

**Discourses on a sober and temperate life / by Lewis Cornaro, a noble Venetian ; translated from the Italian original.**

**Contributors**

Cornaro, Luigi, 1475-1566.  
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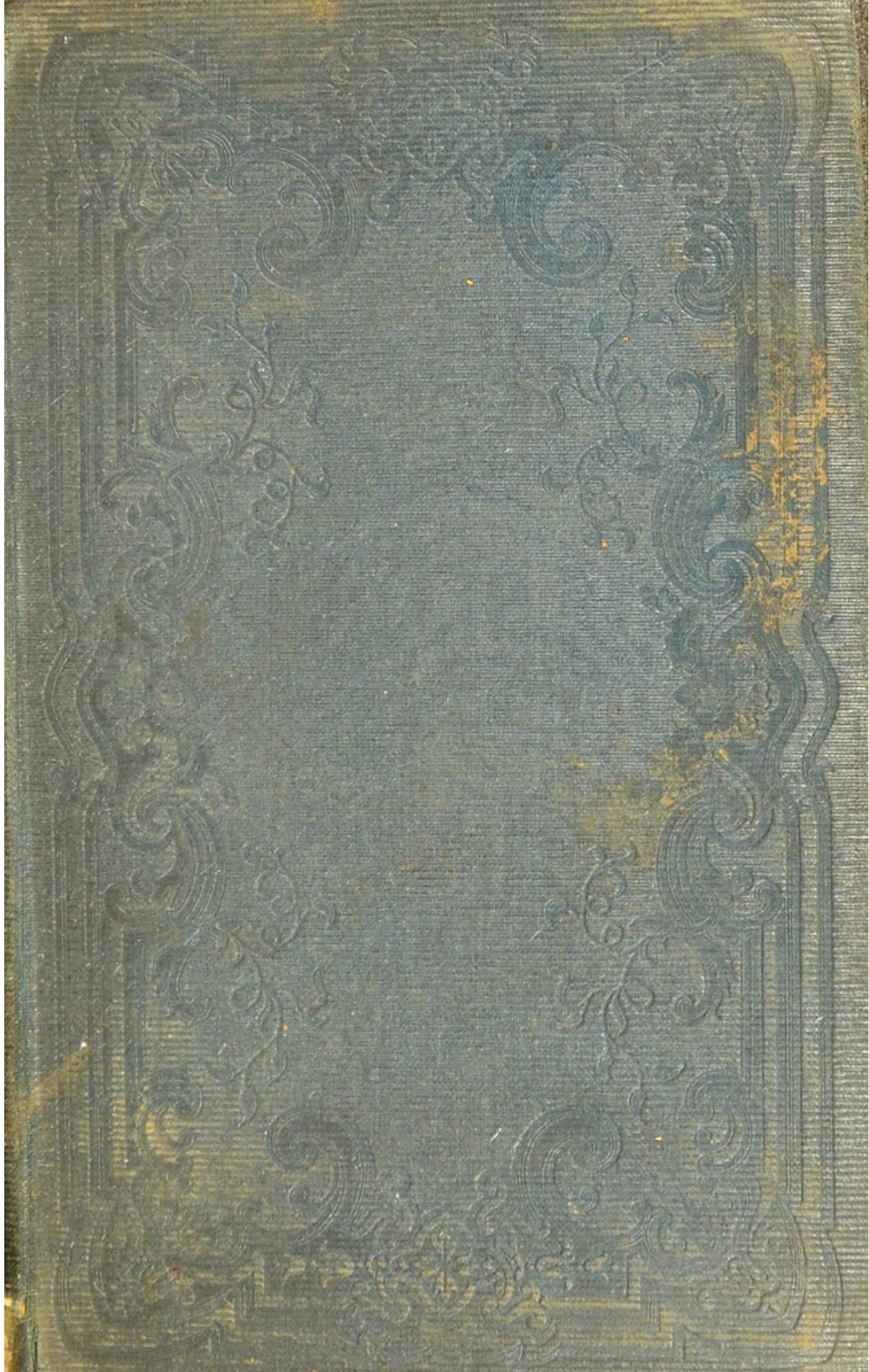








