιστα διηνεκέως όμιλέουσι, τούτῳ
2 διαφέρονται.

XCIV. Οὐ δεῖ ὥσπερ καθεύδοντας ποιεῖν καὶ
2 λέγειν.

XCV. Ὁ Ἡράκλειτός φησι, τοῖς ἐγρηγορόσιν
ἔνα καὶ κοινὸν κόσμον εἶναι, τῶν δὲ κοιμωμένων
3 ἔκαστον εἰς ἕδιον ἀποστρέφεσθαι.¹

XCVI. ²Ηθος γὰρ ἀνθρώπειον μὲν οὐκ ἔχει
2 γνώμας, θεῖον δὲ ἔχει.

XCVII. Ἀνὴρ νήπιος ἥκουσε πρὸς δαίμονος
2 ὄκωσπερ παῖς πρὸς ἀνδρός.

XCVIII. ³Η οὐ καὶ Ἡράκλειτος ταῦτὸν τοῦτο
λέγει, δὸν σὺ ἐπάγει, ὅτι ἀνθρώπων ὁ σοφώτατος
πρὸς θεὸν πίθηκος φανεῖται καὶ σοφίᾳ καὶ κάλλει
4 καὶ τοῖς ἄλλοις πᾶσιν;²

XCIX. ³Ω ἀνθρωπε, ἀγνοεῖς ὅτι τὸ τοῦ Ἡρά-
κλείτου εὖ ἔχει, ώς ἄρα πιθήκων ὁ κάλλιστος
αἰσχρὸς ἄλλῳ γένει συμβάλλειν, καὶ χυτρῶν ἡ
καλλίστη αἰσχρὰ παρθένων γένει συμβάλλειν, ώς
5 φησιν Ἰππίας ὁ σοφός.³

XCIII and XCIV. M. Antoninus iv. 46. Diels adds λόγῳ
τῷ τὰ βλα διοκοῦντι, which Burnet rejects as belonging to
M. Aurelius (Stoic idea).

XCVI and XCVII. Origen *contra Cels.* vi. 12, p. 291.

¹ Plutarch *de Superst.* 3, p. 166.

ON THE UNIVERSE

XCIII. They are at variance with that with which they have most continuous intercourse.

XCIV. We ought not to act and to speak as though we were asleep.

XCV. Heracleitus says that there is one world in common for those who are awake, but that when men are asleep each turns away into a world of his own.

Sleepiness to Heracleitus was the state of a man who allowed his soul to sink on the downward path into moisture or mud. See Fragments XCI and XCII. To be awake was to have one's soul dry, and to be in close connection with "the ever-living fire" of the universe.

XCVI. Human nature has no understanding, but that of God has.

This fragment expresses in another way the thought that τὸ ξύνδεν is good, τὸ ἔδιον evil.

XCVII. Man is called a baby by the deity as a child is by a man.

ON RELIGION

XCVIII. And does not Heracleitus too, whom you bring forward, say this very same thing, that the wisest of men compared with God will appear as an ape in wisdom, in beauty and in everything else?

XCIX. Sir, you do not know that the remark of Heracleitus is a sound one, to the effect that the most beautiful of apes is ugly in comparison with another species, and that the most beautiful of pots is ugly in comparison with maidenhood, as says Hippias the wise.

² Plato *Hipp. mai.* 289 B.

³ Plato *Hipp. mai.* 289 A.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

C. Μάχεσθαι χρὴ τὸν δῆμον ὑπὲρ τοῦ νόμου
2 ὅκως ὑπὲρ τείχεος.

CI. Μόροι γὰρ μέζονες μέζονας μοίρας λαγχά-
2 νουσι.

CII. Ἀρηιφάτους θεοὶ τιμῶσι καὶ ἀνθρωποι.

CIII. "Τβριν χρὴ σβεννύειν μᾶλλον ἢ πυρ-
2 καϊήν.

CIV. Ἀνθρώποισι γίνεσθαι ὄκόσα θέλουσι
οὐκ ἄμεινον. νοῦσος ὑγίειαν ἐποίησε ἥδυ, κακὸν
3 ἀγαθόν, λιμὸς κόρον, κάματος ἀνάπαυσιν.

