

The first four books of Aur. Corn. Celsus, De re medica, with an Ordo verborum and literal translation / by John Steggall, M.D.

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Bristol Medico-Chirurgical Society. Library
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Publication/Creation

London : John Churchill, 1853.

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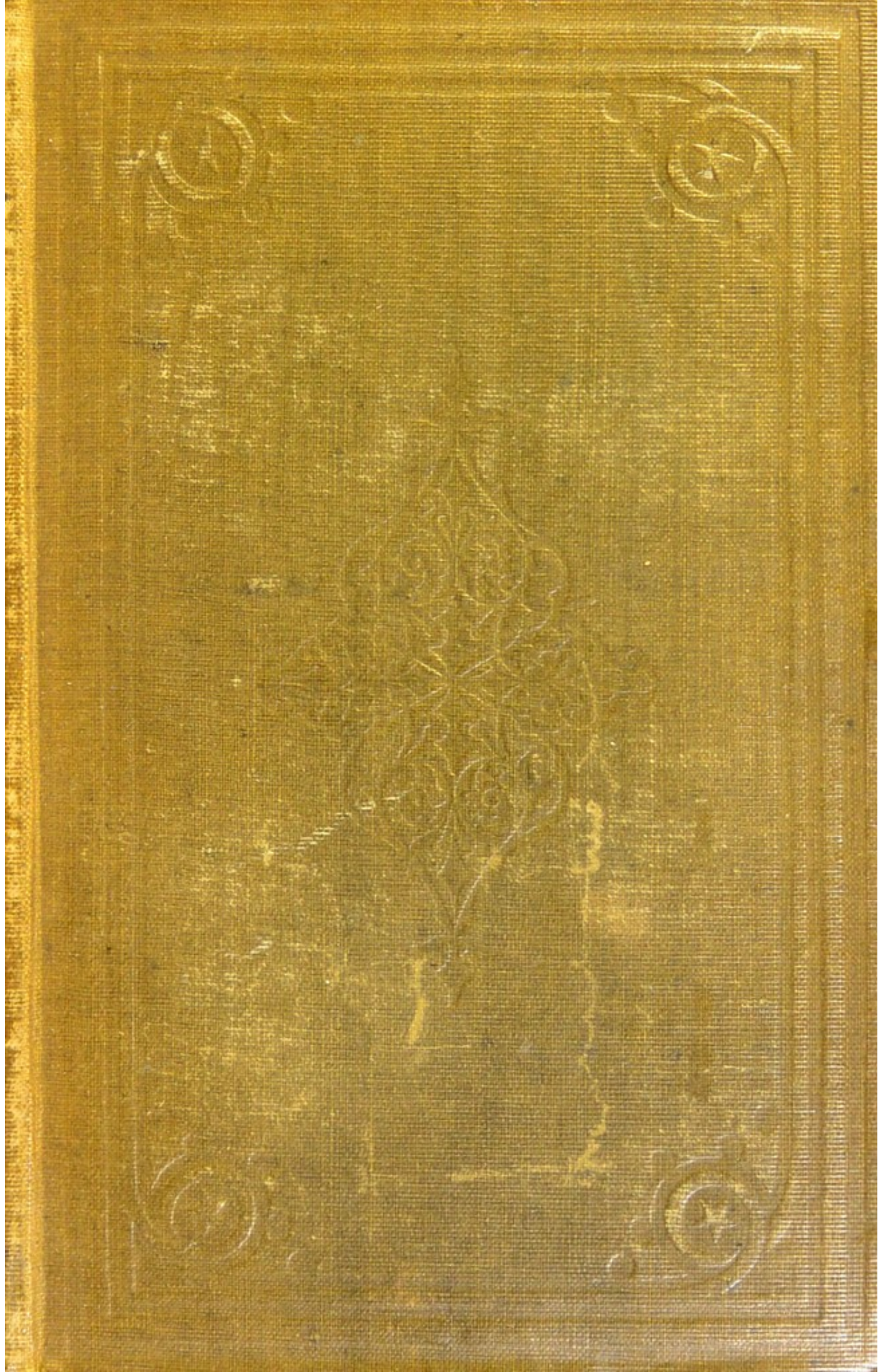
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THE
FIRST FOUR BOOKS
OF
AUR. CORN. CELSUS
DE RE MEDICA.



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19 I

THE
FIRST FOUR BOOKS
OF
AUR. CORN. CELSUS
DE RE MEDICA;
WITH AN ORDO VERBORUM
AND
LITERAL TRANSLATION.

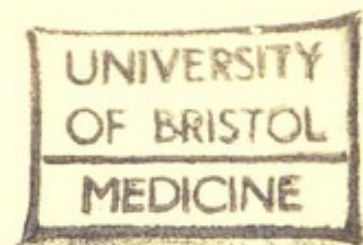
BY JOHN STEGGALL, M.D.

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&c. &c.

SECOND EDITION.

LONDON:
JOHN CHURCHILL, PRINCES STREET, SOHO.

M.DCCC.LIII.



PRINTED BY C. AND J. ADLARD,
BARTHOLOMEW CLOSE.

A. CORN. CELSI
M E D I C I N Æ

LIBER PRIMUS.

UT alimenta sanis corporibus Agricultura, sic sanitatem ægris Medicina promittit. Hæc nusquam quidem non est: siquidem etiam imperitissimæ gentes herbas, aliaque prompta, in auxilium vulnerum morborumque noverunt. Veruntamen apud Græcos aliquanto magis, quam in cæteris nationibus, exulta est: ac ne apud hos quidem a prima origine, sed paucis ante nos seculis; utpote cum vetustissimus auctor Æsculapius celebretur. Qui quoniam adhuc rudem et vulgarem hanc scientiam paulo subtilius excoluit, in Deorum numerum receptus est. Hujus deinde duo filii, Podalirius et Machaon, bello Trojano ducem Agamemnonem secuti, non mediocrem opem

Ordo Verborum.

Ut Agricultura promittit alimenta sanis corporibus, sic Medicina (promittit sanitatem) ægris. Hæc quidem est non nusquam siquidem etiam imperitissimæ gentes noverunt herbas que alia prompta in auxilium vulnerum que morborum. Veruntamen exulta est apud Græcos aliquanto magis, quam in cæteris nationibus; ac ne quidem apud hos a primâ origine, sed paucis seculis ante nos; utpote cum Æsculapius celebretur vetustissimus auctor. Qui, quoniam excoluit hanc scientiam adhuc rudem et vulgarem, paulò subtiliùs, receptus est in numerum Deorum. Deinde duo filii hujus Podalirius et Machaon, secuti Agamemnonem ducem bello Trojano, attulerunt non medio-

Translation.

As Agriculture promises food to healthy bodies, so Medicine (promises) health to the sick. This art indeed exists everywhere; for even the most unskilled nations knew herbs and other things fitted for the cure of wounds and diseases. However, it has been cultivated by the Greeks somewhat more than by other nations, and not even by them from their first commencement, but a few ages before our time; inasmuch as Æsculapius is celebrated as their most ancient author, who, because he cultivated this science, as yet rude and of low esteem, somewhat more accurately, was received into the number of their gods. Afterwards, his two sons, Podalirius and Machaon, having followed Agamemnon, their general, in the Trojan war, rendered no

crem opem commilitonibus suis. Quos tamen Homerus proposuit non attulisse aliquid auxilii in pestilentia, neque in variis generibus morborum, sed tantummodò solitos esse mederi vulneribus ferro et medicamentis. Ex quo apparet, has partes medicinæ solas esse tentatas ab his, quæ eas esse vetustissimas. Quæ potest disci eodem auctore, morbos tum relatos esse ad iram immortalium Deorum, et opem solitam posci ab iisdem. Quæ est verisimile, inter nulla auxilia adversæ valetudinis, tamen plerumque eam contigisse bonam, ob bonos mores, quos neque desidia, neque luxuria vitiant. Siquidem hæc duo affligerunt corpora prius in Græciâ, deinde apud nos. Quæ ideo ista multiplex medicina necessaria neque olim, neque apud alias gentes, perducit vix aliquos ex nobis ad principia senectutis. Ergo etiam nulli clari viri exercuerunt medicinam post eos,

commilitonibus suis attulerunt. Quos tamen Homerus, non in pestilentia, neque in variis generibus morborum aliquid attulisse auxilii, sed vulneribus tantummodo ferro et medicamentis mederi solitos esse, proposuit. Ex quo apparet, has partes medicinæ solas ab his esse tentatas, easque esse vetustissimas. Eodemque auctore disci potest, morbos tum ad iram Deorum immortalium relatos esse, et ab iisdem opem posci solitam. Verique simile est, inter nulla auxilia adversæ valetudinis, plerumque tamen eam bonam contigisse, ob bonos mores, quos neque desidia, neque luxuria vitiant. Siquidem hæc duo, corpora, prius in Græcia, deinde apud nos, affligerunt. Ideoque multiplex ista medicina, neque olim, neque apud alias gentes necessaria, vix aliquos ex nobis ad senectutis principia perducit. Ergo etiam post eos, de

little assistance to their fellow-soldiers: whom, however, Homer has stated, as not having brought any relief in plague, nor in the various kinds of diseases, but were accustomed to heal wounds only by the knife, and medicines; from which it appears that these parts of medicine were alone tried by them, and that they are the most ancient. It may be ascertained from the same author, that diseases were then referred to the wrath of the immortal gods, and that assistance was wont to be supplicated from them. And it is probable that with the want of remedies for bad health, it generally happened good, on account of the sober habits, which neither indolence nor luxury had tainted. For these two (vices) afflicted bodies, first in Greece, afterwards amongst us; and hence, that complicated medicine, necessary neither formerly nor amongst other nations, conducts scarcely any of us to the verge of old age. For the same reason, no men of eminence practised

quibus retuli, nulli clari viri medicinam exercuerunt; donec majore studio literarum disciplina agitari cœpit, quæ ut animo præcipuè omnium necessaria, sic corpori inimica est. Primoque medendi scientia sapientiæ pars habebatur; ut et morborum curatio, et rerum naturæ contemplatio sub iisdem auctoribus nata sit: scilicet iis hanc maxime requirentibus, qui corporum suorum robora quieta cogitatione, nocturnaue vigiliam inuerant. Ideoque multos ex sapientiæ professoribus peritosejus fuisse accepimus; clarissimos verò ex iis Pythagoram, et Empedoclem et Democritum. Hujus autem, ut quidam crediderunt, discipulus Hippocrates Cous, primus quidè ex omnibus memoria dignis, ab studio sapientiæ disciplinam hanc separavit, vir et arte et facundia insignis. Postquem Diocles Carystius, deinde Praxagoras et Chrysippus, tum Herophilus

de quibus retuli; donec disciplina cœpit agitari majore studio literarum, quæ ut præcipuè omnium est necessaria animo, sic est inimica corpori. Que primò scientia medendi habebatur pars sapientiæ, ut et curatio morborum, et contemplatio naturæ rerum nata sit sub iisdem auctoribus: scilicet iis maxime requirentibus hanc, qui minuerent robora suorum corporum quietâ cogitatione quenocturnâ vigiliâ. Que ideo accepimus multos ex professoribus sapientiæ fuisse peritos ejus, verò Pythagoram, et Empedoclem, et Democritum clarissimos ex iis. Autem Hippocrates Cous discipulus hujus, ut quidam crediderunt, quidè primus ex omnibus dignis memoriâ, vir insignis et arte et facundiâ, separavit hanc disciplinam ab studio sapientiæ. Postquem Diocles Carystius, deinde Praxagoras et Chrysippus, tum Herophilus et Erasistratus sic

the medical art after those of whom I have spoken, until system began to be adopted, with greater application to literature, which, as it is above all things necessary to the mind, so it is injurious to the body. At first the art of healing was esteemed a branch of philosophy; since both the treatment of diseases and the study of nature arose under the same authors; namely, those most needing it, who had reduced the strength of their bodies by anxious thought and nightly waking. Hence we have understood that many of the teachers of philosophy were skilled in it; but that Pythagoras, Empedocles, and Democritus were the most renowned amongst them. But Hippocrates of Cos, a disciple of the latter, as some have considered, the first of all worthy of notice, a man remarkable both for his skill and eloquence, separated this system from the study of philosophy. After whom, Diocles the Carystian, then Praxagoras and Chrysippus, then Herophilus and Erasistratus, so

exercuerunt hanc artem, ut etiam processerint in diversas vias curandi. Que iisdem temporibus, medicina diducta est in tres partes: ut esset una quæ mederetur victu; altera quæ medicamentis; tertia quæ manu. Græci nominarunt primam dieteticam, secundam pharmaceuticam, tertiam chirurgicam. Autem longè clarissimi auctores ejus, quæ curat morbos victu, conati agitare quædam etiam altiùs, quoque vindicarunt sibi cognitionem naturæ rerum, tanquam medicina esset trunca et debilis sine eâ. Post quos Serapion, primus omnium professus hanc rationalem disciplinam nihil pertinere ad medicinam, posuit eam tantum in usum et experimentis. Quem Apollonius, et Glaucias, et aliquantò post Heraclides Tarentinus, et quoque alii non mediocres viri, secuti, appellaverunt se empiricos ex professione ipsâ. Sic

et Erasistratus sic artem hanc exercuerunt, ut etiam in diversas curandi vias processerint. Iisdemque temporibus in tres partes medicina diducta est; ut una esset quæ victu; altera, quæ medicamentis; tertia, quæ manu mederetur. Primam *διαιτητικὴν*, secundum *φαρμακευτικὴν*, tertiam *χειρουργικὴν*, Græci nominarunt. Ejus autem, quæ victu morbos curat, longè clarissimi auctores etiam altiùs quædam agitare conati, rerum quoque naturæ sibi cognitionem vindicarunt, tanquam sine eâ, trunca et debilis medicina esset. Post quos Serapion, primus omnium, nihil hanc rationalem disciplinam pertinere ad medicinam professus, in usu tantum et experimentis eam posuit. Quem Apollonius, et Glaucias, et aliquantò post Heraclides Tarentinus, et alii quoque, non mediocres viri, secuti, ex ipsa professione se *ἐμπειρικὸς* appellaverunt. Sic in

practised this art that they even proceeded by different modes of cures. At the same time medicine was divided into three branches: so that there was one which cured by diet, another by medicine, and a third by manual operation. The Greeks named the first dietetic, the second pharmaceutic, the third surgical. But by far the most illustrious professors of that branch which cures diseases by diet, endeavouring to investigate some things more deeply, also claimed to themselves a knowledge of the nature of bodies as if the medical art would be imperfect and weak without it. After whom Serapion, first of all having asserted that this rational mode of study did not apply to medicine, based it only on practice and experience: whom Apollonius and Glaucias, and some time after, Heraclides the Tarentine, and other men of no little note, having followed, styled themselves empirics, from their doctrine it-

duas partes ea quoque, quæ victu curat, medicina divisa est, aliis rationalem artem, aliis usum tantum sibi vindicantibus: nullo vero quidquam post eos, qui supra comprehensi sunt, agitante, nisi quod acceperat: donec Asclepiades medendi rationem ex magnâ parte mutavit. Ex cujus successoribus Themison nuper ipse quoque quædam in senectute deflexit. Et per hos quidem maximè viros salutaris ista nobis professio increvit.

Quoniam autem ex tribus medicinæ partibus, ut difficillima, sic etiam clarissima est ea, quæ morbis medetur, ante omnia de hâc dicendum est. Et quia prima in eo dissensio est, quod alii sibi experimentorum tantummodo notitiam necessariam esse contendunt: alii, nisi corporum rerumque ratione comperta, non satis potentem usum esse proponunt: indicandum est, quæ maximè ex utraque parte di-

ea medicina quoque, quæ curat victu, divisa est in duas partes, aliis vindicantibus sibi rationalem artem, aliis usum tantum: vero nullo, post eos, qui comprehensi sunt supra, agitante quidquam, nisi quod acceperat: donec Asclepiades ex magnâ parte mutavit rationem medendi. Ex successoribus cujus Themison ipse quoque nuper deflexit quædam in senectute. Et quidem maximè per hos viros, ista salutaris professio increvit nobis.

Autem quoniam ex tribus partibus medicinæ ut ea quæ medetur morbis, est difficillima, sic etiam clarissima, dicendum est de hâc ante omnia. Et quia est prima dissensio in eo, quod alii contendunt notitiam experimentorum tantummodo esse necessariam sibi: alii proponunt usum non esse satis potentem, nisi ratione corporum que rerum compertâ; indicandum est quæ maximè dicantur ex

self. Thus that branch of medicine also which cures by diet was divided into two parts; some claiming to themselves a theoretical art, others practice only: however, no one, after those who have been enumerated above, attempting anything, except what he had heard, until Asclepiades in a great measure changed the mode of treatment. Amongst the successors of whom Themison has lately made some alterations in his old age: and especially by means of these men, that salutary profession has increased to us.

But as, of the three branches of medicine, that one which treats diseases is the most difficult, so also is the noblest, we must treat of this first of all. And because the chief dispute in this is, that some contend that a knowledge of experiments only is necessary; others affirm that practice is not sufficient, unless the constitution of bodies and things be known; we must point out what can principally be

utrâque parte, quò nostra opinio quoque possit faciliùs interponi. Ii igitur, qui profitentur rationalem medicinam proponunt hæc esse necessaria; notitiam abditarum causarum, et (causarum) continentium morbos, deinde evidentium, post hæc etiam naturalium actionum, novissimè interiorum partium. Vocant causas abditas, in quibus requiritur, ex quibus principiis nostra corpora sint, quid faciat secundam valetudinem, quid adversam. Enim neque credunt, eum possescire quomodo conveniat curare morbos, qui ignoret unde hi sint. Neque esse dubium, quin sit opus aliâ curatione, si aliquod ex quatuor principiis, vel superans vel deficiens creat adversam valetudinem, ut quidam ex professoribus sapientiæ dixerunt; aliâ, si omne vitium est in humidis, ut visum est Herophilo: aliâ, si in spiritu, ut Hippocrati; aliâ, si sanguis

cantur, quo faciliùs nostra quoque opinio interponi possit. Igitur ii, qui rationalem medicinam profitentur, hæc necessaria esse proponunt: abditarum et morbos continentium causarum notitiam, deinde evidentium, post hæc etiam naturalium actionum, novissimè partium interiorum. Abditas causas vocant, in quibus requiritur, ex quibus principiis nostra corpora sint, quid secundam quid adversam valetudinem faciat. Neque enim credunt, posse eum scire, quomodo morbos curare conveniat, qui, unde hi sint, ignoret. Neque esse dubium, quin alia curatione opus sit, si, ex quatuor principiis, vel superans aliquod, vel deficiens, adversam valetudinem creat; ut quidam ex sapientiæ professoribus dixerunt: aliâ, si in humidis omne vitium est; ut Herophilo visum est: aliâ, si in spiritu, ut Hippocrati: aliâ, si sanguis in eas venas, quæ spiritui

stated on each side of the question, that our opinion also may be more easily interposed. Those, then, who profess theoretical medicine, assert that these things are necessary; (namely,) a knowledge of the occult causes and of the causes containing diseases, then of the evident causes, then of the natural actions, and lastly of the internal parts. They call the causes occult in which it is inquired of what principles our bodies are formed, what produces good health, what bad. For they do not consider that he can know how it is proper to cure diseases, who is ignorant whence they are: nor that there is any doubt, but that there is occasion for one plan of treatment, if some one of the four principles either redundant or deficient, produces ill health, as some of the teachers of philosophy have affirmed; for another, if the entire fault is in the fluids, as appeared to Herophilus; another, if in the respiration, as (it seemed) to Hippocrates; another, if the blood is

accommodatæ sunt, transfunditur, et inflammationem, quam Græci φλεγμονήν nominant, excitat, eaque inflammatio talem motum efficit, qualis in febre est: ut Erasistrato placuit: aliâ, si manantia corpuscula, per invisibilia foramina subsistendo, iter claudunt, ut Asclepiades contendit. Eum vero rectè curaturum, quem prima origo causæ non fefellerit. Neque vero inficiantur, experimenta quoque esse necessaria; sed ne ad hæc quidem aditum fieri potuisse, nisi ab aliquâ ratione, contendunt. Non enim quidlibet antiquiores viros ægris inculcasse, sed cogitasse, quid maxime conveniret; et id usu explorasse, quo ante conjectura aliqua duxisset. Neque interesse, an nunc jam pleraque explorata sint, si a consilio tamen cœperunt. Et id quidem in multis ita se habere. Sæpe vero etiam nova incidere genera morborum in qui-

transfunditur in eas venas, quæ sunt accommodatæ spiritui, et excitat inflammationem, quem Græci nominant phlegmonem; quæ ea inflammatio efficit talem motum, qualis est in febre, ut placuit Erasistrato; aliâ si corpuscula manantia per invisibilia foramina subsistendo claudunt iter, ut Asclepiades contendit. Vero eum curaturum rectè, quem prima origo causæ non fefellerit. Vero neque inficiantur, experimenta quoque esse necessaria; sed contendunt ne quidem aditum potuisse fieri ad hæc, nisi ab aliquâ ratione. Enim antiquiores viros non inculcasse quidlibet ægris; sed cogitasse, quid maxime conveniret; et explorasse id usû, quo aliqua conjectura ante duxisset. Neque interesse an nunc pleraque jam explorata sint, si tamen cœperunt a consilio. Et id quidem habere se ita in multis. Vero etiam sæpe nova genera morborum incidere,

transfused into those vessels which are fitted for air, and excites that inflammation which the Greeks call phlegmon: and that inflammation causes such a commotion, as there is fever, as it pleased Erasistratus; another, if the corpuscles passing through the invisible pores, by stopping, obstruct the passage, as Asclepiades contends: but that he will treat (the disease) properly, whom the first origin of the cause has not deceived. Nor do they deny that experiments also are necessary; but they contend that not even access can be had to these unless from some theory. For that the more ancient practitioners did not prescribe at hazard anything for their patients, but considered what would suit them best; and examined that by experience, to which some conjecture had previously led them. Not that it is of consequence whether most things have already been examined, provided that they had their origin from judgment; and that this applies in many cases: but frequently also new kinds of diseases occur, in which practice has

in quibus usus adhuc ostenderit nihil; et ideo sit necessarium animadvertere, unde ea cœperint; sine quo, nemo mortalium possit reperire, cur utatur hoc potius, quam illo. Et quidem ob hæc, persequuntur causas positas in obscuro. Vero appellant eas evidentes, in quibus quærent calor, an frigus, fames, an satietas, et quæ sunt similia, attulerit initium morbi. Enim dicunt eum, qui non ignorârit originem, occursum vitio. Vero appellant actiones corporis naturales, per quas trahimus et emittimus spiritum; et assumimus et concoquimus cibum que potionem, que item per quas hæc eadem digeruntur in omnes partes membrorum. Tum etiam requirunt, quare nostræ venæ modo submittant se, modo attollant; quæ sit ratio somni, quæ sit vigiliæ; sine notitiâ quorum, putant neminem posse vel occurrere, vel mederi morbis nascentibus

bus nihil adhuc usus ostenderit; et ideo necessarium sit animadvertere, unde ea cœperint: sine quo nemo mortalium reperire possit, cur hoc, quam illo, potius utatur. Et ob hæc quidem in obscuro positas causas persequuntur. Evidentes vero eas appellant, in quibus quærent, initium morbi calor attulerit, an frigus; fames an satietas; et quæ similia sunt. Occursurum enim vitio dicunt eum, qui originem non ignorarit. Naturales vero corporis actiones appellant, per quas spiritum trahimus et emittimus; cibum potionemque et assumimus et concoquimus; itemque, per quas eadem hæc in omnes membrorum partes digeruntur. Tum requirunt etiam, quare venæ nostræ modo submittant se, modo attollant; quæ ratio somni, quæ vigiliæ sit; sine quorum notitiâ, neminem putant vel occurrere, vel mederi morbis, inter hæc nascenti-

elucidated nothing; and hence it is necessary to observe whence they arose, without which no mortal can discover why he should employ this remedy rather than that. And indeed for these reasons, they follow up causes placed in obscurity. But they call those causes evident, in which they inquire, whether heat or cold, hunger or satiety, and the like has occasioned the beginning of the disease. For they say that he who is not unacquainted with the origin, will be able to oppose the disorder. But they call the actions of the body natural by which we inhale and exhale the breath; we take and concoct meat and drink; and likewise by which these same things are distributed to all parts of the members. They also inquire wherefore our vessels sometimes lower, sometimes raise themselves; what is the cause of sleep and watching, without a knowledge of which they consider that no one can oppose or cure diseases springing up amongst these things. Out of which, as concoction

bus, posse. Ex quibus, quia maximè pertinere ad rem concoctio videtur, huic potissimum insistent; et, duce alii Erasistrato, teri cibum in ventre contendunt; alii, Plistonico, Praxagoræ discipulo putrescere; alii credunt Hippocrati, per calorem cibos concoqui: acceduntque Asclepiadis æmuli, qui omnia ista vana et supervacua esse, proponunt: nihil enim concoqui; sed crudam materiam, sicut assumpta est, in corpus omne diduci. Et hæc quidem inter eos parum constant: illud verò convenit, alium dandum cibum laborantibus, si hoc; alium si illud verum est. Nam si teritur intus, eum quærendum esse, qui facillimè teri possit; si putrescit, eum, in quo hoc expeditissimum est; si calor concoquit, eum, qui maximè calorem movet; at nihil ex his esse quærendum, si nihil concoquitur; ea verò sumenda, quæ maximè ma-

inter hæc. Ex quibus, quia concoctio videtur maximè pertinere ad rem, insistent huic potissimum; et alii, Erasistrato duce, contendunt cibum teri in ventre; alii, Plistonico, discipulo Praxagoræ putrescere; alii credunt Hippocrati, cibos concoqui per calorem; quæ æmuli Asclepiadis accedunt, qui proponunt omnia ista esse vana et supervacua: enim nihil concoqui; sed crudam materiam diduci in omne corpus, sicut assumpta est. Et hæc quidem parum constant inter eos: verò illud convenit, alium cibum dandum laborantibus, si hoc est verum; alium, si illud. Nam si teritur intus, eum esse quærendum, qui possit facillimè teri; si putrescit, eum, in quo hoc est expeditissimum; si calor concoquit, eum qui maximè movet calorem: at nihil ex his quærendum esse, si nihil concoquitur; verò ea sumenda, quæ maximè ma-

appears to be of most consequence, they insist upon it chiefly. Some, with Erasistratus at their head, affirm that the food is triturated in the stomach; some, with Plistonicus, a disciple of Praxagoras, that it becomes putrid; others give credence to Hippocrates, that the food is concocted by heat; and the admirers of Asclepiades are added, who affirm that all those ideas are idle and unnecessary; for that nothing is concocted but that the crude material is distributed to the whole body as it is taken. And these points, indeed, are little agreed upon by them: however, this is decided upon, that one kind of food is to be given to persons if the latter is true; another, if the former. For if food is triturated internally, that is to be chosen which can most easily undergo trituration; if it purifies, that in which this is most rapid; if heat concocts, that which especially produces heat; but none of these must be sought for, if nothing is concocted; but those things are to be taken which

nent, qualia assumpta sunt. Que eâdem ratione, cum spiritus est gravis, cum somnus aut vigilia urget, arbitrantur eum posse mederi, qui prius perceperit qualiter illa ipsa, eveniant, Præter hæc, cum et dolores et varia genera morborum nascantur in interioribus partibus, putant neminem posse adhibere remedia his, qui ignoret ipsas. Ergo esse necessarium incidere corpora mortuorum, que scrutari viscera atque intestina eorum; que Herophilum et Erasistratum fecisse longè optimè. qui inciderint vivos nocentes homines, acceptos a regibus ex carcere, que considerarint, etiamnum spiritum remanente, ea quæ natura ante clausisset: que positum, colorem, figuram, magnitudinem, ordinem, duritiam, mollitiem, lævorem, contactum eorum; deinde processus et recessus singulorum, et sive quid inseritur alteri, sive quid recipit partem alterius in

nent, qualia assumpta sunt. Eâdemque ratione, cum spiritus gravis est, cum somnus aut vigilia urget, eum mederi posse arbitrantur, qui prius illa ipsa, qualiter eveniant, perceperit. Præter hæc, cum in interioribus partibus et dolores et morborum varia genera nascantur, neminem putant his adhibere posse remedia, qui ipsas ignoret. Necessarium ergo esse incidere corpora mortuorum eorumque viscera atque intestina scrutari: longèque optimè fecisse Herophilum et Erasistratum, qui nocentes homines, a regibus ex carcere acceptos, vivos inciderint, considerarintque, etiamnum spiritu remanente, ea, quæ natura ante clausisset, eorumque positum, colorem, figuram, magnitudinem, ordinem, duritiam, mollitiem, lævorem, contactum; processus deinde singulorum et recessus, et sive quid inseritur alteri, sive quid

most completely remain the same as when taken. And for the same reason, when the breathing is difficult, when sleep or watchfulness oppresses, they consider that he is able to cure, who has first learned in what manner those things happen. Moreover as pains and various kinds of diseases arise in internal parts, they are of opinion that no one can apply remedies to these who is ignorant of them. Consequently, that it is necessary to dissect dead bodies, and examine their viscera and intestines; and that Herophilus and Erasistratus had adopted the best method, who cut open living criminals, received from kings, out of prison, and contemplated, even while the breath was remaining, those things which nature had before concealed; both the position, colour, figure, size, order, hardness, softness, smoothness, and feel of them; then the processes and depressions of each, and whether any part is inserted into

partem alterius in se recipit. Neque enim, cum dolor intus incidit, scire quid doleat, eum, qui, quâ parte quodque viscus intestinumve sit, non cognoverit: neque curari id, quod ægrum est, posse ab eo, qui, quid sit, ignoret. Et cum per vulnus alicujus viscera patefacta sunt, eum, qui sanæ cujusque colorem partis ignoret, nescire quid integrum, quid corruptum sit; ita ne succurrere quidem posse corruptis. Aptiusque extrinsecus imponi remedia, compertis interiorum et sedibus et figuris, cognitaque eorum magnitudine: similesque omnia, quæ posita sunt, rationes habere. Neque esse crudele, sicut plerique proponunt, hominum nocentium, et horum quoque paucorum suppliciis, remedia populis innocentibus seculorum omnium quæri.

Contra ii, qui se ἐμπειρικοὺς ab experientia nominant, evidentes

se. Enim eum neque scire quid doleat, cùm dolor incidit intus, qui non cognoverit quâ parte, quodque viscus vel intestinum sit; neque id, quod est ægrum, posse curari ab eo, qui ignoret, quid sit. Et cùm viscera alicujus patefacta sunt per vulnus, eum, qui ignoret colorem cujusque sanæ partis, nescire quid sit integrum, quid corruptum; ita ne quidem posse succurrere corruptis. Que remedia imponi extrinsecus aptius, et sedibus et figuris interiorum compertis, quæ magnitudine eorum cognita; quæ omnia quæ sunt posita, habere similes rationes. Neque esse crudele, sicut plerique proponunt, remedia quæri innocentibus populis omnium seculorum, suppliciis nocentium hominum, et horum quoque paucorum.

Contrà ii, qui nominant se empiricos ab experientiâ,

another, or admits part of another into itself. For that he cannot know what is in pain, when pain takes place internally, who is not acquainted in what part each viscus or intestine may be situated; nor that the part which is affected can be cured by him who is ignorant what it is. And when the viscera of a person are exposed by a wound, he who does not know the colour of each healthy part, cannot know what is sound or what is corrupted; so that he cannot indeed give relief to the corrupted parts. And that remedies are applied externally with greater judgment, the situation and forms of the internal parts being found out, and the size of them being known; and that all the instances mentioned come under similar reasonings. Nor that it is cruel, as many state, that remedies should be sought for the innocent people of all ages, through the tortures of criminals, and of these only a few.

On the other hand, those who call themselves empirics, from their ex-

quidē amplectuntur evidentes causas, ut necessarias: verò contendunt quæstionem obscurarum causarum et naturalium actionum esse ideò supervacuam, quoniam natura non sit comprehensibilis. Verò non posse comprehendere, patere ex discordiâ eorum quid disputârunt de his; cum conveniat de ista re, neque inter professores sapientiæ, neque inter medicos ipsos. Enim cur aliquis credat Hippocrati potius, quam Herophilo? cur huic potius, quam Asclepiadi? Si velit sequi rationes, omnium posse videri non improbables, si curationes, ægros perductos esse ad sanitatem ab omnibus his; ita oportuisse fidem derogari neque disputationi, neque auctoritati cujusquam. Etiam studiosos philosophiæ esse maximos medicos, si ratiocinatio faceret hoc; nunc verba superesse illis, scientiam medendi deesse. Quoque genera medicinæ differre pro natura locorum,

quidem causas, ut necessarias, amplectuntur: obscurarum vero causarum et naturalium actionum quæstionem ideo supervacuam esse contendunt, quoniam non comprehensibilis natura sit. Non posse vero comprehendere, patere ex eorum, qui de his disputarunt, discordia; cum de ista re, neque inter sapientiæ professores, neque inter ipsos medicos conveniat. Cur enim potius aliquis Hippocrati credat, quam Herophilo? cur huic potius, quam Asclepiadi? Si rationes sequi velit, omnium posse videri non improbables; si curationes, ab omnibus his ægros perductos esse ad sanitatem; ita neque disputationi, neque auctoritati cujusquam fidem derogari oportuisse. Etiam sapientiæ studiosos maximos medicos esse, si ratiocinatio hoc faceret: nunc illis verba superesse, deesse medendi scientiam. Differre quoque, pro natura locorum, genera

perience, embrace indeed the evident causes as necessary; but they contend that an investigation of the obscure causes and natural actions is fruitless, because nature is incomprehensible. But that it cannot be comprehended is evident, from the discord of those who have disputed concerning these things; since it is not agreed upon concerning that matter, either amongst the professors of philosophy, nor among physicians themselves. For why should any one believe Hippocrates rather than Herophilus? why this person rather than Asclepiades? If he wishes to follow theories, those of all may appear not improbable; if cures, that patients are conducted to a state of health by all of them; so that credit should not be derogated from the argument nor authority of any one. Also that the students of philosophy are the greatest physicians, if reasoning could effect it; whereas that words over-abound in them, (but) the knowledge of healing is defective. Also, that the methods of practice differ according to the nature

medicinæ; et aliud opus esse Romæ, aliud in Ægypto, aliud in Gallia. Quod si morbos eæ causæ facerent, quæ ubique eadem essent, remedia quoque ubique eadem esse debuisse. Sæpe etiam causas apparere, ut puta lippitudinis, vulneris: neque ex his patere medicinam. Quod si scientiam hanc non subjiciat evidens causa, multo minus eam posse subjicere, quæ in dubio est. Cum igitur illa incerta, incomprehensibilis sit, a certis potius et exploratis petendum esse præsidium, id est, iis, quæ experientia in ipsis curationibus docuerit; sicut in cæteris omnibus artibus. Nam ne agricolam quidem aut gubernatorem disputatione, sed usu fieri. Ac nihil istas cogitationes ad medicinam pertinere, eo quoque disci, quod qui diversa de his senserint, ad eandem tamen sanitatem homines perduxerint. Id enim fecisse, quia non ab obscuris

rum, et aliud opus esse Romæ, aliud in Ægypto, aliud in Gallia. Quod si eæ causæ, quæ sunt ubique eadem, facerent morbos, remedia quoque debuisse esse ubique eadem. Etiam causas sæpè apparere, ut puta lippitudinis, vulneris: medicinam neque patere ex his. Quod si evidens causa non subjiciat hanc scientiam, multo minùs eam posse subjicere quæ est in dubio. Igitur cum illa sit incerta, incomprehensibilis, præsidium petendum esse potiùs a certis et exploratis, id est iis, quæ experientia docuerit in curationibus ipsis; sicut in omnibus cæteris artibus. Nam quidem agricolam aut gubernatorem ne fieri disputatione, sed usu. Ac istas cogitationes nihil pertinere ad medicinam, disci quoque eo, quod qui senserint diversa de his, tamen perduxerint homines ad eandem sanitatem. Enim fecisse id, quia traxerint vias medendi non ab obscuris cau-

of places: that one kind is necessary at Rome, another in Egypt, another in Gaul. But if the causes, which were everywhere the same, produced diseases, that remedies ought also to be everywhere the same. Also that the causes are frequently evident, as for instance of soreness of the eyes, or a wound; that the method of cure does not appear from them. But if an evident cause cannot suggest this knowledge, much less can that suggest it which is in doubt. Therefore since that is doubtful and incomprehensible, that relief is to be sought rather from things certain and tried; that is, from those which experience has taught us in cures themselves as in all other arts; for indeed that a husbandman nor a pilot is made by disputation, but by practice. That those considerations have no relation to medicine is ascertained also by the fact, that those who have thought differently from them, have notwithstanding brought men to the same state of health. For that they did that, because they deduced their methods

sis, neque a naturalibus actionibus, quæ erant diversæ aqud eos, sed ab experimentis, prout responderant cuique. Quidem inter initia medicinam ne esse deductam ab istis quæstionibus, sed ab experimentis. Enim alios ægrorum qui erant sine medicis, propter aviditatem protinùs assumsisse cibum primis diebus; alios propter fastidium abstinuisse; que morbum eorum, qui abstinerant, esse magis levatum. Que item alios edisse aliquid in febre ipsâ, alios paulò ante eam, alios post remissionem ejus: deinde optimè cessisse iis, qui fecerant id post finem febris. Que eadem ratione, alios inter principia protinùs usos esse pleniore cibo, alios exiguo; que eos, qui impleverunt se, factos graviores. Cum hæc que similia inciderent quotidie, diligentes homines notasse, quæ plerumque meliùs responderent; deinde cœpisse præcipere ea ægrotantibus.

causis, neque a naturalibus actionibus quæ aqud eos diversæ erant, sed ab experimentis, prout cuique responderant, medendi vias traxerint. Ne inter initia quidem ab istis quæstionibus deductam esse medicinam, sed ab experimentis. Ægrorum enim qui sine medicis erant, alios propter aviditatem primis diebus protinus cibum assumsisse, alios propter fastidium abstinuisse; levatumque magis eorum morbum esse, qui abstinerant. Itemque alios in ipsa febre aliquid edisse, alios paulo ante eam, alios post remissionem ejus: optime deinde iis cessasse, qui post finem febris id fecerant. Eademque ratione alios inter principia protinus usos esse cibopleniore, alios exiguo; gravioresque eos factos, qui se impleverant. Hæc similiaque cum quotidie inciderent, diligentes homines notasse, quæ plerumque meliùs responderent: deinde ægrotantibus

of cure not from obscure causes, nor natural actions, which were different amongst them, but from experiments, according as they had succeeded to each. Indeed, at the commencement, that medicine was not deduced from those inquiries, but from experiments. For that some of the sick who were without physicians on account of their eagerness took food on the first days; that some on account of loathing abstained; and that the disease of those who had abstained was more relieved. And also that some ate something during the fever itself, some a little before it, and others after its remission; then that it succeeded best to those who had done it after the termination of the fever; and, for the same reason, that some at the very commencement immediately used a fuller diet, others a spare one; and that those who had filled themselves were made worse. When these things and the like occurred daily, that diligent men observed what things generally succeeded better, that then they began to prescribe

ea præcipere cœpisse. Sic medicinam ortam, subinde aliorum salute, aliorum interitu, perniciose discernentem a salutaribus. Repertis deinde jam remediis, homines de rationibus eorum disserere cœpisse; nec post rationem, medicinam esse inventam; sed post inventam medicinam, rationem esse quæsitam. Requiritur etiam, ratio idem doceat quod experientia, an aliud: si idem, supervacuum esse; si aliud, etiam contrariam. Primò tamen remedia exploranda summa cura fuisse, nunc vero jam explorata esse; neque aut nova genera morborum reperiri, aut novam desiderari medicinam. Quod si jam incidat mali genus aliquod ignotum, non ideo tamen fore medico de rebus cogitandum obscuris; sed eum protinus visurum, cui morbo id sit proximum sit; tentaturumque remedia similia illis, quæ vicino malo sæpe succurrerint, et per ejus si-