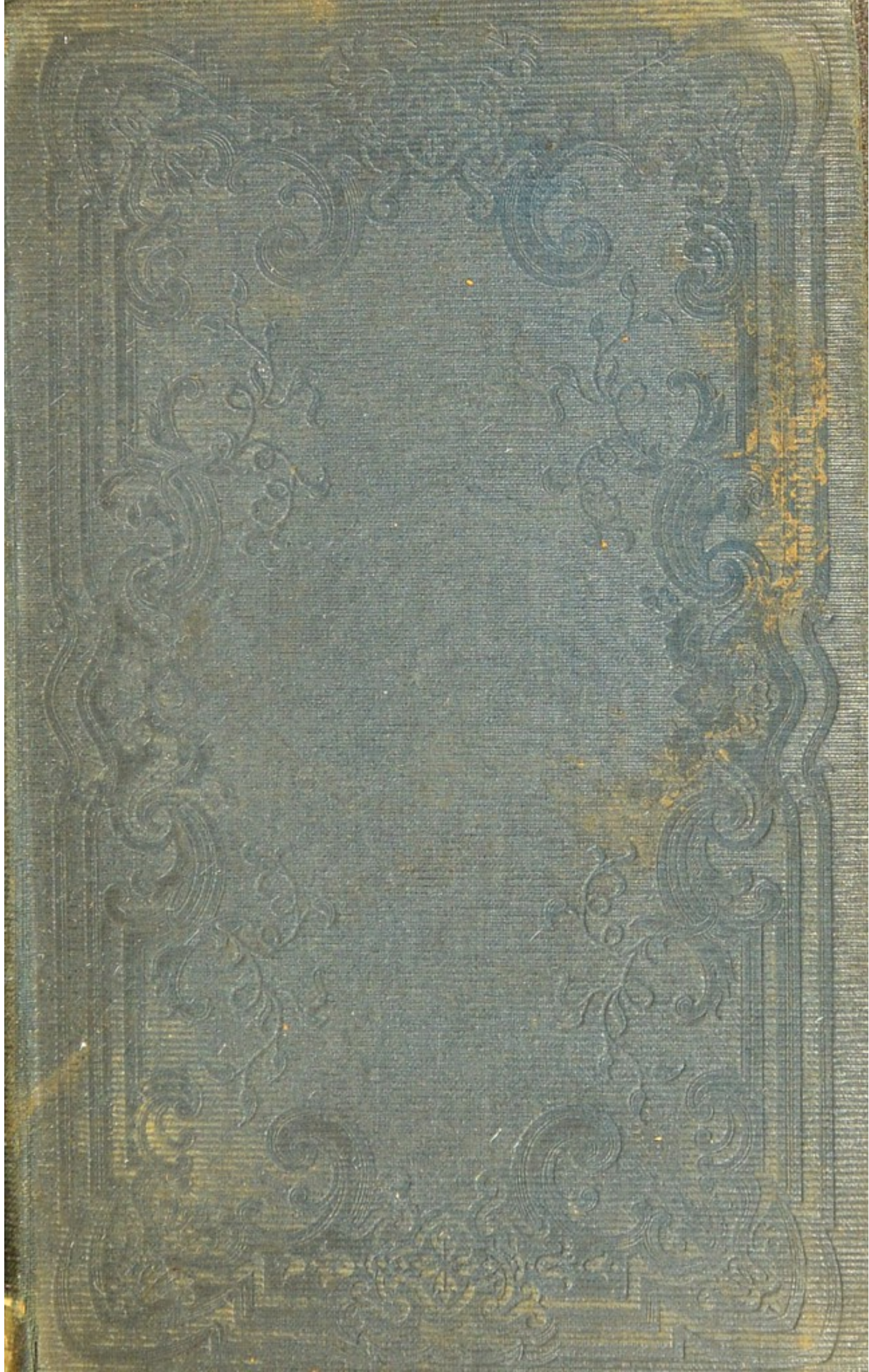


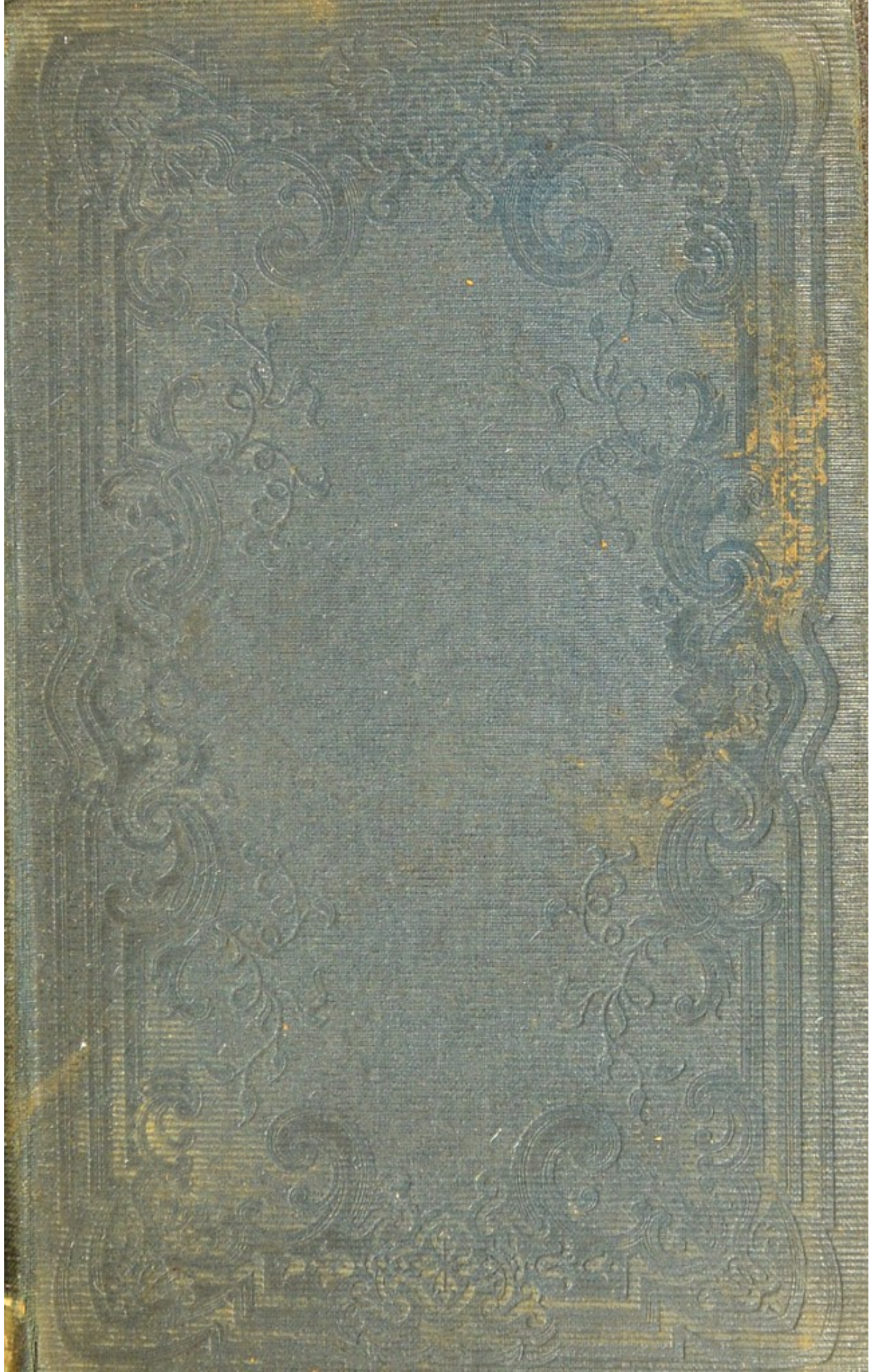


















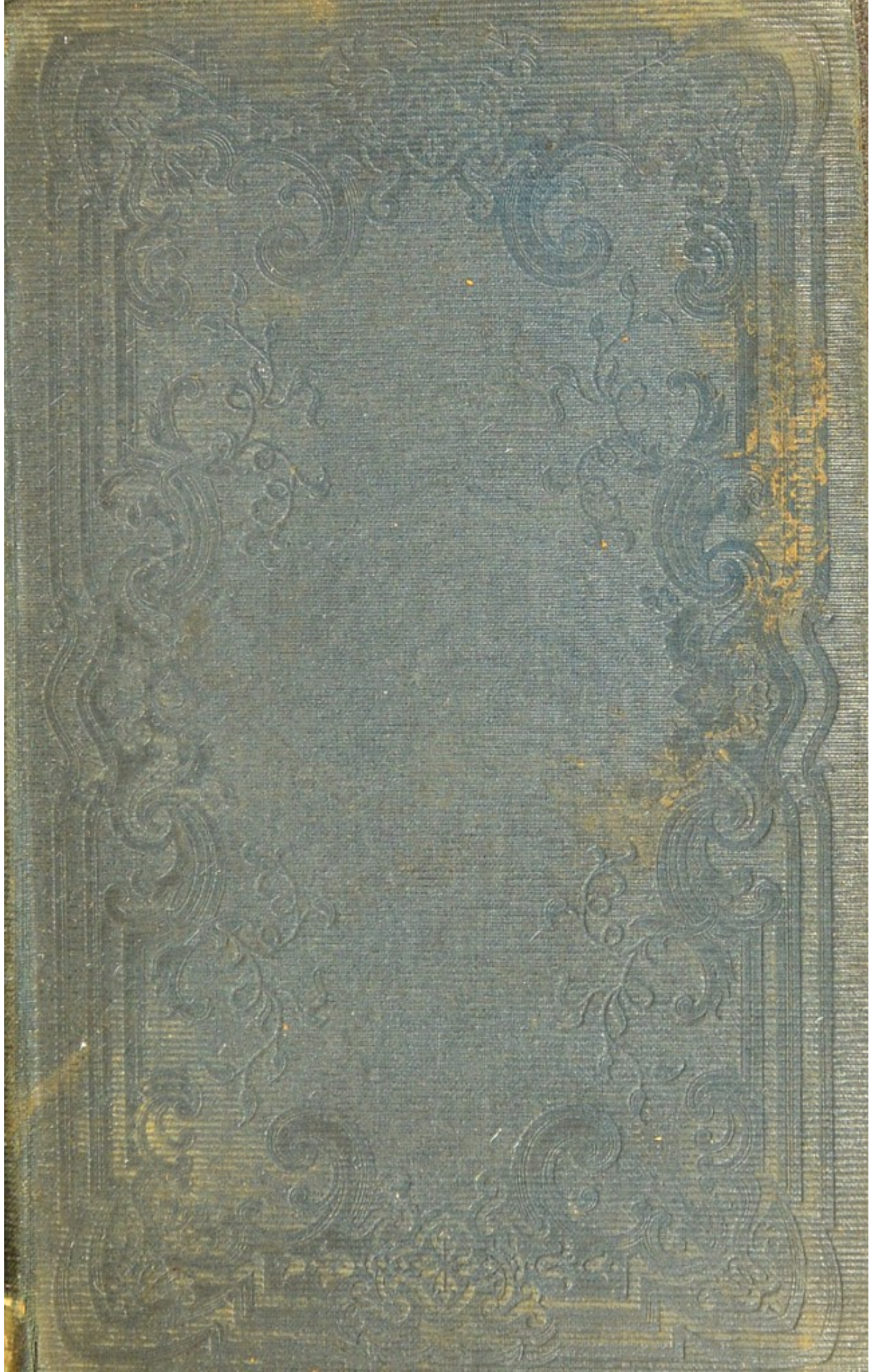




































perceive that such a course agreed with me very well; and, by pursuing it, in less than a year I found myself (some persons, perhaps, will not believe it) entirely freed from all my complaints.

Having thus recovered my health, I began seriously to consider the power of temperance, and say to myself, that, if this virtue had efficacy enough to subdue such grievous disorders as mine, it must have still greater to preserve me in health, to help my bad constitution, and comfort my very weak stomach.<sup>†</sup> I, therefore, applied myself diligently to discover what kinds of food suited me

*† See note p. 220*





































this could not be done without food, it was absolutely incumbent upon me to eat a little more plentifully. I, on the other hand, produced my reasons for not complying with their desires. These were, that Nature is content with little, and that with this little I had preserved myself so many years; and that, to me, the habit of it was become a second nature: and that it was more agreeable to reason, that, as I advanced in years, and lost my strength, I should rather lessen than encrease the quantity of my food: farther, that it was but natural to think, that the powers of the stomach grew weaker from day

















the case. Hence it is, that when a physician comes to visit a patient, this is the first thing he prescribes, enjoining him to live regularly: in like manner, when a physician takes leave of a patient on his being recovered, he advises him, as he tenders his health, to lead a regular life. And it is not to be doubted, that, were a patient so recovered to live in that manner, he could never be sick again, as it removes every cause of illness; and so for the future, would never want either physician or physic. Nay, by attending duly to what I have said, he would become his own physician, and, indeed,



