CV. Θυμῷ μάχεσθαι χαλεπόν· ὁ τι γὰρ ἀν
2 χρηίζῃ γίνεσθαι, ψυχῆς ὡνέεται.

CVI. †Ἀνθρώποισι πᾶσι μέτεστι γυγνώσκειν
2 ἑαυτοὺς καὶ σωφρονεῖν.†

CVII. †Σωφρονεῖν ἀρετὴ μεγίστη· καὶ σοφίη
2 ἀληθέα λέγειν καὶ ποιεῖν κατὰ φύσιν ἐπαίοντας.†

CVIII. Ἀμαθίην ἄμεινον κρύπτειν· ἔργον δὲ ἐν
2 ἀνέσει καὶ παρ' οἶνον.

C. Diogenes Laertius ix. 2.

CI. Clem. Alex. *Strom.* iv. 7, p. 586.

CII. Clem. Alex. *Strom.* iv. 4, p. 571; Theodoreetus *Therap.* viii. p. 117, 33.

III. Diogenes Laertius ix. 2.

CIV. Stobaens *Flor.* iii. 83. Cf. Clem. Alex. *Strom.* ii. 21, p. 497. I accept (with some hesitation) *κακὸν* for the MS. reading *καλόν* (Heitz, Diels, Burnet).

CV. Iamblichus *Protrept.* p. 140; Aristotle *Eth. Nic.* 1105a 8, *Eth. Eud.* 1223b 22, and *Pol.* 1315a 29; Plutarch *de cohibenda Ira* 9, p. 457 and *Coriol.* 22.

CVI. Stobaens *Flor.* v. 119.

CVII. Stobaeus *Flor.* iii. 84.

CVIII. Plutarch *Qu. conviv.* iii. *prooem.* p. 644; *de Audiendo* 12, p. 43 and *Virt. doc. posse* 2, p. 439; Stob *Flor.* xviii. 32.

ON THE UNIVERSE

C. The people should fight for their law as for a wall.

This is because the law is *ξυνόν*, is, in fact, but a reflection of the great *ξυνόν* of the natural world.

CI. For greater dooms win greater destinies.

This refers to the “fiery deaths” of heroic men. See Introduction, p. 457, and also the following fragment.

CII. Gods and men honour those who are killed in battle.

CIII. You should put out insolence even more than a fire.

CIV. For men to get all they wish is not the better thing. It is disease that makes health a pleasant thing; evil, good; hunger, surfeit; and toil, rest.

CV. It is hard to contend against one's heart's desire; for whatever it wishes to have it buys at the cost of soul.

Burnet so translates *θυμός*; the word covers a wider area than any English equivalent, but includes much of what we include under “instinct,” “urge,” “passionate craving.” Aristotle understood *θυμός* to mean anger (*Ethic. Nicom.* II. 2, 1105 a 8). To gratify *θυμός* is to allow one's soul “to become moist.”

CVI. It is the concern of all men to know themselves and to be sober-minded.

CVII. To be sober-minded is the greatest virtue, and wisdom is to speak the truth and to act it, listening to the voice of nature.

These two fragments (both are of doubtful authenticity) express positively what is stated in Fragment CV in a quasi-negative form.

CVIII. It is better to hide ignorance, but it is hard to do this when we relax over wine.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

CIX. ὃ Κρύπτειν ἀμαθίην κρέσσον ἡ ἐς τὸ
2 μέσον φέρειν.†

CX. Νόμος καὶ βουλῆ πείθεσθαι ἐνός.

CXI. Τίς γὰρ αὐτῶν νόος ἡ φρήν; [δήμων]
ἀοιδοῖσι ἔπονται καὶ διδασκάλῳ χρέωνται ὄμιλῷ,
οὐκ εἰδότες ὅτι πολλοὶ κακοὶ ὀλίγοι δὲ ἀγαθοί.
αἴρεῦνται γὰρ ἐν ἀντίᾳ πάντων οἱ ἄριστοι, κλέος
ἀέναον θυητῶν, οἱ δὲ πολλοὶ κεκόρηνται ὄκωσπερ
6 κτήνεα.

CXII. Ἐν Πριήνῃ Βίας ἐγένετο ὁ Τευτάμεω, οὐ
2 πλέων λόγος ἡ τῶν ἄλλων.

CXIII. Εἰς ἐμοὶ μύριοι, ἐὰν ἄριστος ἦ.

CXIV. Ἀξιον Ἐφεσίοις ἡβηδὸν ἀπάγξασθαι
πᾶσι καὶ τοῖς ἀνήβοις τὴν πόλιν καταλιπεῖν,
οἵτινες Ἐρμόδωρον ἄνδρα ἑωυτῶν ὀνήιστον
ἐξέβαλον, φάντες ἡμέων μηδὲ εἰς ὀνήιστος ἔστω,
5 εἰ δὲ μή, ἄλλῃ τε καὶ μετ' ἄλλων.