Medicinam sic ortam, subinde salute aliorum, que interitû aliorum, discernentem perniciose a salutaribus. Deinde remediis jam repertis, homines cœpisse disserere de rationibus eorum; nec medicinam esse inventam post rationem; sed rationem esse quæsitam post medicinam inventam. Etiam requirere, ratio doceat idem quod experientia, an aliud; si idem, esse supervacuum; si aliud, etiam contrariam. Tamen primò, remedia fuisse exploranda summâ curâ, verò nunc jam esse explorata; neque aut nova genera morborum reperiri, aut novam medicinam desiderari. Quòd si jam aliquod ignotum genus mali incidat, non tamen ideo cogitandum fore medico, de obscuris rebus: sed eum protinus visurum, cui morbo id sit proximum; que tentaturum remedia similia illis, quæ sæpe succurrerint vicino malo, et reperturum opem

them to the sick: that medicine in this way had its rise, sometimes from the recovery of some, and from the loss of others, distinguishing pernicious from salutary things. Then remedies already being discovered, that men began to discourse about the reasons of them, nor that medicine was discovered after theory, but that theory was sought for after medicine was discovered. Also that they ask, whether theory teaches the same thing as experience, or another; if the same, that it is needless; if different, that it is even mischievous. That, at first, however, remedies were to be examined with the greatest accuracy; but that they are now ascertained: neither that new kinds of diseases are met with, nor that a new method of cure is wanted. But if some unknown kind of disorder should occur, that not on that account must the medical man cogitate on the occult things, but that he would presently see to what disease it is allied; and would try the remedies similar to those which

per similitudinem ejus. Enim se neque dicere, medicum non egere consilio, et irrationale animal posse præstare hanc artem; sed has conjecturas latentium rerum non pertinere ad rem; quia non intersit quid faciat morbum sed quid tollat; neque pertineat ad rem, quomodo sed quid optime digeratur; sive concoctio incidat de hac causâ, sive de illâ; et sive illa sit concoctio, sive tantum digestio. Neque esse quærendum quomodo spiremus; sed quid expediat gravem que tardum spiritum; neque quid moveat venas, sed quid quæque genera motûs significant. Autum hæc cognosci experimentis. Et in omnibus cogitationibus ejusmodi posse disseri in utramque partem, itaque ingenium et facundiam vincere; autem morbos curari non eloquentia, sed remedio. Quæ si, bene discreta usu, quis elinguis nōrit hunc futurum aliquantū majorem medicum, quam si

militudinem opem reperturum. Neque enim se dicere, consilio medicum non egere, et irrationale animal hanc artem posse præstare; sed has latentium rerum conjecturas ad rem non pertinere; quia non intersit, quid morbum faciat, sed quid tollat; neque ad rem pertineat, quomodo, sed quid optime digeratur; sive hac de causa concoctio incidat, sive de illa; et sive concoctio sit illa, sive tantum digestio. Neque quærendum esse quomodo spiremus, sed quid gravem tardumque spiritum expediat; neque quid venas moveat, sed quid quæque motus genera significant. Hæc autem cognosci experimentis. Et in omnibus ejusmodi cogitationibus in utramque partem disseri posse: itaque ingenium et facundiam vincere: morbos autem, non eloquentia, sed remedio curari. Quæ si quis elinguis usu discreta bene norit, hunc aliquanto majorem medi-

have frequently relieved an analogous malady, and would find aid by means of the resemblance of it. For that neither do they affirm that a physician does not require judgment, and that an irrational animal can practise this art; but that these conjectures of latent things do not belong to the matter; because it does not matter what produces a disease, but what removes it; nor that it pertains to the purpose by what mode it is, but what is best digested; whether digestion happens from this cause or that; and whether that be concoction or only a distribution. Nor that it is to be inquired how we breathe, but what can relieve a laborious and slow breathing; nor what moves the vessels, but what the several kinds of motion indicate. But that these things are known by experiment; and that in all conjectures of this kind a great deal may be said on each side of the question; in such case that talent and eloquence have advantage; but that diseases are cured

cum futurum, quam si sine usu linguam suam excoluerit. Atque ea quidem, de quibus est dictum, supervacua esse tantummodo; id vero, quod restat, etiam crudele: vivorum hominum alvum atque præcordia incidi, et salutis humanæ præsidem artem, non solum pestem alicui, sed hanc etiam atrocissimam inferre; cum præsertim ex iis, quæ tanta violentia quærantur, alia non possint omnino cognosci, alia possint etiam sine scelere. Nam colorem, lævorem, mollitiem, duritiem, similiaque omnia, non esse talia, inciso corpore, qualia integro fuerint: quia cum, corporibus inviolatis, hæc tamen metu, dolore, inedia, cruditate, lassitudine, mille aliis mediocribus affectibus sæpe mutantur; multo magis verisimile est, interiora, quibus major mollities, lux ipsa nova sit, sub gravissimis vulneribus et ipsa trucidatione mutari. Neque quidquam

excoluerit suam linguam sine usu. Atque quidem ea, de quibus dictum est, esse tantummodo supervacua; vero id, quod restat, etiam crudele; alvum atque præcordia vivorum hominum incidi, et artem præsidem humanæ salutis, inferre non solum pestem alicui, sed etiam hanc atrocissimam; præsertim cum, ex iis, quæ quærantur tantâ violentiâ, alia non possint omnino cognosci, alia possint cognosci etiam sine scelere. Nam colorem, lævorem, mollitiem, duritiem, que omnia similia, non esse talia inciso corpore, qualia fuerint integro; quia cum, corporibus inviolatis, tamen hæc sæpe mutantur metu, dolore, inediâ, cruditate, lassitudine, mille aliis mediocribus affectibus; est multò magis verisimile, interiora, quibus sit major mollities, lux ipsa nova, mutari sub gravissimis vulneribus et trucidatione ipsâ. Neque quidquam esse stultius,

not by eloquence, but by remedies; which things, if well distinguished by practice, any illiterate person had informed himself of, that he would be a much greater physician than if he had cultivated his talent in speaking, without practice. And that, indeed, those things which have been spoken of are only idle; but that which remains is even cruel; that the belly and præcordia of living men should be opened, and that an art, the protection of the health of mankind, should inflict not only a pest on anyone, but even that of the most horrid description; especially as, of these things, which are sort for with so much violence, some cannot at all be known, others may even without cruelty. For that the colour, smoothness, softness, hardness, and all the like, are not the same in a body cut open, as they were in the sound one; since, even in bodies uninjured, these are frequently altered by fear, grief, hunger, indigestion, fatigue, and a thousand other inconsiderable affections; it is far more probable that the internal parts, in which there is greater tenderness, and to

quam existimare quidque esse tale moriente homine, immò jam mortuo, quale est vivo. Nam quidem uterum, qui minùs pertineat ad rem, posse diduci homine spirante; vero simulatque ferum accessit ad præcordia, et transversum septum discissum est quod diducit superiores partes ab inferioribus quâdam membranâ (Græci vocant diaphragma) hominem protinùs amittere animam; ita demùm necesse est præcordia, et omne viscus mortui, dari in conspectum latrocinantis medici tale, quale sit mortui, non quale fuit vivi. Itaque medicum consequi, ut crudeliter jugulet hominem; non ut sciat, qualia viscera habeamus vivi. Tamen si sit quid quod subjiciatur conspectui, homine adhuc spirante, casum sæpe offerre id curantibus. Enim interdum gladiatorem in arenâ, vel militem in acie, vel viatorem exceptum a latronibus, sic

esse stultius, quam quale quidque vivo homine est, tale existimare esse moriente, immo jam mortuo. Nam uterum quidem, qui minus ad rem pertineat, spirante homine posse diduci: simulatque vero ferum ad præcordia accessit, et discissum transversum septum est, quod membrana quadam superiores partes ab inferioribus diducit, (διάρρηγμα Græci vocant) hominem protinus animam amittere; ita mortui demùm præcordia et viscus omne in conspectum latrocinantis medici dari necesse est tale, quale mortui sit, non quale vivi fuit. Itaque consequi medicum ut hominem crudeliter jugulet; non ut sciat, qualia vivi viscera habeamus. Si quid tamen sit, quod adhuc spirante homine conspectui subjiciatur, id sæpe casum offerre curantibus. Interdum enim gladiatorem in arena, vel militem in acie, vel viatorem a latronibus exceptum sic

which the light itself is new, are changed under the severest wounds and mangling itself. Nor that anything is more absurd than to imagine, that everything, in a dying and even in a dead man, is the same as it is in one living: for that the belly indeed which less pertains to the purpose may be opened, in a man still breathing; but as soon as the knife has reached the præcordia, and the transverse septum is cut, which divides the superior from the inferior parts by a kind of membrane (the Greeks call it diaphragm), he immediately loses his life; so, at length, it is necessary that the præcordia and every viscus of the dead man be presented to the view of the butchering physician, such as it is of a dead person, not as it was of one alive. Therefore that the physician obtains, that he slaughters a man cruelly, not that he can know what kind of viscera we have when alive. However, if there is any thing which can be exposed to view in a man still breathing, that accident frequently affords it to

vulnerari, ut ejus interior aliqua para aperiatur, et in alio alia: ita sedem, positum, ordinem, figuram, similiaque alia cognoscere prudentem medicum, non cædem, sed sanitatem molientem; idque per misericordiam discere, quod alii dira crudelitate cognoverint. Ob hæc, ne mortuorum quidem lacerationem necessariam esse: quæ, etsi non crudelis, tamen fœda sit; cum aliter pleraque in mortuis se habeant: quantum vero in vivis cognosci potest, ipsa curatio ostendat.

Cum hæc per multa volumina, perque magnæ contentionis disputationes, a medicis sæpe tractata sint atque tractentur; subjiciendum est, quæ proxima vero videri possint. Ea neque addicta alterutri opinioni sunt, neque ab utraque nimium abhorrentia; media quodammodo inter diversas sententias: quod in plurimis contentionibus

vulnerari, ut aliqua interior pars ejus aperiatur, et alia in alio; ita prudentem medicum non molientem cædem sed sanitatem cognoscere, sedem, positum, ordinem, figuram, que alia similia, que discere id per misericordiam, quod alii cognoverint dirâ crudelitate. Ob hæc, ne quidem lacerationem mortuorum esse necessariam: quæ, etsi non sit crudelis, tamen fœda; cum pleraque habeant se aliter in mortuis; verò, ipsa curatio ostendat, quantum potest cognosci in vivis.

Cum hæc sæpe tractata sint, atque tractentur a medicis, per multa volumina, que per disputationes magnæ contentionis: subjiciendum est, quæ possint videri proxima vero. Ea sunt neque addicta alterutri opinioni, neque nimium abhorrentia ab utràque, quodammodo media inter diversas sententias: quod in plurimis

persons curing: for that sometimes the gladiator in the arena, or the soldier in the field, or the traveller attacked by robbers, is so wounded, that some internal part, different in different people, may be laid open; thus that a prudent physician finds the situation, position, order, figure, and the like, not perpetrating murder, but health, and learns that by compassion, which others have learned by horrid cruelty. For these reasons, that not even the mangling of dead bodies is necessary, which, although not cruel, yet it is loathsome, since most things have themselves otherwise in dead bodies; but the curing itself can show all that can be discovered in living bodies.

Since these things have often been treated of, and are treated of by physicians in many volumes, and in disputes of great contention, we must subjoin those things that appear nearest to the truth, and these neither devoted to one or the other opinion, nor too far different from both, being in a manner intermediate between the different opinions, which in nume-

contentionibus licet deprehendere, scrutantibus verum sine ambitione; ut in hac ipsa re. Nam demum quæ causæ, vel præstent secundam valetudinem vel excitent morbos; quomodo spiritus, aut cibus, vel trahatur, vel digeratur ne quidem professores sapientiæ comprehendunt scientiâ sed persequuntur conjecturâ. Autem opinio ejus rei cujus non est certa notitia, non potest reperire certum remedium. Que est verum, nihil conferre plus ad rationem ipsam curandi, quam experientiam. Igitur quamquam sint multa, non propriè pertinentia ad artes ipsas, tamen adjuvant eas excitando ingenium artificis. Itaque ista contemplatio naturæ rerum quoque, quamvis non faciat medicum, tamen reddit aptiorem medicinæ. Que est verisimile, et Hippocratem, et Erasistratum, et quicumque alii non contenti agitare febres et ulcera, quoque scrutati sunt na-

deprehendere licet, sine ambitione verum scrutantibus; ut in hac ipsa re. Nam quæ demum causæ, vel secundam valetudinem præstent, vel morbos excitent; quomodo spiritus, aut cibus, vel trahatur, vel digeratur, ne sapientiæ quidem professores scientia comprehendunt, sed conjectura persequuntur. Cujus autem rei non est certa notitia, ejus opinio certum reperire remedium non potest. Verumque est, ad ipsam curandi rationem nihil plus conferre, quam experientiam. Quamquam igitur multa sint, ad ipsas artes, propriè non pertinentia, tamen eas adjuvant, excitando artificis ingenium. Itaque ista quoque naturæ rerum contemplatio, quamvis non faciat medicum, aptiorem tamen medicinæ reddit. Verique simile est, et Hippocratem, et Erasistratum, et quicumque alii, non contenti febres et ulcera agitare, rerum

rous disputes, it is proper to select for persons inquiring into the truth, without partiality, as in this very subject itself; for finally what causes either produce good health or excite diseases; how the breath or food is either inspired or digested, not even the professors of philosophy understand with their knowledge, but pursue by conjecture; for an opinion of a thing, of which there is no certain knowledge, cannot discover a sure remedy: and it is true, that nothing contributes to a rational mode of cure, more than experience. Therefore, although there are many things not absolutely appertaining to the arts themselves, yet they assist by quickening the understanding of the artist; therefore, this contemplation of the nature of bodies, although it may not make a physician, yet it renders him more fitted for the practice of medicine. And it is probable that Hippocrates and Erasistratus, and others, not content to treat fevers and ulcers, also inquired into the nature of things

quoque naturam ex aliqua parte scrutati sunt, non ideo quidem medicos fuisse, verum ideo quoque majores medicos extitisse. Ratione vero opus est ipsi medicinæ, etsi non inter obscuras causas neque inter naturales actiones, tamen sæpe. Est enim hæc ars conjecturalis, neque respondet ei plerumque non solum conjectura, sed etiam experientia. Et interdum non febris, non cibus, non somnus subsequitur, sicut assuevit. Rarius, sed aliquando morbus quoque ipse novus est: quem non incidere, manifeste falsum est; cum ætate nostra quædam, ex naturalibus partibus carne prolapsa et arente, intra paucas horas exspiraverit: sic ut nobilissimi medici neque genus mali, neque remedium invenerint. Quos ego nihil tentasse judico, quia nemo in splendida persona periclitari conjectura sua voluerit; ne occidisse, nisi servas-

turam rerum ex aliquâ parte, non quidem fuisse ideò medicos, verum ideò quoque extitisse majores medicos. Vero opus est ratione medicinæ ipsi, etsi non inter obscuras causas, neque inter naturales actiones, tamen sæpe. Enim hæc ars est conjecturalis, que plerumque non solum conjectura, sed etiam experientia non respondet ei. Et interdum, non febris, non cibus, non somnus subsequitur, sicut assuevit. Rarius sed aliquando est quoque novus ipse morbus; quem non incidere, est manifeste falsum; cum nostrâ ætate, quædam exspiraverit intra paucas horas, carne arente et prolapsâ ex naturalibus partibus; sic ut nobilissimi medici neque invenerint genus mali, neque remedium. Quos ego judico tentasse nihil, quia nemo voluerit periclitari suâ conjecturâ, in splendidâ personâ; ne videretur occidisse nisi servasset: tamen est

in some measure, that they were not indeed from that reason physicians, yet by those means also they became greater physicians. But there is need of reasoning for medicine itself, although not always amongst the occult causes and natural actions, yet often; for this art is conjectural, and in many cases not only conjecture but also experience itself does not answer to it. And sometimes, neither a fever, nor appetite for food, nor sleep follows as it has been accustomed. Less frequently, but occasionally, also there is a new disease: that which does not happen is evidently false; for, in our time, a certain woman expired within a few hours, with flesh becoming dry and prolapsed from the private parts, so that the most celebrated physicians neither discovered the kind of disease, nor a remedy; whom I consider to have tried nothing, because no one wished to experiment upon his conjecture, in so exalted a personage, lest he might have appeared to have killed, if he

verisimile, potuisse cogitare aliquid, tali verecundiâ detractâ, et fortasse id responsurum fuisse, quod aliquis expertus esset. Ad quod genus medicinæ, neque similitudo semper confert aliquid; et si quando confert, id ipsum tamen est rationale, cogitare inter multa similia genera et morborum et remediorum quo medicamento potissimum utendum sit. Igitur cum talis res incidit, oportet, medicus inveniat aliquid, quod fortasse non respondeat ubique, sed tamen etiam sæpiùs. Autem petet quoque novum consilium, non ab latentibus rebus, enim istæ sunt dubiæ et incertæ, sed ab iis, quæ possunt explorari, id est evidentibus causis. Enim interest fatigatio, an sitis, an frigus, an calor, an vigilia, an fames, an abundantia cibi quæ vini an intemperantia libidinis fecerit morbum. Neque oportet hunc ignorare, quæ sit natura agri;

set, videretur: veri tamen simile est, potuisse aliquid cogitare, detracta tali verecundia, et fortasse responsurum fuisse id, quod aliquis esset expertus. Ad quod medicinæ genus, neque semper similitudo aliquid confert; et si quando confert, tamen id ipsum rationale est, inter multa similia genera et morborum, et remediorum, cogitare, quo potissimum medicamento sit utendum. Cum igitur talis res incidit, medicus aliquid oportet inveniat, quod non ubique fortasse, sed sæpiùs tamen etiam respondeat. Petet autem novum quoque consilium, non ab rebus latentibus, istæ enim dubiæ et incertæ sunt, sed ab iis, quæ explorari possunt, id est, evidentibus causis. Interest enim, fatigatio morbum, an sitis, an frigus, an calor, an vigilia, an fames fecerit, an cibi vinique abundantia, an intemperantia libidinis. Neque ignorare hunc oportet, quæ

had not saved, her; however it is probable, that they might have been able to think of something, such timidity being laid aside, and perhaps that might have succeeded which some one might have tried. To which kind of practice resemblance is not always serviceable, and, if ever it contributes, that very thing is rational, to consider amongst many similar kinds of diseases and remedies, what medicine particularly we are to make use of. So, when such a case occurs, it is proper that the physician should invent something, which perhaps may not succeed in every instance, yet more frequently: he will also seek new counsel not from occult things, for they are dubious and uncertain, but from those which can be examined, that is, evident causes; for it makes a difference, whether fatigue, or thirst, or cold, or heat, or watching, or hunger, or excess of food or wine, or intemperance in venery, has occasioned the disease: nor does it behove him to be ignorant what is the constitution

sit ægrinatura: humidum magis, an siccum corpus ejus sit; validi nervi, an infirmi; frequens adversa valetudo, an rara; eaque cum est, vehemens esse solet, an levis; brevis, an longa; quod is vitæ genus sit secutus, laboriosum, an quietum; cum luxu, an cum frugalitate. Ex his enim, similibusque, sæpe curandi nova ratio ducenda est.

Quamvis ne hæc quidem sic præteriri debent, quasi nullam controversiam recipiant. Nam et Erasistratus non ex his fieri morbos dixit; quoniam et alii, et iidem alias post ista non febricitarent: et quidam medici seculi nostri, sub auctore, ut ipsi videri volunt, Themisone, contendunt, nullius causæ notitiam quidquam ad curationes pertinere; satisque esse, quædam communia morborum intueri. Si quidem horum tria genera esse, unum adstrictum, alterum fluens, tertium mixtum. Nam modo pa-

an corpus ejus sit magis humidum, an siccum, nervi validi, an infirmi; adversa valetudo frequens, an rara; que ea, cum est, soleat esse vehemens, an levis; brevis, an longa; quod genus vitæ is secutus sit, laboriosum, an quietum, cum luxu, an cum frugalitate. Enim ex his, que similibus, sæpe nova ratio curandi est ducenda.

Quamvis hæc quidem ne debent sic præteriri, quasi recipiant nullam controversiam. Nam et Erasistratus dixit morbos non fieri ex his; quoniam et alii, et iidem aliàs non febricitarent post ista: et quidam medici nostri seculi, sub Themisone auctore, ut ipsi volunt videri, contendunt notitiam nullius causæ pertinere quidquam ad curationes, que esse satis intueri quædam communia morborum. Siquidem esse tria genera horum, unum adstrictum, alterum fluens, tertium mixtum. Nam agros

of his patient; whether his body is more moist or dry; whether his nerves be strong or weak; whether bad health is frequent or unusual; whether that, when it occurs, is accustomed to be severe or slight, short or long; what kind of life he has pursued, whether laborious or quiet; with luxury or with frugality; for from these and the like circumstances frequently a new method of curing is to be deduced.

However, these things, indeed, ought not to be thus passed over, as if they admit of no controversy; for even Erasistratus has affirmed that diseases are not occasioned by them, because both other persons, and the same at other times, did not fall into fever after them; and some physicians of our age, under Themison as their author, as they wish to appear, contend that a knowledge of the cause tends nothing to the cures, and that it is sufficient to observe some things common to diseases; for there are three kinds of these, the one bound another relaxed, a third mixed; for that sick people

modò excernere parum, modò nimium; modò parùm alià parte, nimium alià. Autem hæc genera morborum esse modò acuta, modò longa et modò increscere, modò consistere, modò minui. Igitur eo, quod est ex his cognito, si corpus est adstrictum, esse digerendum: si laborat profluvio, continendum; si habet mixtum vitium, subinde occurrendum vehementiori malo. Et aliter medendum acutis morbis, aliter vetustis; aliter increescentibus, aliter subsistentibus, aliter jam inclinatis ad sanitatem. Observationem horum esse medicinam; quam ita finiunt, ut quasi quandam viam, quam Græci nominant methodum, que contendant, esse contemplatricem eorum quæ sunt communia in morbis. Ac volunt se adnumerari neque rationalibus, neque spectantibus experimenta tantum. Cum dissentiant ab illis eo nomine, quod nolunt medici-

*rum excernere ægros, modo nimium; modo alia parte parum, alia nimium. Hæc autem genera morborum, modo acuta esse, modo longa; et modo increscere, modo consistere, modo minui. Cognito igitur eo, quod ex his est, si corpus adstrictum est, digerendum esse; si profluvio laborat, continendum; si mixtum vitium habet, occurrendum subinde vehementiori malo. Et aliter acutis morbis medendum, aliter vetustis; aliter increescentibus, aliter subsistentibus, aliter jam ad sanitatem inclinatis. Horum observationem medicinam esse: quam ita finiunt, ut quasi viam quandam, quam *μὲθοδον* Græci nominant, eorumque, quæ in morbis communia sunt, contemplatricem esse contendant. Ac neque rationalibus se, neque experimenta tantum spectantibus adnumerari volunt: cum ab illis eo nomine dissentiant, quod in conjectura re-*

sometimes excrete little, sometimes too much; sometimes little in one part, too much in another; but that these kinds of diseases are sometimes acute, sometimes chronic; sometimes increase, sometimes stand still, sometimes are abated. Therefore that which of these exists being known, if the body is bound, it is to be relaxed; if it suffers from flux, to be restrained; if it has a complicated disorder, we must immediately oppose the more urgent malady; and in one mode we are to treat acute diseases, in another the chronic, by another increasing diseases, by another those standing still, and by another those inclined to a state of health. That the observation of these constitutes medicine, which they define, as it were, a certain routine, which the Greeks called *method*, and affirm that it is the contemplation of those things which are common in diseases; and they wish themselves to be ranked neither with the theorists, nor with those looking to experiments only; since they dissent from the former in this particular,

rum latentium nolunt esse medicinam; ab his eo, quod parum artis esse in observatione experimentorum credunt. Quod ad Erasistratum pertinet, primum ipsa evidentia ejus opinioni repugnat; quia raro, nisi post horum aliquid, morbus venit. Deinde non sequitur, ut, quod alium non afficit, aut eundem alias, id ne alteri quidem, aut eidem tempore alio noceat. Possunt enim quædam subesse corpori, vel ex infirmitate ejus, vel ex aliquo affectu, quæ vel in alio non sunt, vel in hoc alias non fuerunt; eaque per se non tanta, ut concitent morbum, tamen obnoxium magis aliis injuriis corpus efficiant. Quod si contemplationem rerum naturæ, quam temere medici sibi vindicant, satis comprehendisset, etiam illud scisset, nihil omnino ob unam causam fieri, sed id pro causa apprehendi, quod contulisse plurimum videtur. Po-

nam esse in conjecturâ latentium rerum; ab his eo quod credunt esse parum artis in observatione experimentorum. Quod pertinet ad Erasistratum, primum ipsa evidentiarepugnat opinioniejus; quia morbus raro venit, nisi post aliquid horum. Deinde non sequitur, ut, id, quod non afficit alium, aut eundem aliàs, quidem ne noceat alteri, aut eidem alio tempore. Enim quædam possunt subesse corpori, vel ex infirmitate ejus, vel ex aliquo affectu, quæ non sunt vel in alio, vel non fuerunt in hoc aliàs; quæ ea non tanta per se, ut concitent morbum tamen efficiant corpus magis obnoxium aliis injuriis. Quod si satis comprehendisset contemplationem naturæ rerum, quam medici temerè vindicant sibi, etiam scisset illud, nihil omnino fieri ob unam causam, sed id apprehendi, pro causâ, quod videtur plurimum contulisse. Autem id, dum est

that they do not admit that medicine consists in the conjecture of occult things; and from the latter, because they consider that little of the art exists in the observation of experiments. As relates to Erasistratus, in the first place, evidence itself is opposed to his opinion, for a disease seldom comes on, except after some of these. Again, it does not follow that, what does not affect one, or the same at another time, may not indeed be injurious to another person, or to the same, at any other period. For some things may exist in the body, either from weakness of it, or some disorder, which are not either in another, or were not in the same at other times, And those may not be so great by themselves as to cause disease, yet may render the body more liable to other injuries. For if he had sufficiently understood the study of the nature of bodies, which physicians hardly claim to themselves, that he would also have known that nothing at all happens from a single cause, but that that is to be considered as the cause which appears most to have contributed:

solum, potest non movere, quod junctum aliis maxime movet. Accedit ad hæc, quòd ne quidem Erasistratus ipse qui dicit febrem fieri sanguine transfuso in arterias, que id incidere corpore nimis repleto, reperit, cur ex duobus æque repletis, alter incideret in morbum, alter vacaret omni periculo; quod apparet fieri quotidie. Ex quo potest disci, ut illa transfusio sit vera, tamen illam non fieri per se, cum corpus plenum est, sed cùm aliquid horum accesserit. Verò æmuli Themisonis, si habent, perpetua, quæ prorationales, quam ulli. Enim, si quis non tenet omnia, quæ alius rationalis probat, neque protinùs indiget alio novo nomine artis; si modò, quod est primum, non insistit memoriæ soli, sed quoque rationi. Sin, quod est propius vero, medicinalis ars recipit vix ulla perpetua

test autem id, dum solum est, non movere, quod junctum aliis maxime movet. Accedit ad hæc, quod ne ipse quidem Erasistratus, qui transfuso in arterias sanguine febrem fieri dicit, idque nimis repleto corpore incidere, reperit, cur ex duobus æque repletis, alter in morbum incideret, alter omni periculo vacaret; quod quotidie fieri apparet. Ex quo disci potest, ut vera sit illa transfusio, tamen illam non per se, cum plenum corpus est, fieri, sed cum horum aliquid accesserit. Themisonis vero æmuli, si perpetua, quæ promittunt, habent, magis etiam, quam ulli, rationales sunt. Neque enim, si quis non omnia tenet, quæ rationalis alius probat, protinus alio novo nomine artis indiget; si modo, quod primum est, non memoriæ soli, sed rationi quoque insistit. Sin, quod vero propius est, vix ulla perpetua præcepta medicinalis

also that, when it is alone may not excite, which combined with other things, excites powerfully. To these is added, that not even Erasistratus himself (who states that fever is produced by blood being transfused into the arteries, and that it occurs in a too phethoric body,) discovers why out of two individuals equally phethoric, one should fall into a disease, another should be free from all danger, which appears to happen every day; from which it may be ascertained that although that transfusion be real, nevertheless, that it does not happen of itself, when the body is plethoric but when some one of these conditions has been added. But the followers of Themison, if they consider as universal the things, which they hold forth, are still more rationalists than any others. For if one does not maintain all that another rationalist approves, he does not forthwith require a new designation, provided, which is the chief thing, he does not insist upon memory alone, but also upon reason. But if, which is nearer to the truth, the art of medicine admits

ars recipit, iidem sunt, quod ii, quos experimenta sola sustinent: eo magis, quoniam, compresserit aliquem morbus, an fuderit, quilibet etiam imperitissimus videt: quid autem compressum corpus resolvat, quid solutum teneat, si a ratione tractum est, rationalis est medicus; si, ut ei, qui se rationalem negat, confiteri necesse est, ab experientia, empiricus. Ita aqua eum morbi cognitio extra artem, medicina intra usum est. Neque adjectum quidquam empiricorum professioni, sed demtum est; quoniam illi multa circumspiciunt, hi tantum facillima, et non plus, quam vulgaria. Nam et ii, qui pecoribus ac jumentis medentur, cum propria cujusque ex mutis animalibus nosse non possint, communibus tantummodo insistunt; et exteræ gentes, cum subtilem medicinæ rationem non noverint, communia tantum vident: et qui

præcepta, sunt iidem, quod ii, quos experimenta sola sustinent; eo magis quoniam etiam quilibet imperitissimus videt morbus compresserit aliquem an fuderit; autem medicus est rationalis qui videt quid resolvat compressum corpus, quid teneat solutum, si est tractum a ratione; si ab experientiâ, ut est necesse confiteri ei, qui negat se rationalem, empiricus. Ita apud eum, cognitio morbi est extra artem, medicina intra usum. Neque quidquam adjectum est professioni empiricorum sed demtum; quoniam illi circumspiciunt multa, hi tantum facillima, et non plus, quam vulgaria. Nam et ii, qui medentur pecoribus et jumentis, cum non possint nosse propria cujusque ex mutis animalibus insistunt communibus tantummodo, et exteræ gentes, cum non noverint subtilem rationem medicinæ tantum vident communia: et qui

of scarcely any universal rules; they are the same as those whom experiments alone support, and so much the more, since any one the most unskilful perceives whether a disease has constipated or relaxed any one: but the physician is a rationalist (who perceives) what relaxes a constipated body, what keeps it relaxed, provided it is deduced from reasoning; if it is (derived) from experience, as it is necessary for him to confess, who denies himself to be a rationalist, he is an empiric; so with him, a knowledge of the disease is foreign to the art, the mode of treatment is within the bounds of experience. Nor has anything been added to the profession of the empirics, but many things taken away; for the former survey many things, the latter only the easiest and not more than common things; for even those who cure cattle and beasts of burthen, since they cannot know the peculiar things of each of the dumb animals, rely upon common things only; and foreign nations, as they know not the subtle theory of medicine, only look to common symptoms;

nutriunt ampla valetudinaria, quia non sustinent consulere singulis summâ curâ, confugiunt ad ista communia. Neque, hercules, antiqui medici nescierunt id sed non fuerunt contenti his. Ergo etiam vetustissimus auctor Hippocrates dixit, oportere mederi, intuentem communia et propria. Ac ne quidem isti ipsi possunt ullo modo consistere intra suam professionem: siquidem sunt diversa genera et compressorum et fluentium morborum: que id potest inspicere facilius iis, quæ fluunt. Enim est aliud vomere sanguinem, aliud bilem, aliud cibum; aliud laborare dejectionibus, aliud torminibus: aliud digerere sudore, aliud consumi tabe. Atque quoque humor erumpit in partes, ut oculos que aures; quo periculo nullum humanum membrum vacat. Autem nihil horum curatur sic ut aliud. Ita protinus in his medicina descendit

ampla valetudinaria nutriunt, quia singulis summa cura consulere non sustinent, ad communia ista confugiunt. Neque, hercules, istud antiqui medici nescierunt, sed his contenti non fuerunt. Ergo etiam vetustissimus auctor Hippocrates dixit, mederi oportere, et communia, et propria intuentem. Ac ne isti quidem ipsi intra suam professionem consistere ullo modo possunt: siquidem et compressorum et fluentium morborum genera diversa sunt; faciliusque id in iis, quæ fluunt, inspicere potest. Aliud est enim sanguinem, aliud bilem, aliud cibum vomere; aliud dejectionibus, aliud torminibus laborare; aliud sudore digerere, aliud tabe consumi. Atque in partes quoque humor erumpit, ut oculos, auresque: quo periculo nullum humanum membrum vacat. Nihil autem horum sic ut aliud curatur. Ita protinus in his a communi fluentis

and those who have the charge of large hospitals, as they cannot consult for individuals, with the greatest attention, have recourse to those general rules: nor, indeed, were the older physicians ignorant of that, but were not satisfied with these things. Therefore, even the most ancient author, Hippocrates, said that it is necessary to practice, regarding general and peculiar things. Nor can they themselves in any degree keep themselves within their profession, for there are different kinds, both of bound and relaxed diseases, and that may be more easily observed in those which are relaxed; for it is one thing to vomit blood, another bile, another food; one thing to suffer with diarrhœa, another with gripes; one thing to be wasted by sweating, another with consumption. Also, a humour breaks out upon parts, as the eyes and the ears, from which danger no human member is free. But neither of these is cured in the same mode as the other; so in these immediately, medicine descends from the

morbi contemplatione ad propriam medicina descendit. Atque in hac quoque rursus alia proprietatis notitia sæpe necessaria est; quia non eadem omnibus, etiam in similibus casibus, opitulantur. Siquidem certæ quædam res sunt, quæ in pluribus ventrem aut adstringunt, aut resolvunt: inveniuntur tamen, in quibus aliter, atque in cæteris, idem eveniat. In his ergo communium inspectio contraria est, priorum tantum salutaris. Et causæ quoque æstimationo sæpe morbum solvit. Ergo etiam ingeniosissimus seculi nostri medicus, quem nuper vidimus, Cassius, febricitanti cuidam et magna siti affecto, cum post ebrietatem eum premi cœpisse cognosset, aquam frigidam ingessit. Quia ille epota, cum vini vim miscendo fregisset, protinus febrem somno et sudore discussit. Quod auxilium medicus opportune providit, non

a communi contemplatione fluentis morbi, ad propriam. Atque in hâc quoque rursus, alia notitia proprietatis est sæpe necessaria; quia eadem non opitulantur omnibus, etiam in similibus casibus. Siquidem sunt quædam certæ res, quæ in pluribus aut adstringunt, aut resolvunt ventrem: tamen inveniuntur, in quibus idem eveniat aliter atque in cæteris. Ergo in his, inspectio communium est contraria, priorum tantum salutaris. Et quoque æstimationo causæ sæpe solvit morbum. Ergo etiam Cassius, quem nuper vidimus, ingeniosissimus medicus nostri seculi, ingessit frigidam aquam cuidam febricitanti, et affecto magnâ siti, cum cognosset eum cœpisse premi post ebrietatem. Quâ epotâ, cum ille fregisset vim vini miscendo, protinûs discussit febrem somno et sudore. Quod auxilium medicus opportune providit, non ex eo,

general consideration of a relaxed disease to the peculiar one. And in this also again, another knowledge of peculiarity is often necessary, because the same remedies do not relieve all persons, even in similar cases; for there are some things, which in many persons either bind or relax the belly; yet there are found some, in whom the same occurs differently to what it does in others: therefore in these the observation of general things is injurious, that of peculiar ones alone salutary; and a right apprehension of the cause frequently removes the disease. Therefore also, Cassius, whom we lately beheld the most ingenious physician of our age, administered cold water to a certain person in a fever, and distressed with excessive thirst, when he had ascertained that he began to be attacked after intoxication; which being drunk, when he had weakened the force of the wine by mixing, he immediately dissipated the fever by sleep and sweat. Which remedy, the physician judiciously provided, not from

quòd corpus erat aut adstrictum, aut fluebat; sed ex causâ, quæ ante præcesserat. Que est etiam aliquid proprium et loci et temporis, quoque istis auctoribus: qui cum disputant quemadmodum agendum sit, sanis hominibus, præcipiunt, ut frigus, æstus, satietas, labor, libido, magis vitetur aut gravibus locis, aut temporibus; que ut magis conquiescat in iisdem locis aut temporibus, si quis sentit gravitatem corporis; ac neque sollicitet stomachum vomitû, neque alvum purgatione. Quæ quidem sunt vera; tamen descendunt a communibus ad quædam propria. Nisi volunt persuadere nobis, quidem esse considerandum sanis, quod cælum sit, quod tempus anni; vero non esse ægris: quibus omnis observatio est tanto magis necessaria, quanto est infirmitas magis obnoxia offensis. Quin etiam sunt aliæ atque aliæ proprietates mor-

ex eo, quod aut adstrictum corpus erat, aut fluebat; sed ex causa, quæ ante præcesserat. Estque etiam proprium aliquid, et loci et temporis, istis quoque auctoribus: qui cum disputant, quemadmodum sanis hominibus agendum sit, præcipiunt, ut gravibus aut locis aut temporibus magis vitetur frigus, æstus, satietas, labor, libido; magisque ut conquiescat iisdem locis aut temporibus, si quis gravitatem corporis sentit; ac neque vomitu stomachum, neque purgatione alvum sollicitet. Quæ vera quidem sunt; a communibus tamen ad quædam propria descendunt. Nisi persuadere nobis volunt, sanis quidem considerandum esse, quod cælum, quod tempus anni sit; ægris vero non esse: quibus tanto magis omnis observatio necessaria est, quanto magis obnoxia offensis infirmitas est. Quin etiam morborum in iisdem hominibus aliæ

the fact that the body was either bound or relaxed, but from the cause which preceded it. There is also some peculiarity both of place and time, according to those authors, who when they argue in what manner healthy persons are to manage themselves, direct that cold, heat, satiety, labour, and venery, should be more carefully avoided in sickly places or seasons; and that he should take more rest in such places or seasons, if any one feels a weight upon his body, and should neither harass his stomach by vomiting, nor his bowels by purging. Which things, indeed, are certain, yet they descend from general things to some peculiar ones: unless they would make us believe, indeed, that healthy persons must observe what may be the climate and season of the year; but not the sick to whom all precaution is so much more necessary, inasmuch as there is weakness is more liable to injuries. Besides, there are some and other peculiarities of

atque aliæ proprietates sunt; et qui secundis aliquando frustra curatus est, contrariis sæpe restituitur. Plurimaque in dando cibo discrimina reperiuntur: ex quibus contentus uno ero. Nam famem facilius adolescens, quam puer; facilius in denso cælo, quam in tenui; facilius hieme, quam æstate; facilius uno cibo, quam prandio quoque assuetus; facilius inexercitatus, quam exercitatus homo sustinet. Sæpe autem in eo magis necessaria cibi festinatio est, qui minus inediam tolerat. Ob quæ conjicio, eum, qui propria non novit, communia tantum intueri debere; eumque qui nosse propria potest, illa quidem non oportere negligere, sed his quoque insistere. Ideoque, cum par scientia sit, utiliorem tamen medicum esse amicum quam extraneum. Igitur, ut ad propositum meum redeam, rationalem quidem puto medicinam

borum in iisdem hominibus; et qui aliquando curatus est frustra secundis, sæpe restituitur contrariis. Que plurima discrimina reperiuntur in dando cibo; ex quibus ero contentus uno. Nam adolescens sustinet famem facilius quam puer; facilius in denso, quam in tenui cælo; facilius hieme, quam æstate; facilius assuetus uno cibo quam prandio quoque; facilius inexercitatus, quam exercitatus homo. Autem sæpe festinatio cibi est magis necessaria in eo, qui minus tolerat inediam. Ob quæ, conjicio, eum, qui non novit propria, debere intueri communia tantum: que oportere eum, qui potest nosse propria, non quidem negligere illa, sed quoque insistere his. Que ideò, cum scientia sit par, tamen amicum esse utiliorem medicum, quam extraneum. Igitur ut redeam ad meum propositum, quidè puto medicinam debere esse ra-

diseases in the same individuals; and one who sometimes has been treated ineffectually, by proper remedies, is often recovered by those that are contrary. And many distinctions are observed in giving food, with one of which I shall be satisfied. For a youth bears hunger more easily than a boy, easier in a dense than in a clear air, more easily in winter than in summer, with more ease one accustomed to one meal than dinner also, more easily an unexercised than an exercised man. But generally the repetition of food is more necessary in that person who less supports hunger. For these reasons, I consider, that he who has not studied peculiarities, ought to consider generalities only; and that it behoves him who is able to know peculiar things, not indeed to neglect the former; but also to rely upon the latter; and, therefore, though the knowledge be equal, yet a friend is a more useful physician than a stranger; therefore, that I may return to my purpose, I am of opinion that medicine

tionalem : verò instrui ab evidentibus causis ; omnibus obscuris rejectis, non a cogitatione artificis, sed ab arte ipsâ. Autem incidere corpora vivorum est crudele et supervacuum : mortuorum, est necessarium discentibus. Nam debent nosse positum et ordinem ; quæ cadavera repræsentant meliùs, quam vivus et vulneratus homo. Sed et cætera quæ possunt cognosci modò in vivis, usus ipse monstrabit in curationibus ipsis vulneratorum, paulò tardiùs, sed aliquanto mitiùs.

His propositis, primùm dicam, quemadmodum conveniat sanos agere ; tum transibo ad ea quæ pertinebunt ad morbos, quæ curationes eorum.

I. Sanus homo, qui et valet bene, et est suæ spontis, debet obligare se nullis legibus ; ac egere neque medico, neque iatraliptâ. Oportet hunc habere varium

esse debere ; instrui vero ab evidentibus causis ; obscuris omnibus, non a cogitatione artificis, sed ab ipsa arte rejectis. Incidere autem vivorum corpora, et crudele, et supervacuum est : mortuorum, discentibus necessarium. Nam positum et ordinem nosse debent : quæ cadavera melius, quam vivus et vulneratus homo, repræsentant. Sed et cætera, quæ modo in vivis cognosci possunt, in ipsis curationibus vulneratorum paulo tardiùs, sed aliquanto mitius usus ipse monstrabit.

His propositis, primum dicam, quemadmodum sanos agere conveniat ; tum ad ea transibo, quæ ad morbos curationesque eorum pertinebunt.

I. Sanus homo, qui et bene valet, et suæ spontis est, nullis obligare se legibus debet ; ac neque medico, neque iatralipta egere. Hunc oportet varium habere vitæ

ought to be rational, but to be guided by evident causes ; all the obscure ones being removed, not from the consideration of the artist, but from the art itself. But to open the bodies of the living is both cruel and superfluous ; to dissect those of the dead is necessary for learners ; for they ought to know the position and order, which dead bodies show better than a living and wounded man. But as to the other things which can only be observed in the living, practice itself will show, in the cures of the wounded, a little more slowly, but somewhat more tenderly.

These things having been laid down, I shall first state how it becomes people in health to act, then proceed to the circumstances which shall relate to diseases and the cures of them.