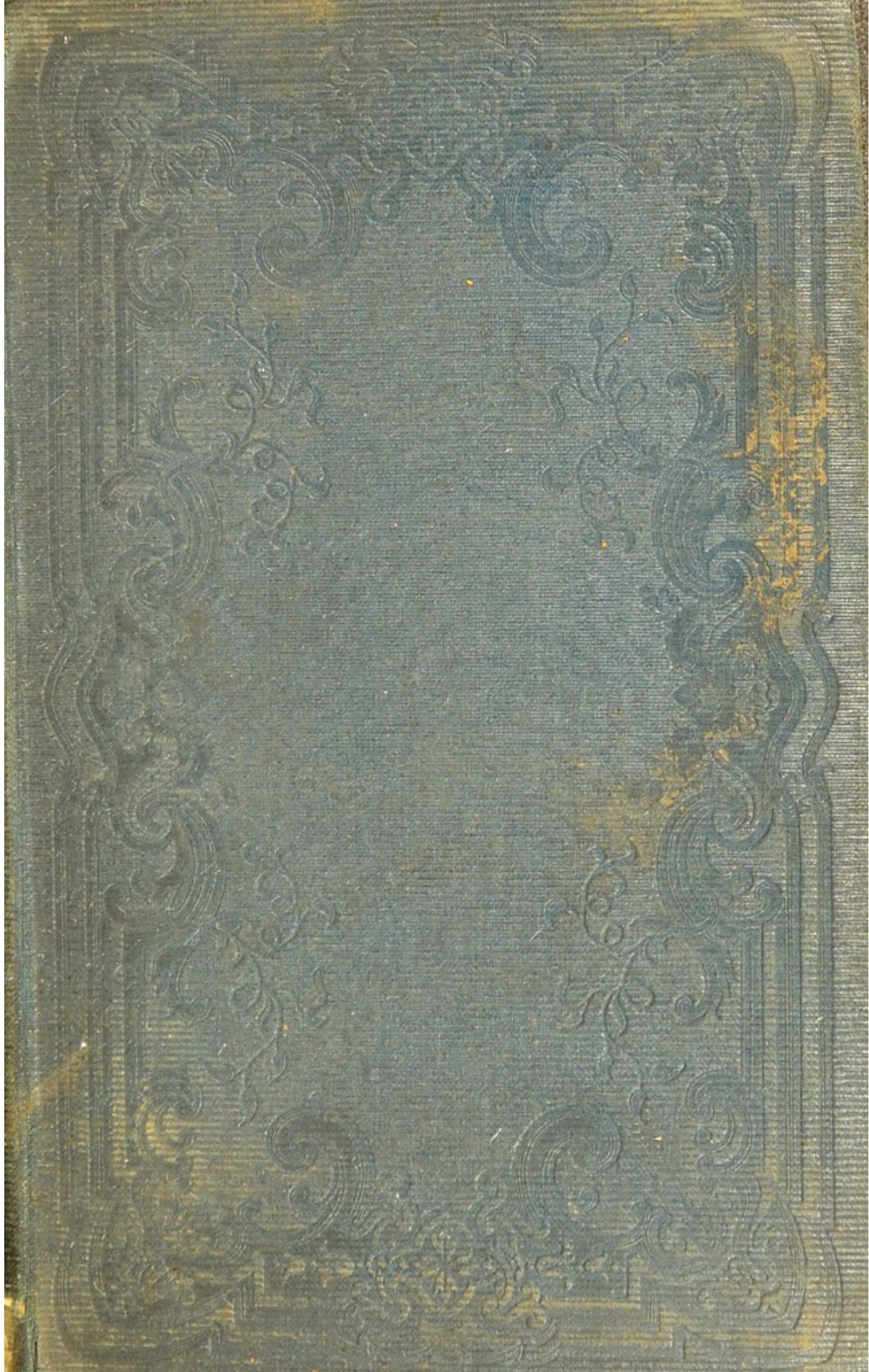


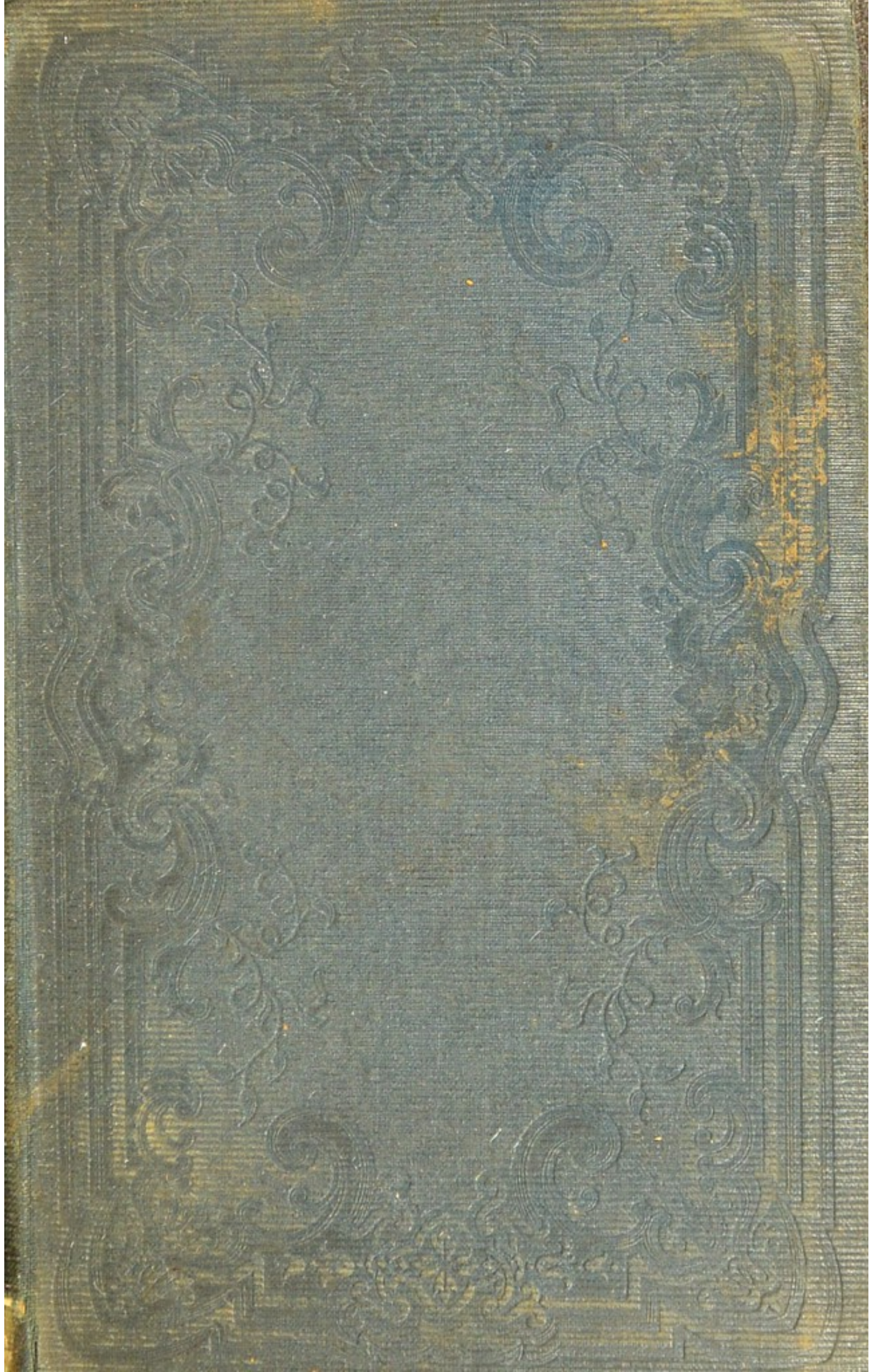
























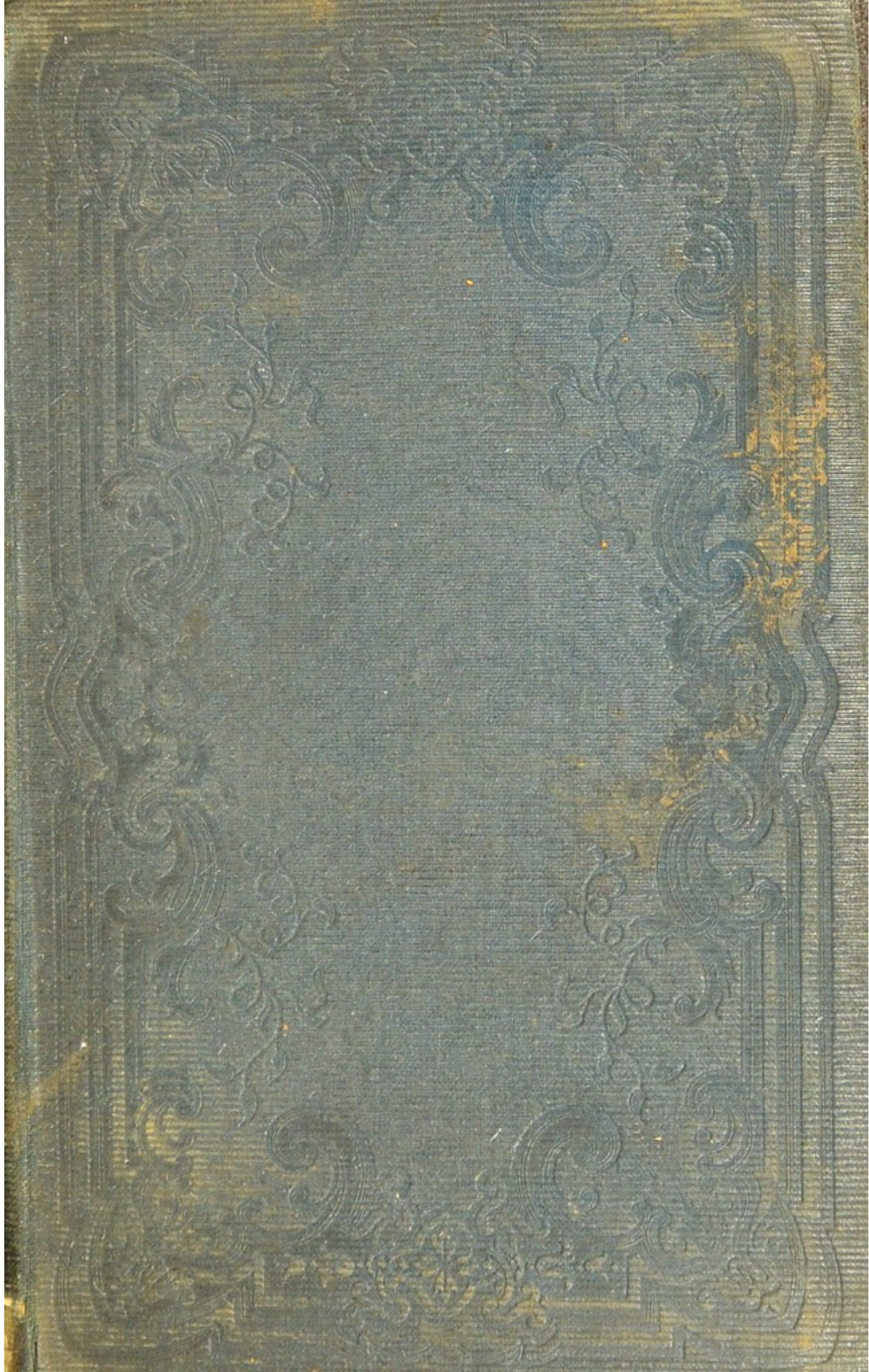












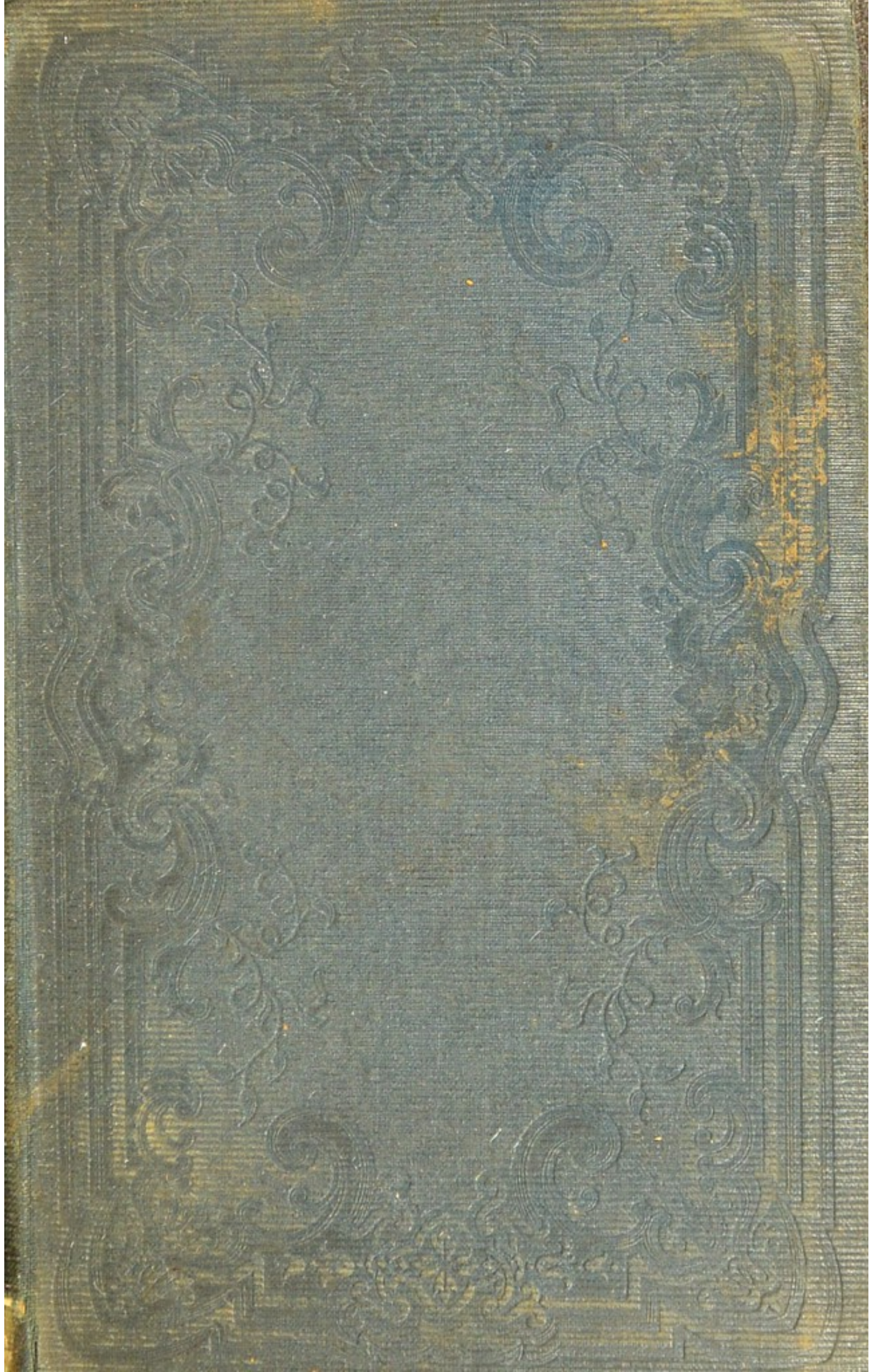


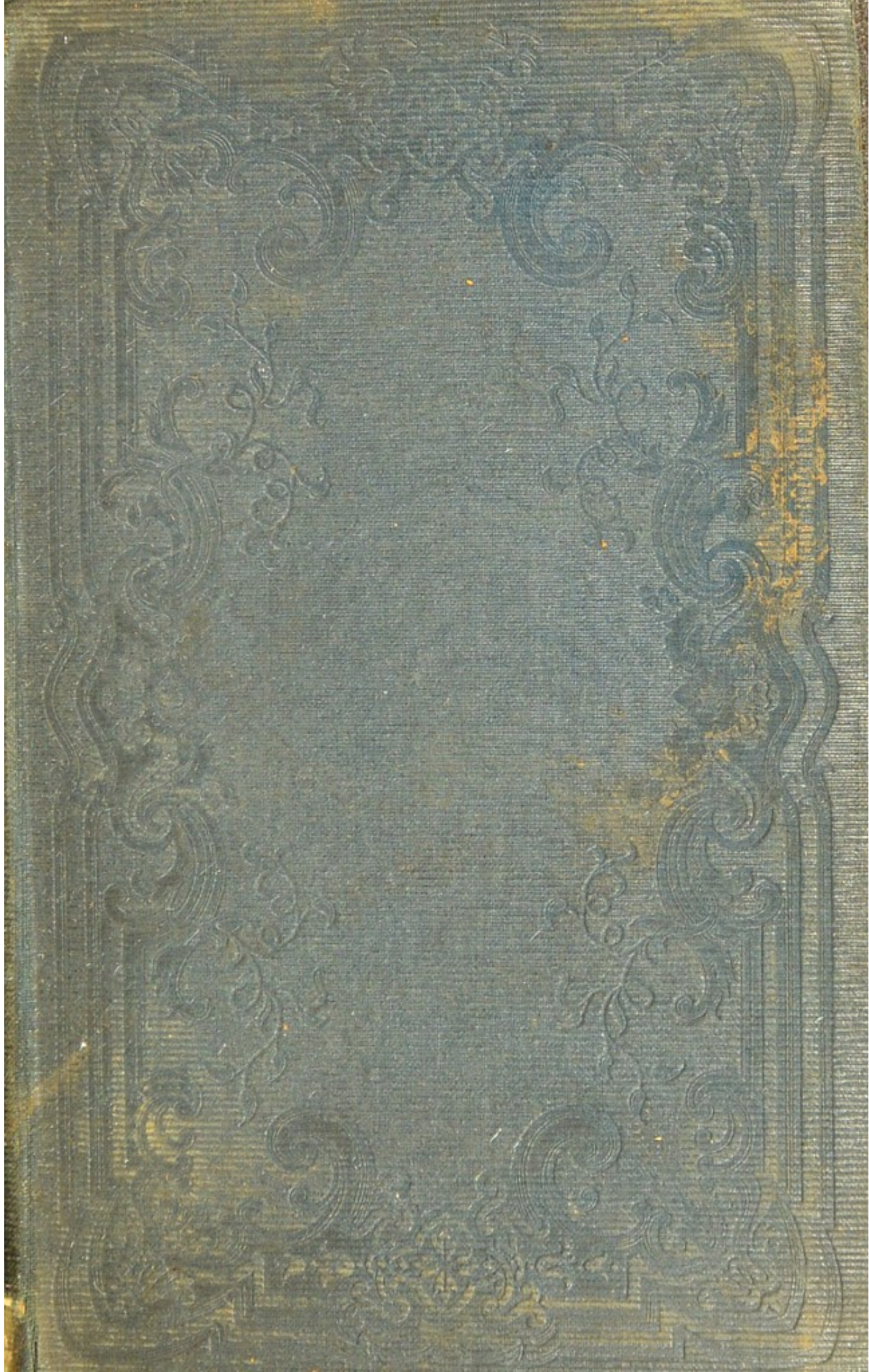


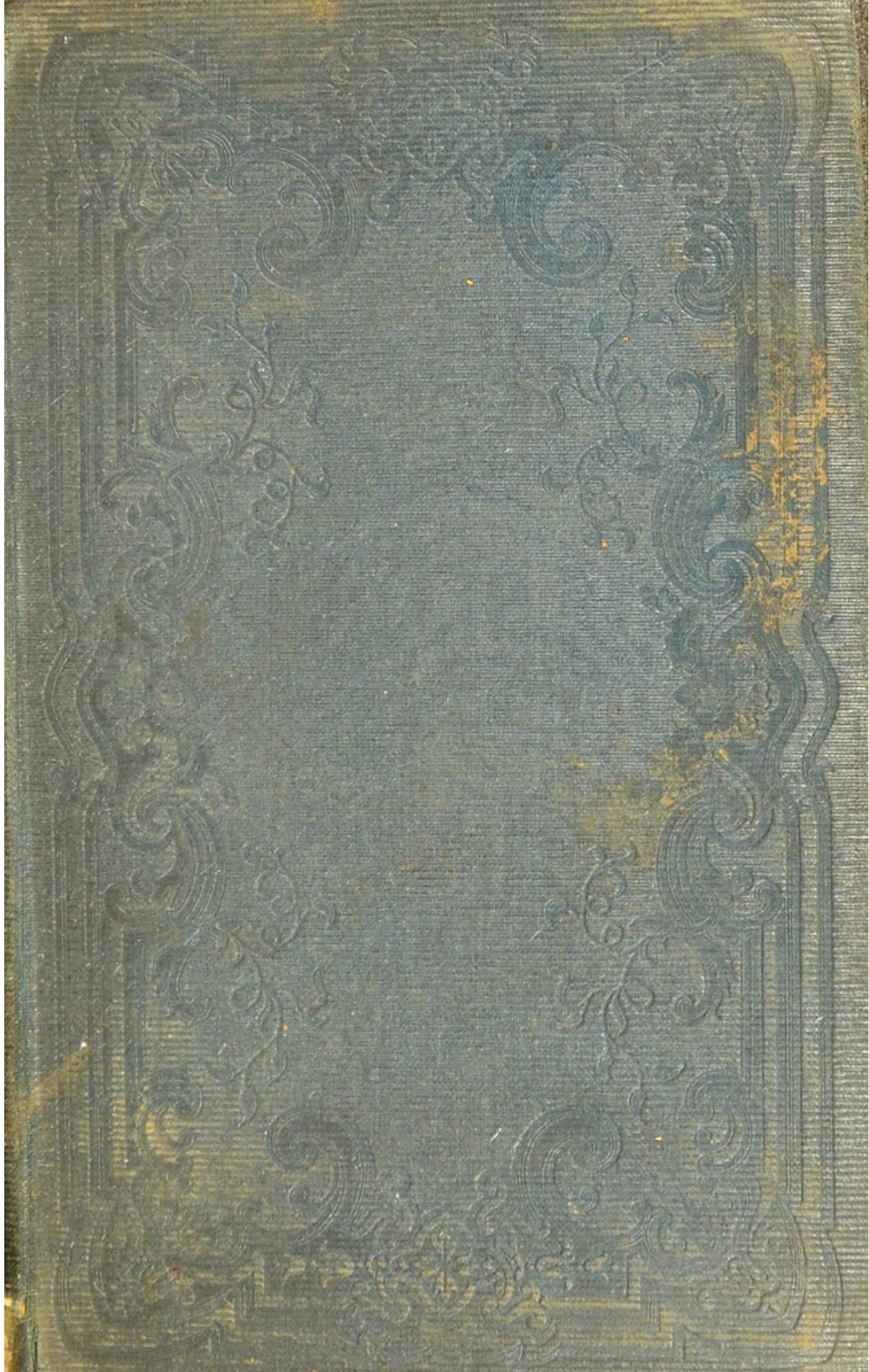








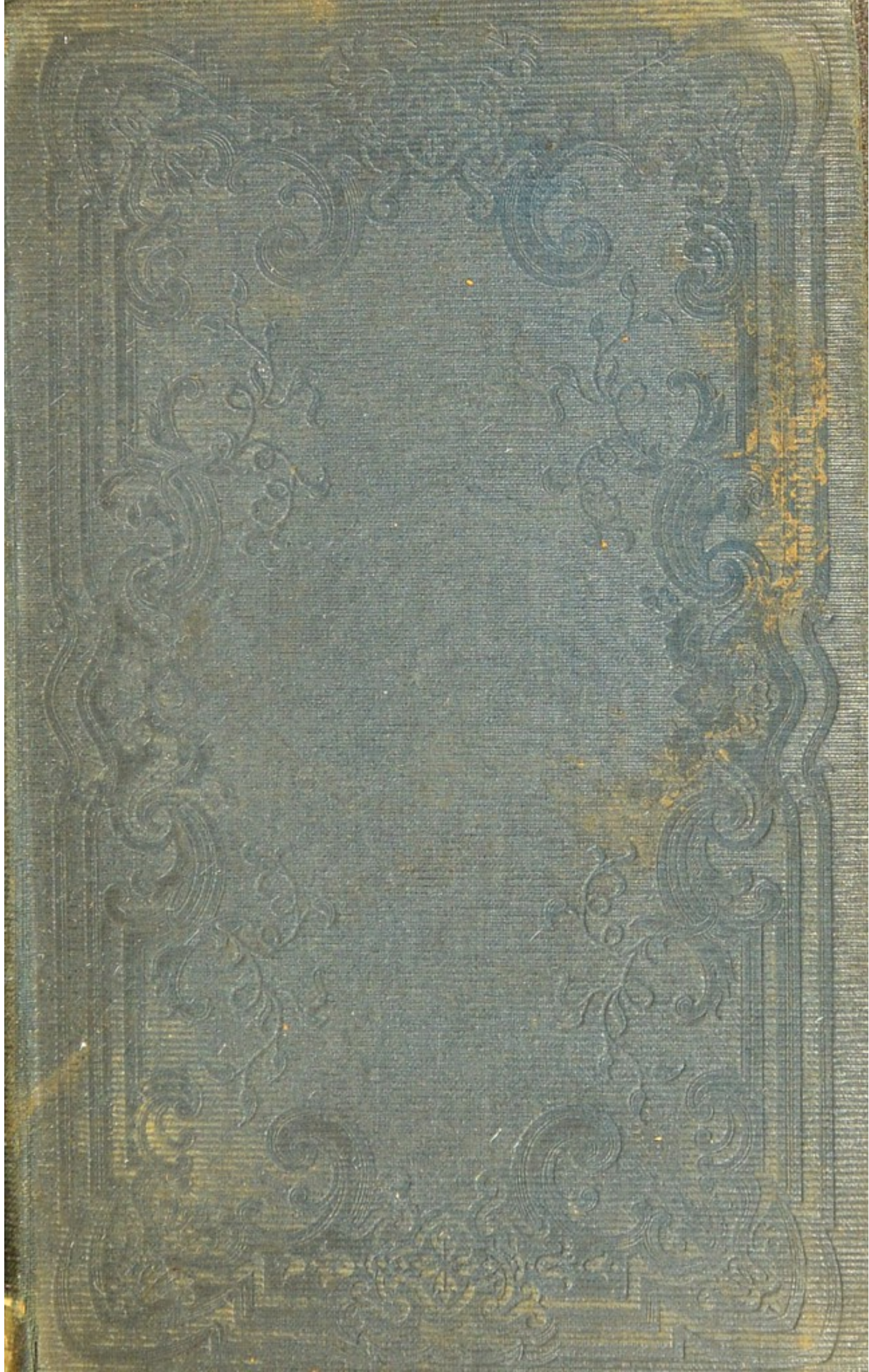










































treatise, have betaken themselves to a regular course of life, convinced by experience of its utility. In like manner, I should be glad to be of service to those who are born with a good constitution, and, presuming upon it, lead a disorderly life; whence it comes to pass, that, on their attaining the age of sixty, or thereabouts, they are attacked with various pains and diseases; some with the gout, some with the sciatika, and others with pains in the stomach, and the like, to which they would not be subject were they to embrace a sober life; and as most of them die before they attain their







considered, that a person sway-  
ed by his passion must, at cer-  
tain times, be no better than a  
madman; I mean, at those  
times when he suffers his pas-  
sions to predominate, because  
he then renounces his reason  
and understanding. I, there-  
fore, resolved to make my cho-  
leric disposition give way to  
reason; so that now, though  
born choleric, I never suffer  
anger entirely to subdue me.  
The man who is naturally of a  
bad constitution may, in like  
manner, by dint of reason,  
and a sober life, live to a great  
age, and in good health, as I  
have done, who had naturally  
the worst, so that it was im-



