CXV. Κύνες καὶ βαῦζουσι δὲν ἀν μὴ γινώ-
2 σκωσι.

CXVI. Απιστίη διαφυγγάνει μὴ γινώσκεσθαι.

CXVII. Βλὰξ ἄνθρωπος ἐπὶ παντὶ λόγῳ
2 ἐπτοῆσθαι φιλέει.

CIX. Stobaeus *Flor.* iii. 82.

CX. Clem. Alex. *Strom.* v. 14, p. 718.

CXI. Clem. Alex. *Strom.* v. 9, p. 682 and iv. 7, p. 586;
Proclus in *Alcib.* p. 255, Creuzer.

CXII. Diogenes Laertius i. 88.

CXIII. Galen περὶ διαγνάσεως σφυγμῶν i. 1; Theodorus
Prodromus in Lazerii *Miscell.* i. p. 20; Seneca *Epp.* 7.

CXIV. Strabo xiv. 25, p. 642; Cicero *Tusc. Disp.* v. 105;
Musonius ap. Stob. *Flor.* xl. 9; Diog. Laert. ix. 2;
Iamblichus *de Vit. Pyth.* 30, p. 154 Arcer.

CXV. Plutarch *an Seni sit ger. Resp.* vii. p. 787.

ON THE UNIVERSE

CIX. To hide ignorance is preferable to bringing it to light.

CX. It is law too to obey the advice of one.

CXI. For what mind or sense have they? They follow the bards and use the multitude as their teacher, not realising that there are many bad but few good. For the best choose one thing over all others, immortal glory among mortals, while the many are glutted like beasts.

CXII. In Priene lived Bias, son of Teutamas, who is of more account than the others.

CXIII. One man to me is as ten thousand, if he be the best.

Fragments CXI-CXIII show the aristocratic tendencies of the mind of Heracleitus. His "common," of course, has nothing to do with "common-sense" or with general opinions. It refers to the law or principle of nature, which each man must apprehend for himself. He who can do so best is a natural leader and lawgiver.

CXIV. All the Ephesians from the youths up would do well to hang themselves and leave their city to the boys. For they banished Hermodorus, the best man of them, saying, "We would have none among us who is best; if there be such an one, let him be so elsewhere among other people."

CXV. Dogs also bark at him they know not.

CXVI. He escapes being known because of men's unbelief.

"A prophet is not without honour save in his own city."

CXVII. A fool is wont to be in a flutter at every word.

CXVI. Plutarch *Coriolanus* 38; Clem. Alex. *Strom.* v. 13, p. 699.

CXVII. Plutarch *de Audiendo* 7, p. 41 and *de aud. Poet.* 9, p. 28.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

CXVIII. Δοκεόντα ὁ δοκιμώτατος γινώσκει
τὸ φυλάσσειν· τὰ μέντοι καὶ δίκη καταλήψεται
3 ψευδέων τέκτονας καὶ μάρτυρας.

CXIX. Τόν θ' "Ομηρον ἔφασκεν ἄξιον ἐκ τῶν
ἀγώνων ἐκβάλλεσθαι καὶ ραπίζεσθαι, καὶ Ἀρχί-
3 λοχον ὁμοίως.¹

CXX. Unus dies par omni est.

CXXI. Ἡθος ἀνθρώπῳ δαίμων.

CXXII. Ἀνθρώπους μένει τελευτήσαντας ἄσσα
2 οὐκ ἔλπονται οὐδὲ δοκέοντι.

CXXIII. Ἐπανίστασθαι καὶ φύλακας γίνεσθαι
2 ἐγερτὶ ζώντων καὶ νεκρῶν.

CXXIV. Νυκτιπόλοι, μάγοι, βάκχοι, λῆναι,
2 μύσται.

CXXV. Τὰ γὰρ νομιζόμενα κατ' ἀνθρώπους
2 μυστήρια ἀνιερωστὶ μυεῦνται.

CXXVI. Καὶ τοῖς ἀγάλμασι τουτέοισι εὔχονται,
όκοιον εἴ τις τοῖς δόμοισι λεσχηνεύοιτο, οὐ τι
3 γινώσκων θεοὺς οὐδὲ ἥρωας, οἵτινές εἰσι.

CXVIII. Clem. Alex. Strom. v. 1, p. 649. The MS. reading is δοκεόντων; Schleiermacher suggested δοκέοντα and Diels δοκέοντ' ἀν. The MS. φυλάσσειν has been emended to φυλάσσει (Schleiermacher), φυλάσσειν (Bergk), πλάσσειν (Bernays and Bywater).