I. A sound man, who is both in good health and at his own free will, ought to bind himself by no rules ; and neither to have occasion for a physician nor an unction-doctor. It behoves this person to pass a diversified

genus : modo ruri esse, modo in urbe, sæpiusque in agro ; navigare, venari, quiescere interdum, sed frequentius se exercere : siquidem ignavia corpus hebetat, labor firmat ; illa maturam senectutem, hic longam adolescentiam reddit. Prodest etiam interdum balneo, interdum aquis frigidis uti ; modo ungi, modo id ipsum negligere ; nullum cibi genus fugere, quo populus utatur ; interdum in convictu esse, interdum ab eo se retrahere ; modo plus justo, modo non amplius assumere ; bis die potius, quam semel cibum capere, et semper quam plurimum dummodo hunc concoquat. Sed ut hujus generis exercitationes cibique necessarii sunt ; sic athletici supervacui. Nam et intermissus, propter civiles aliquas necessitates, ordo exercitationes corpus affligit ; et ea corpora, quæ more eorum repleta sunt, celerrime et senescunt, et ægrotant. Concu-

genus vitæ : esse modò ruri, modò in urbe, quæ sæpiùs in agro ; navigare, venari, interdum quiescere, sed frequentius exercere se ; siquidem ignavia hebetat corpus, labor firmat ; illa reddit senectutem maturam, hic adolescentiam longam. Etiam interdum prodest uti balneo, interdum frigidis aquis ; modò ungi, modò negligere id ipsum ; fugere nullum genus cibi, quo populus utatur ; esse interdum in convictu, interdum retrahere se ab eo ; modò assumere plus justo, modò non amplius ; capere cibum bis die potius, quam semel, et semper quam plurimum, dummodò concoquat hunc. Sed ut exercitationes, quæ cibi hujus generis sunt necessarii ; sic athletici supervacui. Nam et ordo exercitationes intermissus propter aliquas civiles necessitates, affligit corpus : et ea corpora quæ sunt repleta more eorum, et celerrimè senescunt, et ægrotant. Verò

kind of life : to be sometimes in the country, sometimes in the city, and more often in the field ; to sail, to hunt, sometimes to rest, but more frequently to exercise himself ; since indolence enervates, and labour strengthens the body : the former brings on premature old age, the latter produces a long period of youth. Likewise it is sometimes beneficial to make use of a bath, sometimes cold waters ; sometimes to be anointed, sometimes to neglect that thing itself ; to avoid no kind of food which people use ; to be sometimes in company, sometimes to retire from it ; sometimes to take more than sufficient, sometimes not more ; to take food twice a day rather than once, and always as much as possible, provided he can digest it. But as exercises and food of this description are proper, so athletic ones are superfluous. For even the order of exercises interrupted on account of some public urgencies, hurts the body ; and those bodies which are high fed, in the manner of them, both very speedily grow old, and fall sick. But coition is neither too much to

concupiscendus, neque nimis concupiscendus; rarus, excitat corpus; frequens, solvit. Autem cum sit frequens non numero, sed naturâ, ratione ætatis et corporis, licet scire, eum non esse inutilem, quem neque languor corporis, neque dolor sequitur. Idem est peior interdium, tutior noctu: ita tamen, si neque cibus sequitur illum, neque labor cum vigiliâ statim (sequitur) hunc. Hæc sunt servanda firmis, que est cavendum, ne in secundâ valetudine præsidia adversæ consumantur.

II. *At major observatio est necessaria imbecillis, in quo numero sunt magna pars urbanorum, que pænè omnes cupidi literarum; ut cura restituat, quod ratio vel corporis, vel loci, vel studii detrahit. Igitur ex his, qui bene concoxit, surget tutò mane; qui parùm, debet quiescere, et si fuerit necessitas surgendi mane, redormire; qui non con-*

bitus vero neque nimis concupiscendus, neque nimis pertimescendus est: rarus, corpus excitat; frequens, solvit. Cum autem frequens non numero sit, sed natura, ratione ætatis et corporis, scire licet, eum non inutilem esse, quem corporis neque languor, neque dolor sequitur. Idem interdium peior est, tutior noctu: ita tamen, si neque illum cibus, neque hunc cum vigilia labor statim sequitur. Hæc firmis servanda sunt; cavendumque, ne in secunda valetudine adversæ præsidia consumantur.

II. *At imbecillis, quo in numero magna pars urbanorum, omnesque pænè cupidi literarum sunt, observatio major necessaria est; ut quod vel corporis, vel loci, vel studii ratio detrahit, cura restituat. Ex his igitur, qui bene concoxit, mane tuto surget; qui parum, quiescere debet, et, si mane surgendi necessitas fuerit, redormire; qui non*

be desired, nor too much to be feared. When seldom it excites the body, (when) frequent, relaxes. But since it may not be frequent in regard to repetition but in its nature, in proportion to the age and constitution, we may know that not to be injurious, which neither languor of the body nor pain follows. The same is worse in the day time, safer in the night; so however that neither food follows the former, nor labour with watchfulness, immediately follows the latter. These things are to be observed by strong people, and care is to be taken lest in good health the safeguards of bad (health) be wasted.

II. But greater caution is necessary for the weak, in which number are a great proportion of citizens, and almost all fond of literature; that care may rectify that which the nature of the body, place, or study abstracts. Therefore of these, he who has digested well, will rise safely in the morning; he who has imperfectly, ought to be still; and if there should be a ne-

concoxit, ex toto conquiescere, ac neque labori se, neque exercitationi, neque negotiis credere. Qui crudum sine præcordiorum dolore ructat, is ex intervallo aquam frigidam bibere, et se nihilominus continere. Habitare vero ædificio lucido, perflatum æstivum, hibernum solem habente; cavere meridianum solem, matutinum et vespertinum frigus; itemque auras fluminum atque stagnorum; minimeque, nubilo cælo, soli aperienti se committere, ne modo frigus, modo calor moveat; quæ res maxime gravedines destillationesque concitat. Magis vero gravibus locis ista servanda sunt, in quibus etiam pestilentiam faciunt. Scire autem licet, integrum corpus esse, cum quotidie mane urina alba, dein rufa est: illud concoquere, hoc concoxisse significat. Ubi experrectus est aliquis, paulum intermittere: deinde, nisi hiems est, fovere os multa

coxit, conquiescere ex toto, ac credere se neque labori, neque exercitationi, neque negotiis. Is, qui ructat crudum sine dolore præcordiorum, bibere frigidam aquam ex intervallo, et nihilominus continere se. Verò habitare lucido ædificio habente æstivum perflatum, hibernum solem; cavere meridianum solem, matutinum et vespertinum frigus; que item auras fluminum atque stagnorum; que minimè committere se soli aperienti nubilo cælo, ne modo frigus, modò calor moveat; quæ res maximè concitat gravedines que distillationes. Verò ista sunt magis servanda gravibus locis, in quibus etiam faciunt pestilentiam. Autem licet scire, corpus esse integrum, cum quotidie mane urina est alba, dein rufa; illud significat concoquere, hoc concoxisse. Ubi aliquis est experrectus, intermittere paulum; deinde nisi est hiems, fovere os multa

cessity of rising in the morning to go to sleep again: he who has not digested, ought to rest entirely, and neither trust himself to labour, nor exercise, nor business. He who has crude eructations without pain of the precordia, should drink cold water at intervals, and, nevertheless, limit himself. But he ought to live in a light house, having the summer breeze and winter sun; to avoid noonday sun, the morning and evening cold; likewise the airs of rivers and stagnant pools; and by no means to expose himself to the sun breaking out in a cloudy sky, lest at one time cold, at another heat, may excite him; which occurrence particularly produces colds and catarrhs. But these things are to be more observed in sickly places, in which they even cause a pestilence. But we may know a body to be sound, when every day in the morning the urine is white, then reddish; the former indicates that digestion is going on, the latter that he has digested. When any person has awoken, he should wait

frigidâ aquâ. Longis diebus, potiùs meridiari ante cibum: sin minùs, post eum: per hiemem potissimum conquiescere totis noctibus. Sin lucubrandum est, non facere id post cibum, sed post concoctionem. Aliquod tempus est servandum curationi sui corporis huic, quem vel domestica vel civilia officia tenuerunt interdiù. Autem prima curatio ejus est exercitatio, quæ semper debet antecedere cibum, amplior in eo, qui minus laboravit, et bene concoxit; remissior in eo, qui est fatigatus, et concoxit minùs. Verò clara lectio, arma, pila, cursus, ambulatio, commodè exercent; atque hæc non utique plana, est commodior; siquidem ascensus et descensus quoque meliùs moveat corpus cum quâdam varietate nisi tamen id est perquàm imbecillum. Autem est melior sub divo, quam in porticù; melior in sole, si caput pa-

aqua frigida debet. Longis diebus meridiari potius ante cibum; sin minus, post eum: per hiemem potissimum totis noctibus conquiescere. Sin lucubrandum est, non post cibum id facere, sed post concoctionem. Quem interdiu vel domestica, vel civilia officia tenuerunt, huic tempus aliquod servandum curationi corporis sui est. Prima autem ejus curatio, exercitatio est, quæ semper antecedere cibum debet; in eo, qui minus laboravit, et bene concoxit, amplior; in eo, qui fatigatus est, et minus concoxit, remissior. Commode vero exercent, clara lectio, arma, pila, cursus, ambulatio; atque hæc non utique plana, commodior est; siquidem melius ascensus quoque et descensus, cum quadam varietate corpus moveat, nisi tamen id perquam imbecillum est. Melior autem est sub divo, quam in porticu; melior, si caput patitur, in

a little; and then, unless it is winter, wash his mouth with much cold water. On long days, he should rather sleep at noon before his meal: but if they are not so, after it; during winter especially, he should rest the entire night. If he must study by candle-light, he should not do it after a meal, but after concoction. Some time is to be set apart for the refreshment of his body, by him whom domestic or civil business have occupied during the day-time. But the first remedy for it, is exercise, which should always precede a meal; stronger in him who has laboured less and concocted well; more gentle in him who is fatigued, and has concocted less perfectly. Reading aloud, arms, the ball, running and walking, suitably exercise him; and the latter indeed not on level ground is more advantageous; for an ascent and descent also may better agitate the body with some variety, unless it be very weak. But

sole, quam in umbra; melior in umbra, quam parietes aut viridia efficiunt, quam quæ tecto subest; melior recta, quam flexuosa. Exercitationis autem plerumque finis esse debet sudor, aut certe lassitudo, quæ citra fatigationem sit: idque ipsum, modo minus, modo magis faciendum est. Ac ne his quidem, athletarum exemplo, vel certa esse lex, vel immodicus labor debet. Exercitationem recte sequitur, modo unctio, vel in sole, vel ad ignem; modo balneum, sed conclavi quam maxime et alto et lucido et spatioso. Ex his vero neutrum semper fieri oportet; sed sæpius alterutrum, pro corporis natura. Post hæc paulum conquiescere opus est. Ubi ad cibum ventum est, nunquam utilis est nimia satietas; sæpe inutilis nimia abstinentia; si qua intemperantia subest, tutior est in potione, quam in esca. Cibus a salsamentis, ole-

titur, quam in umbrâ; melior in umbrâ, quam parietes, aut viridia efficiunt, quam quæ subest tecto; melior recta, quam flexuosa. Autem plerumque sudor, aut certe lassitudo quæ sit citra fatigationem, debet esse finis exercitationis; quæ id ipsum est faciendum, modò minus, modò magis. Ac quidem his, ne debet esse, vel certa lex vel immodicus labor exemplo athletarum; modò unctio, vel in sole, vel ad ignem, recte sequitur exercitationem; modò balneum, sed conclavi, et quam maximè alto et lucido et spatioso. Verò oportet neutrum ex his semper fieri; sed sæpius alterutrum, pro naturâ corporis. Post hæc opus est conquiescere paulum. Ubi ventum est ad cibum, nimia satietas est nunquam utilis; nimia abstinentia est sæpe inutilis; si qua intemperantia subest, est tutior in potione, quam escâ. Cibus incipit meliùs a salsamen-

it is better in the open air, than under a portico; better in the sun, if the head allows it, than in the shade; better in the shade which walls or evergreens produce, than in that which is under a roof; better straight than winding. Generally perspiration, or at all events lassitude which is on this side of fatigue, ought to be the termination of every exercise; and that itself is to be practised, sometimes less, sometimes more. And with these persons, there should not be either a certain rule, or too violent labour, as after the example of wrestlers; sometimes unction, either in the sun or at the fire, properly follows exercise; sometimes the bath, but in an apartment as lofty, and light, and spacious as possible. But it behoves that neither of these should always be practised; but more frequently the one or the other according to the nature of the body. After these, it is necessary to rest a little. When we arrive at the time for food, too much overloading is never proper; too much abstinence is often injurious; and if there is

tis, oleribus, quæ similibus rebus; tum caro est assumenda, quæ est optima assa, aut elixa. Omnia condita sunt inutilia de duabus causis; quoniam et plus assumitur propter dulcedinem, et quod est par modo, tamen concoquitur ægrius. Secunda mensa nihil nocet bono stomacho, coacescit in imbecillo. Itaque si quis parum valet hoc, melius assumit, palmulas, quæ poma, et similia primo cibo. Post multas potiones, quæ aliquantum excesserunt sitim, nihil est edendum; post satietatem, nihil agendum. Ubi aliquis est expletus, concoquit facilius, si includit quidquid assumsit potione aquæ frigidæ, tum paulisper invigilat, deinde dormit bene. Si quis implevit se interdiu, debet committere se post cibum neque frigori, neque æstui neque labori; enim hæc neque tam facile nocent inani quam repleto corpore. Si de quibus cau-

ribus, similibusque rebus melius incipit; tum caro assumenda est, quæ assa optima, aut elixa est. Condita omnia duabus de causis inutilia sunt; quoniam et plus propter dulcedinem assumitur, et quod modo par est, tamen ægrius concoquitur. Secunda mensa bono stomacho nihil nocet, in imbecillo coacescit. Si quis itaque hoc parum valet, palmulas, pomaque, et similia melius primo cibo assumit. Post multas potiones, quæ aliquantum sitim excesserunt, nihil edendum est: post satietatem, nihil agendum. Ubi expletus est aliquis, facilius concoquit, si quidquid assumsit, potione aquæ frigidæ includit, tum paulisper invigilat, deinde bene dormit. Si quis interdiu se implevit, post cibum neque frigori, neque æstui, neque labori se debet committere: neque enim tam facile hæc inani corpore, quam repleto nocent. Si quibus de cau-

any intemperance, it is safer in drink than in food. A meal begins better on salt fish, greens, and the like; then meat is to be taken, which is best roasted or boiled. All seasoned things are injurious, for two reasons; both, because more is taken on account of their pleasantness, and because, what is equal in quantity, is concocted with great difficulty. A dessert does no harm to a strong stomach, turns sour upon a weak one. Therefore, if any one is weak in this, more properly he takes dates, and apples, and the like, at the commencement of his meal. After repeated drinks, which have somewhat exceeded thirst, nothing must be eaten; after satiety, nothing is to be done. When a person has been satiated, he concocts better if he concludes whatever he has taken with a drink of cold water, then keeps awake for a little while, afterwards he sleeps soundly. If any one has filled himself in the day-time, he should expose himself after a meal neither to heat, nor to cold, nor to labour; for these things do not so readily injure an empty as a full

sis futura inedia est, labor omnis vitandus est.

III. Atque hæc quidem pæne perpetua sunt. Quasdam autem observationes desiderant et novæ res, et corporum genera, et sexus, et ætates, et tempora anni. Nam neque ex salubri loco in gravem, neque ex gravi in salubrem transitus satis tutus est. Ex salubri in gravem, prima hieme; ex gravi in eum, qui salubris est, prima æstate transire melius est. Neque vero ex multa fame nimia satietas; neque ex nimia satietate fames idonea est. Periclitaturque et qui semel, et qui bis die cibum incontinenter, contra consuetudinem, assumit. Item, neque ex nimio labore subitum otium, neque ex nimio otia subitus labor, sine gravi noxa est. Ergo, cum quis mutare aliquid volet, paulatim debet assuescere. Omnem etiam laborem facilius vel puer vel senex, quam

sis, inedia est futura, omnis labor est vitandus.

III. *Atque hæc quidem sunt pæne perpetua. Autem et novæ res et genera corporum, et sexus, et ætates, et tempora anni desiderant quasdam observationes. Nam neque transitus ex salubri loco in gravem, neque ex gravi in salubrem est satis tutus. Est melius transire ex salubri in gravem, prima hieme; ex gravi in eum qui est salubris, primâ æstate. Verò neque ex multâ fame, est nimia, satietas idonea, neque ex nimia satietate est fames idonea. Que et periclitatur qui assumit cibum semel, et qui bis die incontinenter, contra consuetudinem. Item, neque subitum otium ex nimio labore, neque subitus labor ex nimio otio, est sine gravi noxâ. Ergo, cum quis volet mutare aliquid, debet paulatim assuescere. Etiam vel puer vel senex sustinet omnem laborem fa-*

body. If, from any causes, fasting is likely to take place, all labour is to be avoided.

III. And these precepts indeed are nearly universal; but both new incidents, and constitutions of bodies, sexes, ages, and seasons of the year, require certain observations. For neither the removal from a healthy to a sickly place, nor from a sickly to a healthy one, is sufficiently safe. It is better to change from a healthy to a sickly one in the beginning of winter; from a sickly one to that which is healthy, in the beginning of summer. But neither after much fasting is too much satiety proper, nor after too much satiety is fasting proper. And both he is in danger, who takes food once and he who takes it twice a day immoderately, contrary to his custom. Likewise, neither sudden ease after too much labour, nor sudden labour after too much ease, is without serious injury. Therefore, when any person wishes to alter anything, he will be obliged gradually to accustom himself to it. For either a boy or an old man supports every kind of

ciliùs, quam insuetus homo. Atque ideò quoque nimis otiosa vita non est utilis; quia necessitas laboris potest incidere. Si tamen quando aliquis insuetus laboravit, aut si etiam is qui assuevit, multo plus quam solet, dormiendum est huic jejuno; multo magis, si etiam os est amarum vel oculi caligant, aut venter perturbatur. Enim tum non tantummodò dormiendum est huic jejuno, sed etiam permanendum in posterum diem; nisi quies cito sustulit id. Quod si est factum, oportet surgere et paululum ambulare lentè. At si non fuit necessitas somni, quia aliquis laboravit magis modicè, tamen debet ingredi aliquid, eodem modo. Deinde communia omnibus sumturis cibum post fatigationem sunt; ubi ambulaverunt paulum, si non est balneum, ungi atque sudare, calido loco, vel in sole, vel ad ignem; si est, ante omnia sedere in tepidario: deinde,

insuetus homo sustinet. Atque ideo quoque nimis otiosa vita utilis non est; quia potest incidere laboris necessitas. Si quando tamen insuetus aliquis laboravit, aut si multo plus, quam solet, etiam is, qui assuevit, huic jejuno dormiendum est: multo magis, si etiam os amarum est, vel oculi caligant, aut venter perturbatur. Tum enim non dormiendum tantummodo jejuno est, sed etiam in posterum diem permanendum; nisi cito id quies sustulit. Quod si factum est, surgere oportet, et lente paululum ambulare. At si somni necessitas non fuit, quia modice magis aliquis laboravit, tamen ingredi aliquid eodem modo debet. Communia deinde omnibus sunt post fatigationem cibum sumturis; ubi paulum ambulaverunt, si balneum non est, calido loco, vel in sole, vel ad ignem ungi, atque sudare; si est, ante omnia in tepidario sedere;

labour better than a man not used to it. For this reason also, too inactive a life is not useful, because the necessity of labour may occur. If, however, at any time, a person unused to it has laboured, or even if he who is used to it, has (laboured) much more than he is accustomed, he must sleep on an empty stomach; so much the more, if also his mouth is bitter, or the eyes are dim, or the belly is disordered. For then he must not only sleep with an empty stomach, but must also continue it till the following day, unless rest has quickly carried it off. But if it has been accomplished, he should get up and walk a little, gently. But if there has not been occasion for sleep, because any one has laboured more moderately, yet he ought to walk out a little in the same manner. Then the general rules for persons about to take food after fatigue are, when they have walked a little, if there is not a bath, to be anointed and sweat in a warm place, either in the sun, or at the fire: if there is, first of all to sit in the tepida-

deinde, ubi paulum conquieverunt, intrare, et descendere in solium; tum multo oleo ungi, leniterque perfricari; iterum in solium descendere: post hæc, os aqua calida fovere, deinde frigida. Balneum his fervens idoneum non est. Ergo si nimium alicui fatigato pæne febris est, huic abunde est, loco tepido demittere se inguinibus tenus in aquam calidam, cui paulum olei sit adjectum; deinde totum quidem corpus, maxime tamen eas partes, quæ in aqua fuerunt, leniter perfricare ex oleo, cui vinum et paulum contriti salis sit adjectum. Post hæc, omnibus fatigatis aptum est, cibum sumere, eoque humido uti; aqua, vel certe diluta potione esse contentos; maximeque ea, quæ moveat urinam. Illud quoque nosse oportet, quod ex labore sudanti frigida potio perniciosissima est; atque etiam, cum sudor se remisit, itinere fatigatis inutilis. A balneo

ubi conquieverunt paulum, intrare, et descendere in solium; tum ungi multo oleo, que perfricari leniter; iterum descendere in solium: post hæc fovere os aquâ calida deinde frigidâ. Fervens balneum non est idoneum his. Erga si est pænè febris alicui nimium fatigato, est abunde huic, demittere se loco tepido tenus inguinibus in calidam aquam, cui paulum olei sit adjectum; deinde quidem leniter perfricare totum corpus, tamen maximè eas partes quæ fuerunt in aquâ, ex oleo, cui vinum et paulum contriti salis sit adjectum. Post hæc est aptum omnibus fatigatis, sumere cibum, que uti eo humido; esse contentos aquâ, vel certè dilutâ potione; que maximè eâ, quæ moreat urigam. Quoque oportet nosse illud, quòd frigida potio est perniciosissima sudanti ex labore: atque inutilis fatigatis itinere, etiam cum sudor remisit se. Asclepiades quoque

rium; then when they have rested a little, to enter and go down into the warm bath; then to be anointed with much oil, and be rubbed gently; again to descend into the solium; after these to wash the mouth with warm water, then with cold. A hot bath is not proper for such persons. Therefore, if there is nearly fever in any person too much fatigued, it is sufficient for him, to lower himself in a tepid room, up to the groins into warm water, to which a little oil has been added; then to rub over the whole body, but particularly those parts which were in the water, with oil, to which wine and a little powdered salt has been added. After these things, it is proper for all people fatigued, to take food, and to use it moist; to be satisfied with water, or at most with a diluted drink, and especially that which may excite the flow of urine. It is also necessary to know this, that cold drink is very dangerous to a person sweating from labour, and even when the sweat has subsided it is injurious to those fatigued by walking. Asclepiades

judicavit eam inutilem venientibus a balneo: quod est verum in iis, quibus alvus facile, nec tutò resolvitur, que qui facile inhorrescunt: non est perpetuum in omnibus, cum sit potius naturale, æstuantem stomachum refrigerari potione. Quod ita præcipio, ut tamen fatear, ne quidem ex hac causâ bibendum esse frigidum, adhuc sudanti. Vomitus etiam solet prodesse, post varium cibum, que frequentes dilutas potiones, et longa quies postero die, deinde modica exercitatio. Si assidua fatigatio urget, modò aqua, modò vinum est bibendum invicem, que raro utendum balneo. Que etiam mutatio laboris levat lassitudinem; que id, quod est in consuetudine, reficit eum, quem novum genus ejusdem laboris pressit. Quotidianum cubile est tutissimum fatigato. Enim quod est seu molle, seu durum contra consuetudinem lassat. Quæ-

quoque venientibus Asclepiades inutilem eam judicavit: quod in iis verum est, quibus alvus facile, nec tuto, resolvitur, quique facile inhorrescunt: perpetuum in omnibus non est, cum potius naturale sit, potione æstuantem stomachum refrigerari. Quod ita præcipio, ut tamen fatear, ne ex hac quidem causa sudanti adhuc frigidum bibendum esse. Solet etiam prodesse, post varium cibum, frequentesque dilutas potiones, vomitus, et postero die longa quies, deinde modica exercitatio. Si assidua fatigatio urget, invicem modo aqua, modo vinum bibendum est, raroque balneo utendum. Levatque lassitudinem etiam laboris mutatio: eumque, quem novum genus ejusdem laboris pressit, id, quod in consuetudine est, reficit. Fatigato quotidianum cubile tutissimum est. Lassat enim quod contra consuetudinem seu molle, seu durum est. Proprie

even considered it bad for those coming from the bath; which is true in those in whom the bowels are easily and not safely relaxed, and who easily shiver: it is not general in all persons, although it is rather natural that a heated stomach should be cooled by drink. Which I so direct that, however, I confess that not even from this cause it should be drunk cold, by a person still sweating. A vomit also is accustomed to be of service after a varied food, and copious diluted drinks; long rest on the following day, afterwards moderate exercise. If constant fatigue oppresses, sometimes water, sometimes wine, is to be drunk alternately, and he is seldom to make use of the bath. Also a change of labour relieves lassitude: and that which is customary refreshes him, whom a new description of the same labour has overcome. The daily couch is very safe to a person who is fatigued: for that which is either soft or hard, contrary to custom, wearies. Some things peculiarly relate to

quædam ad eum pertinent, qui ambulando fatigatur. Hunc reficit in ipso quoque itinere frequens frictio; post iter, primum sedile, deinde unctio: tum calida aqua in balneo magis superiores partes, quam inferiores, foveat. Si quis vero exustus in sole est, huic in balneum protinus eundum, perfundendumque oleo corpus et caput; deinde in solium bene calidum descendendum est; tum multa aqua per caput infundenda, prius calida, deinde frigida. At ei, qui perfrixit, opus est in balneo primum involuto sedere, donec insudet; tum ungi; deinde lavari: cibum modicum, portiones meracas assumere. Is vero, qui navigavit, et nausea pressus est, si multam bilem evomuit, vel abstinere cibo debet, vel paulum aliquid assumere: si pituitam acidam effudit, utique sumere cibum, sed assueto leviolem: si sine vomitu nausea fuit, vel abstinere, vel post

dam propriè pertinent ad eum qui fatigatur ambulando. Frequens frictio quoque in itinere ipso, reficit hunc; post iter, primum sedile, deinde unctio; tum foveat calidâ aquâ in balneo superiores magis, quam inferiores partes. Verò si quis exustus est in sole, protinùs eundum huic in balneum, quæ corpus et caput est perfundendum oleo; deinde descendendum est in solium bene calidum, tum multa aqua, priùs calida, deinde frigida infundenda per caput. At opus est ei, qui perfrixit, primum sedere involuto, in balneo donec insudet; tum ungi; deinde lavari; assumere modicum cibum, meracas portiones. Verò is, qui navigavit, et est pressus nausea, si evomuit multam bilem, debet vel abstinere cibo, vel assumere aliquid paulum; si effudit acidam pituitam, utique sumere cibum, sed leviolem assueto: si fuit nausea sine vomitu, vel abstinere, vel vo-

him who is fatigued by walking; frequent friction, even during the journey itself, refreshes him; after the journey, first of all sitting down, afterwards unction; then let him foment with warm water, in a bath, his upper more than his lower parts. But if any one has been scorched in the sun, he must immediately go into the bath, and bathe his body and head with oil; then he must go down into the solium sufficiently hot; then much water, first warm, afterwards cold, is to be poured over the head. It is necessary for him who has been much chilled, first to sit wrapped up in the bath until he sweats, then to be anointed, afterwards to be washed; to take moderate food and undiluted drinks. But he that has been sailing, and has been troubled with nausea, if he has thrown up much bile, ought either to abstain from food or to take but little of it: if he has brought up acid phlegm, he should especially take food, but lighter than usual; if there has been nausea without

mere post cibum. Verò nihil currendum, sed lente ambulandum est huic, qui sedit toto die, vel in vehiculo, vel in spectaculis: quoque lenta mora in balneo, dein exigua cæna consueverunt prodesse. Si quis æstuat in balneo, acetum exceptum ore, et retentum in eo reficit hunc; si non est id, frigida aqua assumpta eodem modo.

Autem ante omnia quisque norit naturam sui corporis: quoniam alii sunt graciles, alii obesi; alii calidi, alii frigidiores, alii humidi, alii sicci; adstricta alvus exercet alios, resoluta (alvus) alios: raro quisquam non habet aliquam partem corporis imbecillam. Verò tenuis homo debet implere se, plenus extenuare se; calidus refrigerare, frigidus calefacere; madens siccare, siccus madefacere; que item is debet firmare alvum, cui fusa; is solvere, cui est adstricta: que semper succurrendum est parti maxime laboranti.

cibum vomere. Qui vero toto die, vel in vehiculo, vel in spectaculis sedit, huic nihil currendum, sed lente ambulandum est: lenta quoque in balneo mora, dein cæna exigua prodesse consueverunt. Si quis in balneo æstuat, reficit hunc ore exceptum, et in eo retentum acetum: si id non est, eodem modo frigida aqua assumpta.

Ante omnia autem norit quisque naturam sui corporis: quoniam alii graciles, alii obesi sunt; alii calidi, alii frigidiores; alii humidi, alii sicci; alios adstricta, alios resoluta alvus exercet: raro quisquam non aliquam partem corporis imbecillam habet. Tenuis vero homo implere se debet, plenus extenuare, calidus refrigerare, frigidus calefacere, madens siccare, siccus madefacere: itemque alvum firmare is, cui fusa; solvere is, cui adstricta est: succurrendumque semper parti maxime laboranti est.

vomiting, he should either abstain, or vomit after his meal. He must not run at all, but walk gently, who has sat all the day, either in a chariot or in a theatre; a little stay in the bath, afterwards a slight supper, are accustomed to be advantageous. If a person becomes hot in the bath, vinegar taken into the mouth, and kept there, refreshes him; if that is not at hand, cold water taken in a similar manner.

But before all things, every one should know the constitution of his body; because some are slender, others fat: some are hot, others colder; some moist, others dry: a constipated belly troubles some, a relaxed state others; it is seldom that any person has not some part of his body weak. But a thin man ought to fill himself; the plethoric to reduce himself; the hot one to cool himself; the chilly to warm himself; the humid to dry himself; the dry to moisten; and he should bind the bowels, in whom they are relaxed; he should relax them, in whom they are bound; and always relief is to be given to the part suffering most.

Implet autem corpus modica exercitatio, frequentior quies, unctio, et si post prandium est, balneum, contracta alvus, modicum frigus hieme, somnus et plenus et non nimis longus, molle cubile, animi securitas, assumpta per cibos et potiones maxime dulcia et pingua, cibus et frequentior et quantus plenissimus potest concoqui. Extenuat corpus aqua calida, si quis in eam descendit, magisque si salsa est; in jejuno balneum, inurens sol et omnis calor, cura, vigilia, somnus nimium vel brevis vel longus; lectus, per æstatem, terra; hieme, durum cubile; cursus, multa ambulatio, omnisque vehemens exercitatio, vomitus, dejectio, acidæ res et austeræ, et semel die assumptæ, et vini non perfrigidi potio jejuno in consuetudinem adducta.

Cum vero inter extenuantia posuerim vomitum et dejectionem, de his quoque propriè quædam

Autem modica exercitatio implet corpus, frequentior quies, unctio, et balneum si est post prandium, contracta alvus, modicum frigus hieme, somnus et plenus, et non nimis longus, molle cubile, securitas animi, maxime dulcia et pingua assumpta per cibos et potiones, cibus et frequentior, et quantus plenissimus potest concoqui. Calida aqua extenuat corpus, si quis descendit in eam, que magis si est salsa: balneum in jejuno, inurens sol et omnis calor, cura, vigilia, somnus vel nimium brevis vel longus; lectus terrâ, per æstatem; durum cubile, hieme; cursus, multa ambulatio, que omnis vehemens exercitatio, vomitus, dejectio, acidæ et austeræ res, et assumptæ semel die, et potio vini non perfrigidi adducta in consuetudinem jejuno.

Vero cum posuerim vomitum et dejectionem inter extenuantia, quædam sunt

Moderate exercise fattens the body, (likewise) more frequent rest, unction, and the bath, if it be after dinner; constipated bowels, moderate cold in the winter, sleep sound, but not too protracted, a soft couch, tranquillity of mind, particularly sweet and fat things taken by food and drinks; a meal both more frequent and as full an one as can possibly be digested. Warm water extenuates the body if any one goes into it, and especially if it be salt: (also) a bath, in a person fasting, a scorching sun, and all heat, care, watching, sleep, either too short or excessive; lying on the ground during summer; a hard couch in the winter; running, much walking, and all violent exercise, purging, acid and austere things taken once a day, and a drink of wine not very cold, brought into a habit, by a person fasting.

But although I have placed vomiting and purging amongst the extenuants, some remarks are particularly to be enumerated concerning

propriè dicenda de his quoque. Video vomitum esse rejectum ab Asclepiade, in eo volumine, quod composuit de tuendâ sanitate; neque reprehendo, si est offensus consuetudine eorum, qui ejiciendo quotidie moliantur facultatem vorandi. Etiam processit paulò longiùs: idem quoque expulit purgationes eodem volumine. Et eæ sunt perniciosæ, si fiunt nimis valentibus medicamentis. Sed tamen non est perpetuum, hæc esse submovenda: quia ratio corporum que temporum, potest facere ea necessaria, dum adhibeantur, et modo, et non nisi cum est opus. Ergo ille ipse confessus est, debere expelli, si esset quid jam corruptum: ita res non est condemnanda ex toto. Sed etiam possunt esse plures causæ ejus; que quædam paulò subtilior observatio est adhibenda in eâ. Vomitus est utilior hieme, quam æstate; nam tum, et plus pituitæ, et major gravitas

dicenda sunt. Rejectum esse ab Asclepiade vomitum in eo volumine, quod de tuendâ sanitate composuit, video; neque reprehendo, si offensus eorum est consuetudine, qui quotidie ejiciendo vorandi facultatem moliantur. Paulo etiam longius processit: idem purgationes quoque eodem volumine expulit. Et sunt eæ perniciosæ, si nimis valentibus medicamentis fiunt. Sed hæc tamen submovenda esse, non est perpetuum; quia corporum temporumque ratio potest ea facere necessaria, dum et modo, et non nisi cum opus est, adhibeantur. Ergo ille quoque ipse, si quid jam corruptum esset, expelli debere confessus est; ita non ex toto res condemnanda est. Sed esse ejus etiam plures causæ possunt; estque in eâ quædam paulo subtilior observatio adhibenda. Vomitus utilior est hieme, quam æstate: nam tum et pituitæ plus, et capitis

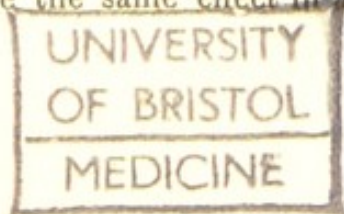
them. I observe that vomiting was excluded by Asclepiades, in that volume which he wrote on the preservation of health; nor do I blame him, if he was displeased with the custom of those, who by evacuating daily, endeavoured to acquire a power of gluttonising. He has even gone somewhat further; the same person has also rejected purgings in the same volume. Even these are injurious, if they are procured by too powerful medicines. However it is not a general rule that they are to be laid aside, because the nature of bodies, and periods, may render them necessary, provided that they are employed in moderation, and only when there is necessity. Even he himself has confessed that it ought to be expelled, if there was anything corrupted; therefore the practice is not to be condemned altogether. There may be many occasions for it, and a somewhat nicer observation is to be employed in it.

Vomiting is more useful in winter than in summer; for then there is more phlegm, and greater heaviness of the head is present. It is injurious

gravitas major subest. Inutilis est gracilibus, et imbecillum stomachum habentibus: utilis plenis et biliosis omnibus, si vel nimium se replerunt, si parum concoxerunt. Nam, sive plus est, quam quod concoqui possit, periclitari ne corrumpatur, non oportet: sive corruptum est, nihil commodius est, quam id, qua via primum expelli potest, ejicere. Itaque, ubi amari ructus cum dolore et gravitate præcordiorum sunt, ad hunc protinus confugiendum est. Idem prodest ei, cui pectus æstuat, et frequens saliva, vel nausea est; aut sonant aures, aut madent oculi, aut os amarum est: similiterque ei, qui vel cælum, vel locum mutat; iisque, quibus, si per plures dies non vomuerunt, dolor præcordia infestat. Neque ignoro, inter hæc præcipi quietem: quæ non semper contingere potest agendi necessitatem habentibus; nec in omnibus

capitis subest. Est inutilis gracilibus, et habentibus imbecillum stomachum; utilis plenis et omnibus biliosis, si vel replerunt se nimium, vel concoxerunt parum. Nam sive est plus quam quod possit concoqui, non oportet periclitari, ne corrumpatur; sive est corruptum, nihil est commodius, quam ejicere id, viâ, quâ potest primum expelli. Itaque ubi sunt amari ructus cum dolore et gravitate præcordiorum, protinus confugiendum est ad hunc. Idem prodest ei, cui pectus æstuat, et est frequens saliva, vel nausea; aut aures sonant, aut oculi madent, aut os est amarum; que similiter ei, qui mutat vel cælum; vel locum; que iis, quibus dolor infestat præcordia, si non vomuerunt per plures dies. Neque ignoro quietem præcipi inter hæc: quæ non potest semper contingere, habentibus necessitatem agendi; nec facit idem in omnibus. Itaque

to the slender, and to those having a weak stomach; useful to the plethoric and all bilious persons, if either they have filled themselves too much or have concocted imperfectly. For whether there is more than can be digested, it is not proper to risk lest it be corrupted; or if there is anything corrupted, nothing is more proper than to eject it by the channel through which it can earliest be expelled. Therefore, when there are bitter eructations, with pain and heaviness of the præcordia, we must immediately have recourse to it. The same is good for him, whose breast is heated, and there is frequent spitting or nausea; or the ears ring, the eyes are covered with a humour; or the mouth is bitter; and likewise for him who changes air or situation; and to those in whom pain attacks the præcordia, if they have not vomited for many days. I am not ignorant that rest is prescribed under such circumstances, which cannot always be had by those who are under a necessity of stirring about; nor does it produce the same effect in all. Also I admit that



confiteor non oportere istud fieri causâ luxuriæ; credo experimentis interdum recte fieri causâ valetudinis; cum eo tamen ut ne quis habeat hoc quotidianum, qui volet valere et senescere. Qui volet vomere post cibum, si facit ex facili, debet ante assumere tepidam aquam tantum; si difficilius, adjicere aquæ vel paulum salis vel mellis. At qui est vomiturus mane, debet ante bibere mulsum, vel hyssopum aut esse radiculam; deinde bibere tepidam aquam ut est supra scriptum. Omnia cætera, quæ antiqui medici præceperunt, infestant stomachum. Post vomitum, si stomachus est infirmus paulum cibi, sed hujus idonei, gustandum, et tres cyathi frigida aquæ sunt bibendi; nisi tamen vomitus exasperavit fauces. Qui vomuit, si fecit id mane, debet ambulare, tum ungi, deinde cænare; si post cænam, lavari poste-

idem facit. Itaque istud luxuriæ causa fieri non oportere confiteor; interdum valetudinis causa recte fieri, experimentis credo; cum eo tamen, ne quis, qui valere et senescere volet, hoc quotidianum habeat. Qui vomere post cibum volet, si ex facili facit, aquam tantum tepidam ante debet assumere; si difficilius, aquæ vel salis, vel mellis paulum adjicere. At qui mane vomiturus est, ante bibere mulsum vel hyssopum, aut esse radiculam debet; deinde, aquam tepidam, ut supra scriptum est, bibere. Cætera, quæ antiqui medici præceperunt, stomachum omnia infestant. Post vomitum, si stomachus infirmus est, paulum cibi, sed hujus idonei, gustandum, et aquæ frigida cyathi tres bibendi sunt; nisi tamen vomitus fauces exasperavit. Qui vomuit, si mane id fecit, ambulare debet, tum ungi, deinde cænare: si post cænam,

it should not be practised for the sake of indulgence; but I believe from experience, that it is sometimes practised for the advantage of health; with this proviso, however, that no one should have it daily, who wishes to enjoy good health and to grow old. A person who desires to vomit after a meal, if he does it easily, ought previously to take some warm water only; if with greater difficulty, to add to the water either a little salt or honey. He who is about to vomit in the morning, should previously drink hydromel, or hyssop, or eat radish; then drink warm water, as was above ordered. All the other things, which the ancient physicians prescribed, injure the stomach. After the vomiting, if the stomach is weak, a little food, but of proper quality, is to be taken, and three glasses of cold water are to be drunk, unless the vomiting has irritated the fauces. He who has vomited, if he has done so in the morning, ought to walk, then be anointed, afterwards sup; if he has done so after supper, to be washed on the follow-

postero die lavari, et in balneo sudare. Huic proximus cibus mediocris utilior est; isque esse debet cum pane hesterno, vino austero meraco, et carne assa, cibusque omnibusquam siccissimis. Qui vomere bis in mense vult, melius consulat, si biduo continuarit, quam si post quintumdecimum diem vomuerit; nisi hæc mora gravitatem pectori faciet. Dejectio autem medicamento quoque petenda est, ubi venter suppressus parum reddit, ex eoque inflationes, caligines, capitis dolores, aliaque superioris partis mala increscunt. Quid enim inter hæc adjuvare possunt quies et inedia, per quæ illa maxime eveniunt? Qui deicere volet, primum cibus vinisque utatur iis, quæ hoc præstent; dein, si parum illa proficient, aloën sumat. Sed purgationes quoque, ut interdum necessariae sunt, sic, ubi frequentes sunt, periculum afferunt. Assuescit enim

ro die, et sudare in balneo. Proximus cibus est utilior huic mediocris; que is debet esse cum hesterno pane, austero meraco vino, et assa carne, que omnibus cibusquam siccissimis. Qui vult vomere bis in mense, consulat melius, si continuarit biduo, quam si vomuerit post quintumdecimum diem; nisi hæc mora faciet gravitatem pectori. Autem quoque dejectio est petenda medicamento, ubi suppressus venter reddit parum, que ex eo, inflationes, caligines, dolores capitis, que alia mala superioris partis increscunt. Enim inter hæc, quid possunt quies et inedia adjuvare, per quæ illa maximè eveniunt? Qui volet deicere, primum utatur iis cibus que vinis, quæ præstent hoc; dein, si illa parum proficient, sumat aloën. Sed quoque purgationes, ut sunt interdum necessariae, sic ubi sunt frequentes, afferunt periculum. Enim corpus assues-

ing day, and to sweat in the bath. The next meal is better for him moderate in quantity; and he ought to eat it with yesterday's bread, rough and pure wine, roasted meat, and all the food of the driest kind. He who chooses to vomit twice a month, will do better for himself if he continues it during two days, than if he vomited after the fifteenth day, unless this delay should produce heaviness on the chest. Purgings also is to be procured by medicine, when a costive belly evacuates little, and from that, flatulencies, dimness of sight, pains in the head, and other disorders of the upper parts of the body increase. For with these, what can rest or fasting benefit, by means of which they principally arise? Let him who wants to be relaxed, first use those kinds of food and wine which produce that effect; afterwards, if they are of little avail, let him take aloes. But purgings also, although they are sometimes necessary, yet when frequent, bring danger; for the body is accustomed not to receive nourishment, when there is a weak

cit non ali, cum sit infirmitas maximè obnoxia omnibus morbis. Autemunctio calefacit, salsa aqua, que magis si est calida, omnia salsa, amara, carnosae, et si est post cibum, balneum, austerum vinum. Et balneum refrigerat in jejuno, et somnus, nisi est nimis longus, et omnia acida, aqua quam frigidissima; oleum, si miscetur aquâ. Autem major labor, quam ex consuetudine efficit corpus humidum, frequens balneum, plenior cibus, multa potio; post hæc, ambulatio et vigilia; quoque multa et vehemens ambulatio per se; et cibus non protinùs adjectus matutinæ exercitationi; ea genera escæ quæ veniunt ex frigidis, et pluviis, et irriguis locis. Contra modica exercitatio siccatur, fames, unctio sine aquâ, calor, modicus sol, frigida aqua, cibus statim subjectus exercitationi, et is ipse veniens ex siccis et æstuosis locis.

non ali corpus; cum omnibus morbis obnoxia maxime infirmitas sit. Calefacit autem unctio, aqua salsa, magisque si calida est, omnia salsa, amara, carnosae, si post cibum est, balneum, vinum austerum. Refrigerat in jejuno et balneum, et somnus, nisi nimis longus est, et omnia acida; aqua quam frigidissima: oleum, si aqua miscetur. Humidum autem corpus efficit labor major, quam ex consuetudine, frequens balneum, cibus plenior, multa potio; post hæc, ambulatio et vigilia: per se quoque ambulatio multa et vehemens, et matutinæ exercitationi non protinus cibus adjectus: ea genera escæ, quæ veniunt ex locis frigidis, et pluviis, et irriguis. Contra siccatur modica exercitatio, fames, unctio sine aquâ, calor, sol modicus, frigida aqua, cibus exercitationi statim subjectus, et is ipsa ex siccis et æstuosis locis veniens.

state most liable to all sorts of diseases. Anointing makes the body warm, (likewise) salt water, more so if it be hot, all salt, bitter, fleshy things, and if it is after a meal, the bath and rough wine. The bath is cooling with an empty stomach, also sleep, if not too long, and all sour things; water as cold as possible, and oil if it is mixed with water. But greater labour than usual, renders the body humid, also a frequent bath, more copious food, (and) much drink; after these, walking and watching; likewise much and powerful exercise by itself, and food not immediately added to the morning exercise; also those kinds of food which come from cold, rainy, and watered districts. On the contrary, moderate exercise causes dryness, also fasting, anointing without water, heat, moderate exposure to the sun, cold water, food immediately given after exercise; and that food coming from dry and hot climates.