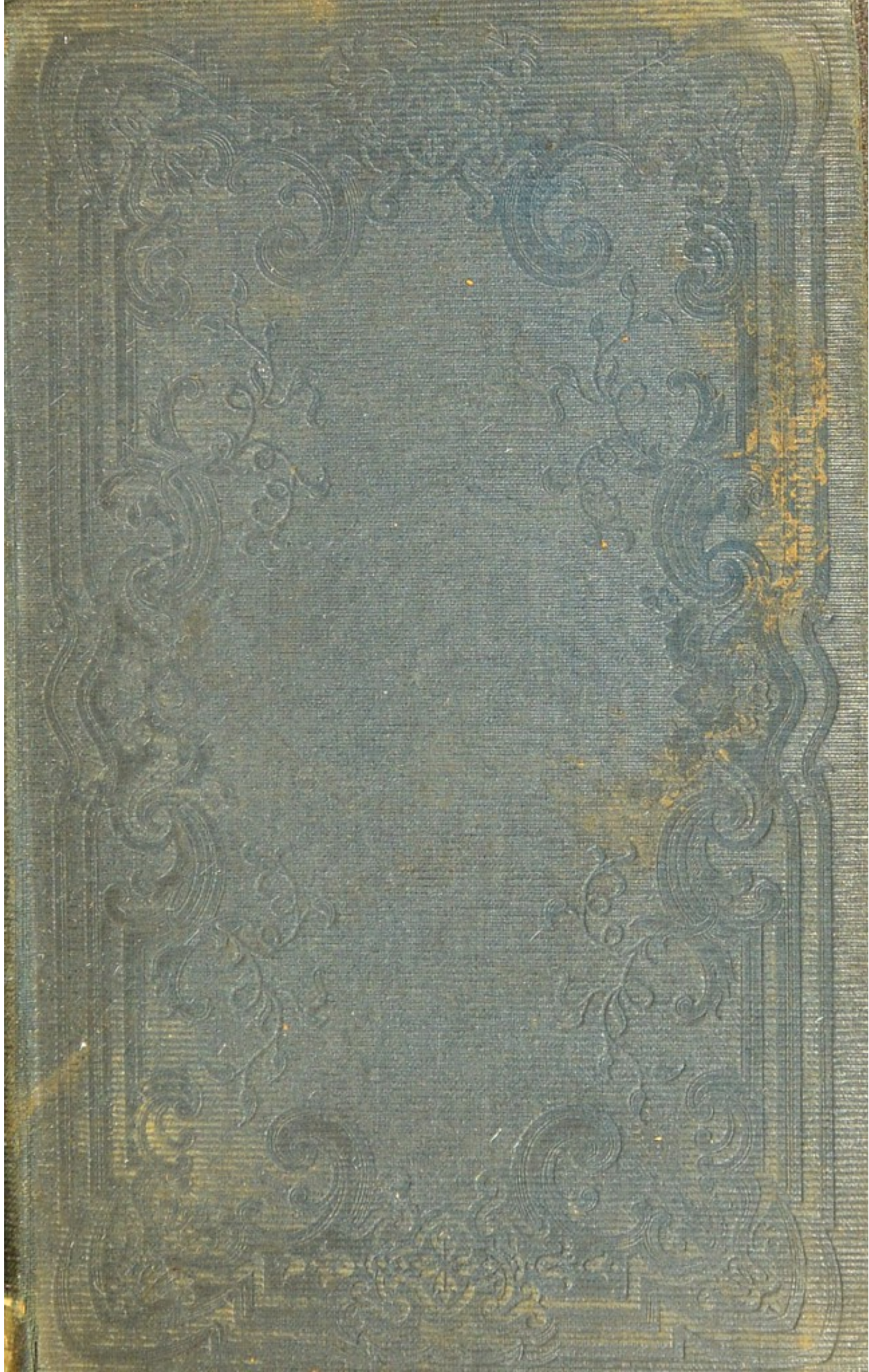
























































































they render themselves, in the fight of God! what a much greater honour and ornament would they be to the world! They would then be considered as saints indeed upon earth, as those primitive Christians were held who joined sobriety to so recluse a life. By living, like them, to the age of one hundred and twenty, they might, like them, expect, by the power of God, to work numberless miracles: and they would, besides enjoy constant health and spirits, and be always happy within themselves; whereas they are now, for the most part, infirm, melancholy, and dissatisfied. Now, as some of these































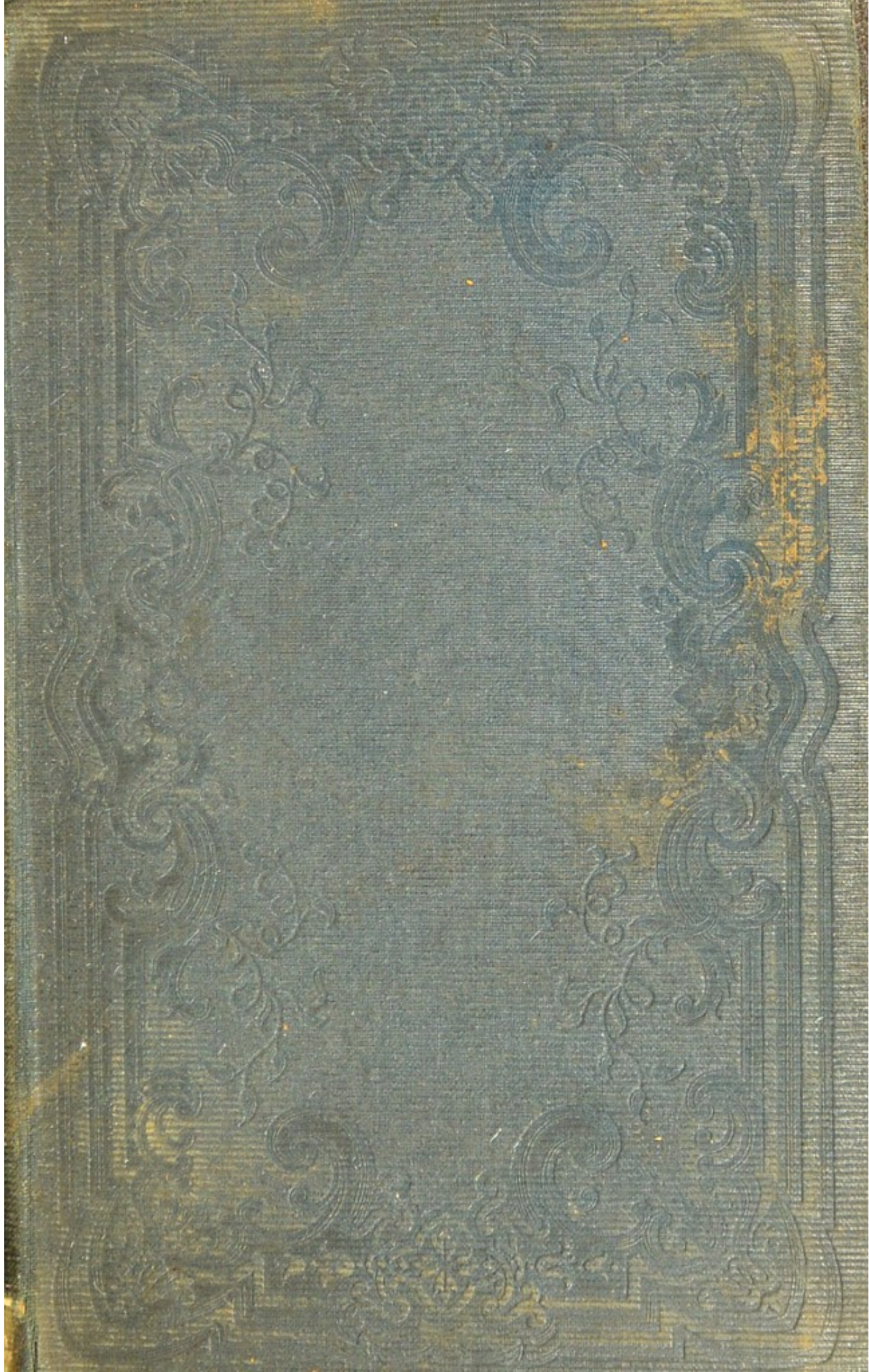




























and reflecting that such numbers have departed this live without reaching my age.

Nor does that other thought, inseparable from the former, namely the fear of those torments, to which wicked men are hereafter liable, give me any uneasiness; because I am a good christian, and bound to believe, that I shall be saved by the virtue of the most sacred blood of Christ, which he has vouchsafed to shed, in order to free us from those torments. How beautiful the life I lead! how happy my end! To this, the young gentleman, my antagonist, had nothing to reply, but that he was resolved



