CXX. Seneca Epp. 12; Plutarch Camillus 19.

CXXI. Plutarch Qu. Plat. i. 2, p. 999; Alex. Aphrod. de Fato 6, p. 16; Stob. Flor. civ. 23.

CXXII. Clem. Alex. Strom. iv. 22, p. 630; Theodoreetus Therap. viii. p. 118, 1; Themistius in Stob. Flor. cxx. 28.

CXXIII. Hipp. Ref. Haer. ix. 10. The MS. has before ἐπανίστασθαι the words ἐνθα δεόντι. Various emendations have been suggested: ἐνθάδε ἐόντας Bernays; ἐνθα θεὸν δεῖ Sauppe; ἐνθάδε ἔστι Petersen. So the MS. also has ἐγερτὶ ζόντων. The text is that of Bernays.

ON THE UNIVERSE

CXVIII. The one most in repute knows only what is reputed. And yet justice will overtake the makers of lies and the false witnesses.

Of all the emendations of the corrupt $\phi\upsilon\lambda\acute{\alpha}\sigma\sigma\epsilon\nu$ I prefer Bergk's $\phi\lambda\upsilon\acute{\alpha}\sigma\sigma\epsilon\nu$, but I follow Burnet in deleting the word.

CXIX. He said that Homer deserved to be expelled from the lists and beaten, and Archilochus likewise.

CXX. One day is like any other.

CXXI. A man's character is his fate.

CXXII. There await men after death such things as they neither expect nor look for.

CXXIII. To rise up and become wakeful guards of the living and of the dead.

CXXIV. Night - walkers, Magians, priests of Bacchus and priestesses of the vat, the initiated.

CXXV. The mysteries that are celebrated among men it is unholy to take part in.

CXXVI. And to these images they pray, as if one were to talk to one's house, knowing not the nature of gods and heroes.

CXXIV. Clem. Alex. *Protrept.* 2, p. 18 = Eusebius *P. E.* ii. 3, p. 66.

CXXV. Clem. Alex. *Protrept.* 2, p. 19 = Eusebius *P. E.* ii. 3, p. 67.

CXXVI. Clem. Alex. *Protrept.* 4, p. 44; Origen *contra Cels.* i. 5, p. 6, and vii. 62, p. 384.

¹ Diogenes Laert. ix. 1.

ΠΕΡΙ ΤΟΥ ΠΑΝΤΟΣ

CXXVII. Εἰ μὴ γὰρ Διονύσῳ πομπὴν ἐποιεῦντο καὶ ὑμεον ἄσμα αἰδοίοισι, ἀναιδέστατα εἴργαστ’ ἄν· ώντὸς δὲ Ἀΐδης καὶ Διόνυσος, δτεῳ μαίνονται 4 καὶ ληναῖζονται.

CXXVIII. Θυσιῶν τοίνυν τίθημι διττὰ εἴδη· τὰ μὲν τῶν ἀποκεκαθαρμένων παντάπασιν ἀνθρώπων, οἱα ἐφ’ ἐνὸς ἄν ποτε γένοιτο σπανίως, ὡς φησιν Ἡράκλειτος, ἢ τινων ὀλίγων εὐαριθμήτων ἀιδρῶν· τὰ δ’ ἔννυλα καὶ σωματοειδῆ καὶ διὰ μεταβολῆς συνιστάμενα, οἱα τοῖς ἔτι κατεχομένοις 7 ὑπὸ τοῦ σώματος ἀρμόζει.¹

CXXIX. Ἀκεα.

CXXX. Καθαίρονται δὲ αἵματι μαινόμενοι ὥσπερ ἄν εἴ τις ἐς πηλὸν ἐμβὰς πηλῷ ἀπο- 3 τίζοιτο.

CXXVII. Plutarch *de Iside* 28, p. 362; Clem. Alex. *Protrept.* 2, p. 30.

CXXIX. Iamblichus *de Myst.* i. 11.

CXXX. Gregorius Naz. *Or. xxv.* (xxiii.) 15, p. 466 with Elias Cretensis *in loc.* See Apollonius *Epp.* 27. Professor D. S. Robertson inserts *αἷμα* before *αἵματι*.

¹ Iamblichus *de Myst.* v. 15.

ON THE UNIVERSE

CXXVII. For if it were not to Dionysus that they made procession and sang the phallic hymn, it would be a most disgraceful action. But Hades is the same as Dionysus, in whose honour they rave and keep the feast of the vat.

CXXVIII. I distinguish, therefore, two kinds of sacrifices. First, that of men wholly cleansed, such as would rarely take place in the case of a single individual, as Heracleitus says, or in the case of very few men. Second, material and corporeal sacrifices, arising from change, such as befit those who are still fettered by the body.

CXXIX. Cures (atonements).

CXXX. When defiled they purify themselves with blood, just as if one who had stepped in mud were to wash himself in mud.

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