Alvum adstringit labor, sedile, creta figularis corpori illita, cibus imminutus, et is ipse semel die assumptus ab eo, qui bis solet; exigua potio, neque adhibita, nisi cum cibi quis quantum assumpturus est, cepit; post cibum quies. Contra solvit aucta ambulatio atque esca, motus qui post cibum est, subinde potiones cibo immixtæ. Illud quoque scire oportet, quod ventrem vomitus solutum comprimit, compressum solvit: itemque comprimit is vomitus, qui statim post cibum est; solvit is, qui tarde supervenit.

Quod ad ætates vero pertinet, inedia facillime sustinent mediæ ætates, minus juvenes, minime pueri et senectute confecti. Quo minus fert facile quisque, eo sæpius debet cibum assumere; maximeque eo eget, qui increscit. Calida lavatio et pueris et senibus apta est. Vinum dilutius pueris,

Labor adstringit alvum sedile, figularis creta illita corpori, imminutus cibus, et is ipse assumptus semel die ab eo, qui solet (sumere) bis; exigua potio, neque adhibita, nisi cum quis cepit cibi quantum est assumpturus; quies post cibum. Contra aucta ambulatio atque esca solvit, motus qui est post cibum, potiones, subinde immixtæ cibo. Quoque oportet scire illud, quod vomitus comprimit solutum ventrem, solvit compressum que item, is vomitus, qui est statim post cibum, comprimit; is qui supervenit tardè, solvit.

Verò quod pertinet ad ætates, mediæ ætates sustinent inedia facillimè, juvenes minùs, pueri et confecti senectute minime. Quo minus faciliè quis fert, eò sæpiùs debet assumere cibum; que qui, increscit, maximè eget eo. Calida lavatio est apta et pueris, et senibus. Vinum dilutius

Labour binds the belly, (likewise) sitting still, potter's chalk rubbed on the body, diminished food, and that taken once a day by him who is accustomed to take it twice, little drink, nor taken until one has eaten as much food as he was about to take, also rest after food. On the contrary, increased walking and food relaxes, motion which is after meat, drinks frequently mixed with the food. It is also necessary to know, that a vomit binds a relaxed belly, relaxes a bound one, and likewise that the vomit which immediately follows food, binds, the one which comes some time after, relaxes.

But as regards ages, the middle ages bear hunger most easily, young men not so well, boys and persons worn out by old age least. The less easily any one bears it, so much the oftener he ought to take food, and he who is growing particularly requires it. Warm bathing is proper both for boys and old men. Wine more diluted is fitted for boys, more pure for

pueris, meracius senibus, quæ movent inflationes neutri ætati. Minus interest juvenum, quæ assumant, et quomodo curentur. Alvus plerumque contrahitur in senectute quibus juvenibus fluxit; sæpe solvitur in senectute, quibus fuit adstricta in adolescentiâ. Autem fusior est melior juvene, adstrictior in sene.

Quoque oportet considerare tempus anni. Convenit esse plus hieme; bibere minus, sed meracius; uli multo pane, carne potius elixâ, oleribus modicè; capere cibum semel die, nisi si venter est nimis adstrictus. Si aliquis prandet, est utilius sumere aliquid exiguum et ipsum siccum sine carne, sine potione. Eo tempore anni, potius utendum est omnibus calidis, vel moventibus calorem. Venus tum non est æquè perniciosa. At vere paulum demendum cibo, que adjiciendum potioni, sed tamen bibendum

senibus meracius, neutri ætati, quæ inflationes movent. Juvenum minus, quæ assumant, et quomodo curentur, interest. Quibus juvenibus fluxit alvus, plerumque in senectute contrahitur; quibus in adolescentia fuit adstricta, sæpe in senectute solvitur. Melior est autem in juvene fusior, in sene adstrictior.

Tempus quoque anni considerare oportet. Hieme plus esse convenit; minus, sed meracius bibere; multo pane uti, carne potius elixa, modice oleribus; semel die cibum capere, nisi si nimis venter adstrictus est. Si prandet aliquis, utilius est exiguum aliquid, et ipsum siccum sine carne, sine potione sumere. Eo tempore anni calidis omnibus potius utendum est, vel calorem moventibus. Venus tum non æque perniciosa est. At vere paulum cibo demendum, adjiciendumque potioni, sed dilutius

old men; but such as cause flatulencies are fitted for neither age. It is of less consequence to young men what they take, and how they may be treated. The belly is generally bound, in old age, in those in whom when young it was relaxed; it is often relaxed, in old age, in those in whom it was bound during youth. But a more relaxed belly is better for the young, better more constipated in the old man.—It is also necessary to consider the season of the year. It is proper to eat more in winter, to drink less, but more pure, to use much bread, flesh, rather boiled, and greens in moderation; to take food once a day unless the belly is too much constipated. If one dines, it is better to take some trifling thing, and that itself dry, without flesh, and without drink. At that season of the year he must rather use all warm things, or such as promote heat. Venery then is not so injurious. But in the spring a little is to be withdrawn from the food and added to the drink, but

tamen bibendum est; magis carne utendum, magis oleribus; transeundum paulatim ad assa ab elixis. Venus eo tempore anni tutissima est. Æstate vero et potione et cibo sæpius corpus eget; ideo prandere quoque commodum est. Eo tempore aptissima sunt et caro et olus; potio quam dilutissima, ut et sitim tollat, nec corpus incendat; frigida lavatio, caro assa, frigidi cibi, vel qui refrigerent. Ut sæpius autem cibo utendum, sic exiguo est. Per autumnum vero, propter cœli varietatem, periculum maximum est. Itaque neque sine veste, neque sine calceamentis prodire oportet, præcipueque diebus frigidioribus, neque sub divo nocte dormire, aut certe bene operiri. Cibo vero jam paulo pleniore uti licet; minus, sed meracius bibere. Poma nocere quidam putant, quæ immodice toto die plerumque sic assumuntur, ne quid ex densiore cibo remittatur:

est dilutius; magis utendum carnibus magis oleribus, paulatim transeundem ab elixis ad assa. Venus est tutissima eo tempore anni. Verò æstate corpus eget et potione et cibo sæpius; ideò est commodum prandere quoque. Eo tempore et caro et olus sunt aptissima; potio quam dilutissima, ut et tollat sitim nec incendat corpus; frigida lavatio, assa calor, frigidi cibi, vel qui refrigerent. Autem ut utendum est cibo sæpius sic exiguo. Verò per autumnum, est maximum periculum, propter varietatem cœli. Itaque neque oportet prodire sine veste, neque sine calceamentis quæ præcipue frigidioribus diebus, neque dormire nocte sub divo, aut certè bene operiri. Vero jam licet uti paulò pleniore cibo; bibere minus sed meracius. Quidam putant poma nocere, quæ plerumque assumuntur toto die sic immodicè, ne quid remittatur ex densiore cibo: ita non

nevertheless it must be drunk more diluted; he must make more use of flesh and greens, and gradually change from boiled to roast. Venery is most safe in that season of the year. But in summer the body requires meat and drink more frequently, therefore, it is better to dine also. In that season both flesh and greens are most proper, drink as diluted as possible, that it may both remove the thirst, and may not heat the body; cold bathing, roasted flesh, cold foods, or such as cool. But as we are to use food more frequently, so small in quantity. But during autumn there is the greater danger, on account of the changeableness of the air; therefore, it is proper to go out neither without a garment, nor without shoes, and especially on the colder days, nor to sleep by night in the open air, or, at least, to be well covered over. But now it is allowed to use somewhat more substantial food, to drink less, but more pure. Some imagine that fruits are injurious, which are generally taken all the day so immoderately, that nothing is abated from the more

hæc, sed consummatio omnium nocet. Ex quibus tamen, est minus noxæ in nullo, quam in his. Sed convenit uti his non sæpius, quam alio cibo. Denique est necessarium aliquid demi ex densiore cibo, cum hic accedit. Vero neque æstate, neque autumnus est venus utilis; tamen tolerabilior per autumnum; abstinendum est in totum æstate, si potest fieri.

IV. Proximum est, ut dicam de iis qui habent aliquas partes corporis imbecillas. Is, cui caput est infirmum si bene concoxerit, debet leniter perfricare id suis manibus mane; nunquam velare id veste, si potest fieri; tondere ad cutem; que utile vitare lunam, que maxime ante concursum ipsum lunæ que solis; sed nusquam post cibum. Si cui sunt capilli, (is debet) pectere eos quotidie; ambulare multum, sed, si licet, neque sub tecto, neque in sole; autem utique vitare

ita non hæc, sed consummatio omnium nocet. Ex quibus in nullo tamen minus, quam in his noxæ est. Sed his uti non sæpius quam alio cibo convenit. Denique aliquid densiori cibo, cum hic accedit, necessarium est demi. Neque æstate vero, neque autumnus utilis venus est; tolerabilior tamen per autumnum; æstate in totum, si fieri potest, abstinendum est.

IV. Proximum est, ut de iis dicam, qui partes aliquas corporis imbecillas habent. Cui caput infirmum est, is, si bene concoxerit, leniter perfricare id mane manibus suis debet; nunquam id, si fieri potest, veste velare; ad cutem tondere; utileque lunam vitare, maximeque ante ipsum lunæ solisque concursum; sed nusquam post cibum. Si cui capilli sunt, eos quotidie pectere; multum ambulare, sed, si licet, neque sub tecto, neque in sole; utique autem vitare

substantial food; so that not these, but the accumulation of all, is injurious; out of which things, however, there is less harm in none than in these. Yet, it is fit to use them not oftener than other food. Lastly, it is necessary that something should be abated from the more substantial food when this (article) is added. But neither in summer nor in autumn is venery useful; however, it is more to be allowed in autumn; it is to be abstained from entirely during summer, if it can be accomplished.

IV. The next thing is, that I should treat of those persons who have some parts of their body weak. He to whom the head is weak, if he has concocted well, should gently rub it with his hands in the morning; never cover it with a robe if it can be done; to be shaved close to the skin; and it is advantageous to avoid exposure to the moon, and especially before her conjunction with the sun, but in no case after food. If one has hairs, he should comb them daily; walk much, and if possible, neither under covering, nor in the sun: but especially to avoid the heat of the sun, particularly after

solis ardorem, maximeque post cibum et vinum; potius ungi, quam lavari; nunquam ad flammam ungi, interdum ad prunam. Si in balneum venit, sub veste primum paulum in tepidario insudare, ibi ungi, tum transire in calidarium; ubi sudarit, in solium non descendere, sed multa calida aqua per caput se totum perfundere, tum tepida, deinde frigida; diutiusque ea caput, quam cæteras partes perfundere; deinde id aliquamdiu perfricare; novissime detergere et ungere. Capiti nihil æque prodest atque aqua frigida: itaque is, cui hoc infirmum est, per æstatem id bene largo canali quotidie debet aliquamdiu subjicere. Semper autem, etiamsi sine balneo unctus est, neque totum corpus refrigerare sustinet, caput tamen aqua frigida perfundere. Sed cum cæteras partes attingi nolit, demittere id, ne ad cervices aqua descendat; eāque,

ardorem solis, que maximè post cibum et vinum; ungi potiùs quam lavari; nunquam ungi ad flammam, interdum ad prunam. Si venit in balneum, primum paulum insudare sub veste in tepidario; ibi ungi, tum transire in calidarium; ubi sudarit, non descendere in solium, sed perfundere se totum per caput multâ calidâ aquâ, tum tepidâ, deinde frigidâ; que perfundere caput eâ diutius, quam cæteras partes; deinde aliquamdiu perfricare id; novissime detergere et ungere. Nihil æquè prodest capiti atque frigida aqua: itaque is, cui hoc est infirmum, per æstatem, debet quotidie aliquamdiu subjicere id bene largo canali. Autem si est unctus sine balneo, neque sustinet refrigerare totum corpus, tamen semper perfundere caput frigidâ aquâ. Sed cum nolit cæteras partes attingi, demittere id ne aqua descendat ad cervices; que

food and wine. To be anointed rather than bathed; never to be anointed before a flaming fire, sometimes before live coals. If he comes to the bath, first to sweat a little under his clothes in the tepidarium, there to be anointed, then to pass into the calidarium; when he has sweated, not to descend into the solium, but to bathe himself entirely from over the head with warm water, then tepid, afterwards cold; and to bathe the head with it longer than the other parts: afterwards for some time to rub it; lastly, to wipe it dry and anoint. Nothing does so much good to the head as cold water; therefore, he to whom this is weak, during the summer, ought daily for some time to hold it under a pretty large stream. But if he is anointed without going into the bath, and cannot bear to cool his whole body, nevertheless, he should always bathe his head with cold water; but when he is unwilling that the other parts should be touched, he should bend his head downwards, lest the water may run down to the shoulders, and with his hands

manibus subinde regerere ad hoc eam defluentem, ne quid noceat oculis vel aliis partibus. Modicus cibus est necessarius huic, quem concoquat facillè; que is est assumendus etiam medio die, si caput læditur jejuno; si non læditur, potius semel. Expedit huic assidue bibere, dilutum, lene vinum magis, quam aquam; ut sit, quo confugiat, cum caput cæperit esse gravius; que neque vinum neque aqua ex toto, sunt semper utilia ei; utrumque est medicamentum, cum assumitur invicem. Non opus est huic scribere, legere, contendere voce, utique post cœnam; post quam ne quidem cogitatio est satis tuta ei; vomitus tamen est maxime alienius.

v. Verò usus frigidæ aquæ neque prodest his solis, quos imbecillitas capitis torquet; sed etiam iis, quos assiduæ lippitudines, gravedines, destillationes, que ton-

ne quid oculis, aliisve partibus noceat, defluentem subinde manibus ad hoc regerere. Huic modicus cibus necessarius est, quem facile concoquat; isque, si jejuno caput læditur, assumendus etiam medio die est; si non læditur, semel potius. Bibere huic assidue vinum dilutum, lene, quam aquam, magis expedit: ut, cum caput gravius esse cæperit, sit quo confugiat: eique ex toto neque vinum, neque aqua semper utilia sunt; medicamentum utrumque est, cum invicem assumitur. Scribere, legere, voce contendere, huic opus non est, utique post cœnam; post quam ne cogitatio quidem ei satis tuta est; maxime tamen vomitus alienus est.

v. Neque vero his solis, quos capitis imbecillitas torquet, usus aquæ frigidæ prodest; sed iis etiam, quos assiduæ lippitudines, gravedines, destillationes, tonsillæque

occasionally convey back to the head the water running down, that it may not injure the eyes or other parts. Spare diet is necessary for him, such as he can digest easily, and that is to be taken even in the middle of the day, if the head suffers from an empty stomach; if it is not injured by it, rather once. It is expedient for this person constantly to drink diluted weak wine, rather than water, that there may be something to which he may have recourse if the head begins to feel worse; and neither wine, nor water entirely, are always useful to him; each is a medicine when taken alternately. It is proper for this person neither to write, read, or debate, particularly after supper; after which not even thinking is very safe for him; vomiting, however, is particularly hurtful.

v. But the use of cold water does not benefit those alone whom weakness of the head distresses, but also those whom constant soreness of the eyes, heaviness in the head, catarrhs, and disordered tonsils afflict. But in

male habent. His autem non caput tantum quotidie perfundendum, sed os quoque multa frigida aqua fovendum est; præcipueque omnibus, quibus hoc utile auxilium est, eo utendum est, ubi gravius cælum Austri reddiderunt. Cumque omnibus inutilis sit post cibum aut contentio, aut agitatio animi; tum iis præcipue qui vel capitis vel arteriæ dolores habere consuerunt, vel quoslibet alios oris affectus. Vitari etiam gravedines, destillationesque possunt, si quam minime, qui his opportunus est, loca aquasque mutat; si caput in sole protegit, ne incendatur, neve subitum ex repentino nubilo frigus id moveat; si post concoctionem jejunos caput radit; si post cibum neque legit, neque scribit.

VI. Quem vero frequenter cila alvus exercet, huic opus est pila similibusque superiores partes exercere; dum jejunos est, ambulare;

sillæ male habent. Autem his non tantum caput est perfundendum quotidie, sed os quoque fovendum multâ frigidâ aquâ; que præcipuè utendum est eo omnibus, quibus hoc auxilium est utile, ubi Austri reddiderunt cælum gravius. Que cum aut contentio, aut agitatio animi sit inutilis omnibus post cibum; tum præcipuè iis, qui consuerunt habere dolores capitis vel arteriæ, vel quoslibet alios affectus oris. Etiam gravedines que destillationes possunt vitari, si qui est opportunus his, mutat quam minimè loca que aquas; si protegit caput in sole, ne incendatur, vel ne subitum frigus ex repentino nubilo moveat id; si jejunos radit caput post concoctionem; si neque legit, neque scribit post cibum.

VI. Verò opus est huic, quem cila alvus frequenter exercet, exercere superiores partes pilâ, que similibus; ambulare dum est jejunos;

these persons not only the head is to be bathed daily, but the mouth also is to be washed with much cold water: and it is especially to be used by all to whom this remedy is useful, when the south-winds have rendered the air more unwholesome. And as either debating or agitation of mind is injurious to all after food, it is especially so to those who are accustomed to have pains in the head or windpipe, or any disorders of the mouth; also, colds and catarrhs may be avoided, if he who is liable to them, changes as little as possible the air, places, and waters; if he covers his head in the sun, lest it may be overheated, or lest sudden cold from a sudden cloud may affect it; if fasting, he shaves his head after concoction; if he neither writes nor reads after a meal.

VI. But it is requisite for him whom a relaxed belly frequently troubles, to exercise his upper parts by the ball and the like; to walk, whilst he is

vitare solem, continua balnea; ungi citra sudorem; non uti variis cibis, que minimè jurulentis, aut leguminibus vel iis oleribus quæ descendunt celeriter; denique sumere omnia, quæ concoquuntur tardè. Venatio, quæ duri pisces et assa caro ex domesticis animalibus maxime juvant. Numquam expedit bibere salsum vinum, ne quidem tenue, aut dulce; sed austerrum et plenius, neque id quidem pervetus. Si volet uti mulso, id est faciendum ex decocto melle. Si frigidæ potiones non turbant ventrem ejus, utendum est his potissimum. Si sensit quid offensæ in cænâ debet vomere; quæ quoque facere id postero die: tertio esse panem modici ponderis ex vino, uvâ ex ollâ vel defruto adjectâ, quæ aliis similibus; deinde redire ad consuetudinem. Autem semper conquiescere post cibum, ac neque intendere animum,

vitare solem, continua balnea; ungi citra sudorem; non uti cibis variis, minimeque jurulentis, aut leguminibus, oleribusve iis, quæ celeriter descendunt; omnia denique sumere, quæ tarde concoquuntur. Venatio, durique pisces, et ex domesticis animalibus assa caro maxime juvant. Nunquam vinum salsum bibere expedit, ne tenue quidem, aut dulce; sed austerrum, et plenius, neque id ipsum pervetus. Si mulso uti volet, id ex decocto melle faciendum est. Si frigidæ potiones ventrem ejus non turbant, his utendum potissimum est. Si quid offensæ in cænâ sensit, vomere debet; idque postero quoque die facere; tertio, modici ponderis panem ex vino esse, adjecta uva ex olla, vel ex defruto, similibusque aliis; deinde ad consuetudinem redire. Semper autem post cibum conquiescere, ac neque intendere animum, neque

fasting; to avoid the sun, constant baths; to be anointed with sweating; not to use various foods, and by no means broths, or vegetables of the pulse kind, or those greens which pass through quickly; lastly, to take all things which are concocted tardily. Venison and hard fish, and the roasted flesh of the domestic animals are most useful. It is never fit to drink salt wine, not even the weak or sweet, but the austere, of a strong body, nor that itself very old. If he wishes to use hydromel, it must be made with boiled honey. If cold drinks do not disturb his belly, he must use them especially. If he has felt anything unpleasant at his supper, he ought to vomit, and also to do that on the following day; on the third, to eat bread, of moderate quantity, dipped in wine, potted grapes, or those from sweet must being added, and the like; afterwards he should return to his usual diet. But always to

ambulatione quamvis leni dimoveri.

VII. At si laxius intestinum dolere consuevit, quod colum nominant, cum id nihil nisi genus inflationis sit, id agendum est, ut concoquat aliquis, ut lectione, aliisque generibus exerceatur, utatur balneo calido, cibus quoque et potionibus calidis; denique omni modo frigus vitet, ita dulcia omnia leguminaque, et quidquid inflare consuevit.

VIII. Si quis vero stomacho laborat, legere clare debet; post lectionem ambulare; tum pila, vel armis, aliove quo genere, quo superior pars movetur, exerceri; non aquam, sed vinum calidum bibere jejunos; cibum bis die assumere, sic tamen, ut facile concoquat; uti vino tenui et austero, et post cibum frigidis potionibus potius. Stomachum autem infirmum indicant pallor, macies, præcordiorum

neque dimoveri ambulatione quamvis leni.

VII. *At si laxius intestinum quod nominant colum consuevit dolere, cum id sit nihil nisi genus inflationis id agendum est, ut aliquis concoquat, ut exerceatur lectione que aliis generibus, utatur calido balneo, quoque calidis cibus et potionibus; denique vitet frigus omni modo, ita omnia dulcia, que legumina et quidquid consuevit inflare.*

VIII. *Verò si quis laborat stomacho, debet legere clarè; ambulare post lectionem; tum exerceri pilâ vel armis vel quo alio genere, quo superior pars movetur; non jejunos bibere aquam, sed calidum vinum; assumere cibum bis die, sic tamen, ut facilè concoquat; uti tenui et austero vino, et potius frigidis potionibus post cibum. Autem pallor, macies, dolor præcordiorum, nausea, et vomitus nolentium,*

rest after, food and neither to apply the mind nor be moved by walking, however gentle.

VII. But if the more loose intestine which they call colon, is accustomed to be in pain, since that is nothing but a kind of flatulency, the practice to be pursued is, that a person should concoct duly, that he should be exercised by reading and other kinds of exercise, he should use the hot bath, also hot food and drinks; lastly, he should avoid cold in every way, likewise all sweet things, leguminous vegetables, and whatever is wont to cause flatulence.

VIII. But if anyone suffers in the stomach, he ought to read aloud; to walk after reading; then to be exercised with the ball or arms, or any other kind by which the upper part (of the body) is moved; not fasting, to drink water, but warm wine; to take food twice a day, in such a manner, however, that he may easily concoct it; to use thin and austere wine, and rather cold drinks after a meal. But paleness, emaciation, pain of the

dolor capitis in jejuno, indicant infirmum stomachum. Is est firmi stomachi in quo quæ non sunt. Neque utique credendum est nostris, qui cum in adversâ valetudine concupiverunt vinum aut frigidam aquam, habent patrocinium deliciarum, in accusationem non stomachi merentis. At qui concoquunt tardè, et quorum ideò præcordia inflantur, vel qui propter aliquem ardorem consueverunt sitire noctu, bibant duos vel tres cyathos per tenuem fistulam ante quam conquiescant. Etiam adversus tardam concoctionem prodest legere clarè deinde ambulare, tum vel ungi vel lavari, assidue bibere frigidum vinum, et magnam potionem post cibum, sed per siphonem ut supra dixi, deinde includere omnes portiones frigidâ aquâ. Verò is, cui cibus acescit, debet bibere egelidam aquam ante eum, et vomere: at si cui frequens

dolor, nausea, et nolentium vomitus, in jejuno dolor capitis. Quæ in quo non sunt, is firmi stomachi est. Neque credendum utique nostris est, qui, cum in adversa valetudine vinum aut frigidam aquam concupiverunt, deliciarum patrocinium in accusationem non merentis stomachi habent. At qui tarde concoquunt, et quorum ideo præcordia inflantur, quive propter ardorem aliquem noctu sitire consueverunt, ante quam conquiescant, duos tresve cyathos per tenuem fistulam bibant. Prodest etiam adversus tardam concoctionem clare legere, deinde ambulare, tum vel ungi vel lavari, assidue vinum frigidum bibere, et post cibum, magnam potionem, sed, ut supra dixi, per siphonem: deinde omnes portiones aqua frigida includere. Cui vero cibus acescit, is ante eum bibere aquam egelidam debet, et vomere: at si cui ex hoc frequens

præcordia, nausea, and involuntary vomiting, pain of the head in a person fasting, indicate a weak stomach. He possesses a strong stomach in whom these things do not exist. Nor, indeed, are we to believe our countrymen who, when in sickness they have longed for wine or cold water, bring forward, as an excuse for their pleasures, an accusation against the stomach undeserving it. But those who concoct slowly, and of whom the præcordia, therefore, are distended, or who on account of some heat, are accustomed to be thirsty at night, may drink two or three glasses, through a small pipe, before they go to rest. Also, against slow digestion, it is useful to read aloud, then to walk, then either to be anointed or bathed; constantly to drink cold wine, and a copious draught after a meal, but through a pipe, as I above mentioned; then to terminate all the drinks with cold water. But he to whom the food turns sour ought to drink lukewarm water before it, and to vomit;

dejectio incidit, quoties alvus ei constiterit, frigida potione potissimum utatur.

IX. Si cui vero dolere nervi solent, quod in podagra chiragra esse consuevit, huic, quantum fieri potest, exercendum id est, quod affectum est, objiciendumque labori et frigori; nisi cum dolor increvit; sub quo quies optima est. Venus semper inimica est; concoctio, sicut in omnibus corporis affectibus, necessaria. Cruditas enim id maxime lædit, et quoties offensum corpus est, vitiosa pars maxime sentit.

Ut concoctio autem omnibus vitiis occurrit, sic rursus aliis frigus, aliis calor: quæ sequi quisque pro habitu corporis sui debet. Frigus inimicum est seni, tenui, vulneri, præcordiis, intestinis, vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus, nervis, vulvæ, cerebro: idem summam cutem fa-

dejectio incidit ex hoc, quoties alvus constiterit ei, utatur frigida potione potissimum.

IX. *Verò si cui nervi solent dolere, quod consuevit esse in podagra, vel chiragra, id quod est affectum, est exercendum huic, quantum potest fieri, que objiciendum labori et frigori; nisi cum dolor increvit; sub quo quies est optima. Venus est semper inimica; concoctio est necessaria sicut in omnibus affectibus corporis. Enim cruditas maximè lædit id, et quoties corpus est offensum, vitiosa pars sentit maximè.*

Autem ut concoctio occurrit omnibus vitiis, sic rursus frigus aliis, calor aliis: quæ quisque debet sequi pro habitu sui corporis. Frigus est inimicum seni, tenui, vulneri, præcordiis, intestinis, vesicæ, auribus, coxis, scapulis, naturalibus, ossibus, dentibus, nervis, vulvæ, cerebro: idem facit summam cutem,

but if to any one frequent looseness occurs from this, as often as the bowel has become quiet to him, he should take cold drink especially.

IX. But if to any one the nerves are apt to become painful, which is accustomed to happen in foot-gout and hand-gout, the part which is affected is to be exercised by him, as much as it can possibly be done, and to be exposed to labour and cold, unless when the pain has increased, under which rest is best. Venery is always injurious; concoction is necessary, as in all other disorders of the body, for indigestion does most mischief; and as often as the body is deranged, the diseased part feels it most sensibly.—But as concoction arrests all diseases, so again cold some, heat others; which every one ought to pursue according to the quality of his body. Cold is injurious, to the old or the slender man, to a wound, the præcordia, intestines, bladder, ears, hips, shoulders, private parts, bones, neck, nerves, womb; the same makes

pallidam, aridam, duram, nigram, ex hoc horrores quetremores nascuntur. At prodest juvenibus, et omnibus plenis: que mens est erectior, et concoquitur melius, ubi quidem est frigus sed cavetur. Verò frigida aqua infusa præterquam capiti, etiam prodest stomacho: item articulis, que doloribus, qui sunt sine ulceribus, item nimis rubicundis hominibus, si vacant dolore. Autem calor adjuvat omnia, quæ frigus infestat: item lipientes, si sunt nec dolor, nec lacrimæ: quoque nervos, qui contrahuntur; que præcipue ea ulcera, quæ sunt ex frigore: idem facit bonum colorem corporis; movet urinam. Si est nimius, effæminat corpus, emollit nervos, solvit stomachum. Verò aut frigus aut calor sunt minimè tuta, ubi sunt subita insuetis. Nam frigus excitat dolores lateris, que alia vitia; frigida aqua strumas; calor prohibet concoctionem, au-

cit pallidam, aridam, duram, nigram; ex hoc horrores tremoresque nascuntur. At prodest juvenibus, et omnibus plenis: erectiorque mens est, et melius concoquitur, ubi frigus quidem est, sed cavetur. Aqua vero frigida infusa, præterquam capiti, etiam stomacho prodest: item articulis doloribusque, qui sunt sine ulceribus: item rubicundis nimis hominibus, si dolore vacant. Calor autem adjuvat omnia, quæ frigus infestat: item lipientes, si nec dolor, nec lacrimæ sunt; nervos quoque, qui contrahuntur; præcipueque ea ulcera, quæ ex frigore sunt: idem corporis colorem bonum facit: urinam movet. Si nimius est, corpus effæminat, nervos emollit, stomachum solvit. Minime vero aut frigus aut calor tuta sunt, ubi subita insuetis sunt. Nam frigus, lateris dolores, aliaque vitia; frigida aqua, strumas excitat: calor concoctionem pro-

the surface of the skin pale, dry, hard, black; from this rigors and tremors arise. But it is good for young men, and all plethoric people, and the mind is more clear, and digestion goes on better, when indeed there is cold, but it is guarded against. But cold water poured on, besides (benefiting) the head, does also good to the stomach; likewise to the joints, and pains which are without ulcers, also to persons who are too ruddy, if they are free from pain; but heat assists all things that cold injures: likewise the blear-eyed, if there is neither pain nor tears: it also relieves nerves which are contracted, and especially those ulcers which arise from cold; the same causes a good colour of the body, and excites the urine. If it is excessive, it enervates the body, softens the nerves, relaxes the stomach; but either heat or cold are by no means safe when they are sudden to those unaccustomed to them; for cold causes pains in the side and other disorders; cold water, strumous affections;

hibet, somnum aufert, sudore digerit, obnoxium morbis pestilentibus corpus efficit.

x. Est etiam observatio necessaria, qua quis in pestilentia utatur adhuc integer, cum tamen securus esse non possit. Tum igitur oportet peregrinari, navigare: ubi id non licet, gestari, ambulare sub divo, ante æstum leniter; eodemque modo ungi; et, ut supra comprehensum est, vitare fatigationem, cruditatem, frigus, calorem, libidinem: multoque magis se continere, si qua gravitas in corpore est. Tum neque mane surgendum, neque pedibus nudis ambulandum est, minimeque post cibum, aut balneum: neque jejuno, neque cœnato vomendum est: neque movenda alvus: atque etiam, si per se mota est, comprimenda est; abstinendum potius, si plenius corpus est. Itemque vitandum balneum, sudor, meridianus somnus, utique

fert somnum, digerit sudore, efficit corpus obnoxium pestilentibus morbis.

x. *Etiam est observatio necessaria, quâ quis adhuc integer utatur in pestilentia cum tamen non potest esse securus. Igitur tum oportet peregrinari, navigare; ubi id non licet, gestari, ambulare leniter sub divo, ante æstum; que ungi eodem modo: que, ut est comprehensum supra, vitare fatigationem, cruditatem, frigus, calorem, libidinem: que multo magis continere se, si est qua gravitas in corpore. Tum neque surgendum est mane, neque ambulandum nudis pedibus, que minimè post cibum, aut balneum; neque vomendum est jejuno, neque cœnato; neque alvus movenda; atque etiam, si est mota per se, est comprimenda: potius abstinendum, si corpus est plenius. Que item balneum vitandum, sudor, meridianus somnus, utique si cibis*

heat hinders concoction, prevents sleep, wastes away by sweating, and renders the body liable to pestilential disorders.

x. There is also observation necessary which any person still healthy should apply in a pestilence, when, however, he cannot be secure; therefore, at that time it is proper to travel and sail; when that cannot be done, to use gestation, to walk gently in the open air, before the heat of the day, and to be anointed in the same manner, and, as has been above directed, to avoid fatigue, indigestion, cold, heat, venery, and so much the more to restrict himself if there is any heaviness in the body. Then he should neither rise in the morning, nor walk with bare feet, and, least of all, after a meal, or the bath. Nor should he vomit with an empty stomach, nor after having supped, nor is his belly to be purged, and even if it is purged of itself, it is to be restrained. Abstinence should rather be observed if the patient is plethoric. Likewise, the bath is to be avoided, also sweating, mid-day sleep,

quoque antecessit; qui tamen tum assumitur commodius semel die: insuper modicus etiam, ne moveat cruditatem. Invicem alternis diebus, modò aqua, modo vinum est bibendum. Quibus servatis, debet mutari quam minimùm ex reliquâ consuetudine victûs. Verò cum hæc sint facienda in omni pestilentia, tum maxime in eâ, quam Austri excitarint. Atque etiam eadem sunt necessaria peregrinantibus, ubi gravi tempore anni discesserunt ex suis sedibus, vel ubi venerunt in graves regiones. Ac si aliqua res prohibebit cetera, utique debet abstinere; atque ita transitus (debet) esse ei a vino ad aquam, ab hac ad vinum eo modo qui supra positus est.

si cibus quoque antecessit; qui tamen semel die tum commodius assumitur; insuper etiam modicus, ne cruditatem moveat. Alternis diebus invicem, modo aqua, modo vinum bibendum est. Quibus servatis, ex reliqua victus consuetudine quam minimum mutari debet. Cum vero hæc in omni pestilentia facienda sint, tum in ea maxime, quam Austri excitarint. Atque etiam peregrinantibus eadem necessaria sunt, ubi gravi tempore anni discesserunt ex suis sedibus, vel ubi in graves regiones venerunt. Ac si cetera res aliqua prohibebit, utique abstinere debet: atque ita a vino ad aquam, ab hac ad vinum eo, qui supra positus est, modo, transitus ei esse.

especially if food has preceded it, which, however, is then more properly taken once a day, and, besides, moderate in quantity, lest it should create indigestion. Alternately, every other day, at one time water, at another time wine is to be drunk. Which things being observed, he should be changed as little as possible from the rest of his usual mode of living. And as these things are to be practised in every pestilence, so especially in that which the south winds shall have occasioned. And also the same rules are necessary for those taking journeys, when, at a sickly season of the year, they have left their homes, or when they have come into sickly countries. And if any other circumstances shall prevent them, yet it will be proper to live abstemiously, and thus a change (ought to be) from wine to water, from this to wine, in the manner that has been above laid down.

SECUNDUS LIBER.

SECOND BOOK.

INSTANTIS autem adversæ valetudinis signa complura sunt. In quibus explicandis non dubitabo auctoritate antiquorum virorum uti, maximeque Hippocratis; cum recentiores medici, quamvis quædam in curationibus mutarint, tamen hæc illum optime præsagisse fateantur. Sed antequam dico, quibus præcedentibus morborum timor subsit; non alienum videtur exponere, quæ tempora anni, quæ tempestatum genera, quæ partes ætatis, qualia corpora maxime tuta vel periculis opportuna sint, quod genus adversæ valetudinis in quoque timeri maxime possit. Non quod non omni tempore, in omni tempestatum genere, omnis ætatis omnis habitus homines, per omnia

Autem sunt complura signa instantis adversæ valetudinis. In explicandis quibus, non dubitabo uti auctoritate antiquorum virorum quæ maxime Hippocratis: cum recentiores medici, quamvis mutarint quædam in curationibus, tamen fateantur illum præsagisse hæc optime. Sed antequam dico quibus præcedentibus timor morborum subsit; videtur non alienum exponere, quæ tempora anni, quæ genera tempestatum, quæ partes ætatis, qualia corpora sint maxime tuta, vel opportuna periculis, quod genus adversæ valetudinis possit timeri maxime in quoque. Non quod homines omnis ætatis, omnis habitus, omni genere tempestatum, per omnia gene-

But there are very many signs of approaching bad health: in explaining which, I shall not hesitate to use the authority of ancient men and especially of Hippocrates; since later physicians, although they altered some things in their treatments, nevertheless confess that he presaged these very well. But before I say in what (things) preceding the fear of diseases exists, it appears not improper to explain, what times of the year, what kinds of weather, what periods of age, what bodies are the most safe, or liable to dangers, what kind of bad health may be feared most in each. Not because men of every age, of every habit, in every kind of weather, through all kinds of diseases are not both sick and die: but because some things however

ra morborum non et ægrotent et moriantur; sed quod quædam tamen eveniant frequentius; que ideo est utile unumquemque scire quid caveat maxime et quando.

1. *Igitur ver est saluberrimum, deinde proxime ab hoc hiems: æstas periculosior, autumnus longe periculosissimus. Vero ex tempestatibus, æquales sunt optimæ, sive frigidæ, sive calidæ; quæ variant maxime, pessimæ. Quo fit, ut autumnus opprimat plurimos. Nam fere est calor meridianis temporibus, frigus nocturnis atque matutinis simulque etiam vespertinis. Ergo corpus relaxatum et æstate et subinde meridianis caloribus, excipitur subito frigore. Sed ut id fit maxime eo tempore, sic quandocunque evenit est noxium. Autem ubi est æqualitas, sereni dies sunt saluberrimi; pulvii meliores quam tantum nebulosive nebuli: que hieme*

genera morborum et ægrotent et moriantur; sed quod frequentius tamen quædam eveniant; ideoque utile sit scire unumquemque, quid et quando maxime caveat.

1. Igitur saluberrimum ver est: proxime deinde ab hoc, hiems: periculosior æstas: autumnus longe periculosissimus. Ex tempestatibus vero optimæ æquales sunt, sive frigidæ, sive calidæ: pessimæ, quæ maxime variant. Quo fit, ut autumnus plurimos opprimat. Nam fere meridianis temporibus calor; nocturnis atque matutinis, simulque etiam vespertinis, frigus est. Corpus ergo, et æstate, et subinde meridianis caloribus relaxatum, subito frigore excipitur. Sed, ut eo tempore id maxime fit, sic, quandocunque evenit, noxium est. Ubi æqualitas autem est, tamen saluberrimi sunt sereni dies; meliores pluvii, quam tantum nebulosi, nubilive: optimique hieme, qui

happen more frequently; and therefore it is useful that every one should know what he should avoid chiefly and when.

1. Therefore spring is most wholesome; then next after that winter; summer is more dangerous; autumn by far the most dangerous. But of the weathers, the steady are the best, whether cold or hot; those which vary most are the worst. Whence it happens, that autumn overcomes very many. For generally there is heat at noon time, cold at night and morning times, and also in the evening. Therefore the body being relaxed both by summer and sometimes by mid-day heats, is seized suddenly with cold. But as that happens chiefly at that time, so whenever it happens it is injurious. But when there is equality, the clear days are the most healthy; the rainy better than only misty or cloudy: and in winter the best are those which are free from all wind; in summer, in which West winds blow. If there is another

omni vento vacant; æstate, quibus Favonii perflant. Si genus aliud ventorum est, salubriores Septentrionales, quam Subsolani vel Austri sunt: sic tamen hæc, ut interdum regionum sorte mutantur. Nam fere ventus ubique a mediterraneis regionibus veniens, salubris; a mari, gravis est. Neque solum in bono tempestatum habitu certior valetudo est; sed priores morbi quoque, si qui inciderunt, leviores sunt, et promptius finiuntur. Pessimum ægro cælum est, quod ægrum fecit; adeo ut in id quoque genus quod natura pejus est, in hoc statu salubris mutatio sit.

At ætas media tutissima est, quæ neque juventæ calore, neque senectutis frigore infestatur. Longis morbis senectus, acutis adolescentia magis patet. Corpus autem habilissimum quadratum est, neque gracile, neque obesum. Nam longa

optimi, qui vacant omnivento: æstate, quibus Favonii perflant. Si est aliud, genus ventorum, Septentrionales sunt salubriores quam Subsolani vel Austri; tamen hæc sic ut mutantur interdum sorte regionum. Nam fere ubique ventus veniens a mediterranei; regionibus est salubris; a mari, gravis. Neque valetudo certior solum in bono habitu tempestatum; sed priores morbi quoque si qui inciderunt sunt leviores, et finiuntur promptius. Cælum est pessimum, quod fecit ægrum; adeo ut in hoc statu, mutatio in id genus quoque, quod naturâ est pejus, est salubris.

At media ætas est tutissima, quæ infestatur neque calore juventæ, neque frigore senectutis. Senectus patet magis longis morbis, adolescentia acutis. Autem habilissimum corpus est quadratum, neque gracile neque obesum. Nam ut

kind of winds, the Northern are more wholesome than Eastern or South winds; however these things are so that they may be changed sometimes by the state of countries. For generally every where wind coming from inland countries is healthy; from the sea, unwholesome. Nor is health more sure only in a good state of weather; but former diseases also if any have happened are slighter, and are terminated more quickly. That climate is worst, which has made him sick; so that in this state, a change into that kind also, which in its nature is worse, is wholesome.

But middle age is the safest, which is troubled neither with the heat of youth, nor with the cold of old age. Old age is exposed more to chronic diseases, youth to acute. But the most suitable body is square, neither thin nor fat. For as a tall stature in youth is becoming, so in

longa statura in juventâ est decora, sic maturâ senectute conficitur; gracile corpus infirmum, obesum est hebes.

Tamen vere maxime, quæcunque novantur motu humoris, consuerunt esse in metu. Ergo tum lippitudines, pustulæ, profusio sanguinis, abscessus corporis, quæ Græci nominant (apostemata) atra bilis, quam appellant (melancholian) insania, comitialis morbus, angina, gravedines, destillationes solent oriri. Quoque ii morbi, qui modo urgent in articulis, que nervis, modo quiescunt, maxime cum et inchoantur et repetunt. At æstas quidem non vacat plerisque his morbis; sed adjicit febres vel continuas, vel ardentes, vel tertianas, vomitus, dejectiones alvi, dolores auricularum, ulcera oris, cancrus, et in cæteris partibus quidem, sed maxime in obscænis et quidquid resolvit hominem sudore. Vix quid-

statura, ut in juvenia decora est, sic matura senectute conficitur: gracile corpus infirmum, obesum hebes est.

Vere tamen maxime, quæcunque humoris motu novantur, in metu esse consuerunt. Ergo tum lippitudines, pustulæ, profusio sanguinis, abscessus corporis, quæ ἀποστήματα Græci nominant, bilis atra, quam μελαγχολίαν appellant, insania, morbus comitialis, angina, gravedines, destillationes oriri solent. Ii quoque morbi, qui in articulis nervisque modo urgent, modo quiescunt, cum maxime et inchoantur et repetunt. At æstas non quidem vacat plerisque his morbis; sed adjicit febres, vel continuas, vel ardentes, vel tertianas, vomitus, alvi dejectiones, auricularum dolores, ulcera oris, cancrus, et in cæteris quidem partibus, sed maxime obscænis; et quidquid sudore hominem resolvit. Vix quid-

mature old age it is wasted; a slender body is weak, a fat one is dull. —Yet in spring especially, whatever things are renewed by the motion of the humours, have been accustomed to be a source of alarm. Therefore then lippitudes, pustules, flow of blood, abscesses of the body, which the Greeks name apostemes, black bile, which they call melancholy, insanity, the comitial disease, quinsy, grave-does, and catarrhs are wont to arise. Also those diseases, which sometimes afflict in the joints and nerves, sometimes are quiet, especially then both begin and recur. But summer indeed is not free from most of these diseases; but adds fevers either continued, or violent, or tertian, vomitings, purgings of the bowels, pains of the ears, sores of the mouth, cancers, and in other parts indeed, but chiefly in the private parts and whatever relaxes the man by sweat. Scarcely any of these does not happen until autumn: but

quam ex his in autumnum non incidit : sed oriuntur quoque eo tempore febres incertæ, lienis dolor, aqua inter cutem, tabes, quam Græci φθίσις nominant; urinæ difficultas, quam στραγγουρίαν appellant; tenuioris intestini morbus, quem εἰλεὸν nominant; lævitas intestinorum, quæ λειεντερία vocatur; coxæ dolores, morbi comitiales. Idemque tempus et diutinis malis fatigatos, et ab æstate tantum proxima pressos interimit; et alios novis morbis conficit; et quosdam longissimis implicat, maximeque quartanis, quæ per hiemem quoque exercent. Neque aliud magis tempus pestilentiae patet, cujuscunque ea generis est; quamvis variis rationibus nocet. Hiems autem capitis dolores, tussim, et quidquid in faucibus, in lateribus, in visceribus mali contrahitur, irritat. Ex tempestatibus Aquilo tussim movet, fauces exasperat, ventrem adstringit, urinam

quam ex his non incidit in autumnum : sed eo tempore oriuntur quoque incertæ febres, dolor lienis, aqua inter cutem, tabes, quam Græci nominant (phthisis); difficultas urinæ, quam appellant (stranguriam) morbus tenuioris intestini, quem nominant (ileum); lævitas intestinorum, quæ vocatur (lienteria); dolores coxæ comitiales morbi. Que idem tempus interimit fatigatos diutinis malis, et pressos tantum a proximâ æstate; et conficit alios novis morbis; et implicat quosdam longissimis, quem maxime quartanis, quæ exercent quoque per hiemem. Neque aliud tempus magis patet pestilentiae, cujuscunque generis ea est; quamvis nocet variis rationibus. Autem hiems irritat dolores capitis, tussim, et quidquid mali contrahitur in faucibus, in lateribus, in visceribus. Ex tempestatibus, Aquilo movet tussim, exasperat fauces, adstringit ventrem, sup-

at that time arise also erratic fevers, pain of the spleen, water between the skin, consumption, which the Greeks name phthisis; difficulty of urine, which they call strangury; a disease of the thinner intestine, which they name ileum; also smoothness of the intestines, which is called lenteria; pains of the hip, comitial diseases. And the same season kills those worn out by long diseases, and those oppressed only by the last summer; and destroys others with new diseases; and affects some with very long ones, and especially with quartans, which may trouble also during the winter. Nor is any other season more exposed to pestilence, of whatever kind it is; although it hurts by various means. But winter excites pains of the head, cough, and whatever disease is contracted in the fauces, in the sides, in the viscera.

Of the weathers, the North wind excites cough, irritates the fauces,

primit urinam, excitat horrores, item dolores lateris et pectoris; tamen spissat sanum corpus, et reddit mobilius atque expeditius. Auster hebetat aures, tardat sensus, movet dolorem capitis, solvit alvum, efficit totum corpus hebes, humidum, languidum. Cæteri venti, quo propiores sunt vel huic vel illi, eo magis faciunt affectus vicinos hisve illis. Denique omnis calor inflammatur et jecur et lienem, hebetat mentem, efficit ut anima deficiat, ut sanguis prorumpat. Frigus infert modo distentionem nervorum, modo rigorem; illud nominatur Græce spasmus, hoc tetanus; excitat nigritiem in ulceribus, et horrores in febribus. In siccitatibus, acutæ febres, lippitudines, tormina, difficultas urinæ, dolores articulorum oriuntur. Per imbres, longæ febres, dejectiones alvi, angina, cancri, comitiales morbi, resolutio nervorum, quam Græci nominant (paralysin).

suppressit, horrores excitat, item dolores lateris et pectoris: sanum tamen corpus spissat, et mobilius atque expeditius reddit. Auster aures hebetat, sensus tardat, capitis dolorem movet, alvum solvit, totum corpus efficit hebes, humidum, languidum. Cæteri venti, quo vel huic illi propiores sunt, eo magis vicinos his illisve affectus faciunt. Denique omnis calor et jecur et lienem inflammatur, mentem hebetat, ut anima deficiat, ut sanguis prorumpat, efficit. Frigus modo nervorum distentionem, modo rigorem infert; illud *σπασμὸς*, hoc *τέτανος* Græce nominantur: nigritiem in ulceribus, horrores in febribus excitat. In siccitatibus, acutæ febres, lippitudines, tormina, urinæ difficultas, articulorum dolores oriuntur. Per imbres, longæ febres, alvi dejectiones angina, cancri, morbi comitiales, resolutio nervorum; *παράλυσιν* Græci nominant.

binds the belly, suppresses the urine, excites shiverings, also pains of the side and of the breast; however it thickens the healthy body, and renders it more active and more nimble. The South dulls the ears, torpifies the senses, excites pain of the head, relaxes the bowels, renders the whole body dull, moist, languid. The other winds, the nearer they are either to the latter or to the former, the more they produce affections similar to the latter or the former. Lastly all heat inflames both the liver and the spleen, dulls the mind, is the cause that the mind fails, that blood bursts forth. Cold brings on sometimes distension of the nerves, sometimes stiffness; the former is named in Greek spasm, the latter tetanus; it excites blackness in ulcers, and shiverings in fevers. In droughts, acute fevers, lippitudes, gripes, difficulty of urine, pains of the joints, arise. During rains, long fevers, purgings of the bowels, quinsey, cancers, comitial diseases, relaxation of the nerves; the Greeks name it paralysis. Nor

Neque solum interest, quales dies sint, sed etiam quales ante præcesserint. Si hiems sicca Septemtrionales ventos habuit, ver autem Austros et pulvias exhibet, fere subeunt lippitudines, tormina, febres, maximeque in mollioribus corporibus, ideoque præcipue in muliebribus. Si vero Austri pluviaeque hiemem occuparunt, ver autem frigidum et siccum est, gravidæ quidem feminæ, quibus tum adest partus, abortu periclitantur; eæ vero quæ gignunt, imbecillos, vixque vitales edunt: cæteros lippitudo arida, et, si seniores sunt, gravedines atque destillationes male habent. At si a prima hieme Austri ad ultimum ver continuarunt, laterum dolores, et insania febricitantium, quam *φρένησις* appellant, quam celerrime rapiunt. Ubi vero calor a primo vere orsus æstatem quoque similem exhibet, necesse est multum sudorem in febribus subsequi. At si sicca æstas

Neque interest solum, quales dies sint, sed etiam quales ante præcesserint. Si sicca hiems habuit Septemtrionales ventos, autem ver exhibet Austros et pluvias, fere subeunt lippitudines tormina, febres, que maxime in mollioribus corporibus, præcipue in muliebribus. Verosi Austri que pluviae occuparunt hiemem, autem ver est frigidum et siccum, gravidæ feminæ quidem quibus tum partus adest, periclitantur abortu; vero eæ quæ gignunt, edunt imbecillos que vix vitales, Arida lippitudo, et gravedines, atque destillationes, male habent cæteros si sunt seniores. At si Austri continuarunt a primâ hieme ad ultimum ver, dolores laterum, et insania febricitantium, quam Græci appellant (phrenesin), rapiunt quam celerrime. Ver ubi calor orsus a primo vere exhibet quoque similem æstatem, est necesse multum sudorem subsequi in febribus. At si sicca æstas ha-

does it matter only, what days there may be, but also what may have preceded. If a dry winter has had North winds, but the spring produces South winds and rains, generally there exist lippitudes, gripes, fevers, and chiefly in softer bodies, especially in women's. But if South winds and rains have occupied the winter, but the spring is cold and dry, pregnant women indeed to whom then birth is near, are in danger from miscarriage; but those who bring forth, produce weak and scarcely living (children). Dry lippitudes, and gravedoes and catarrhs, disorder other persons if they are older. But if South winds have continued from the beginning of the winter to the end of spring, pains in the sides, and madness of those in fever, which the Greeks call phrensy, carry off as quickly as possible. But when heat commencing from the beginning of spring produces also a similar summer, it is necessary that much sweat follows in fevers. But if a dry summer has had North winds, but in the autumn there

buit Aquilones, vero autumnus sunt imbres quæ Austri, tota hieme, quæ est proxima, tussis, destillatio, raucitas; in quibusdam tabes etiam oritur. Autem si autumnus quoque æque siccus perflatur iisdem Aquilonibus, secunda valetudo contingit quidem omnibus mollioribus corporibus, inter quæ proposui, muliebria: vero et aridæ lippitudines, et febres partim acutæ, partim longæ, et ii morbi, qui oriuntur ex atra bile, possunt instare durioribus. Vero quod pertinet ad ætates, pueri quæ proximi his valent optime et sunt tutissimi primâ æstate; senes æstate et primâ parte autumnus; juvenes quæ qui sunt inter juventam quæ senectutem hieme. Hiems est inimicior senibus, ætas adolescentibus. Si tum quæ debilitas, oritur, est proximum ut serpentia ulcera oris quæ Græci nominant (aphthas), vomitus, nocturnæ vigiliæ, humor aurium, in-

Aquilones habuit, autumnus vero imbres Austrique sunt, tota hieme, quæ proxima est, tussis, destillatio, raucitas, in quibusdam etiam tabes oritur. Si autem autumnus quoque æque siccus iisdem Aquilonibus perflatur, omnibus quidem mollioribus corporibus, inter quæ muliebria esse proposui, secunda valetudo contingit: durioribus vero instare possunt et aridæ lippitudines, et febres partim acutæ, partim longæ, et ii morbi, qui ex atra bile nascuntur. Quod ad ætates vero pertinet, pueri proximique his vere optime valent, et æstate prima tutissimi sunt: senes æstate et autumnus prima parte: juvenes hieme, quique inter juventam senectutemque sunt. Inimicior senibus hiems, ætas adolescentibus est. Tum si qua imbecillitas oritur, proximum est, ut infantes, tenerosque adhuc pueros serpentia ulcera oris, quæ ἀφθας Græci nominant, vomitus,

are showers and South winds, in the whole winter which is next, cough, catarrh, hoarseness; in some consumption also arises. But if an autumn also equally dry is blown by the same North winds, good health happens indeed to all softer bodies, among which I have mentioned women's: but both dry lippitudes, and fevers partly acute, partly chronic, and those diseases which arise from black bile, may threaten harder (bodies). But as regard ages, boys, and the next to them are best and are safest in the beginning of summer; old men in summer and in the first part of autumn; youths and they who are between youth and old age in winter. Winter is more unfavorable to old men, summer to youths. If then any weakness arise, it is probable that creeping ulcers of the mouth which the Greeks name aphthæ, vomiting, nightly watchings, moisture of the ears, inflammations round the navel may trouble infants and boys as yet tender. Also ulcerations of the gums, disten-

nocturnæ vigiliæ, aurium humor, circa umbilicum inflammationes exerceant. Propriæ etiam dentientium, gingivarum exulcerationes, distentiones nervorum, febriculæ, alvi dejectiones; maximeque caninis dentibus orientibus male habent. Quæ pericula plenissimi cujusque sunt, et cui maxime venter adstrictus est. At ubi ætas paulum processit, glandulæ, et vertebrarum, quæ in spina sunt, aliquæ inclinationes, strumæ, verrucarum quædam genera dolentia, ἀκροχορδόνας Græci appellant, et plura alia tubercula oriuntur. Incipiente vero jam pube, ex iisdem multa, et longæ febres, et sanguinis ex naribus cursus. Maximeque omnis pueritia, primum circa quadragesimum diem, deinde septimo mense, tum septimo anno, postea circa pubertatem periclitatur. Si qua etiam genera morborum in infantem inciderunt, ac neque

flammationes circa umbilicum exerceant infantes que pueros adhuc teneros. Etiam exulcerationes gingivarum, distentiones nervorum, febriculæ, dejectiones alvi propriæ dentientium; que maxime caninis dentibus orientibus, male habent. Quæ pericula sunt cujusque plenissimi et cui maxime venter est adstrictus. At ubi ætas processit paulum, glandulæ, et aliquæ inclinationes vertebrarum quæ sunt in spinâ, strumæ, quædam dolentia genera verrucarum, Græci appellant (acrochordonas) et plura alia tubercula oriuntur. I'ero pube jam incipiente multa, ex iisdem et longæ febres et cursus sanguinis ex naribus. Que maxime omnis pueritia primum circâ quadragesimum diem, deinde septimo mense, tum septimo anno, postea circa pubertatem periclitatur. Etiam si qua genera morborum inciderunt in infantem ac finita sunt

tions of the nerves, slight fevers, purgings of the bowels peculiar to those teething; and especially the canine teeth arising, badly affect. Which dangers are those of every one very plethoric, and to whom especially the belly is bound. But when age has advanced a little, swelling of glands, and some deviations of the vertebræ, which are in the spine, scrofula, some painful kinds of warts, (the Greeks call acrochordonas,) and many other tubercles arise. But puberty now beginning, many from the same and long fevers (arise), and a flow of blood from the nostrils. And especially all childhood first about the fortieth day, then in the seventh month, then in the seventh year, afterwards about puberty is in danger. Also if any kinds of diseases have happened to an infant, and have been terminated neither at puberty, nor at the first sexual inter-

neque pubertate, neque primis coitibus, neque in feminâ primis menstruis, fere sunt longa; tamen pueriles morbi qui manserunt diutius, sæpius terminantur. Adolescentia est maxime objecta acutis morbis, item comitialibus, que tabi: que feresunt juvenes, qui exspuunt sanguinem. Post hanc ætatem dolores laterum et pulmonis, lethargus, cholera, insania, profusio sanguinis per velut ora venarum, Græci appellant hæmorrhoidas. In senectute difficultas spiritus et urinæ, gravedo, dolores articulo- rum et renum, resolutiones nervorum, malus habitus corporis, Græci appellant (cachexiam) nocturnæ vigiliæ, longiora vitia aurium, oculorum, etiam narium, que præcipue soluta alvus, et quæ sequuntur hanc, tormina, vel lævitas intestinorum, quæ cætera mala fusi ventris. Præter hæc, tabes, dejectiones, destillationes, item

pubertate, neque primis coitibus, neque in femina primis menstruis finita sunt, fere longa sunt: sæpius tamen morbi pueriles, qui diutius manserunt, terminantur. Adolescentia morbis acutis, item comitialibus, tabique maxime objecta est: fereque juvenes sunt, qui sanguinem exspuunt. Post hanc ætatem laterum et pulmonis dolores, lethargus, cholera, insania, sanguinis per quædam velut ora venarum, αἱμορροΐδας Græci appellant, profusio. In senectute, spiritus et urinæ difficultas, gravedo, articulo- rum et renum dolores, nervo- rum resolutiones, malus corporis ha- bitus, καχέξια Græci appellant, noc- turnæ vigiliæ, vitia longiora aurium, oculorum, etiam narium, præcipue- que soluta alvus, et, quæ sequun- tur hanc, tormina, vel lævitas in- testinorum, cæteraque ventris fusi mala. Præter hæc graciles tabes, dejectiones, destillationes, item

course, nor in a woman at the first menstruation, generally they are chronic: however, children's diseases, which have remained longer, more generally are terminated. Youth is especially liable to acute diseases, also the comitial, and consumption; and generally they are youths, who spit up blood. After this age pains of the sides and of the lungs, lethargy, cholera, madness, flow of blood through as it were mouths of veins, the Greeks call it hæmorrhoids. In old age difficulty of breathing and of urine, gravedo, pains of the joints, and of the kidneys, relaxation of the nerves, a bad habit of body, the Greeks call it cachexia, nightly watchings, more chronic disorders of the ears, of the eyes, also of the nostrils, and especially relaxed belly, and what follow it, gripes, or smoothness of the intestines, and other evils of a relaxed belly. Besides these, consumption, purgings, catarrhs, also pains of the viscera, and

viscerum et laterum dolores fatigant. Obesi plerumque acutis morbis, et difficultate spirandi strangulantur; subitoque sæpe moriuntur; quod in corpore tenuiore vix evenit.

II. Ante adversam autem valetudinem, ut supra dixi, quædam notæ oriuntur: quarum omnium commune est, aliter se corpus habere, atque consuevit; neque in pejus tantum, sed etiam in melius. Ergo si plenior aliquis, et speciosior, et coloratior factus est, suspecta habere bona sua debet: quæ, quia neque in eodem habitu subsistere, neque ultra progredi possunt, fere retro, quasi ruina quadam, revolvuntur. Pejus tamen signum est, ubi aliquis contra consuetudinem emacuit, et colorem decoremque amisit: quoniam in iis quæ superant, est quod morbus demat; in iis quæ desunt, non est quod ipsum morbum ferat. Præ-

dolores viscerum et laterum fatigant graciles. Obesi plerumque strangulantur acutis morbis et difficultate spirandi; quæ sæpe moriuntur subito; quod vix evenit in tenuiore corpore.

II. *Autem ante adversam valetudinem, ut dixi supra, quædam notæ oriuntur: omnium quarum est commune, corpus habere se aliter atque consuevit neque tantum in pejus, sed etiam in melius. Ergo si aliquis factus est plenior et speciosior, et coloratior, debet habere sua bona suspecta: quæ quia possunt neque subsistere in eodem habitu, neque progredi ultra, resolvuntur retro quasi quadam ruinâ. Tamen est pejus signum, ubi aliquis emacuit contra consuetudinem, et amisit colorem quæ decorem: quoniam in iis quæ superant est quod morbus demat; in iis quæ desunt est non quod ferat morbum ipsum. Præter hæc debet protinus timeri*

of the sides oppress the slender. The fat generally are suffocated by acute diseases and difficulty of breathing; and often die suddenly, which seldom happens in a thinner body.

II. But before bad health, as I have said above, some marks arise: to all which it is common for the body to have itself differently from what it has been accustomed, and not only for the worse, but also for the better. Therefore if any one has become fuller and better looking, and more florid, he ought to have his good things suspected; which because they can neither remain stationary in the same habit, nor proceed further, they return back as if with some ruin. However it is a worse sign, when any one has become thin contrary to custom, and has lost his colour and beauty: because in those things which abound there is that which the disease may take away: in those things which are deficient there is not what may support the disease itself. Besides these

si membra sunt graviora; si crebra ulcera oriuntur; si corpus incaluit supra consuetudinem; si gravior somnus pressit; si fuerunt tumultuosa somnia: si aliquis expergiscitur sæpius quam assuevit, deinde soporatur iterum; si corpus dormientis insudat contra consuetudinem circa aliquas partes, que maxime si circa pectus, aut cervices aut crura, vel genua, vel coxas. Item si animus marcet; si piget loqui et moveri; si corpus torpet; si est dolor præcordiorum aut totius pectoris, aut qui evenit in plurimis, capitis; si os est plenum salivæ; si oculi vertuntur cum dolore; si tempora sunt adstricta; si membra inhorrescunt; si spiritus est gravior; si venæ abstrictæ circa frontem moventur; si (sunt) frequentes oscitationes; si genua sunt quasi fatigata, vel totum corpus sentit lassitudinem. Plura ex quibus

ter hæc protinus timeri debet, si graviora membra sunt; si crebra ulcera oriuntur; si corpus supra consuetudinem incaluit; si gravior somnus pressit; si tumultuosa somnia fuerunt; si sæpius expergiscitur aliquis, quam assuevit, deinde iterum soporatur; si corpus dormientis circa partes aliquas contra consuetudinem insudat, maximeque si circa pectus, aut cervices, aut crura, vel genua, vel coxas. Item si marcet animus: si loqui et moveri piget; si corpus torpet; si dolor præcordiorum est, aut totius pectoris, aut, qui in plurimis evenit, capitis; si salivæ plenum est os; si oculi cum dolore vertuntur; si tempora adstricta sunt; si membra inhorrescunt; si spiritus gravior est; si circa frontem intentæ venæ moventur; si frequentes oscitationes; si genua quasi fatigata sunt, totumve corpus lassitudinem sentit. Ex quibus sæpe plura,

things it ought immediately to be feared if the limbs are heavier; if frequent ulcers arise; if the body has become hot beyond custom; if heavier sleep has oppressed; if there have been troublesome dreams; if any one awakes oftener than he has been used to do, then goes to sleep again; if the body of him sleeping sweats contrary to custom about some parts, and especially if about the breast, or the shoulders, or the legs, or the knees, or the hips. Also if the mind fails; if it is irksome to speak and to be moved; if the body is torpid; if there is pain of the præcordia or of the whole chest, or, which happens in very many, of the head; if the mouth is full of saliva; if the eyes are turned with pain; if the temples are bound; if the limbs shiver; if the breathing is heavier; if the veins bound about the forehead are disturbed; if (there are) frequent gapings; if the knees are, as it were, fatigued, or the whole body feels weariness. Many of which often, some always

nunquam non aliqua febrem antecedunt. In primis tamen illud considerandum est, num cui sæpius horum aliquid eveniat, neque ideo corporis ulla difficultas subsequatur. Sunt enim quædam proprietates hominum, sine quarum notitia non facile quidquam in futurum præ sagiri potest. Facile itaque securus est in iis aliquis, quæ sæpe sine periculo evasit: ille sollicitari debet, cui hæc nova sunt; aut qui ista nunquam sine custodia sui tuta habuit.

III. Ubi vero febris aliquem occupavit, scire licet, non periclitari, si in latus aut dextrum aut sinistrum, ut ipsi visum est, cubat, cruribus paulum reductis; qui fere sani quoque jacentis habitus est; si facile convertitur; si noctu dormit, interdiu vigilat; si ex facili spirat; si non conflictatur; si circa umbilicum et pubem cutis plena est; si præcordia ejus sine ullo sensu doloris

sæpe, aliquanunquam non antecedunt febrem. Tamen in primis illud considerandum est, num aliquid horum eveniat cui sæpius, neque ulla difficultas corporis ideo subsequatur. Enim sunt quædam proprietates hominum, sine notitiâ quarum quidquam potest non in futurum præ sagiri facile. Itaque aliquis est facile securus in iis quæ evasit sæpe sine periculo; ille cui hæc sunt nova debet sollicitari; aut qui nunquam habuit ista tuta sine custodiâ sui.

III. Vero ubi febris occupavit aliquem, licet scire non periclitari, si cubat in aut dextrum aut sinistrum latus, ut visum est ipsi, cruribus reductis paulum: qui quoque est fere habitus sani jacentis; si convertitur facile; si dormit noctu, vigilat interdiu; si spirat ex facili; si non conflictatur; si cutis est plena circa umbilicum et pubem; si præcordia ejus sunt æqua-

precede fever. However in the first place that is to be considered whether any of these happens to any one oftener, nor any uneasiness of the body therefore follows. For there are some peculiarities of men, without a knowledge of which anything cannot for the future be presaged easily. Therefore any one is easily safe in those things which he has escaped often without danger; he to whom these things are new ought to be anxious; or he who never has had those (signs) safe without care of himself.

III. But when fever has seized any one, it is right to know that he is not in danger, if he lies on either the right or the left side, as has appeared right to him, the legs being drawn up a little; which also is generally the habit of a healthy person lying down; if he is turned easily; if he sleeps by night, keeps awake by day; if he breathes easily; if he is not distressed; if the skin is full about the navel and the pubes; if his præcordia are equally

liter mollia in utrâque parte sine ullo sensu doloris. Quod si sunt paulo tumidiora, tamen cedunt digitis, et non dolent, ut hæc valetudo habebit aliquod spatium, sic erit tuta. Quoque corpus, quod est æqualiter molle et calidum, que quod totum æqualiter sudat, et febricula cujus finitur eos sudore, pollicetur securitatem. Sternutamentum etiam est inter bona indicia, et cupiditas cibi, vel servata a primo, vel etiam orta post fastidium. Neque debet ea febris terrere, quæ finita est eodem die; ac ne quidem ea, quæ quamvis evanuit longiore tempore, tamen quievit ex toto ante alteram accessionem, sic ut corpus fieret integrum, quod Græci vocant (eilikrines.) Autem si quis vomitus incidit, debet esse mixtus et bile et pituitâ; et album, læve, æquale subsidere in urinâ; sic ut etiam, si quæ quasi nubeculæ innatarint, deferantur in imum. Ac venter

æqualiter mollia in utraque parte sunt. Quod si paulo tumidiora sunt, sed tamen digitis cedunt et non dolent, hæc valetudo, ut spatium aliquod habebit, sic tuta erit. Corpus quoque, quod æqualiter molle et calidum est, quodque æqualiter totum insudat, et cujus febricula eo sudore finitur, securitatem pollicetur. Sternutamentum etiam inter bona indicia est, et cupiditas cibi vel a primo servata, vel etiam post fastidium orta. Neque terrere debet ea febris, quæ eodem die finita est; ac ne ea quidem, quæ quamvis longiore tempore evanuit, tamen ante alteram accessionem ex toto quievit, sic ut corpus integrum, quod ειλικρινὲς Græci vocant, fieret. Si quis autem incidit vomitus, mixtus esse et bile et pituita debet; et in urina subsidere album, læve, æquale; sic ut etiam, si quæ quasi nubeculæ innatarint, in imum deferantur. Ac venter ei, qui a

soft in each part, without any sensation of pain. But if they are a little more swollen, nevertheless they yield to the fingers and are not in pain, as this ill health will have some duration, so it will be safe. Also a body, which is equally soft and warm, and which all equally sweats, and the feverishness of which is ended by that sweat, promises security. Sneezing also is among the good signs, and a desire for food, either preserved from the first, or even having arisen after loathing. Neither ought that fever to alarm which has terminated on the same day: and not even that, which although it has disappeared after a longer period, yet has ceased altogether before another accession, so that the body might become whole, which the Greeks call eilikrines. But if any vomiting happens, it ought to be mixed both with bile and with phlegm; and a white, smooth, equal deposit ought to settle in the urine; so that even if any, as it were, little clouds should float in it, they may be carried to

periculo tutus est, reddit mollia, figurata, atque eodem fere tempore, quo secunda valetudine assuevit, modo convenientia iis, quæ assumuntur. Pejor cita alvus est: sed ne hæc quidem terrere protinus debet, si matutinis temporibus coacta magis est, aut si procedente tempore paulatim contrahitur, et rufa est, neque fœditate odoris similem alvum sani hominis excedit. Ac lumbricos quoque aliquos sub fine morbi descendisse, nihil nocet. Si inflatio in superioribus partibus dolorem tumoremque fecit, bonum signum est sonus ventris inde ad inferiores partes evolutus; magisque etiam, si sine difficultate cum stercore excessit.

IV. Contra, gravis morbi periculum est, ubi supinus æger jacet, porrectis manibus et cruribus; ubi residere vult in ipso acuti morbi impetu, præcipueque pulmonibus laborantibus; ubi nocturna vigilia

ei, qui est tutus periculo, reddit mollia, figurata, atque fere eodem tempore, quo assuevit secundâ valetudine, modo convenientia iis, quæ assumuntur. Cita alvus est pejor; sed ne quidem hæc debet protinus terrere, si coacta est magis matutinis temporibus, aut si procedente tempore, contrahitur paulatim, et est rufa, neque excedit fœditate odoris similem alvum sani hominis. Ac quoque nocet nihil, aliquos lumbricos descendisse sub finem morbi. Si inflatio fecit dolorem que tumorem in superioribus partibus, sonus ventris evolutus inde ad inferiores partes est bonum signum: que magis si etiam excessit cum stercore sine difficultate.

IV. Contra, est periculum gravis morbi, ubi æger jacet supinus, manibus que cruribus porrectis; ubi vult residere in impetu ipso acuti morbi que præcipue pulmonibus laborantibus; ubi pre-

the bottom. And his belly, who is free from danger, voids soft, figured things, and generally at the same time, as it has been used in good health, sometimes agreeing with those things which are taken. A relaxed belly is worse; but not even this ought immediately to alarm, if it has been restrained more in the morning times, or if at a later time, it is contracted gradually, and is red, nor exceeds in foulness of smell a similar stool of a healthy man. And also it hurts not, for some worms to have descended towards the end of the disease. If inflation has caused pain and swelling in the upper parts, the sound of the belly rolled thence to the lower parts is a good sign: and the more so, if also it has passed out with the fæces without difficulty.

IV. On the contrary, there is danger of a serious disease when the patient lies supine, his hands and legs being extended; when he wishes to sit up in the violence itself of an acute disease and especially the lungs

mitur nocturnâ vigiliâ, etiam si somnus accedit interdiu: ex quo tamen est pejor qui est inter quartam horam et noctem, quam qui matutino tempore ad quartam. Tamen est pessimum si somnus accedit neque noctu neque interdiu: enim id fere potest non esse sine continuo dolore. Vero est æque malum signum, etiam urgeri somno ultra debitum; que pejus quo magis sopor continuat se interdiu que noctu. Etiam est testimonium mali morbi, spirare vehementer et crebro; cæpisse inhorrescere a sexto die: exspuere pus; exscreare vix; habere continuum dolorem; ferre morbum difficulter; jactare brachia et crura; lacrimare sine voluntate; habere glutinosum humorem inhærentem dentibus cutem circa umbilicum et pubem macram, præcordia inflammata, dolentia, dura, tumida, intenta, que si hæc sunt magis dextrâ quam sinistrâ parte; tamen est periculosissimum si

premitur, etiamsi interdiu somnus accedit: ex quo tamen pejor est, qui inter quartam horam et noctem est, quam qui matutino tempore ad quartam. Pessimum tamen est, si somnus neque noctu, neque interdiu accedit; id enim fere sine continuo dolore esse non potest. Æque vero signum malum est etiam somno ultra debitum urgeri; pejusque, quo magis se sopor interdiu, noctuque continuat. Mali etiam morbi testimonium est, vehementer et crebro spirare; a sexto die cæpisse inhorrescere; pus exspuere; vix exscreare; dolorem habere continuum; difficulter ferre morbum; jactare brachia et crura; sine voluntate lacrimare; habere humorem glutinosum dentibus inhærentem, cutem circa umbilicum et pubem macram, præcordia inflammata, dolentia, dura, tumida, intenta, magisque, si hæc dextra parte, quam sinistra, sunt; periculosissimum

being affected; when he is oppressed by nightly watching, although sleep comes on by day; of which, however, that is worse which is between the fourth hour and night, than that which is from the morning time to the fourth hour. However it is very bad if sleep comes on neither by night nor by day: for that generally cannot be without continual pain. But it is equally a bad sign also to be oppressed with sleep beyond what is due; and worse, the more drowsiness continues itself by day and by night. Also it is evidence of a bad disease, to breathe violently and frequently; to begin to shiver from the sixth day; to vomit matter; expectorate difficultly; to have continual pain; to bear the disease difficultly; to toss about the arms and the legs; to cry without will; to have a clammy moisture adhering to the teeth, the skin about the navel and the pubes lean, the præcordia inflamed, painful, hard, swollen, tense, and if they are more so in the right than in the left side; however it is most dan-

tamen est, si venæ quoque ibi vehementer agitantur. Mali etiam morbi signum est, nimis celeriter emacrescere; caput et pedes manusque frigidas habere, ventre et lateribus calentibus; aut frigidas extremas partes acuto morbo urgente; aut post sudorem inhorrescere; aut post vomitum singultum esse, vel rubere oculos; aut post cupiditatem cibi, postve longas febres hunc fastidire; aut multum sudare; maximeque frigido sudore; aut habere sudores non per totum corpus æquales, quique febrem non finiant; et eas febres, quæ quotidie tempore eodem revertantur; quæve semper pares accessiones habeant, neque tertio quoque die leventur; quæve sic continuent, ut per accessiones increscant, per decessiones tantum molliantur, nec unquam integrum corpus dimittant. Pessimum est, si ne levatur quidem febris, sed æque concitata conti-

venæ quoque ibi agitantur vehementer. Etiam est signum mali morbi, emacrescere nimis celeriter: habere caput et pedes que manus frigidas, ventre et lateribus calentibus; aut extremas partes frigidas, acuto morbo urgente; aut inhorrescere post sudorem; aut singultum esse post vomitum, vel oculos rubere; aut post cupiditatem cibi, vel post longas febres fastidire hunc; aut sudare multum, que maxime frigido sudore; aut habere sudores non æquales per totum corpus, que qui non finiant febrem; et eas febres quæ revertantur eodem tempore quotidie; vel quæ habeant semper pares accessiones neque leventur quoque tertio die; vel quæ sic continuent ut increscant per accessiones, molliantur tantum per decessiones, neque unquam dimittant corpus integrum. Est pessimum, si febris quidem ne levatur, sed continuat æque

gerous if the veins also there are agitated violently. Also it is a sign of a bad disease to become thin too quickly; to have the head and the feet and the hands cold, the belly and the sides being hot; or the extreme parts cold, an acute disease oppressing; or to shiver after sweating; or hiccough to be after a vomit, or the eyes to be red; or after a desire for food, or after long fevers to loath it; or to sweat much, and especially with a cold sweat; or to have sweats not equal through the whole body, and which do not terminate the fever; and those fevers which return at the same time daily; or which have always like accessions nor are lightened on every third day; or which so continue that they increase by the accessions, are diminished only by decessions, nor ever leave the body whole. It is very bad, if the fever indeed is not lessened, but continues equally excited. It is also dangerous, for fever to arise

concitata. Est etiam periculosum, febrem oriri post arquatum morbum; utique si præcordia manserunt dura dextrâ parte. Ac iis dolentibus, nulla acuta febris debet terrere leviter; neque unquam in acutâ febre, aut a somno est distentio nervorum non terribilis. Etiam timere ex somno, est mali morbi; que item in primâ febre mentem protinus turbatam esse vel aliquod membrum esse resolutum. Ex quo casu, quamvis vita redditur, tamen id membrum fere debilitatur. Etiam vomitus sinceræ pituitæ vel bilis est periculosus; que peior, si est viridis aut niger. At urina est mala, in quâ subrubra et livida subsidunt. deterior in quâ quædam, quasi, tenuia atque alba folia: pessima ex his, si repræsentat nubeculas tanquam factas ex furfuribus. Quoque diluta atque alba est vitiosa, sed maxime in phreneticis. Autem alvus suppressa ex toto

nuat. Periculosum est etiam, post arquatum morbum febrem oriri; utique si præcordia dextra parte dura manserunt. Ac dolentibus iis, nulla acuta febris leviter terrere nos debet; neque unquam in acuta febre, aut a somno non est terribilis nervorum distentio. Timere etiam ex somno, mali morbi est; itemque in prima febre protinus mentem esse turbatam, membrumve aliquod esse resolutum. Ex quo casu quamvis vita redditur, tamen id fere membrum debilitatur. Vomitus etiam periculosus est sinceræ pituitæ, vel bilis; peiorque, si viridis, aut niger est. At mala urina est, in qua subsidunt rubra et lævia: deterior, in qua quasi folia quædam tenuia alba; pessima ex his, si tanquam ex furfuribus factas nubeculas repræsentat. Diluta quoque, atque alba, vitiosa est, sed in phreneticis maxime. Alvus autem mala est, ex toto sup-

after the arched disease (jaundice); especially if the præcordia have remained hard on the right side. And these being in pain, no acute fever ought to frighten us lightly; nor even in acute fever or after sleep is distension of the nerves not alarming. Also to be alarmed out of sleep, is (a sign) of bad disease; and also in the first fever for the mind immediately to be disturbed or some limb to be relaxed. From which case, although life is restored, yet that limb generally is weakened. Also vomiting of pure phlegm or of bile is dangerous; and worse, if it is green or black. But the urine is bad, in which reddish and livid things settle: worse in which some, as it were, thin and white leaves; the worst of these, if it represents little clouds as if made of bran. Also weak and white is bad, but especially in phrenetics. But a belly suppressed altogether is bad. Also that is dangerous which flowing

pressa. Periculosa etiam, quæ inter febres fluens conquiescere hominem incubili non patitur; utique, si quod descendit, est perliquidum, aut albidum, aut pallidum, aut spumans. Præter hæc periculum ostendit id, quod excernitur, si est exiguum, glutinosum, læve, album, idemque subpallidum; vel si est aut lividum, aut biliosum, aut cruentum, aut peioris odoris, quam, ex consuetudine. Malum est etiam, quod post longas febres sincerum est.

v. Post hæc indicia, votum est, longum morbum fieri: sic enim necesse est, nisi occidit. Neque vitæ alia spes in magnis malis est, quam ut impetum morbi trahendo aliquis, effugiat, porrigaturque in id tempus, quod curationi locum præstet. Protinus tamen signa quædam sunt, ex quibus colligere possumus, morbum, etsi non interemerit, longius tamen tempus habiturum: ubi frigidus sudor inter

est mala. Etiam est periculosa, quæ fluens inter febres patitur non hominem conquiescere in cubili; utique si quod descendit est perliquidum, aut albidum, aut pallidum, aut spumans. Præter hæc id quod excernitur, ostendit periculum, si est exiguum, glutinosum, læve, album, quæ idem subpallidum; vel si est aut lividum, aut biliosum, aut cruentum, aut peioris odoris quam ex consuetudine. Quod est sincerum post longas febres est etiam malum.

v. Post hæc indicia, est votum morbum fieri longum; enim sic est necesse, nisi occidit. Neque est alia spes vitæ in magnis malis, quam ut aliquis trahendo impetum morbi effugiat, quæ porrigatur in id tempus, quod præstet locum curationi. Tamen sunt protinus quædam signa, ex quibus possumus colligere, morbum, etsi non interemerit, tamen habiturum longius tempus; ubi frigidus sudor

during fever suffers not a man to rest in bed; especially if what descends is very liquid, or whitish, or pale, or frothy. Besides these things, that which is excreted shows danger if it is sparing, clammy, smooth, white, and the same palish; or if it is either livid, or bilious, or bloody, or of worse smell than usual. That which is genuine after long fevers is also bad.

v. After these signs, it is to be wished that the disease becomes long; for so it is necessary, unless it kills. Nor is there other hope of life in great diseases, than that any one by protracting the violence of the disease may escape, and it may be extended to that time which affords an opportunity for treatment. However there are immediately some signs, from which we may collect, that the disease, although it may not have killed, however will have a longer duration; when cold sweat arises during fevers, not acute about the head only,

oritur inter febres non acutas circa caput tantum, et cervices; aut ubi, febre non quiescente, corpus insudat; aut ubi corpus est modo frigidum, modo calidum, et alius color fit ex alio; aut ubi quod abscessit aliquâ parte inter febres, non pervenit ad sanitatem: aut ubi æger emacrescit parum pro spatio. Item si urina est modo liquida et pura, modo habet quædam subsidientia; si quæ subsidunt in eâ sunt lævia atque alba vel rubra; aut si repræsentat quasi quasdam miculas; aut si excitat bullulas.

VI. *Sed inter hæc quidem, metu proposito, tamen spes superest. Vero acutæ nares, collapsa tempora, concavi oculi, frigidæ que longuidæ aures et leniter versæ imis partibus, cutis circa frontem dura et intenta, color aut niger aut perpallidus testantur ventum esse jam ad ultima; que multo magis, si hæc sunt ita, ut neque vigilia, neque*

febres non acutas circa caput tantum, et cervices oritur; aut ubi febre non quiescente, corpus insudat; aut ubi corpus modo frigidum, modo calidum est, et color alius ex alio fit; aut ubi, quod inter febres aliqua parte abscessit, ad sanitatem non pervenit; aut ubi æger pro spatio parum emacrescit; item, si urina modo liquida et pura est, modo habet quædam subsidientia; si lævia atque alba rubrae sunt, quæ in ea subsidunt; aut si quasdam quasimiculas repræsentat; aut si bullulas excitat.

VI. Sed inter hæc quidem, proposito metu, spes tamen superest. Ad ultima vero jam ventum esse testantur, nares acutæ, collapsa tempora, oculi concavi, frigidæ languidæque aures et imis partibus leniter versæ, cutis circa frontem dura et intenta, color aut niger aut perpallidus; multoque magis, si ita hæc sunt, ut neque vigilia præces-

and the neck; or when, the fever not subsiding, the body sweats; or when the body is sometimes cold, sometimes hot, and one other colour is made out of another; or when what has suppurated in some part during fevers, comes not to health; or when the patient becomes slightly thin for the time. Also if urine is sometimes liquid and clear, sometimes has some things settling; if the things which settle in it are smooth and white or red; or if it represents as it were some small crumbs; or if it excites bubbles.

VI. But among these (signs) indeed, alarm being announced, yet hope remains. But sharp nostrils, sunk temples, hollow eyes, cold and languid ears and slightly turned in the lowest parts, the skin about the forehead hard and tense, the colour either black or very pale, show that it has arrived already to extremes; and much more so, if these things are so, that

serit, neque ventris resolutio, neque inedia. Ex quibus causis interdum hæc species oritur, sed uno die finitur: itaque diutius durans, mortis index est. Si vero in morbo vetere jam triduo talis est, in propinquo mors est; magisque, si præter hæc oculi quoque lumen refugiunt, et illacrimant: quæque in iis alba esse debent, rubescunt: atque in iisdem venulæ pallent; pituitaque in iis innatans, novissime angulis inhærescit; alterque ex his minor est; iique aut vehementer subsederunt, aut facti tumidiores sunt; perque somnum palpebræ non committuntur, sed inter has ex albo oculorum aliquid apparet, neque id fluens alvus expressit; eademque palpebræ pallent, et idem pallor labra et nares decolorat; eademque labra, et nares, oculique, et palpebræ, et supercilia, aliquæ ex his pervertuntur; isque propter imbecillitatem jam non audit, aut non

resolutio ventris, neque inedia præcesserit. Ex quibus causis hæc species interdum oritur, sed finitur uno die: itaque durans diutius, est index mortis. Vero si est talis in vetere morbo jam triduo, mors est in propinquo; que magis, si præter hæc oculi quoque refugiunt lumen et illacrimant; que quæ debent esse alba in iis, rubescunt; atque venulæ in iisdem pallent; que pituita innatans in iis, novissime inhærescit angulis; que alter ex his est minor; que ii aut subsederunt vehementer, aut facti sunt tumidiores; que per somnum palpebræ non committuntur, sed aliquid ex albo oculorum apparet inter has, neque fluens alvus expressit id; que eadem palpebræ pallent et idem pallor decolorat labra et nares; que eadem labra, et nares que oculi et palpebræ et supercilia vel aliqua ex his pervertuntur; que is propter imbecillitatem jam non audit aut non vi-

neither watching, nor relaxation of the belly, nor fasting has preceded. From which causes this appearance sometimes arises, but is terminated in one day: therefore, lasting longer, it is a sign of death. But if there is such in an old disease already in the third day, death is at hand; and the more so, if besides these things the eyes also avoid light and shed tears; and the parts which ought to be white in them, become red; and the small veins in the same are pale; and the phlegm floating in them at last adheres to the corner, and one of them is less; and they either have sunk greatly, or have become more swollen; and during sleep the eyelids are not closed, but some of the white of the eyes appears through them, nor has a relaxed belly produced that; and the same eyelids are pale, and the same paleness discolours the lips and the nostrils; and the same lips, and nostrils, and eyes and eyelids and eyebrows or any of them are distorted; and he on account of weakness now does not hear or does not see.

det. Eadem mors denuntiatur, ubi æger cubat supinus que ei genua sunt contracta; ubi delabitur subinde deorsum ad pedes; ubi nudat brachia et crura, et dispergit inæqualiter, neque calor subest iis; ubi hiat; ubi dormit assidue; ubi is qui est non suæ mentis, neque solet facere id sanus, stridet dentibus, ubi ulcus, quod natum est aut ante aut in morbo ipso, factum est aridum, et aut pallidum aut lividum. Illa quoque sunt indicia mortis, pallidi ungues que digiti; frigidus spiritus; aut si quis in febre, et acuto morbo, vel insaniâ, vel dolore pulmonis, vel capitis, legit manibus floccos in veste vel diducit fimbrias, vel carpit, si qua minuta eminent in adjuncto pariete.

Etiam dolores orti circa coxas et inferiores partes, si transierunt ad viscera, que desierunt subito, testantur mortem subesse; que ma-

videt. Eadem mors denuntiatur, ubi æger supinus cubat, eique genua contracta sunt; ubi deorsum ad pedes subinde delabitur; ubi brachia et crura nudat, et inæqualiter dispergit, neque iis, calor subest; ubi hiat; ubi assidue dormit; ubi is, qui mentis suæ non est, neque id facere sanus solet, dentibus stridet; ubi ulcus, quod aut ante, aut in ipso morbo natum est, aridum, et aut pallidum, aut lividum factum est. Illa quoque mortis indicia sunt, ungues, digiti-que pallidi; frigidus spiritus; aut si manibus quis in febre, et acuto morbo, vel insania, pulmonisve dolore, vel capitis, in veste floccos legit, fimbriasve diducit, vel in adjuncto pariete, si qua minuta eminent, carpit.

Dolores etiam circa coxas et inferiores partes orti, si ad viscera transierunt, subitoque desierunt, mortem subesse testantur; magis-

The same death is announced when the patient lies supine and his knees are contracted; when he slides occasionally downwards to the feet; when he uncovers his arms and legs, and tosses about irregularly, nor is there heat in them; when he gapes; when he sleeps continually; when he who is not in his mind, nor is used to do it when healthy, gnashes with his teeth; when a sore, which has arisen either previously or in the disease itself, has become dry, and either pale or livid. These also are signs of death, pale nails and fingers; cold breath; or if any one in fever, and acute disease, or in insanity, or pain of the lungs, or of the head, gathers with his hands the flocks in the clothes or pulls to pieces the fringes, or catches at, if any small particles project in the adjoining wall.

Also pains arising about the hips and the lower parts, if they have passed to the viscera, and have ceased suddenly, show that death is at hand; and more so, also if other signs have come on. Nor can he be

que, si alia quoque signa accesserunt. Neque is servari potest, qui sine ullo tumore febricitans, subito strangulatur, aut devorare salivam suam non potest; cuive in eodem febris corporisque habitu cervix convertitur, sic ut devorare æque nihil possit; aut cui simul et continua febris et ultima corporis infirmitas est; aut cui, febre non quiescente, exterior pars friget, interior sic calet, ut etiam sitim faciat: aut qui, febre æque non quiescente, simul et delirio et spirandi difficultate vexatur; aut qui, epoto veratro, exceptus distentione nervorum est; aut qui ebrius obmutuit. Is enim fere nervorum distentione consumitur, nisi aut febris accessit, aut eo tempore, quo ebrietas solvi debet, loqui cæpit.

Mulier quoque gravida acuto morbo facile consumitur; et is, cui somnus dolorem auget; et cui proptinus, in recenti morbo, bilis atra

gis quoque si alia signa accesserunt. Neque potest is servari, qui febricitans sine ullo tumore strangulatur subito, aut potest non devorare suam salivam; vel cui in eodem habitu febris que corporis cervix convertitur, sic ut possit æque devorare nihil; aut cui simul est continua febris et ultima infirmitas corporis; aut cui, febre non quiescente, exterior pars friget, interior sic calet, ut faciat sitim; aut qui, febre æque non quiescente, vexatur simul delirio et difficultate spirandi; aut qui, epoto veratro, exceptus est distentione nervorum; aut qui ebrius obmutuit. Enim is fere consumitur distentione nervorum, nisi aut febris accessit, aut cæpit loqui eo tempore quo ebrietas debet solvi.

Gravida mulier quoque consumitur facile acuto morbo; et is, cui somnus auget dolorem; et cui in recenti morbo, atra bilis vel

saved, who being in fever without any swelling is suffocated suddenly, or cannot swallow his spittle; or to whom in the same state of fever and of body, the neck is distorted, so that he can equally swallow nothing; or to whom at once there is continual fever and extreme weakness of the body; or to whom, the fever not abating, the outer part is cold, the inner is so hot that it causes thirst; or who, the fever equally not abating, is troubled at the same time with delirium and difficulty of breathing; or who, having drunk hellebore, is seized with convulsions, or who being drunk has become dumb. For he generally is destroyed by convulsions, unless either fever has come on or he has begun to speak at that time when the intoxication ought to be removed.

A pregnant woman also is destroyed easily by an acute disease; and he to whom sleep increases pain; and to whom, in a recent disease, black

ostendit se protinus vel infra vel supra; vel cui promsit se alterutro modo, cum corpus ejus jam esset extenuatum et affectum longo morbo. Etiam biliosum et purulentum sputum, sive ista proveniunt separatim sive mixta, ostendunt periculum interitus. Ac, si cœpit esse tale circa septimum diem, est proximum, ut is decedat circa quartumdecimum diem, nisi alia meliora vel pejora signa accesserint: quæ quo subsecuta sunt, leviora vel graviora, eo denuntiant vel seriores vel maturiores mortem. Quoque frigidus sudor in acutâ febre est pestiferus; atque in omni morbo vomitus qui est varius et multorum colorum: que præcipue si est malus odor in hoc. Ac quoque vomuisse sanguinem in febre est pestiferum. Vero urina consuevit esse rubra et tenuis in magnâ cruditate; et sæpe antequam maturescat spatio, rapit hominem: itaque, si permanet

vel infra vel supra se ostendit; cuive alterutro modo se promsit, cum jam longo morbo corpus ejus esset extenuatum et affectum. Sputum etiam biliosum, et purulentum, sive separatim ista, sive mixta proveniunt, interitus periculum ostendunt. Ac si circa septimum diem tale esse cœpit, proximum est, ut si circa quartumdecimum diem decedat, nisi alia signa meliora pejorave accesserint: quæ, quo leviora graviorave subsecuta sunt, eo vel seriores mortem vel maturiores denuntiant. Sudor quoque frigidus in acuta febre pestiferus est: atque in omni morbo vomitus, qui varius, et multorum colorum est; præcipueque, si malus in hoc odor est. Ac sanguinem quoque in febre vomuisse, pestiferum est. Urina vero rubra et tenuis in magna cruditate esse consuevit; et sæpe, antequam spatio maturescat, hominem rapit: itaque si talis diu-

bile shows itself immediately either below or above, or to whom it has discharged in either manner, when his body already has been rendered thin and affected with a long disease. Also bilious and purulent spitting, whether these come forth separately or mixed, show a danger of death. And, if it has begun to be such about the seventh day, it is probable that he may depart about the fourteenth day, unless other better or worse signs may have come on: which by how much they have succeeded, slighter or more severe, so much they announce either later or earlier death. Also cold sweat in acute fever is fatal; and in every disease vomiting which is varied and of many colours; and especially if there is a bad smell in this. And also to have vomited blood in fever is fatal. But the urine has been accustomed to be red and thin in great indigestion; and often before it comes to perfection by time, it carries off the man: therefore, if it continues such longer, it shows danger of death. How-

tius permanet, periculum mortis ostendit. Pessima tamen est, præcipueque mortifera, nigra, crassa, mali odoris. Atque in viris quidem et mulieribus talis deter- rima est: in pueris vero, quæ tenuis et diluta est. Alvus quoque varia, pestifera est, quæ strigmentum, sanguinem, bilem, viride aliquid, modo diversis temporibus, modo simul, et in mixtura quadam, dis- creta tamen, repræsentat. Sed hæc quidem potest paulo diutius trahere: in præcipiti vero jam esse denuntiat, quæ liquida, eademque vel nigra, vel pallida, vel pinguis est; utique, si magna fæditas odo- ris accessit.

Illud interrogari me posse ab ali- qua scio: si certa futuræ mortis indicia sunt, quomodo interdum deserti a medicis convalescant, quosdamque fama prodiderit in ip- sis funeribus revixisse? Quinetiam vir jure magni nominis Democritus,

talis diutius, ostendit peri- culum mortis. Tamen, nigra, crassa, mali odoris, est pes- sima que præcipue mortife- ra. Atque talis est deterrima in viris quidem et mulieri- bus, vero in pueris, quæ est tenuis et diluta. Quoque va- ria alvus, quæ repræsentat strigmentum, sanguinem, bi- lem, aliquid viride, modo variis temporibus, modo si- mul et in quâdam mixturâ, tamen discreta, est pestifera. Sed hæc potest quidem tra- here paulo diutius: vero quæ est liquida, que eadem vel ni- gra, vel pallida, vel pinguis, denuntiat esse jam in præ- cipiti; utique si magna fædi- tas odoris accessit.

Scio illud posse interro- gari me ab aliquo: si sunt certa indicia futuræ mortis, quomodo deserti a medicis interdum convalescant, que fama prodiderit quosdam revixisse in funeribus ipsius? Quinetiam Democritus, vir jure magni nominis, propo-

ever, when black, thick, of a bad smell, it is worst and particularly deadly. And such is the worst in men indeed and in women; but in children, that which is thin and clear. Also a varied stool, which shows strigment, blood, bile, anything green, sometimes at different periods, sometimes at the same time and in a certain mixture, yet distinct, is fatal. But this indeed may protract things a little longer: but that which is liquid, and the same either black or pale, or fatty, shows it (death) to be already at hand; especially if great foulness of smell has come on.

I know that I may be asked this by any one: if there are sure signs of approaching death, how do persons forsaken by their physicians some- times recover, and report has recorded that some have revived in their funerals themselves? Moreover Democritus, a man by right of great name,

suit ne esse satis certas notas quidem finitæ vitæ, quibus medici credidissent: adeo reliquit non illud, ut essent aliqua certa signa futuræ mortis. Adversus quos, ne dicam illud quidem, quod sæpe quædam notæ positæ in vicino decipiunt non bonos sed imperitos medicos: quod Asclepiades obvius funeri, intellexit, eum vivere, qui efferebatur: nec protinus esse crimen artis, si sit quod professoris. Tamen subjiciam illa moderatius: medicinam esse conjecturalem artem que rationem conjecturæ esse talem, ut cum aliquando responderit sæpius, tamen interdum fallat. Itaque non, si quid decipit vix in millesimo corpore, habet non fidem, cum respondeat per innumerabiles homines. Que dico id non tantum in iis quæ sunt pestifera sed quoque in iis quæ salutaria. Siquidem spes etiam frustratur interdum et aliquis moritur, de quo

ne finitæ quidem vitæ satis certas notas esse, proposuit, quibus medici credidissent: adeo illud non reliquit, ut certa aliqua signa futuræ mortis essent. Adversus quos ne dicam illud quidem, quod in vicino sæpe quædam notæ positæ, non bonos, sed imperitos medicos decipiunt: quod Asclepiades funeri obvius intellexit, eum vivere qui efferebatur: nec protinus crimen artis esse, si quod professoris sit. Illa tamen moderatius subjiciam: conjecturalem artem esse medicinam rationemque conjecturæ talem esse, ut cum sæpius aliquando responderit, interdum tamen fallat. Non itaque, si quid vix in millesimo corpore aliquando decipit, fidem non habet, cum per innumerabiles homines respondeat. Idque non in iis tantum, quæ pestifera sunt, dico; sed in iis quoque quæ salutaria. Siquidem etiam spes interdum frustratur, et mori-

has asserted that there are not sufficiently sure marks indeed of terminated life, to which physicians might trust: therefore he left not that, that there were any sure signs of approaching death. Against whom, I will not say that indeed that often some marks placed in contiguity, deceive not good but unskilful physicians; which Asclepiades meeting a funeral, perceived (when he said) that he was alive, who was being carried out: nor immediately is it a fault of the art, if there be any (fault) of its professor. However, I will subjoin these things more moderately: that medicine is a conjectural art, and the nature of the conjecture is such, that although at times it may have answered oftener, yet sometimes it deceives. Therefore not, if any thing deceives scarcely in numberless men. And I say that not only in those (symptoms) which are fatal but also in those which are salutary. Since hope also is disappointed some-

tur aliquis, de quo medicus securus primo fuit: quæque medendi causa reperta sunt, nonnunquam in pejus alicui convertunt. Neque id evitare humana imbecillitas in tanta varietate corporum potest. Sed est tamen medicinæ fides, quæ multo sæpius, perque multo plures ægros prodest. Neque tamen ignorare oportet, in acutis morbis fallaces magis notas esse et salutis, et mortis.

VII. Sed cum proposuerim signa, quæ in omni adversa valetudine communia esse consueverunt; eo quoque transibo, ut, quas aliquis in singulis morborum generibus habere possit notas, indicem. Quædam autem sunt, quæ ante febres, quædam quæ inter eas, quid aut intus sit, aut venturum sit, ostendunt. Ante febres, si caput grave est, aut ex somno oculi caligant, aut frequentia sternutamenta sunt, circa caput aliquis pituitæ

medicus fuit securus primo; que quæ reperta sunt causâ medendi, nonnunquam convertunt in pejus alicui. Neque potest humana imbecillitas evitare id in tantâ varietate corporum. Sed tamen est fides medicinæ, quæ prodest multo sæpius, quæ per multo plures ægros. Neque oportet ignorare, notas et salutis et mortis esse magis fallaces in acutis morbis.

VII. Sed cum proposuerim signa quæ consueverunt esse communia in omni adversâ valetudine; quoque transibo eo ut indicem quas notas aliquis possit habere in singulis generibus morborum. Autem sunt quædam quæ ante febres, quædam quæ inter eas, ostendunt quid aut sit intus, aut sit, venturum. Ante febres, si caput est grave, aut oculi caligant ex somno, aut sternutamenta sunt frequentia, aliquis impetus pituitæ po-

times and a person dies, concerning whom the physician was secure at first; and things which were discovered for the sake of curing, sometimes turn out for the worse to any one. Nor can human weakness avoid that in so great a variety of bodies. But however there is faith in medicine, which benefits much more frequently and in many more patients. Nor is it right to be ignorant that the signs both of health and of death are more fallacious in acute diseases.

VII. But since I have mentioned those signs which have been accustomed to be general in all bad health, also I will pass on thither, that I may show what signs any one may have in the several kinds of diseases. But there are some which before fevers, some which during them, show what either is within, or may be about to come. Before fevers, if the head is heavy, or the eyes are dim after sleep, or sneezings are frequent, some attack of phlegm may be feared about the head.

test timeri circa caput. Si sanguis aut calor abundat, est proximum, ut profluvium sanguinis fiat aliquâ parte. Si quis emacrescit sine causâ, est metus, ne ejus corpus recidat in malum habitum. Si præcordia dolent, aut est gravis inflatio aut urina fertur toto die non concocta, est manifestum esse cruditatem. Quibus color est malus diu sine regio morbo, hi vel conflictantur doloribus capitis, vel edunt terram. Qui habent diu pallidam et tumidam faciem, laborant aut capite, aut visceribus, aut alvo. Si in continuâ febre puero venter reddit nihil, que ei color mutatur, neque somnus accedit, que is assidue plorat, distentio nervorum est metuenda. Autem frequens destillatio in tenui que longo corpore, testatur tabem esse timendam.

Ubi alvus non descendit pluribus diebus, docet aut subitam dejectionem aut febriculam instare. Ubi pedes tur-

impetus timeri potest. Si sanguis, aut calor abundat, proximum est, ut aliqua parte profluvium sanguinis fiat. Si sine causa quis emacrescit, ne in malum habitum corpus ejus recidat, metus est. Si præcordia dolent, aut inflatio gravis est, aut toto die non concocta fertur urina, cruditatem esse manifestum est. Quibus diu color sine morbo regio malus est, hi vel capitis doloribus conflictantur, vel terram edunt. Qui diu habent faciem pallidam, et tumidam aut capite, aut visceribus, aut alvo laborant. Si in continua febre puero venter nihil reddit, mutaturque ei color, neque somnus accedit, ploratque is assidue, metuenda nervorum distentio est. Frequens autem destillatio in corpore tenui longoque, tabem timendam esse testatur.

Ubi pluribus diebus non descendit alvus, docet, aut subitam dejectionem, aut febriculam instare.

If blood or heat abounds, it is probable that a flow of blood may happen in some part. If any one grows thin without cause, there is fear lest his body relapse into a bad habit. If the præcordia are in pain, or there is severe flatulence or the urine is discharged the whole day not concocted, it is evident that there is indigestion. Those in whom the colour is bad for a long time without jaundice, they either are afflicted with pains of the head, or eat earth. They who have for a long time a pale and swollen face, suffer either in the head, or in the viscera, or the bowels. If in continual fever in a boy the belly voids nothing, and his colour is changed, nor does sleep come on, and he constantly weeps, a distension of the nerves is to be feared. But frequent catarrh in a thin and tall body, shows that consumption is to be feared.

When a stool does not pass for many days, it shows that either sudden purging or feverishness is at hand. When the feet swell, the purgings are

Ubi pedes turgent, longæ dejectiones sunt; ubi dolor in imo ventre et coxis est, aqua inter cutem instat. Sed hoc morbi genus ab ilibus oriri solet. Idem propositum periculum est iis, quibus voluntas desidendi est, venter nihil reddit, nisi et ægre et durum, tumor in pedibus est, idemque modo dextra, modo sinistra parte ventris, invicem oritur atque finitur. Sed a jecinore id malum proficisci videtur. Ejusdem morbi nota est, ubi circa umbilicum intestina torquentur, (στροφῶνς Græci nominant) coxæque dolores manent; eaque neque tempore, neque remediis solvuntur. Dolor autem articulorum, prout in pedibus, manibusve, aut alia qualibet parte sic est, ut eo loco nervi contrahantur; aut si id membrum, ex levi causa fatigatum, æque frigido, calidoque offenditur, ποδάγραν χειράγρανve, vel ejus articuli, in quo id sentitur, morbum futurum esse

gent, dejectiones sunt longæ; ubi est dolor in imo ventre et coxis, aqua inter cutem instat; sed hoc genus morbi solet oriri ab ilibus. Idem periculum est propositum iis quibus est voluntas desidendi, venter reddit nihil, nisi et ægre et durum, est tumor in pedibus, que idem modo dextrâ, modo sinistrâ parte ventris, invicem oritur et finitur. Sed id malum videtur proficisci a jecinore. Est nota hujus morbi, ubi intestina circa umbilicum torquentur (Græcinominant strophous), que dolores coxæ manent; que ea solvuntur neque tempore neque remediis. Autem dolor articulorum prout est in pedibus vel manibus aut quâlibet aliâ parte, sic ut nervi contrahantur in loco; aut si id membrum, fatigatum ex levi causâ, offenditur æque frigido que calido, denuntiat (podagran) vel (cheiragran) vel morbum ejus articuli, in quo id sentitur, esse

long; when there is pain in the bottom of the belly and the hips, water under the skin is at hand; but this kind of disease is accustomed to rise from the ilia. The same danger is threatened to those in whom there is a desire of going to stool, the belly voids nothing, but both with difficulty and hard, there is swelling in the feet, and the same sometimes in the right, sometimes in the left side of the belly, alternately arises and is terminated. But that disease appears to arise from the liver. It is sign of this disease when the intestines about the navel are twisted (the Greeks name it twistings), and the pains of the hip continue; and these things are removed neither by time nor by remedies. But pain of the joints according as it is in the feet or in the hands or in any other part, so that the nerves are contracted in that place; or if that limb, being fatigued from a slight cause, is troubled equally by cold and heat, announces that foot-gout or hand-gout or a

futurum. Quibus in pueritiâ sanguis fluxit ex naribus dein desiit fluere, est necesse hi vel conflictentur doloribus capitis, vel habeant aliquas graves exulcerationes in articulis, vel etiam debilitentur aliquo morbo. Quibus fœminis menstrua non proveniunt, est necesse sint acerbissimi dolores capitis, vel quælibet alia pars infestetur morbo. Que sunt eadem pericula iis, quibus vitia articularum, ut dolores que tumores, sine podagrâ que similibus morbis, oriuntur et desinunt. Utique, si tempora iisdem sæpe dolent, que corpora insudant noctu. Si frons prurit, est metus lippitudinis. Si mulier habet vehementes dolores a partu, neque sunt præterea alia mala signa, circa vicesimum diem sanguis erumpet per nares, aut aliquid abscedet in inferioribus partibus. Etiam quicumque habebit ingentem dolorem circa tempora et frontem, is finiet eum

denuntiat. Quibus in pueritia sanguis ex naribus fluxit, dein fluere desiit, hi vel capitis doloribus conflictentur necesse est, vel in articulis aliquas exulcerationes graves habeant, vel aliquo morbo etiam debilitentur. Quibus feminis menstrua non proveniunt, necesse est capitis acerbissimi dolores sint, vel quælibet alia pars morbo infestetur. Eademque iis pericula sunt, quibus articularum vitia, dolores tumoresque, sine podagra similibusque morbis, oriuntur, et desinunt; utique, si sæpe tempora iisdem dolent, noctuque corpora insudant. Si frons prurit, lippitudinis metus est. Si mulier a partu vehementes dolores habet, neque alia præterea signa mala sunt, circa vicesimum diem aut sanguis per nares erumpet, aut in inferioribus partibus aliquid abscedet. Quicumque etiam dolorem ingentem circa tempora et frontem habebit, is

disease of that joint, in which that is felt, is about to happen. Those in whom in childhood blood has flowed from the nostrils, then has ceased to flow, it is necessary they either be afflicted with pains of the head or have some severe ulcerations in the joints, or also be weakened by some disease. To what women menses do not come on, it is necessary there be very sharp pains of the head, or some other part be afflicted with disease. And there are the same dangers to those in whom diseases of the joints, as pains and swellings, without foot-gout and similar diseases, arise and cease. Especially, if the temples in the same persons often pain, and the bodies sweat by night. If the forehead itches, there is fear of lippitude. If a woman has violent pains after delivery, nor are there moreover other bad signs, about the twentieth day blood will break forth through the nostrils, or something suppurate in the lower parts. Also whoever shall have great pain about the temples and forehead,

alterutra ratione eum finiet; magisque, si juvenis erit, per sanguinis profusionem; si senior, per suppurationem. Febris autem, quæ subito sine ratione, sine bonis signis finita est, fere revertitur.

Cui fauces sanguine et interdiu et noctu replentur, sic ut neque capitis dolores, neque præcordiorum, neque tussis, neque vomitus, neque febricula præcesserit, hujus aut in naribus, aut in faucibus ulcus reperietur. Si mulieri inguen et febricula orta est, neque causa apparet, ulcus in vulva est. Urina autem crassa, ex qua quod desidit, album est, significat circa articulos, aut circa viscera dolorem, metumque morbi esse. Eadem viridis, aut viscerum dolorem, tumoremque cum aliquo periculo subesse, aut certe corpus integrum non esse, testatur. At si sanguis aut pus in urina est, vel vesica vel renes exulcerati sunt. Si hæc

alterutra ratione; que magis si erit juvenis, per profusionem sanguinis; si senior, per suppurationem. Autem febris, quæ finita est subito sine ratione, sine bonis signis, fere revertitur.

Cui fauces replentur sanguine et interdiu et noctu, sic ut neque dolores capitis neque præcordiorum, neque tussis, neque vomitus, neque febricula præcesserit, ulcus reperietur aut in hujus naribus aut in faucibus. Si inguen aut febricula orta est mulieri neque causa apparet, est ulcus in vulvâ. Autem crassa urina, ex quâ quod desidit est album, significat esse dolorem circa articulos, aut circa viscera que metum morbi. Eadem viridis testatur aut subesse dolorem viscerum que tumorem cum aliquo periculo, aut certe corpus esse non integrum. At si sanguis aut pus est in urinâ, vel vesica vel renes sunt exulcerati. Si hæc crassa, ha-

he will end it by either means; and more so if he should be a youth by a flow of blood; if older, by suppuration. But fever, which has terminated suddenly without a reason, without good signs, generally returns.

He whose fauces are filled with blood, both by day and by night, so that neither pains of the head, nor of the præcordia, nor cough, nor vomiting, nor feverishness has preceded, an ulcer will be found either in the nostrils or in his fauces. If a swelling in the groin and feverishness has happened to a woman, nor does the cause appear, there is an ulcer in the womb. But thick urine, from which what settles is white, signifies that there is pain about the joints, or about the viscera, and fear of disease. The same when green, shows either that there exists pain of the viscera and swelling with some danger, or certainly that the body is not sound. But if there is blood or pus in the urine, either the bladder or the kidneys are ulcerated. If this, being thick, has

bet quasdam exiguas carunculas quasi capillos, aut si bullat et olet male, et trahit interdum quasi arenam, interdum quasi sanguinem, autem coxæ, quæ quæ sunt inter has quæ super pubem dolent, et frequentes ructus, interdum biliosus vomitus accedunt, quæ extremæ partes frigescunt, est crebra cupiditas, sed magna difficultas urinæ, et quod est excretum inde est simile aquæ, vel rufum vel pallidum, tamen est paulum levamenti in eo; vero alvus redditur cum multo spiritu, utique vitium est in renibus. At si destillat paulatim, vel si sanguis redditur per hanc, et in eo quædam cruenta concreta sunt quæ id ipsum redditur cum difficultate, et interiores partes circa pubem dolent, vitium est in eadem vesica. Vero calculosi, cognoscuntur his indiciis; urina redditur difficulter, quæ paulatim, interdum destillat etiam sine

crassa, carunculas quasdam exiguas quasi capillos habet, aut si bullat, et male olet, et interdum quasi arenam, interdum quasi sanguinem trahit, dolent autem coxæ, quæque inter has superque pubem sunt, et accedunt frequentes ructus, interdum vomitus biliosus, extremæque partes frigescunt, urinæ crebra cupiditas, sed magna difficultas est, et quod inde excretum est, aquæ simile, vel rufum, vel pallidum est, paulum tamen in eo levamenti est, alvus vero cum multo spiritu redditur, utique in renibus vitium est. At si paulatim destillat, vel si sanguis per hanc editur, et in eo quædam cruenta concreta sunt, idque ipsum cum difficultate redditur, et circa pubem interiores partes dolent, in eadem vesica vitium est. Calculosi vero his indiciis cognoscuntur: difficulter urina redditur, paulatimque, interdum etiam sine voluntate, des-

some small fleshy particles like hairs, or if it bubbles and smells badly, and carries sometimes as it were sand, sometimes as it were blood, but the hips and the parts which are between them and above the pubes are in pain, and frequent eructations, sometimes bilious vomiting come on, and the extreme parts become cold, there is a frequent desire, but a great difficulty of making water, and what has been excreted thence is like water, either red or pale, however, there is a little relief in it; but the bowels are evacuated with much wind, indeed, the disease is in the kidneys. But if it drops, little by little, or if blood is voided by it, and in it certain bloody things are concreted and that itself is discharged with difficulty, and the inner parts about the pubes pain, the disease is in the same bladder. But those afflicted with stone, are known by these signs; the urine is avoided difficultly, and little by little, sometimes it drops away even without a desire; the same is sandy:

tillat; eadem arenosa est: nonnunquam aut sanguis, aut cruentum, aut purulentum aliquid cum ea excernitur; eamque quidam promptius recti, quidam resupinati, maximeque ii, qui grandes calculos habent quidam etiam inclinati reddunt, colemque extendendo, dolorem levant. Gravitatis quoque cujusdam in ea parte sensus est: atque ea cursu, omnique motu augentur. Quidam etiam, cum torquentur, pedes inter se, subinde mutatis vicibus, implicant. Feminae vero oras naturalium suorum manibus admotis scabere crebro coguntur: nonnunquam, si digitum admovent, ubi vesicae cervicem is urget, calculum sentiunt.

At, qui spumantem sanguinem excreant, his in pulmone vitium est. Mulieri gravidæ sine modo fusa alvus elidere partum potest. Eidem si lac ex mammis profluit, imbecillum est quod intus gerit:

voluntate; eadem est arenosa; nonnunquam aut sanguis aut aliquid cruentum aut purulentum excernitur cum eâ; que quidam reddunt eam promptius recti, quidam resupinati, que maxime qui habent grandes calculos, quidam etiam inclinati, que levant dolorem, extendendo colem. Est quoque sensus gravitatis in eâ parte; atque ea augentur cursu, que omni motu. Quidam etiam, cum torquentur, implicant pedes inter se, vicibus subinde mutatis. Vero feminae crebro coguntur scabere oras suorum naturalium, manibus admotis; nonnunquam si admovent digitum, sentiunt calculum ubi is urget cervicem vesicae.

At est vitium in pulmone his qui excreant spumantem sanguinem. Alvus fusa sine modo gravidæ mulieri potest elidere partum. Si lac eidem profluit ex mammis, quod gerit intus est imbecillum: duræ mammae

sometimes either blood or something bloody or purulent is excreted with it; and some void it more readily, being erect, some lying supine, and especially they who have large calculi, some also bending forwards relieve the pain by extending the penis. There is also a sense of heaviness in that part; and those things are increased by running, and all motion. Some, also, when they are in pain, fold the feet together, the turns occasionally being changed. But women frequently are compelled to scratch the edges of their private parts, by the hands applied; sometimes if they have applied the finger, they feel the calculus when it presses against the neck of the bladder.

But there is a disease in the lungs in those who spit out foaming blood. The belly being relaxed immoderately to a pregnant woman may cause a miscarriage. If the milk in the same person flows out of the breasts, that

testantur illud esse sanum. Frequens singultus et continuus præter consuetudinem significat jecur esse inflammatum. Si tumores super ulcera desierunt subito esse, que id incidit a tergo, vel distentio vel rigor nervorum potest timeri; at si id evenit a priore parte, vel acutus dolor lateris, vel insania est expectanda; interdum etiam profusio alvi sequitur casum ejusmodi, quæ est tutissima inter hæc. Si ora venarum solita effundere sanguinem, suppressa sunt subito, aut aqua inter cutem, aut tabes sequitur. Eadem tabes subit, si in dolore lateris suppuratio orta non potuit purgari intra quadraginta dies. At si est longa tristitia cum longo timore et vigiliâ, morbus atræ bilis subest. Quibus sanguis fluit sæpe ex naribus, his aut lienis tumet aut sunt dolores capitis; quos sequitur, ut quædam quasi imagines observentur ante

duræ mammæ, sanum illud esse, testantur. Frequens singultus, et præter consuetudinem continuus, jecur inflammatum esse, significat. Si tumores super ulcera subito esse desierunt, idque a tergo incidit, vel distentio nervorum, vel rigor timeri potest: at si a priore parte id evenit, vel lateris acutus dolor, vel insania expectanda est; interdum etiam ejusmodi casum, quæ tutissima inter hæc est, profusio alvi sequitur. Si ora venarum, sanguinem solita fundere, subito suppressa sunt, aut aqua inter cutem, aut tabes, sequitur. Eadem tabes subit, si in lateris dolore orta suppuratio intra quadraginta dies purgari non potuit. At si longa tristitia cum longo timore et vigilia est, atræ bilis morbus subest. Quibus sæpe ex naribus fluit sanguis, his aut lienis tumet, aut capitis dolores sunt: quos sequitur, ut quædam ante oculos tanquam ima-

which she bears within is weak; hard breasts show that to be healthy. Frequent hiccough and lasting beyond custom signifies that the liver is inflamed. If the swellings over ulcers have ceased suddenly to exist, and that happens from the back, either distension or stiffness of the nerves may be feared; but if that happens from the anterior part, either acute pain of the side or madness is to be looked for; sometimes also diarrhœa follows an accident of this kind, which is safest among these things. If the mouths of the veins accustomed to pour out blood have been suppressed suddenly, either water under the skin or consumption follows. The same consumption succeeds, if in pain of the side suppuration having arisen has not been able to be cleansed within forty days. But if there is long sadness with long fear and watching, the disease of black bile is at hand. Those in whom blood flows often from the nostrils, in them either the spleen swells or there are pains of the head; which

gines observentur. At quibus magni lienes sunt, his gingivæ malæ sunt, et os olet, aut sanguis aliqua parte prorumpit: quorum si nihil evenit, necesse est in cruribus mala ulcera, et ex his nigræ cicatrices fiant. Quibus causa doloris, neque sensus ejus est, his mens labat. Si in ventrem sanguis confluit, ibi in pus vertitur. Si a coxis, et ab inferioribus partibus dolor in pectus transit, neque ullum signum malum accessit, suppurationis eo loco periculum est. Quibus sine febre aliqua parte dolor, aut prurigo, cum rubore et calore est, ibi aliquid suppurat. Urina quoque, quæ in homine sano parum liquida est, circa aures futuram aliquam suppurationem esse denuntiat.

Hæc vero, cum sine febre quoque vel latentium, vel futurarum rerum notas habeant, multo certiora sunt, ubi febris accessit; atque etiam aliorum morborum tum signa

oculos. At quibus, lienes sunt magni, his gingivæ sunt malæ et os olet aut sanguis prorumpit aliquâ parte; quorum si nihil evenit, est necesse mala ulcera fiant in cruribus et ex his nigræ cicatrices. Quibus causa doloris, neque est sensus ejus his mens labat. Si sanguis confluit in ventrem, ibi vertitur in pus. Si dolor transit a coxis et ab inferioribus partibus in pectus, neque ullum malum signum accessit, est periculum suppurationis eo loco. Quibus est dolor aliquâ parte sine febre, aut prurigo cum rubore et calore, ibi aliquid suppurat. Quoque urina, quæ est parum liquida in sano homine denuntiat esse futuram aliquam suppurationem circa aures.

Vero hæc, cum sine febre habeant notas vel latentium vel futurarum rerum, sunt multo certiora, ubi febris accessit; atque etiam tum signa aliorum morborum

it follows, that some things as it were images are observed before the eyes. But those in whom the spleens are great, in these the gums are bad and the mouth smells, or blood breaks out in some part; of which if none happens, it is necessary that bad ulcers happen in the legs and from these black scars. In whom there is cause of pain, and there is not a sense of it, in these the mind fails. If blood has flowed into the belly, there it is turned into pus. If pain passes from the hips and from the lower parts into the breast, nor has any bad sign come on, there is danger of suppuration in that place. In whom there is pain in any part without fever, or itching with redness and heat, there something suppurates. Also urine, which is not clear in a healthy man, shows that there will be some suppuration about the ears.

But these things, since without fever they have signs either of hidden or of future things, are much more sure, when fever has come on; and

nascuntur. Ergo insania est timenda protinus, ubi sermo alicujus est expeditior quam fuit sani, que subita loquacitas orta est, et hæc ipsa audacior solito: aut ubi quis spirat raro et vehementer que habet venas concitatas, præcordiis duris et tumentibus. Quoque frequens motus oculorum et tenebræ offusæ oculis dolore capitis; vel nullo dolore substante, somnus ereptus: que vigilia continuata nocte et die: vel corpus prostratum in ventrem contra consuetudinem sic ut dolor alvi ipsius coegerit non id; item corpore adhuc robusto, insolitus stridor dentium, sunt signa insaniæ. Etiam si quod abscessit et subsedit antequam suppuraret, febre adhuc manente, affert periculum primum furoris, deinde interitus. Quoque acutus dolor auris, cum continuâ que vehementi febre, sæpe turbat mentem, et ex eo casu, interdum juniores moriuntur in-

nascuntur. Ergo protinus insania timenda est, ubi expeditior alicujus, quam sani fuit, sermo est, subitaque loquacitas orta est, et hæc ipsa solito audacior: aut ubi raro quis et vehementer spirat, venasque concitatas habet, præcordiis duris et tumentibus. Oculorum quoque frequens motus, et in capitis dolore offusæ oculis tenebræ; vel, nullo dolore substante, somnus ereptus, continuataque nocte et die vigilia; vel prostratum contra consuetudinem corpus in ventrem, sic ut ipsius alvi dolor id non coegerit; item, robusto adhuc corpore, insolitus dentium stridor, insaniæ signa sunt. Si quid etiam abscessit, et antequam suppuraret, manente adhuc febre, subsedit, periculum affert primum furoris, deinde interitus. Auris quoque dolor acutus, cum febre continua vehementique, sæpe mentem turbat; et ex eo casu juniores interdum intra

also then the signs of other diseases arise. Therefore insanity is to be feared immediately, when the speech of anyone is more rapid than it was of him healthy, and sudden talkativeness has arisen, and this itself bolder than usual: or when anyone breathes seldom and violently and has his veins excited, the præcordia being hard and swelling. Also frequent motion of the eyes and darkness spread over the eyes in pain of the head; or no pain existing, sleep removed; and watching continued by night and day; or the body prostrate on the belly contrary to custom, so that pain of the bowels themselves may not have occasioned that; also, the body still being strong, unusual grating of the teeth, are signs of madness. Also if anything has formed an abscess and has subsided before it could suppurate, fever still remaining, brings danger first of madness, then of death. Also acute pain of the ear, with continued and violent fever, often disturbs the mind; and from that

septimum diem moriuntur; seniores tardius; quoniam neque æque magnas febres eperiuntur, neque æque insaniunt: ita sustinent, dum is affectus in pus vertatur. Suffusæ quoque sanguine mulieris mammæ, furorem venturum esse, testantur. Quibus autem longæ febres sunt, his aut abscessus aliqui, aut articulorum dolores erunt. Quorum faucibus in febre illiditur spiritus, instat his nervorum distentio. Si angina subito finita est, in pulmonem id malum transit; idque sæpe intra septimum diem occidit; quod nisi incidat, sequitur ut aliqua parte suppuret. Deinde post alvi longam resolutionem, tormina; post hæc, intestinorum lævitas oritur; post nimias destillationes, tabes; post lateris dolorem, vitia pulmonum; post hæc, insania; post magnos fervores corporis, nervorum rigor, aut distentio; ubi caput vulneratum est, delirium; ubi vigilia

tra septimum diem; seniores tardius; quoniam experiuntur neque æque magnas febres, neque æque insaniunt; ita sustinent, dum is affectus vertatur in pus. Quoque mammæ mulieris suffusæ sanguine, testantur furorem esse venturum. Autem quibus sunt longæ febres, his erunt aut aliqui abscessus, aut dolores articulorum. Distentio nervorum instat his, faucibus quorum spiritus illiditur in febre. Si angina finita est, subito, id malum transit in pulmonem; que id sæpe occidit intra septimum diem; quod nisi incidat, sequitur ut suppuret aliquâ parte. Deinde post longam resolutionem alvi, tormina; post hæc, lævitas intestinorum oritur; post nimias destillationes, tabes; post dolorem lateris, vitia pulmonum; post hæc, insania; post magnos fervores corporis, rigor aut distentio nervorum; ubi caput vulneratum est, delirium;

accident, sometimes younger persons die within the seventh day; older persons later; because they suffer neither equally great fevers, nor are they equally mad; so they support it, until that affection is turned into pus. Also the breasts of a woman suffused with blood, show that madness is about to come on. But in whom there are long fevers, in them will be either some abscesses, or pains of the joints. Distension of the nerves impends over those in the fauces of whom the breath is straitened in fever. If quinsy has terminated suddenly, that disease passes into the lungs; and that often kills within the seventh day; which, unless it happens, it follows that it suppurates in some part. Then after long relaxation of the bowels, gripes; after them, smoothness of the intestines arises; after too great catarrhs, consumption; after pain of the side, diseases of the lungs; after these, madness; after great heat of the body, stiffness or distension of the nerves; when the head has been

ubi vigilia torsit, distentio nervorum; ubi venæ super ulcera moventur vehementer, erit profluvium sanguinis. Vero suppuratio excitatur pluribus morbis. Nam si longæ febres sine dolore, sine manifestâ causâ remanent, id malum incumbit in aliquam partem; tamen in junioribus; nam in senioribus quartana fere nascitur ex morbo ejusmodi. Eadem suppuratio fit, si præcordia dura, dolentia non sustulerunt hominem ante vicesimum diem, neque sanguis fluxit ex naribus, que maxime in adolescentibus; utique si inter principia fuerunt aut caligo oculorum aut dolores capitis; sed tum aliquid abscedit in inferioribus partibus. Aut si præcordia habent mollem tumorem, neque desinunt habere intra sexaginta dies, que febris hæret per omne id tempus; sed tum abscessus fit in superioribus partibus; ac si non fit inter viscera ipsa,

torsit, nervorum distentio; ubi vehementer venæ super ulcera moventur, sanguinis profluvium. Suppuratio vero pluribus morbis excitatur. Nam si longæ febres sine dolore, sine manifesta causa remanent, in aliquam partem id malum incumbit; in junioribus tamen: nam in senioribus ex ejusmodi morbo quartana fere nascitur. Eadem suppuratio fit, si præcordia dura, dolentia ante vicesimum diem hominem non sustulerunt, neque sanguis ex naribus fluxit, maximeque in adolescentibus; utique, si inter principia aut oculorum caligo, aut capitis dolores fuerunt: sed tum in inferioribus partibus aliquid abscedit. Aut si præcordia tumorem mollem habent, neque habere intra sexaginta dies desinunt, hæretque per omne id tempus febris: sed tum in superioribus partibus fit abscessus; ac si inter ipsa viscera non fit, circa aures erumpit.

wounded, delirium; when watching has tortured, distension of the nerves; when the veins over ulcers are agitated violently, there will be a flow of blood. But suppuration is excited by many diseases. For if long fevers without pain, without evident cause remain, that disease settles upon some part; yet in younger persons; for in older persons a quartan generally arises from a disease of the same kind. The same suppuration happens, if the præcordia hard, painful, have not taken off the man before the twentieth day, nor has blood flowed from the nostrils, and chiefly in youths; certainly if at the beginning there have been either dimness of the eyes or pains of the head: but then something forms an abscess in the lower parts. Or if the præcordia have a soft swelling, nor do they cease to have it within sixty days, and fever continues during all that time; but then an abscess takes place in the upper parts; and if it does not take place among the viscera themselves, it breaks

Cumque omnis longus tumor ad suppurationem fere spectet, magis eo tendit is, qui in præcordiis, quam is, qui in ventre est; is, qui supra umbilicum, quam is, qui infra est. Si lassitudinis etiam sensus in febre est, vel in maxillis, vel in articulis aliquid abscedit. Interdum quoque urina tenuis et cruda sic diu fertur, ut alia salutaria signa sint: exque eo casu plerumque infra transversum septum (quod *διάφραγμα* Græci vocant) fit abscessus. Dolor etiam pulmonis, si neque per sputa, neque per sanguinis detractorem, neque per victus rationem finitus est, vomicas aliquas interdum excitat, aut circa vicesimum diem, aut circa tricesimum, aut circa quadragesimum, nonnunquam etiam circa sexagesimum. Numerabimus autem ab eo die, quo primum febricitavit aliquis, aut inhorruit; aut gravitatem ejus partis

erumpit circa aures. Que cum omnis longus tumor fere spectet ad suppurationem, is qui est in præcordiis, tendit magis eo, quam is qui est in ventre: is qui supra umbilicum quam is qui est infra. Si etiam est sensus lassitudinis in febre, aliquid abscedit vel in maxillis vel in articulis. Interdum quoque urina fertur tenuis et cruda diu, sic ut sunt alia salutaria signa; que ex eo casu abscessus plerumque fit infra transversum septum, quod Græci vocant (diaphragma). Etiam dolor pulmonis, si finitus est neque per sputa neque per detractorem sanguinis, neque per rationem victus, excitat aliquas vomicas aut circa vicesimum diem, aut circa tricesimum, aut circa quadragesimum, nonnunquam etiam circa sexagesimum. Autem numerabimus ab eo die, quo aliquis febricitavit primum, aut inhorruit, aut sensit gravitatem ejus partis. Sed hæ

out about the ears. And since every continued swelling generally tends to suppuration, that which is in the præcordia tends more to it than that which is in the belly; that which is above the navel than that which is below. If also there is a feeling of lassitude in fever, some abscess forms either in the jaws or in the joints. Sometimes also the urine is discharged thin and crude a long time, so that there are other salutary signs; and from that accident an abscess generally takes place below the transverse septum, which the Greeks call diaphragm. Also pain of the lungs, if it has terminated neither by spittings nor by detractorem of blood, nor by means of diet, excites some vomicæ either about the twentieth, or about the thirtieth, or about the fortieth, sometimes also about the sixtieth day. But we shall number from that day in which anyone was feverish first, or has shivered, or has felt a weight of that part. But these vomicæ sometimes arise from the lungs, sometimes

vomicæ modo nascuntur a pulmone, modo a contrariâ parte. Quod suppurat, concitat dolorem que inflammationem ab eâ parte quam afficit; ipsum est calidius, et si aliquis decubuit in sanam partem, videtur onerare eam ex aliquo pondere. Etiam omnis suppuration quæ nondum patet oculis, potest deprehendi sic: si febris dimittit non, que ea est levior interdum increscit noctu, multus sudor oritur, est cupiditas tussiendo, et pene nihil excreatur in tussi; oculi sunt cavi; malæ rubent; venæ sub linguâ inalbescunt; ungues in manibus fiunt adunci; digiti que maxime summi calent; tumores sunt in pedibus; spiritus trahitur difficiliter; est fastidium cibi; pustulæ oriuntur in toto corpore. Quod si protinus initio fuit dolor et tussis et difficultas spiritus, vomica erumpet vel ante vel circa vicesimum diem; si ista cœperint serius, est necesse quidem

sensit. Sed hæ vomicæ modo a pulmone, modo a contraria parte nascuntur. Quod suppurat, ab ea parte, quam afficit, dolorem inflammationemque concitat; ipsum calidius est; et si in partem sanam aliquis decubuit, onerare eam ex pondere aliquo videtur. Omnis etiam suppuration, quæ nondum oculis patet, sic deprehendi potest: si febris non dimittit, eoque interdum levior est, noctu increscit; multus sudor oritur; cupiditas tussiendo est, et pene nihil in tussi excreatur; oculi cavi sunt; malæ rubent; venæ sub lingua inalbescunt; in manibus fiunt adunci ungues; digiti, maximeque summi, calent; in pedibus tumores sunt; spiritus difficiliter trahitur; cibi fastidium est; pustulæ toto corpore oriuntur. Quod si protinus initio dolor et tussis fuit, et spiritus difficultas, vomica vel ante vel circa vicesimum diem erumpet: si serius ista cœpe-

from a contrary part. That which suppurates, excites pain and inflammation from that part which it affects; itself is more hot, and if anyone has lain upon the healthy part, he appears to burden it with some weight. Also all suppuration which is not yet evident to the eyes, may be discovered thus: if the fever departs not, and it is lighter by day, increases by night, much sweat arises, there is a desire of coughing, and almost nothing is spit out in the cough; the eyes are hollow; the cheeks are red; the veins under the tongue become white; the nails on the hands become crooked; the fingers, and especially the tips are hot; swellings are in the feet; the breath is drawn more difficultly; there is loathing of food; pustules arise in the whole body. But if immediately in the beginning there has been pain and coughing and difficulty of breath, a vomica will break out either before or about the twentieth day; if those things have begun later, it is necessary indeed that they

rint, necesse est quidem increscant; sed quo minus cito affecerint, eo tardius solventur. Solent etiam in gravi morbo pedes cum digitis unguibusque nigrescere: quod si non est mors consecuta, et reliquum corpus invaluit, pedes tamen decidunt.

VIII. Sequitur, ut in quoque morbi genere proprias notas explicem, quæ vel spem, vel periculum ostendant. Ex vesica dolenti si purulenta urina processit, inque ea læve et album subsedit, metum detrahit. In pulmonis morbo, si sputo ipso levatur dolor, quamvis id purulentum est, tamen æger facile spirat, facile exscreat, morbum ipsum non difficulter fert, potest ei secunda valetudo contingere. Neque inter initia terreri convenit, si protinus sputum mixtum est rufo quodam, et sanguine, dummodo statim edatur. Laterum dolores, suppuratione facta,

increscant; sed quo minus cito affecerint, eo tardius solventur. Etiam pedes cum digitis que unguibus solent nigrescere in gravi morbo; quod, si mors non est consecuta et reliquum corpus invaluit, tamen pedes decidunt.

VIII. *Sequitur ut explicem proprias notas quæ ostendant vel spem vel periculum in quoque genere morbi. Ex vesicâ dolente, (si) purulenta urina processit, que in eâ læve et album subsedit, detrahit metum. In morbo pulmonis, si dolor levatur sputo ipso, quamvis id est purulentum, tamen æger spirat facile, exscreat facile, fert non morbum ipsum difficulter, secunda valetudo potest contingere ei. Neque inter initia convenit terreri, si protinus sputum mixtum est quodam rufo, et sanguine, dummodo edatur statim. Dolores laterum finiuntur, suppuratione factâ,*

increase; but the less quickly they may have affected, the slower they will be removed. Also the feet, with the toes and nails, are accustomed to become black in a severe disease; which, if death has not followed, and the rest of the body has become sound, yet the feet fall off.

VIII. It follows that I should explain the peculiar marks which show either hope or danger in every kind of disease. From a painful bladder, if purulent urine has come forth, and in it something smooth and white has settled, it removes fear. In disease of the lungs, if the pain is relieved by spitting itself, although that is purulent, yet the patient breathes easily, expectorates easily, he bears not the disease itself difficultly, good health may happen to him. Nor at the beginning is it fit to be alarmed, if immediately the spitting has been mixed with something red, and blood, provided that is brought forth immediately. Pains of the sides are terminated, by suppuration

deinde purgato intra quadragessimum diem. Si est vomica in jecinore, et purum et album pus fertur ex eâ, salus facilis ei; enim id malum est in tunica. Vero ex suppurationibus, eæ sunt tolerabiles quæ feruntur in exteriorem partem et acuuntur; at ex iis quæ procedunt intus, eæ leviores, quæ afficiunt non cutem contra se, quæ sinunt eam esse et sine dolor et ejusdem coloris, cujus reliquæ partes sunt. Quoque pus, quâcunque parte erumpit, si est læve, album, et unius coloris, est sine ullo metu; et, quo effuso, protinus febris conquievit quæ fastidium cibi et desiderium potionis desierunt. Si quando suppuratio etiam descendit in crura, quæ sputum ejusdem factum est purulentum pro rufo, est minus periculi. At in tabe ejus, qui est futurus salvus, sputum debet esse album, totum æquale, quæ ejusdem coloris, sine pituitâ; quæ etiam oportet

deinde intra quadragessimum diem purgata, finiuntur. Si in jecinore vomica est, et ex ea fertur pus purum et album, salus ei facilis: id enim malum in tunica est. Ex suppurationibus vero eæ tolerabiles sunt, quæ in exteriorem partem feruntur, et acuuntur; at ex iis, quæ intus procedunt, eæ leviores, quæ contra se cutem non afficiunt, eamque et sine dolore et ejusdem coloris, cujus reliquæ partes sunt, sinunt esse. Pus quoque, quâcunque parte erumpit, si est læve, album, et unius coloris, sine ullo metu est; et, quo effuso, febris protinus conquievit, desieruntque urgere cibi fastidium et potionis desiderium. Si quando etiam suppuratio descendit in crura, sputumque ejusdem factum pro rufo purulentum est, periculi minus est. At in tabe ejus, qui salvus futurus est, sputum esse debet album, æquale totum, ejusdemque coloris, sine pituita: eique

being established, then cleansed within the fortieth day. If there is a vomica in the liver, and clear and white pus is discharged from it, recovery is easy to him, for that disease is in the membrane. But of suppurations, these are bearable, which are carried into the outer part and are pointed: but of those which proceed inwardly, those are lighter which affect not the skin opposite themselves, and suffer that to be both without pain and of the same colour of which the other parts are. Also, pus, in whatever part it breaks out, if it is smooth, white, and of one colour, is without any fear; and, which being discharged, immediately the fever has abated, and loathing of food and desire of drink have ceased. If at any time suppuration also descends into the legs, and the expectoration of the same person has become purulent instead of red, there is less danger. But in the wasting of him, who is about to be safe, the expectoration ought to be white, the whole equal,

etiam simile esse oportet, si quid in nares a capite destillat. Longe optimum est, febrem omnino non esse: secundum est, tantulam esse, ut neque cibum impediat, neque crebram sitim faciat. Alvus in hac valetudine ea tuta est, quæ quotidie coacta eaque convenientia iis, quæ assumuntur, reddit; corpus id, quod minime tenue, maximeque latipectoris atque setosi est, cujusque cartilago exigua, et carnosa est. Super tabem si mulieri suppressa quoque menstrua fuerunt, et circa pectus atque scapulas dolor mansit, subitoque sanguis erupit, levari morbus solet: nam et tussis minuitur, et sitis atque febricula desinunt. Sed iisdem fere, nisi redit sanguis, vomica erumpit; quæ quo cruentior, eo melior est. Aqua autem inter cutem minime terribilis est, quæ nullo antecedente morbo cœpit; deinde, quæ longo morbo supervenit: utique, si firma viscera

tet esse simile ei, si quid destillat a capite. Est longe optimum febrem non esse omnino; est secundum esse tantulam, ut neque impediat cibum, neque faciat crebram sitim. In hac valetudine ea alvus est tuta, quæ quotidie reddit coacta, quæ ea convenientia iis, quæ assumuntur: id corpus, quod est minime tenue, quæ maximè latipectoris, quæ cartilago cujus est exigua et carnosa. Super tabem si menstrua suppressa fuerunt mulieri, et dolor circa pectus atque scapulas mansit, quæ sanguis erupit subito, morbus solet levare: nam et tussis minuitur et sitis quæ febricula desinunt. Sed fere iisdem nisi sanguis redit, vomica erumpit; quæ quo cruentior est, eo melior. Autem aqua inter autem est minime terribilis, quæ cœpit nullo morbo præcedente; deinde, quæ supervenit longo morbo; utique si viscera sunt firma; si spiritus facilis; si nullus

and of the same colour, without phlegm; and also it ought to be like to it, if anything drops from the head. It is by far the best for fever not to exist at all; it is next to be so little, that it neither impedes food nor causes frequent thirst. In this illness, that belly is safe, which daily voids digested things, and those things corresponding to those which are taken: that body, which is by no means thin, and especially of a wide and hairy chest, and the cartilage of which is small and fleshy. In addition to wasting, if the menses have been suppressed in a woman, and pain about the breast and shoulders has continued, and blood has broken forth suddenly, the disease is accustomed to be relieved; for both the cough is lessened, and the thirst and feverishness cease. But generally in the same persons, unless the blood returns, the vomica breaks out, which the more bloody it is, so much the better. But water under the skin is by no means alarming, which has begun, no disease preceding; then that which succeeds a long disease; especially if the bowels are firm;

dolor; si corpus est sine calore, que est æqualiter macrum in extremis partibus; si venter mollis; si nulla tussis; nulla sitis; si lingua inarescit ne quidem per somnum; si est cupiditas cibi; si venter movetur medicamentis; si excernit per se mollia et figurata: si extenuatur; si urina mutatur et mutatione vini et aliquibus medicamentis epotis; si corpus est sine lassitudine et facile sustinet morbum: siquidem is est ex toto tutus, in quo omnia hæc sunt, is, in quo plura ex his sunt, est in bonâ spe. Vero vitia articulorum, ut podagræ que chiragræ, si tentarunt juvenes, neque induxerunt callum, possunt solvi: que leniuntur maxime torminibus, et quocunque modo venter fluit. Item comitialis morbus, ortus ante pubertatem, finitur non ægre; et in quo sensus incipientis accessionis incipit in quo ab una parte corporis, est op-

sunt; si spiritus facilis; si nullus dolor; si sine calore corpus est, æqualiterque in extremis partibus macrum est; si venter mollis; si nulla tussis; nulla sitis; si lingua, ne per somnum quidem, inarescit; si cibi cupiditas est; si venter medicamentis movetur; si per se excernit mollia et figurata; si extenuatur; si urina, et vini mutatione, et epotis aliquibus medicamentis mutatur; si corpus sine lassitudine est, et morbum facile sustinet: siquidem in quo omnia hæc sunt, is ex toto tutus est; in quo plura ex his sunt, is in bona spe est. Articulorum vero vitia, ut podagræ chiragræque, si juvenes tentarunt, neque callum induxerunt, solvi possunt: maximeque torminibus leniuntur, et quocunque modo venter fluit. Item morbus comitialis, ante pubertatem ortus, non ægre finitur: et in quo ab una parte corporis venientis accessiones sen-

if the breathing be easy: if there is no pain: if the body is without heat, and is equally lean in the extremities; if the belly is soft; if there is no cough; no thirst; if the tongue grows dry, not even during sleep; if there is a desire for food; if the belly is moved by medicine: if it excretes of itself soft and figured substances: if it becomes less: if the urine is altered both by change of wine and some medicines being drunk; if the body is without lassitude and easily bears the disease: for he is altogether safe, in whom all these things are; he, in whom many of these things are, is in good hope. But diseases of the joints, as foot-gout and hand-gout, if they have attacked youths, and have not brought on hardness, can be removed; and are allayed very much by gripes, and in whatever manner the belly is relaxed. Also the comitial disease, arising before puberty, is terminated not difficultly and in whom a sense of an approaching accession begins from one part

sus incipit, optimum est a manibus pedibusve initium fieri; deinde, a lateribus; pessimum inter hæc, a capite. Atque in his quoque ea maxime prosunt, quæ per dejectiones excernuntur. Ipsa autem dejectio sine ulla noxa est, quæ sine febre est; si celeriter desinit; si contrectato ventre nullus motus ejus sentitur; si extremam alvum spiritus sequitur. Ac ne tormina quidem periculosa sunt, si sanguis et strigmenta descendunt, dum febris ceteræque accessiones hujus morbi absint: adeo ut etiam gravida mulier, non solum reservari possit, sed etiam partum reservare. Prodestque in hoc morbo, si jam ætate aliquis processit. Contra, intestinorum lævitas facilius a teneris ætatibus depellitur: utique, si ferri urina, et ali cibo corpus incipit. Eadem ætas prodest et in coxæ dolore, et humerorum, et in omni resolutione nervorum. Ex

timum initium fieri a manibus vel pedibus; deinde a lateribus; pessimum inter hæc, a capite. Atque in his quoque ea prosunt maxime quæ excernuntur per dejectiones. Autem dejectio ipsa quæ est sine febre est sine ullâ noxâ; si desinit celeriter: si ventre contrectato nullus motus ejus sentitur; si spiritus sequitur extremam alvum. Ac ne quidem tormina sunt periculosa, si sanguis et strigmenta descendunt dum febris quæ ceteræ accessiones hujus morbi absint; adeo ut etiam gravida femina possit non solum reservari, sed etiam reservare partum. Quæ prodest in hoc morbo, si aliquis processit jam ætate. Contra, lævitas intestinorum depellitur facilius in teneris ætatibus; utique si urina incipit ferri et corpus ali cibo. Eadem ætas prodest et in dolore coxæ et humerorum et in omni resolutione nervorum. Ex quibus coxa si est

of the body, it is best for the beginning to take place from the hands or the feet; afterwards from the sides; the worst among these, from the head. And in these, also, those things benefit most which are excreted by stools. But purging itself which is without fever is without any injury; if it ceases quickly; if the belly being handled no motion of it is felt; if wind follows the last stool. And not even gripes are dangerous, if blood and strigments descend while fever and other accessions of that disease are absent; so that even a pregnant woman may not only be preserved, but also preserve her offspring. And it benefits in this disease, if any one has advanced already in age. On the contrary, smoothness of the intestines is removed more easily in tender ages; especially if the urine begins to be discharged and the body to be nourished with food. The same age is favorable both in pain of the hips, and of the shoulders, and in every

sine torpore, si leviter friget, quamvis habet magnos dolores tamen sanatur et facile et mature; que resolutum membrum, si alitur nihilo minus, potest fieri sanum. Etiam resolutio oris finitur citâ alvo. Que omnis dejectio prodest lippienti. At varix ortus, vel subita profusio sanguinis, per ora venarum, vel tormina, tollunt insaniam. Dolores humerorum, qui tendunt ad scapulas vel manus, solvuntur vomitu atræ bilis: et quisquis dolor tendit deorsum, est sanabilior. Singultus finitur sternutamento. Vomitus, supprimit longas dejectiones. Mulier vomens sanguinem liberatur profusis menstruis. Quæ non purgatur menstruis, si fudit sanguinem ex naribus, vacat omni periculo. Quæ laborat locis aut edit partum difficulter, levatur sternutamento. Æstiva quartana est fere brevis. Cui est calor et tremor delirium

quibus coxa, si sine torpore est, si leviter friget; quamvis magnos dolores habet, tamen et facile et mature sanatur: resolutumque membrum, si nihilo minus alitur, fieri sanum potest. Oris resolutio etiam alvo cita finitur. Omnisque dejectio lippienti prodest. At varix ortus, vel per ora venarum subita profusio sanguinis, vel tormina, insaniam tollunt. Humerorum dolores, qui ad scapulas vel manus tendunt, vomitu atræ bilis solvuntur: et quisquis dolor deorsum tendit, sanabilior est. Singultus sternutamento finitur. Longas dejectiones supprimit vomitus. Mulier sanguinem vomens, profusis menstruis liberatur. Quæ menstruis non purgatur, si sanguinem ex naribus fudit, omni periculo vacat. Quæ locis laborat, aut difficulter partum edit, sternutamento levatur. Æstiva quartana fere brevis est. Cui calor et tre-

relaxation of the nerves. Of which, the hip, if it is without numbness, if it is slightly cold, although it has great pains, nevertheless it is cured both easily and quickly; and the paralysed limb, if it is nourished, nevertheless may become sound. Also palsy of the mouth is terminated by a loose belly. And all purging benefits one suffering from lippitude. But a varix arising, or a sudden flow of blood by the mouths of the veins, or gripes, remove madness. Pains of the shoulders, which extend to the scapulæ or the hands, are removed by a vomit of black bile: and whatever pain extends downwards, is more curable. Hiccough is ended by sneezing. Vomiting suppresses long purgings. A woman vomiting blood is relieved by copious menstruation. She who is not cleansed by menstruation, if she has discharged blood from the nostrils, is free from all danger. She who suffers in places, (i. e. the uterus,) or brings forth offspring difficultly, is relieved by sneezing. A summer quartan is generally

mor est, saluti delirium est. Lienosis bono tormina sunt. Denique ipsa febris, quod maxime mirum videri potest, sæpe præsidio est. Nam et præcordiorum dolores, si sine inflammatione sunt, finit; et jecinoris dolori succurrit; et nervorum distentionem rigoremque, si postea cœpit, ex toto tollit; et ex difficultate urinæ morbum tenuioris intestini ortum, si urinam per calorem movet, levat. At dolores capitis, quibus oculorum caligo, et rubor cum quadam frontis prurigine accedunt, sanguinis profusione, vel fortuita, vel etiam petita, submoventur. Si capitis ac frontis dolores ex vento, vel frigore, aut æstu sunt, gravedine et sternutamentis finiuntur. Febrem autem ardentem, quam Græci καυσώδη vocant, subitus horror exsolvit. Si in febre aures obtusæ sunt, si sanguis e naribus fluxit, aut venter resolutus est, illud malum

est saluti. Tormina sunt, bono lienosis. Denique febris ipsa, quod potest videri maxime mirum, sæpe est præsidio. Nam finit et dolores præcordiorum, si sunt sine inflammatione; et succurrit dolori jecinoris; et ex toto tollit distensionem que rigorem nervorum, si cœpit postea; et levat morbum tenuioris intestini, ortum a difficultate urinæ, si movet urinam per calorem. At dolores capitis, quibus caligo oculorum, et rubor cum quadam prurigine frontis accedunt, submoventur profusione sanguinis, vel fortuitâ vel petitâ. Si dolores capitis ac frontis sunt ex vento, vel frigore vel æstu, finiuntur gravedine et sternutamentis. Autem subitus horror exsolvit ardentem febrem, quam Græci vocant καυσόδε. Si in febre aures sunt acutæ, si sanguis fluxit e naribus, aut venter resolutus est, illud malum desinit

short. To whom there is heat and tremor delirium is a safety. Gripes are of service to the splenetic. Lastly, fever itself, which may appear most wonderful, often is a remedy. For it terminates both pains of the præcordia, if they are without inflammation; and relieves pain of the liver; and entirely removes distension and stiffness of the nerves, if it begins afterwards; and relieves disease of the smaller intestine, arisen from difficulty of urine, if it promotes urine by heat. But pains of the head, to which dimness of the eyes, and redness with some itching of the forehead are added, are removed by a discharge of blood, either casual or procured. If the pains of the head and forehead are from wind, or cold or heat, they are terminated by gravedoes and sneezings. But sudden shivering terminates an ardent fever which the Greeks call causode. If in fever the ears are acute, if blood has flowed from the nostrils, or the belly has been relaxed, that disorder ceases

ex toto. Nihil potest plus adversus surditatem quam biliosa alvus. Quibus minuti abscessus quos Græci vocant phumata cæperunt esse in fistulâ urinæ, sanitas redditur iis, si pus profluxit ex eâ parte. Ex quibus cum pleraque proveniant per se, licet scire inter ea quoque quæ ars adhibet, naturam posse plurimum.

Contra, si caput dolet continenti febre, neque reddit quidquam, est malum atque mortiferum; que id periculum est maxime pueris, a septimo anno ad quartumdecimum. In morbo pulmonis, si fuit non sputum primis diebus deinde cæpit a septimo die et mansit ultra septimum, est periculosum; que quanto magis habet mixtos colores, neque diductos inter se, tanto deterius. Et tamen nihil est pejus, quam id edi sincerum; sive est rufum, sive cruentum, sive album, sive glutinosum, sive

desinit ex toto. Nihil plus adversus surditatem, quam biliosa alvus potest. Quibus in fistula urinæ minuti abscessus, quos φύματα Græci vocant, esse cæperunt, iis, ubi pus ea parte profluxit, sanitas redditur. Ex quibus cum pleraque per se proveniant, scire licet, inter ea quoque, quæ ars adhibet, naturam plurimum posse.

Contra, si caput febre continenti dolet, neque quidquam reddit, malum atque mortiferum est; maximeque id periculum est pueris, a septimo anno ad quartumdecimum. In pulmonis morbo, si sputum primis diebus non fuit, deinde a septimo die cæpit, et ultra septimum mansit periculosum est; quantoque magis mixtos, neque inter se diductos colores habet, tanto deterius. Et tamen nihil pejus est, quam sincerum id edi; sive rufum est, sive cruentum, sive album, sive glutinosum, sive pallidum, sive

entirely. Nothing avails more against deafness than a bilious stool. Those in whom very small abscesses which the Greeks call phymata have begun to exist in the urethra, health is restored to them, if pus is discharged from that part. Of which things as most happen by themselves, it is right to know among those things also which art applies, that nature avails very much.

On the contrary, if the head pains from continued fever, nor does it discharge any thing, it is bad and mortal; and that danger is chiefly in boys, from the seventh year to the fourteenth. In disease of the lungs, if there was not spitting on the first days, then has begun from the seventh day and has continued beyond the seventh; it is dangerous; and the more it has mixed colours, and not distinct from each other, so much the worse. And yet nothing is worse, than for it to be excreted pure; whether it is red, or bloody, or white, or glutinous, or pale

spumans: nigrum tamen pessimum est. In eodem morbo periculosa sunt, tussis, destillatio; etiam, quod alias salutare habetur, sternutamentum; periculosissimumque est, si hæc secuta subita dejectio est. Fere vero quæ in pulmonis, eadem in lateris doloribus, et mitiora signa, et asperiora esse consuerunt. Ex jecinore si pus cruentum exit, mortiferum est. At ex suppurationibus eæ pessimæ sunt, quæ intus tendunt, sic ut exteriorem quoque cutem decolorent: ex iis deinde, quæ in exteriorem partem prorumpunt, quæ maximæ, quæque planissimæ sunt. Quod si, ne rupta quidem vomica, vel pure extrinsecus emissio, febris quievit, aut quamvis quieverit, tamen repetit; item si sitis est, si cibi fastidium, si venter liquidus, si pus est lividum et pallidum; si nihil æger exscreat, nisi pituitam spumantem, periculum certum est.

pallidum, sive spumans; tamen nigrum est pessimum. In eodem morbo tussis destillatio sunt periculosa; etiam sternutamentum, quod alias habetur salutare: que est periculosissimum si subita dejectio secuta est hæc. Vero fere signa quæ consueverunt esse et mitiora et asperiora in doloribus pulmonis eadem in doloribus lateris. Si cruentum pus exit ex jecinore est mortiferum. At ex suppurationibus eæ sunt pessimæ, quæ tendunt intus, sic ut decolorent quoque exteriorem cutem; ex iis deinde quæ prorumpunt in exteriorem partem, quæ sunt maximæ, quæque planissimæ. Quod si vomica quidem rupta, vel pure emissio extrinsecus febris ne quievit, aut quamvis quieverit tamen repetit; item si est sitis, si fastidium cibi, si liquidus venter, si pus est lividum et pallidum; si æger exscreat nihil nisi spumantem pituitam, est certum pe-

or frothy; yet black is the worst. In the same disease a cough and catarrh are dangerous; also sneezing which otherwise is reckoned salutary; and it is most dangerous, if sudden purging has followed these things. But generally the symptoms which are accustomed to be both milder and more severe in pains of the lungs are the same (in pains) of the side. If bloody pus issues from the liver it is mortal. But of suppurations those are the worst, which extend inwardly, so that they discolour also the external skin; of these afterwards those which break out on the external part, which are largest, and which are flattest. But if the vomica even being broken, or pus discharged externally, the fever has not abated, or although it may have abated yet returns; so if there is thirst, if loathing of food, if there is a liquid belly, if the pus is livid and pallid; if the patient expectorates nothing but frothy phlegm, there is certain danger. And

riculum. Atque quidem ex iis suppurationibus, quas morbi pulmonum concitarunt, senes fere moriuntur; juniores ex cæteris. At in tabe mixtum purulentum sputum, assidua febris quæ eripit tempora cibi, et affligit sili, testantur periculum subesse in tenui corpore. Etiam si quis traxit diutius in eo morbo, ubi capilli fluunt, ubi urina ostendit quædam subsidentia similia araneis atque in his est fædus odor: quæ maxime ubi post hæc dejectio orta est, protinus moritur: utique si est tempus autumnû, quo fere, qui traxerunt cæterâ parte anni, resolvuntur. Item expuisse pus in hoc morbo, deinde desiisse ex toto spuerè, est mortiferum, Etiam vomicæ vel fistulæ solent oriri ex eo morbo in adolescentibus; quæ non sanescunt facile, nisi si multa signa bonæ valetudinis subsecuta sunt. Vero ex reliquis, virgines

Atque ex iis quidem suppurationibus, quas pulmonum morbi concitarunt, fere senes moriuntur: ex cæteris juniores. At in tabe sputum mixtum purulentum, febris assidua, quæ et cibi tempora eripit, et siti affligit, in corpore tenui periculum subesse testantur. Si quis etiam in eo morbo diutius traxit, ubi capilli fluunt; ubi urina quædam araneis similia subsidentia ostendit, atque in his odor fædus est; maximeque ubi post hæc orta dejectio est, protinus moritur: utique si tempus autumnû est, quo fere, qui cætera parte anni traxerunt, resolvuntur. Item pus expuisse in hoc morbo, deinde ex toto spuerè desiisse, mortiferum est. Solent etiam in adolescentibus ex eo morbo vomicæ fistulæve oriri; quæ non facile sanescunt, nisi si multa signa bonæ valetudinis subsecuta sunt. Ex reliquis vero minime facile sanantur virgi-

indeed of those suppurations, which diseases of the lungs have excited, old men generally die; younger persons of the others. But in consumption a mixed purulent spitting, constant fever which takes away the times of food, and afflicts by thirst, show that danger exists in a thin body. Also if any one has lingered longer in that disease, when the hairs fall off, when the urine shows some things settling like cobwebs and in them there is a fetid smell; and particularly when after these purging has arisen, immediately he dies: especially if it is the time of autumn, in which generally, they who have lingered in the other part of the year, are carried off. Likewise to have expectorated pus in this disease, then to have ceased entirely to expectorate, is fatal. Also vomicæ or fistulæ are accustomed to arise from this disease in young people; which do not heal readily, unless that many signs of good health have followed. But of others, virgins are cured least easily,

nes, aut eæ mulieres, quibus super tabem menstrua suppressa sunt. Cui vero sano subitus dolor capitis ortus est, dein somnus oppressit, sic ut stertat, neque expergiscatur, intra septimum diem pereundum est; magis, cum alvus cita non antecesserit, si palpebræ dormientis non coeunt, sed album oculorum apparet. Quos tamen ita mors sequitur, si id malum non est febre discussum. At aqua inter cutem, si ex acuto morbo cœpit, ad sanitatem raro perducitur: utique si contraria iis, quæ supra posita sunt, subsequuntur. Æque in ea quoque tussis spem tollit: item, si sanguis sursum deorsumque erupit et aqua medium corpus implevit. Quibusdam etiam in hoc morbo tumores oriuntur, deinde desinunt, deinde rursus assurgunt. Hi tutiores quidem sunt, quam qui supra comprehensi sunt, si attendunt; sed fere fiducia secun-

sanantur minime facile aut eæ mulieres, quibus menstrua suppressa sunt super tabem. Vero cui sano subitus dolor capitis ortus est, dein somnus oppressit, sic ut stertat, neque expergiscatur, pereundum est intra septimum diem; magis, cum cita alvus non antecesserit, si palpebræ dormientis non coeunt, sed album oculorum apparet. Quos tamen mors ita sequitur si id malum non est discussum febre. At aqua inter cutem, si cœpit ex acuto morbo, raro perducitur ad sanitatem: utique si contraria iis quæ posita sunt supra, subsequuntur. Tussis æque in eâ quoque tollit spem; item si sanguis erupit sursum que deorsum et aqua implevit medium corpus. Etiam quibusdam, tumores oriuntur in hoc morbo, deinde desinunt, deinde rursus assurgunt. Hi quidem sunt tutiores quam qui comprehensi sunt supra, si attendunt; sed fere fiducia

or those women in whom menses have been suppressed in addition to the wasting. But he to whom when sound, sudden pain of the head has arisen, then sleep has oppressed, so that he snores, and does not awake, he must die within the seventh day; especially, when loose bowels have not preceded, if the eyelids of him sleeping do not shut, but the white of the eyes appears. Whom however death thus follows if that disease has not been removed by fever. But water under the skin, if it begins from an acute disease, seldom it leads to health; especially if symptoms contrary to those which are mentioned above, follow. Cough equally in that also takes away hope; likewise if blood has burst out upwards and downwards and water has filled the middle of the body. Also in some, swellings arise in this disease, then cease, then again reappear. These indeed are more safe than they who are comprehended above, if they take care; but generally from a confi-

secundæ valetudinis opprimuntur. Aliquis jure mirabitur illud, quomodo quædam simul et affligant nostra corpora et aliquâ parte tueantur. Nam sive aqua implevit quem inter cutem, sive multum puris coit in magno abscessu, effudisse omne id simul est æque mortiferum ac si quis sani corporis factus est exsanguis vulnere. Vero cui articuli sic dolent ut quædam tubercula innata sunt ex callo super eos, nunquam liberantur, que vitia eorum quæ cœperunt vel in senectute vel pervenerunt in senectutem ab adolescentiâ, ut possunt aliquando leniri, sic nunquam finiuntur ex toto. Quoque comitialis morbus, ortus post quintum et vicesimum annum, curatur ægre; que is multo ægrius qui cœpit post quadragesimum annum; adeo ut in eâ ætate sit aliquid spei in naturâ, vix quidquam in medicinâ. In eodem morbo, si simul totum corpus

dæ valetudinis opprimuntur. Illud jure aliquis mirabitur, quomodo quædam simul et affligant nostra corpora, et parte aliqua tueantur. Nam, sive aqua inter cutem quem implevit, sive in magno abscessu multum puris coit, simul id omne effudisse, æque mortiferum est, ac si quis sani corporis vulnere factus exsanguis est. Articuli vero cui sic dolent, ut super eos ex callo quædam tubercula innata sint, nunquam liberantur: quæque eorum vitia vel in senectute cœperunt, vel in senectutem ab adolescentia pervenerunt, ut aliquando leniri possunt, sic nunquam ex toto finiuntur. Morbus quoque comitialis post annum quintum et vicesimum ortus ægre curatur; multoque ægrius is, qui post quadragesimum annum cœpit; adeo ut in ea ætate aliquid in natura spei, vix quidquam in medicina sit. In eodem morbo, si simul totum cor-

dence of good health they are oppressed. Any one rightly will wonder at this, how certain things at the same time both can afflict our bodies and in some part protect them. For whether water has filled anyone between the skin, or much pus has collected in a large abscess, to have discharged all that at the same time is equally fatal as if any one of a sound body has become bloodless from a wound. But he in whom the joints so pain that some tubercles have grown out of a callous substance upon them, they are never freed from them, and the disorders of them which have begun either in old age or have reached to old age from youth, although they may sometimes be mitigated, so they are never terminated altogether. Also the comitial disorder, arising after the five and twentieth year, is cured difficultly; and that much more difficultly which begins after the fortieth year; so that in that age there is some hope in nature, scarcely any thing in medicine. In the

pus afficitur, neque ante in partibus aliquis venientis mali sensus est, sed homo ex improvise concidit, cujuscunque is ætatis est, vix sanescit: si vero aut mens læsa est, aut nervorum facta resolutio, medicinæ locus non est. Dejectionibus quoque si febris accessit; si inflammatio jecinoris, aut præcordiorum, aut ventris; si immodica sitis; si longius tempus; si alvus varia; si cum dolore est, etiam mortis periculum subest: maximeque, si inter hæc tormina vetera esse cœperunt. Isque morbus maxime pueros absumit usque ad annum decimum: cæteræ ætates facilius sustinent. Mulier quoque gravida ejusmodi casu rapi potest; atque etiamsi ipsa convaluit, partum tamen perdit. Quin etiam tormina ab atra bile orsa mortifera sunt; aut si sub his, extenuato jam corpore, subito nigra alvus profluxit. At intestinorum lævitas

afficitur neque est ante aliquis sensus venientis mali in partibus, sed homo concidit ex improvise, cujuscunque ætatis is est, vix sanescit: vero si aut mens læsa est aut resolutio nervorum facta, est non locus medicinæ. Quoque si febris accessit dejectionibus; si inflammatio jecinoris, aut præcordiorum, aut ventris; si immodica sitis; si longius tempus; si alvus varia; si est cum dolore, etiam subest periculum mortis; que maxime si inter hæc tormina cœperunt esse vetera. Que is morbus maxime absumit pueros usque ad decimum annum, cæteræ ætates sustinent facilius. Quoque gravida mulier potest rapi casu ejusmodi; atque etiamsi ipsa convaluit, tamen perdit partum. Quin etiam tormina orsa ab atrâ bile sunt mortifera: aut si sub his, corpore jam extenuato, nigra alvus subito profluxit. At lævitas intestinorum est periculo-

same disease, if at the same time, the whole body is affected nor is there previously any sensation of approaching disease in the parts, but the man falls suddenly, of whatever age he is, rarely becomes well: but if either the mind is injured or palsy has come on, there is not room for medicine. And if fever has come on with purgings; if there is inflammation of the liver, or of the præcordia, or of the belly; if immoderate thirst; if a longer duration; if the alvine discharge be varied; if it is with pain, also there is danger of death; and especially if among these things gripes begin to be inveterate. And this disease chiefly takes off children even till the tenth year, other ages bear it better. Also a pregnant woman may be taken off by a case of this kind; and although she has recovered, yet she loses her offspring. Moreover gripes beginning with black bile are fatal: or if during them, the body already being reduced, a black stool suddenly has been discharged.

sior, si est frequens dejectio; si venter profluit omnibus horis, et cum sono et sine hoc; si similiter noctu et interdiu; si quod excernitur est aut crudum, aut nigrum, et præter id, etiam læve et mali odoris; si sitis urget; si post potionem urina non redditur, quod evenit, quia tunc omnis liquor descendit non in vesicam, sed in intestina; si os exulceratur, facies rubet, et distinguitur quasi quibusdam maculis omnium colorum; si venter est quasi fermentatus, pinguis, atque rugosus; et si est non cupiditas cibi. Inter quæ mors est evidens; multo evidentior est, si id vitium est jam quoque longum; maxime etiam, si est in senili corpore. Verosi est morbus intenuiore intestino, vomitus singultus, distentio nervorum, delirium, sunt mala. At in arquato morbo jecur fieri durum, est perniciosissimum. Quos lienis male habet si tor-

periculosior est, si frequens dejectio est; si venter omnibus horis et cum sono, et sine hoc profluit; si similiter noctu et interdiu; si, quod excernitur, aut crudum est, aut nigrum, et, præter id, etiam læve, et mali odoris; si sitis urget; si post potionem urina non redditur, quod evenit, quia tunc liquor omnis non in vesicam, sed in intestina descendit; si os exulceratur, rubet facies, et quasi maculis quibusdam colorum omnium distinguitur; si venter est quasi fermentatus, pinguis atque rugosus; si et cibi cupiditas non est. Inter quæ cum evidens mors sit, multo evidentior est, si jam longum quoque id vitium est; maxime etiam, si in corpore senili est. Si vero in tenuiore intestino morbus est, vomitus, singultus, nervorum distentio, delirium, mala sunt. At in morbo arquato, durum fieri jecur, perniciosissimum est. Quos lienis male

But lientery is more dangerous, if there is frequent purging; if the belly is relaxed at all hours, both with a noise and without it; if equally by night and by day; if what is excreted is either crude, or black, and besides that, also smooth and of a bad smell; if thirst oppresses; if after drinking the urine is not voided, which happens, because then all liquid descends not into the bladder but into the intestines; if the mouth is sore, the face is red, and marked as if with some spots of all colours; if the belly is as it were puffed, fat, and wrinkled; and if there is not a desire for food. Among which things death is evident; much more evident it is, if that disorder is already also long-standing; especially also, if it is in an old body. But if there is disease in the smaller intestine, vomiting, hiccough, convulsion, delirium, are bad. But in the arched disease (jaundice) for the liver to become hard, is very dangerous. They whom the

habet, si tormina prehenderunt, deinde versa sunt vel in aquam inter cutem, vel in intestinorum lævitatem, vix ulla medicina periculo subtrahit. Morbus intestini tenuioris nisi resolutus est, intra septimum diem occidit. Mulier ex partu, si cum febre vehementibus et assiduis capitis doloribus premitur, in periculo mortis est. Si dolor atque inflammatio est in iis partibus, quibus viscera continentur, frequenter spirare, signum malum est. Si sine causa longus dolor capitis est, et in cervices ac scapulas transit, rursusque in caput revertitur, aut a capite ad cervices scapulasque pervenit, perniciosus est: nisi vomitam aliquam excitavit, sic ut pus extussiretur; aut nisi sanguis ex aliqua parte prorupit; aut nisi in capite multa porrigo, totove corpore pustulæ ortæ sunt. Æque magnum malum est, ubi torpor atque prurigo perva-

mina prehenderunt, deinde versa sunt vel in aquam inter cutem vel in lævitatem intestinorum vix ulla medicina subtrahit periculo. Nisi morbus tenuioris intestini resolutus est intra septimum diem occidit. Si mulier ex partu premitur etiam vehementibus et assiduis doloribus capitis cum febre, est in periculo mortis. Si est dolor atque inflammatio in iis partibus quibus viscera continentur est malum signum spirare frequenter. Si est longus dolor capitis sine causâ, et transit in cervices ac scapulas, que rursus revertitur in caput, aut pervenit a capite ad cervices que scapulas, est perniciosus; nisi excitavit aliquam vomitam, sic ut pus extussiretur; aut nisi sanguis prorupit ex aliquâ parte; aut nisi multa porrigo in capite, vel pustulæ toto corpore ortæ sunt. Est æque magnum malum, ubi torpor atque prurigo perva-

spleen disorders, if gripes have seized them, then have turned either into water under the skin or into smoothness of the intestines, scarcely any medicine withdraws from danger. Unless the disease of the smaller intestine has been removed within the seventh day it kills. If a woman after delivery is oppressed also with violent and constant pains of the head with fever, she is in danger of death. If there is pain and inflammation in those parts in which the viscera are contained, it is a bad sign to breathe frequently. If there is continued pain of the head without a cause, and it passes into the neck and shoulders, and again returns to the head, or comes from the head to the neck and shoulders, it is dangerous; unless it has excited some vomica, so that pus might be expectorated; or unless blood has burst out from some part; or unless much scurf on the head, or pustules over the whole body have broken out. It is an equally great disorder, when

gantur, modo per totum corpus, modo in parte; aut sensus alicujus frigoris est ibi; que ea perveniunt quoque ad summam linguam. Et cum in iisdem abscessibus sit auxilium, tamen sanitas est eo difficilior quo minus sæpe illi subsequuntur sub his malis. Vero in doloribus coxæ, si est vehemens torpor que crus et coxa frigescit; alvus non reddit nisi coacta, que id quod excernitur, est mucosum; que ætas ejus hominis excessit jam quadragesimum annum; is morbus erit longissimus, que minimum annuus; neque poterit finiri nisi aut vere aut autumno. Curatio est æque difficilis in eâdem ætate, ubi dolor humerorum pervenit vel ad manus, vel tendit ad scapulas, que creat torporem et dolorem, neque levatur vomitu bilis. Vero quâcunque parte corporis aliquod membrum resolutum est, si neque movetur et ema-

gantur, modo per totum caput, modo in parte; aut sensus alicujus ibi quasi frigoris est; eaque ad summam quoque linguam perveniunt. Et cum in iisdem abscessibus auxilium sit, eo tamen difficilior sanitas est, quo minus sæpe sub his malis illi subsequuntur. In coxæ vero doloribus, si vehemens torpor est, frigescitque crus et coxa; alvus nisi coacta non reddit, idque quod excernitur, mucosum est; jamque ætas ejus hominis quadragesimum annum excessit; is morbus erit longissimus, minimumque annuus; neque finiri poterit, nisi aut vere, aut autumno. Difficilis æque curatio est, in eadem ætate, ubi humerorum dolor vel ad manus pervenit, vel ad scapulas tendit, torporemque et dolorem creat, neque bilis vomitu levatur. Quâcunque vero parte corporis membrum aliquod resolutum est, si neque movetur, et emacrescit, in

numbness and itching wander about, being sometimes through the whole body, sometimes in a part; or sensation of some cold is there; and these reach also to the end of the tongue. And although in the same abscesses there is aid, yet health is the more difficult the less frequently they occur under these disorders. But in pains of the hip, if there is great numbness; and the leg and the hip are cold; the belly voids nothing unless forced, and that which is excreted, is slimy; and the age of that man has exceeded already the fortieth year; that disease will be very long, and at least of a year's duration; nor will it be able to be terminated except either in spring or in autumn. The cure is equally difficult in the same age, when the pain of the shoulders reaches either to the hands, or extends to the shoulder-blades, and creates numbness and pain, nor is relieved by a vomit of bile. But in whatever part of the body any limb has been paralysed, if it is not moved

pristinum habitum non revertitur; eoque minus, quo vetustius id vitium est, et quo magis in corpore senili est. Omnique resolutioni nervorum ad medicinam non idonea tempora sunt hiems et autumnus: aliquid sperari potest vere et æstate. Isque morbus mediocris vix sanatur, vehemens sanari non potest. Omnis etiam dolor minus medicinæ patet, qui sursum procedit. Mulieri gravidæ si subito mammæ emacuerunt, abortus periculum est. Quæ neque peperit, neque gravida est, si lac habet, a menstruis defecta est. Quartana autumnalis fere longa est; maximeque, quæ cœpit hieme appropinquante. Si sanguis profluxit, deinde secuta est dementia cum distentione nervorum, periculum mortis est: itemque si medicamentis purgatum, et adhuc inanem, nervorum distentio oppressit; aut si in magno dolore, extremæ partes frigent. Neque is

crescit, non revertitur in pristinum habitum; que eo minus, quo vetustius id vitium est et quo magis est in senili corpore. Que hiems et autumnus sunt non idonea tempora ad medicinam omni resolutioni nervorum: aliquid potest sperari vere et æstate. Que is morbus mediocris sanatur vix, vehemens potest non sanari. Etiam omnis dolor qui procedit sursum patet minus medicinæ. Si mammæ gravidæ mulieri emacuerunt, subito, est periculum abortus. Quæ neque peperit, neque est gravida, si habet lac, defecta est a menstruis. Quartana autumnalis est fere longa; que maxime quæ cœpit, hieme appropinquante. Si sanguis profluxit, deinde dementia secuta est cum distentione nervorum est periculum mortis: que item si distentio nervorum oppressit purgatum medicamentis et adhuc inanem; aut si in magno dolore extremæ partes frigent. Neque is

and becomes thin, it does not return to its former state; and the less so, the older that disorder is and the more it is in an old body. And winter and autumn are not proper seasons for medicine in every palsy: something may be hoped in the spring and the summer. And this disease when moderate is cured difficultly, when violent it cannot be cured. Also all pain which proceeds upwards is open less to medicine. If the breasts of a pregnant woman have wasted suddenly, there is danger of miscarriage. She who neither has brought forth, nor is pregnant, if she has milk, she is deserted by her menses. An autumnal quartan is generally long; and especially that which began, the winter approaching. If blood has flowed, then madness has followed with convulsions, there is danger of death: and likewise if convulsion has oppressed one purged with medicines and still empty; or if in great pain, the extremities are cold. Nor does he return to

redit ad vitam, qui ex suspendio, detractus est cum spumante ore. Nigra repentina alvus, similis atro sanguini est perniciosa, sive est cum febre sive etiam sine hac.

IX. *Indiciis cognitis, quæ vel consolentur nos spe, vel terreant metu, transeundum est ad curationes morborum. Ex his quædam sunt communes, quædam propriæ; communes, quæ opitulantur pluribus morbis; propriæ, quæ singulis. Ante dicam de communibus; ex quibus tamen quædam sustinent non solum ægros, sed quoque sanos; quædam adhibentur tantum in adversâ valetudine. Vero omne auxilium corporis aut demit aliquam materiam, aut adjicit, aut evocat, aut reprimit; aut refrigerat, aut calefacit; quæ simul aut durat aut mollit. Quædam adjuvant non tantum uno modo, sed etiam duobus non contrariis inter se. Materia demitur detractio sanguinis, cucur-*

ad vitam redit, qui ex suspendio, spumante ore, detractus est. Alvus nigra, sanguini atro similis repentina, sive cum febre, sive etiam sine hac est, perniciosa est.

IX. Cognitis indiciis, quæ nos vel spe consolentur, vel metu terreant, ad curationes morborum transeundum est. Ex his quædam communes sunt, quædam propriæ: communes, quæ pluribus morbis opitulantur; propriæ, quæ singulis. Ante de communibus dicam: ex quibus tamen quædam non ægros solum, sed sanos quoque sustinent; quædam in adversa tantum valetudine adhibentur. Omne vero auxilium corporis, aut demit aliquam materiam, aut adjicit, aut evocat, aut reprimit, aut refrigerat, aut calefacit; simulque aut durat, aut mollit. Quædam non uno modo tantum, sed etiam duobus inter se non contrariis adjuvant. Demitur materia, sanguinis detractio

life, who, after hanging, is taken down with a foaming mouth. A black sudden evacuation like black blood, is pernicious, whether it is with fever or even without it.

IX. The signs being known, which either comfort us with hope, or alarm us with fear, we must pass to the treatments of diseases. Of these some are general, some particular; the general, which relieve many diseases; the particular, which relieve individual ones. First I will speak of the general: of which however some support not only the sick, but also the healthy; some are employed only in bad health. But every remedy of the body either takes away some matter, or adds, or draws, or represses; or cools, or heats; and at the same time either hardens or softens. Some things assist not only in one way, but also in two not contrary to each other. Matter is taken away, by abstraction of blood, by the cup, by purging, by vomiting, by

tione, cucurbitula, dejectione, vomitu, frictione, gestatione, omnique exercitatione corporis, abstinencia, sudore. De quibus protinus dicam.

x. Sanguinem, incisa vena, mitti novum non est: sed nullum pæne morbum esse, in quo non mittatur, novum est. Item, mitti junioribus, et feminis uterum non gerentibus, vetus est: in pueris vero idem experiri, et in senioribus, et in gravidis quoque mulieribus, vetus non est: siquidem antiqui, primam ultimamque ætatem sustinere non posse hoc auxilii genus, judicabant; persuaserantque sibi, mulierem gravidam, quæ ita curata esset, abortum esse facturam. Postea vero usus ostendit, nihil in his esse perpetuum; aliasque potius observationes adhibendas esse, ad quas dirigi curantis consilium debeat. Interest enim, non quæ ætas sit, neque quid in corpore intus geratur, sed quæ vires sint. Ergo

bitulâ, dejectione, vomitu, frictione, gestatione, que omni exercitatione corporis, abstinentiâ, sudore. De quibus dicam protinus.

x. *Sanguinem mitti, venâ incisâ, est non novum; sed esse pene nullum morbum, in quo non mittatur, est novum. Item mitti junioribus et feminis non gerentibus uterum, est vetus; vero experiri idem in pueris et in senioribus, et quoque in gravidis mulieribus est non vetus; siquidem antiqui judicabant primam que ultimam ætatem posse non sustinere hoc genus auxilii; que persuaserant sibi, gravidam mulierem, quæ curata esset ita, facturam esse abortum. Vero postea usus ostendit, nihil in his esse perpetuum; que alias observationes esse potius adhibendas, ad quas consilium curantis debeat dirigi. Enim interest non quæ sit ætas, neque quid geratur intus in corpore, sed quæ vires sint. Ergo si juve-*

friction, gestation, and all exercise of the body, by abstinence, by sweating. Concerning which I shall speak immediately.

x. For blood to be let, by a vein being cut, is not new; but for there to be almost no disease, in which it should not be let, is new. Likewise for it to be let from young people and women not bearing child, is old; but to try the same in children and in old people, and also in pregnant women is not old; since the ancients considered that the first and the last age could not bear this kind of remedy; and had persuaded themselves, that a pregnant woman, who had been treated so, would have a miscarriage. But afterwards use has shown, that nothing in these is universal; and that some circumstances are rather to be applied, to which the judgment of the person treating ought to be directed. For it is important not what may be the age, nor what is borne within in the body, but what powers there may be.

nis est imbecillus, aut si mulier quæ est non gravida parum valet, sanguis mittitur male: enim vis, si qua supererat, erepta hoc modo, emoritur. At firmus puer, et robustus senex, et valens gravida mulier, curatur tuto. Tamen imperitus medicus potest maxime falli in his; quia fere subest minus roboris illis ætatibus; que est opus viribus prægnantimulieriquoque post curationem, non tantum ad se, sed etiam ad sustinendum partum. Autem quidquid exigit intentionem animi et prudentiam est non protinus ejiciendum; cum in hoc præcipua ars sit, quæ numeret non annos neque videat conceptionem solam, sed æstimet vires, et colligat ex eo, necne possit superesse quod sustineat vel puerum, vel senem, vel duo corpora simul in una muliere. Etiam interest inter valens et obesum corpus; inter tenue et infirmum; tenuioribus sanguis abundat magis,

si juvenis imbecillus est, aut si mulier, quæ gravida non est, parum valet, male sanguis mittitur: emoritur enim vis, si qua supererat, hoc modo erepta. At firmus puer, et robustus senex, et gravida mulier valens, tuto curatur. Maxime tamen in his medicus imperitus falli potest: quia fere minus roboris illis ætatibus subest; mulierique prægnanti post curationem quoque viribus opus est, non tantum ad se, sed etiam ad partum sustinendum. Non quidquid autem intentionem animi et prudentiam exigit, protinus ejiciendum est; cum præcipua in hoc ars sit, quæ non annos numeret, neque conceptionem solam videat, sed vires æstimet, et ex eo colligat, possit necne superesse, quod vel puerum, vel senem, vel in una muliere duo corpora simul sustineat. Interest etiam inter valens corpus, et obesum; inter tenue, et infirmum: tenuioribus magis san-

Therefore if a young person is weak, or if a woman who is not pregnant is not in health, blood is let badly: for the strength if any remained, being taken away in this way, altogether fails. But a strong child, and a robust old man, and a healthy pregnant woman, is cured safely. However the unskilful physician may mostly be deceived in these; because generally there is less strength at those ages; and there is need of strength to a pregnant woman also after treatment, not only for herself, but also to support the birth. But whatever requires application of the mind and prudence is not immediately to be rejected; since in this the chief art consists, which reckons not the years nor observes conception alone, but considers the strength, and collects from that, whether or no there can remain what can support either a boy, or an old man, or two bodies at once in one woman. Also there is a difference between a healthy and a corpulent body; between

guis, plenioribus magis caro abundat. Facilius itaque illi detractio- nem ejusmodi sustinent; celerius- que ea, si nimium est pinguis, ali- quis affligitur. Ideoque vis cor- poris melius ex venis, quam ex ipsa specie æstimatur.

Neque solum hæc considerata sunt, sed etiam morbi genus quod sit: utrum superans, an deficiens materia læserit; corruptum corpus sit, an integrum. Nam si materia vel deest, vel integra est, istud alienum est; at si vel copia sui male habet, vel corrupta est, nullo modo melius succurritur. Ergo vehemens febris, ubi rubet corpus, plenæque venæ tument, sanguinis detractioem requirit: item visce- rum morbi, nervorumque resolutio, et rigor, et distentio: quidquid denique fauces difficultate spiritus strangulat; quidquid subito sup- primit vocem; quisquis intolera- bilis dolor est; et quacunque de

plenioribus caro magis. Ita- que illi sustinent facilius de- tractionem ejusmodi; que aliquis, si est nimium pinguis, affligitur celerius eâ. Que ideo vis corporis æstimatur melius ex venis, quam ex specie ipsâ.

Neque sunt hæc solum con- sideranda, sed etiam quod genus morbi sit; utrum su- perans an deficiens materia læserit; corpus sit corrup- tum an integrum. Nam si materia vel deest vel est in- tegra, istud est alienum: at si vel copia sui male habet, vel est corrupta, nullo modo succurritur melius. Ergo ve- hemens febris, ubi corpus ru- bet, que venæ plenæ tument, requirit detractioem san- guinis; item morbi viscerum, que resolutio nervorum, ri- gor, distentio denique quid- quid strangulat fauces diffi- cultate spiritus; quidquid subito supprimit vocem; quisquis dolor est intolera- bilis; et de quâcunque causâ

a thin and weak one; in the thinner bodies blood abounds more, in the fuller ones flesh more. Therefore the former bear more easily ab- straction of this kind; and anyone, if he is too fat, is distressed more quickly by it. And therefore the strength of the body is estimated better from the veins, than from appearance itself.

Nor are these things only to be considered, but also what kind of disease it is; whether redundant or deficient matter has injured; whether the body be corrupted or sound. For if matter either is wanting or is sound, that is improper: but if either the quantity of itself injures, or is corrupted, in no way is it remedied better. Therefore violent fever, when the body is red, and the veins being full swell, requires abstraction of blood; likewise diseases of the viscera, and palsy, tetanus, convulsions; lastly whatever strangles the fauces by difficulty of breathing; whatever suddenly stops the voice; whatever pain is intolerable; and from whatever cause anything is

aliquid ruptum est intus atque collisum: item malus habitus corporis que omnes acuti morbi, qui modo, ut dixi supra, nocent non infirmitate sed onere. Tamen potest fieri, ut morbus quidem desideret id, autem corpus videatur vix posse pati: sed si tamen appareat nullum aliud remedium, que qui laborat sit periturus, nisi quoque fuerit adjutus temerariâ viâ; in hoc statu est boni medici ostendere quam sit nulla spes sine detractio sanguinis, que fateri quantus metus sit in hac ipsâ; et tum demum, si exigetur, mittere sanguinem. De quo non oportet dubitare in re ejusmodi: enim est satius experiri anceps auxilium, quam nullum. Que id debet maxime fieri, ubi nervi resoluti sunt; ubi aliquis obmutuit subito; ubi strangulatur anginâ; ubi accessio prioris febris pene confecit, que est verisimile parem subsequi, neque

causa ruptum aliquid intus atque collisum est: item malus corporis habitus, omnesque acuti morbi, qui modo, ut supra dixi, non infirmitate, sed onere nocent. Fieri tamen potest, ut morbus quidem id desideret, corpus autem vix pati posse videatur: sed si nullum tamen appareat aliud auxilium, periturusque sit qui laborat, nisi temeraria quoque via fuerit adjutus; in hoc statu boni medici est ostendere, quam nulla spes sit sine sanguinis detractio, faterique, quantus in hac ipsa metus sit: et tum demum, si exigetur, sanguinem mittere. De quo dubitare in ejusmodi re non oportet: satius est enim anceps auxilium experiri, quam nullum. Idque maxime fieri debet, ubi nervi resoluti sunt; ubi subito aliquis obmutuit; ubi angina strangulatur; ubi prioris febris accessio pæne confecit, paremque subsequi verisimile

ruptured internally and bruised: also a bad habit of body and all acute diseases, which only, as I have said above, hurt not by weakness but by accumulation. However it may happen, that a disease indeed may require that, but that the body may appear scarcely to be able to bear it: but if however there appears no other remedy, and he who suffers is about to perish, unless also he shall be relieved by a rash way; in this state it is the duty of a good physician to show how that there is no hope without abstraction of blood, and to confess what great fear there is in that itself; and then at length, if it be required, to let blood. Concerning which it is not right to doubt in a case of this kind; for it is safer to try a doubtful remedy, than none. And that ought especially to be done, when the nerves have been relaxed; when any one has become dumb suddenly; when he is strangled by quinsy; when the accession of a former fever almost has

est, neque eam videntur sustinere ægri vires posse.

Cum sit autem minime crudo sanguis mittendus, tamen ne id quidem perpetuum est: neque enim semper concoctionem res expectat. Ergo si ex superiore parte aliquis decidit, si contusus est, si ex aliquo subito casu sanguinem vomit; quamvis paulo ante sumsit cibum, tamen protinus ei demenda materia est, ne, si subsederit, corpus affligat. Idemque etiam in aliis casibus repentinis, qui strangulabunt, dictum erit. At si morbi ratio patiatur, tum demum, nulla cruditatis suspitione remanente, id fiet. Ideoque ei rei videtur aptissimus adversæ valetudinis dies secundus, aut tertius. Sed ut aliquando etiam primo die sanguinem mittere necesse est, sic nunquam utile post diem quartum est, cum jam spatio ipso materia et exhausta est, et corpus corrumpit;

vires ægri videntur posse sustinere eam.

Autem cum sanguis minime sit mittendus crudo, tamen ne id quidem est perpetuum: enim res neque expectat semper concoctionem. Ergo si aliquis decidit ex superiore parte, si contusus est, si vomit sanguinem ex aliquo subito casu; quamvis sumsit cibum paulo ante, tamen ea materia est protinus demenda, ne, si subsederit, affligat corpus. Que idem dictum erit etiam in aliis repentinis casibus, qui strangulabunt. At si ratio morbi patiatur, tum demum, id fiet nullâ suspitione cruditatis remanente. Que ideo secundus aut tertius dies adversæ valetudinis videtur aptissimus ei rei. Sed ut aliquando etiam est necesse mittere sanguinem primodie, sic est nunquam utile post quartum diem, cum jam spatio ipso materia et exhausta est et corrumpit corpus: ut

destroyed, and it is likely that a similar one may follow, nor do the powers of the patient appear to be able to bear it.

But although blood by no means is to be let from a crude person, yet not that indeed is universal; for the circumstance does not wait always for digestion. Therefore if any one has fallen from a higher part, if he has been bruised, if he vomits blood from any sudden accident; although he has taken food a little before, yet material is immediately to be taken away, lest, if it settle, it afflict the body. And the same thing will be said also in other sudden accidents, which will suffocate. But if the state of the disease allows, then at length, that will be done, no suspicion of indigestion remaining. And therefore the second or third day of bad health appears most proper for that purpose. But as sometimes also it is necessary to let blood on the first day, so it is never useful after the fourth day, when already by time itself the matter both has been exhausted and has corrupted the

detractio possit facere id imbecillum, possit non integrum. Quod si vehemens febris urget, mittere sanguinem in ipso impetu ejus, est jugulare hominem. Vero remissio est expectanda: si non decrescit, sed desiit crescere, neque remissio speratur, tum quoque, quamvis peior, tamen sola occasio est non omittenda.

Fere ista medicina etiam, ubi est necessaria, est dividenda in biduum; enim est satius, primum levare ægrum, deinde perpurgare, quam fortasse præcipitare omni vi effusâ simul. Quod si respondet ita in pure que quoque aquâ, quæ est inter cutem; quanto magis est necesse respondeat in sanguine? Vero is debet mitti ex brachio, si fit causâ totius corporis; si alicujus partis, ex eâ parte ipsâ, aut certe quam proxima: quia potest non mitti ubique, sed in temporibus, in brachiis, juxta talos. Neque ignoro, quosdam dicere, sanguinem

ut detractio imbecillum id facere possit, non possit integrum. Quod si vehemens febris urget, in ipso impetu ejus sanguinem mittere, hominem jugulare est. Expectanda ergo remissio est: si non decrescit, sed crescere desiit, neque speratur remissio, tum quoque, quamvis peior, sola tamen occasio non omittenda est.

Fere etiam ista medicina, ubi necessaria est, in biduum dividenda est: satius est enim, primum levare ægrum, deinde perpurgare, quam simul omni vi effusa fortasse præcipitare. Quod si in pure quoque aquaque, quæ inter cutem est, ita respondet; quanto magis necesse est in sanguine respondeat? Mitti vero is debet, si totius corporis causa fit, ex brachio; si partis alicujus, ex ea ipsa parte, aut certe quam proxima: quia non ubique mitti potest, sed in temporibus, in brachiis, juxta talos.

body; so that abstraction may render it weak, can not render it sound. But if violent fever prevails, to let blood in the very height of it, is to kill the man. But an intermission is to be waited for: if it does not decrease, but has ceased to increase, nor is a remission hoped for, then also, although a worse, yet the only opportunity is not to be omitted.

Generally that remedy also, when it is necessary, is to be divided into two days; for it is better, first to lighten the patient, then to thoroughly cleanse him, than by chance to risk by all his strength being poured forth at once. Which if it answers so in matter and also in water, which is under the skin; by how much more is it necessary that it answer in blood? But it ought to be let from the arm, if it is done for the sake of the whole body; if of any part, from that part itself, or certainly as near as possible: because it cannot be let everywhere, but in the temples, in the arms, near the ankles. Nor am

Neque ignoro, quosdam dicere, quam longissime sanguinem inde, ubi lædit, esse mittendum: sic enim averti materiæ cursum; at illo modo in id ipsum, quod gravat, evocari. Sed id falsum est: proximum enim locum primo exhaurit; ex ulterioribus autem eatenus sanguis sequitur, quatenus emittitur; ubi is suppressus est, quia non trahitur, ne venit quidem. Videtur tamen usus ipse docuisse, si caput fractum est, ex brachio potius sanguinem esse mittendum; si quod in humero vitium est, ex altero brachio: credo, quia si quid parum cesserit, opportuniore eæ partes injuriæ sunt, quæ jam male habent. Avertitur quoque interdum sanguis, ubi alia parte prorumpens, alia emittitur: desinit enim fluere qua nolumus, inde objectis quæ prohibeant, alio dato itinere.

Mittere autem sanguinem cum

mittendum esse quam longissime inde, ubi lædit: enim cursum materiæ sic averti; at illo modo, evocari in id ipsum quod gravat. Sed id est falsum: enim primo exhaurit proximum locum; autem sanguis sequitur ex ulterioribus, eatenus quatenus emittitur; ubi is suppressus est, ne venit quidem quia non trahitur. Tamen usus ipse videtur docuisse, si caput fractum est, sanguinem esse mittendum potius ex brachio; si est quod malum in humero, ex altero brachio; credo quia si quid cesserit parum, eæ partes quæ jam male habent sunt opportuniore injuriæ. Interdum sanguis quoque avertitur, ubi prorumpens aliâ parte, emittitur aliâ: enim desinit fluere, quâ nolumus, objectis inde quæ prohibeant, alio itinere dato.

Autem cum mittere sanguinem est expeditissimum, habenti usum; tamen est

I ignorant, that some men say, that blood is to be let as distant as possible from thence, where it hurts: for that the course of the matter thus is turned; but in the other manner, it is drawn to that itself which it oppresses. But that is false: for at first it exhausts the nearest place; but the blood follows from the farther parts, as long as it is discharged; when it is stopped, it does not come indeed because it is not drawn. Yet practice itself seems to have taught, if the head is fractured, that blood is to be let rather from the arm; if there is any disease in the shoulder, from the other arm: I believe so, because if anything has not succeeded well, those parts which already are bad are more liable to injury. Sometimes the blood also is stopped, when bursting out in one part, it is let in another: for it ceases to flow, where we do not wish it, things being applied there which stop it by another passage being given to it.

difficillimum ignaro. Enim vena est juncta arteriis, nervi his: ita, si scalpellus attingit nervum, distentio nervorum sequitur, que ea crudeliter consumit hominem. At incisa arteria neque coit, neque sanescit; interdum etiam efficit ut sanguis vehementer erumpat. Quoque capita venæ ipsius, si forte præcisa est, comprimuntur, neque emittunt sanguinem. At si scalpellus demittitur timide, lacerat summam cutem neque incidit venam. Nonnunquam etiam ea latet, neque reperitur facile. Ita multæ res faciunt id difficile inscio, quod est facillimum perito. Vena est incidenda ad medium; ex quâ cum sanguis erumpit oportet attendere colorem que habitum ejus. Nam si is est crassus et niger, est vitiosus; que ideo effunditur utiliter; si rubet et pellucet, est integer: que ea missio sanguinis adeo non

sit expeditissimum, usum habenti; tamen ignaro difficillimum est. Juncta enim est vena arteriis, his nervi: ita, si nervum scalpellus attingit, sequitur nervorum distentio, eaque hominem crudeliter consumit. At arteria incisa neque coit, neque sanescit; interdum etiam, ut sanguis vehementer erumpat, efficit. Ipsius quoque venæ, si forte præcisa est, capita comprimuntur, neque sanguinem emittunt. At si timide scalpellus demittitur, summam cutem lacerat, neque venam incidit. Nonnunquam etiam ea latet, neque facile reperitur. Ita multæ res id difficile inscio faciunt, quod perito facillimum est. Incidenda ad medium vena est: ex qua cum sanguis erumpit, colorem ejus habitumque oportet attendere. Nam si is crassus et niger est, vitiosus est; ideoque utiliter effunditur: si rubet et pellucet, integer est; eaque missio sanguinis adeo

But although to let blood is very easy, to one having experience; yet it is very difficult to an ignorant person. For the vein is close to the arteries, the nerves to them: so, if the lancet touches a nerve, convulsion follows, and that cruelly destroys the man. But a cut artery neither unites, nor heals: sometimes also it is the cause that blood violently bursts forth. Also the ends of the vein itself, if by chance it has been cut through, are compressed, and do not discharge blood. But if the lancet is introduced timidly, it lacerates the surface of the skin, and does not cut the vein. Sometimes also it is hid, and is not found easily. Thus many things render that difficult to a novice, which is very easy to a skilful person. The vein is to be cut in the middle; out of which when the blood bursts, it is right to observe its colour and condition. For if it is thick and black, it is bad; and therefore is discharged properly; if it is red and is clear, it is sound; and that letting of

non prodest, ut etiam noceat; protinusque is suppressendus est. Sed id evenire non potest sub eo medico, qui scit, ex quali corpore sanguis mittendus sit. Illud magis fieri solet, ut æque niger assidue primo die profluat: quod quamvis ita est, tamen si jam satis fluxit, suppressendus est; semperque ante finis faciendus est, quam anima deficiat. Deligandumque brachium superimposito expresso ex aqua frigida penicillo: et postero die adverso medio digito vena ferienda, ut recens coitus ejus resolvatur, iterumque sanguinem fundat. Sive autem primo, sive secundo die sanguis, qui crassus et niger initio fluxerat, et rubere, et pellucere cœpit, satis materiæ detractum est, atque quod superest, sincerum est: ideoque protinus brachium deligandum, habendumque ita est, donec valens cicatricula sit: quæ celerrime in vena confirmatur.

prodest, ut etiam noceat; que protinus is est suppressendus. Sed id potest non evenire, sub ea medico, qui scit ex quali corpore sanguis est mittendus. Illud solet magis fieri, ut profluat æque niger assidue primo die: quod, quamvis est ita tamen si jam fluxit satis, est suppressendus; que semper finis est faciendus antequam anima deficiat. Que brachium deligandum penicillo expresso ex frigidâ aquâ superimposito; et postero die vena est ferienda adverso medio digito ut recens coitus ejus resolvatur, que fundat sanguinem iterum. Autem sive sanguis, qui fluxerat crassus et nigre initio, cœpit et rubere et pellucere primo, sive secundo die, satis materiæ detractum est, atque quod superest, est sincerum; que ideo brachium protinus deligandum, que est habendum ita, donec sit valens cicatricula: quæ confirmatur celerrime in venâ.

blood so far does not benefit, that even it hurts; and immediately it is to be stopped. But that can not happen, under that physician, who knows from what body blood is to be let. This is accustomed more to happen, that it flows equally back constantly on the first day: which, although it is so, yet if already it has flowed sufficiently, it is to be stopped; and always an end is to be made before the mind fails. And the arm is to be bound with a pledget pressed out of cold water put upon it; and on the next day the vein is to be rubbed with the opposite middle finger that the recent union of it may be resolved, and it may pour out blood again. But whether the blood, which had flowed thick and black at the beginning, has begun both to be red and to be clear on the first, or on the second day, sufficient matter has been withdrawn, and what remains, is pure: and therefore the arm is immediately to be bound up, and is to be kept so, until there be a strong cicatrix: which is strengthened quickly in a vein.

XI. Vero sunt duo genera cucurbitularum: æneum, et corneum. Ænea patet alterâ parte, clausa est alterâ, cornea æque patens altera parte, habet exiguum foramen alterâ. In æneam ardens linamentum conjicitur, ac sic os ejus aptatur corpori, que imprimitur, donec inhæreat. Cornea imponitur corpori per se; deinde ubi spiritus adductus est ore eâ parte quâ exiguum foramen est, que id cavum superclausum est cerâ inhærescit æque. Utraque fit recte non ex his generibus materiæ tantum, sed etiam ex quolibet alio. Ac si cætera defecerunt, caliculus quoque aut pultarius, compressioris oris, aptatur commode ei rei. Ubi inhæsit, si cutis ante concisa est scalpello, extrahit sanguinem; si est integra, spiritum. Ergo ubi materia quæ est intus lædit, solet imponi, illo modo; ubi inflatio, hoc. Autem præcipuus usus cucurbitulæ est, ubi

XI. Cucurbitularum vero duo genera sunt: æneum, et corneum. Ænea, altera parte patet; altera, clausa est: cornea, altera parte æque patens, altera foramen habet exiguum. In æneam linamentum ardens conjicitur, ac sic os ejus corpori aptatur, imprimiturque, donec inhæreat. Cornea per se corpori imponitur; deinde, ubi ea parte, qua exiguum foramen est, ore spiritus adductus est, superque cera cavum id clausum est, æque inhærescit. Utraque non ex his tantum materiæ generibus, sed etiam ex quolibet alio recte fit. Ac si cætera defecerunt, caliculus quoque aut pultarius, oris compressioris, ei rei commode aptatur. Ubi inhæsit, si concisa ante scalpello cutis est, sanguinem extrahit; si integra est, spiritum. Ergo ubi materia, quæ intus est, lædit, illo modo; ubi inflatio, hoc imponi solet. Usus autem cucurbitulæ

XI. But there are two kinds of cupping vessels: one made of brass, and the other of horn. The brass one is open at one part, is closed at the other; that of horn also open at one end, has a very small hole at the other. Into the brass one burning linen is put, and thus its mouth is fitted to the body, and is pressed on, until it adheres. That of horn is applied to the body by itself; then when the air has been drawn out by the mouth by that part where the small hole is, and that cavity has been covered over with wax it adheres equally well. Both are made rightly not of these kinds of material only, but also of any other. And if other things have failed, a little cup also or pipkin, of rather compressed mouth, is adapted conveniently to that purpose. When it has adhered, if the skin has before been cut with a lancet, it draws the blood; if the skin is whole, it draws out the air. Therefore, when the matter which is within hurts, it is accustomed to be applied, in the former way; when there is flatulence, in the latter way.

præcipuus est, ubi non in toto corpore, sed in parte aliqua vitium est, quam exhauriri ad confirmandam valetudinem satis est. Idque ipsum testimonium est, etiam scalpello sanguinem, ubi membro succurritur, ab ea potissimum parte, quæ jam læsa est, esse mittendum: quod nemo cucurbitulam diversæ parti imponit, nisi cum profusionem sanguinis eo avertit; sed ei ipsi, quæ dolet, quæque liberanda est. Opus etiam esse cucurbitula potest in morbis longis, quamvis et iis jam spatium aliquod accessit; sive corrupta, materia, sive spiritu male habente: in acutis quoque quibusdam, si et levare corpus debet, et ex vena sanguinem mitti vires non patiuntur. Idque auxilium ut minus vehemens, ita magis tutum; neque unquam periculosum est, etiamsi in medio febris impetu, etiamsi in cruditate adhibetur. Ideoque ubi sanguinem mitti opus

vitium est non in toto corpore, sed in aliquâ parte, quæ am exhauriri est satis ad confirmandam valetudinem. Que id ipsum est testimonium, sanguinem etiam mittendum esse scalpello potissimum ab eâ parte, quæ jam læsa est, ubi succurritur membro: quod nemo imponit cucurbitulam diversæ parti, nisi cum avertit profusionem sanguinis eo; sed ei ipsi quæ dolet, quæque est liberanda. Etiam potest esse opus cucurbitulâ in longis morbis, quamvis et aliquod spatium jam accessit iis; sive materiâ corruptâ sive spiritu male habente: quoque in quibusdam acutis, si et corpus debet levare, et vires non patiuntur sanguinem mitti ex venâ. Que id auxilium ut minus vehemens, ita magis tutum; neque est unquam periculosum, etiamsi adhibetur in medio impetu febris, etiamsi in cruditate. Que ideo ubi est opus sanguinem mitti

But the chief use of the cup is, when the disorder is not in the whole body, but in some part, which being exhausted is sufficient to strengthen the health. And this very thing is a proof, that blood also is to be let with a lancet chiefly from that part, which already has been hurt, when aid is given to a limb: because no one applies the cup to a different part, unless when it diverts the flow of blood from that; but to that very part which pains, and which is to be relieved. Also there may be need of the cup in chronic diseases, although even some duration already has happened to them; whether matter being corrupted or wind afflicting: also in some acute ones, if also the body ought to be lightened, and the strength does not allow blood to be let from a vein. And this remedy as it is less violent, so safer; nor is it ever dangerous, even if it is employed in the height of a fever, even if in indigestion. And therefore when it is necessary for blood to be

si venâ incisâ est præceps periculum, aut si vitium etiam in parte corporis, confugiendum est potius huc; tamen cum eo, ut sciamus, ut hic esse nullum periculum, ita levius præsidium: nec posse nisi vehemens auxilium succurrere vehementi malo.

XII. 1. *Autem antiqui moliebantur dejectionem in pæne omnibus morbis, variis medicamentis, que crebrâ ductione alvi, que dabant aut nigrum veratrum, aut filiculam, aut squamam æris, quam Græci vocant (lepida chalkou), aut lac marinæ lactucæ, gutta cujus adjecta pani purgat abunde; aut vel asininum, vel bubulum, vel caprinum lac, que adjiciebant paulum salis ei, que decoquebant id, et iis sublatis, quæ coierant, cgebant bibere quod supererat quasi serum. Sed medicamenta fere lædunt stomacho; si alvus fluit vehementius aut ducitur sæpius infirmat*

est, si incisa vena præceps periculum est, aut si in parte corporis etiam vitium est, huc potius confugiendum est: cum eo tamen, ut sciamus, hic ut nullum periculum, ita levius præsidium esse; nec posse vehementi malo, nisi æque vehemens auxilium succurrere.

XII. 1. Dejectionem autem antiqui variis medicamentis, crebraque alvi ductione in omnibus pæne morbis moliebantur: dabantque aut nigrum veratrum, aut filiculam, aut squamam aëris, quam λεπίδα χαλκοῦ, Græci vocant; aut lactucæ marinæ lac, cujus gutta pani adjecta abunde purgat; aut lac vel asininum, vel bubulum, vel caprinum, eique salis paulum adjiciebant, decoquebantque id, et sublatis iis, quæ coierant, quod quasi serum supererat, bibere cgebant. Sed medicamenta stomachum fere lædunt: alvus si vehementius fluit, aut sæpius ducitur,

let, if by a vein being opened there is immediate danger, or if the disorder also in a part of the body, we must have recourse rather to this; however with this proviso, that we may know, as here there is no danger, so there is a feebler remedy; nor can any but a violent remedy relieve a violent disease.

XII. 1. But the ancients perpetrated purging in almost all diseases, by various medicines, and frequent clystering of the bowels, and gave either black hellebore, or polypody, or the scale of copper, which the Greeks call scales of copper, or milk of the sea spurge, a drop of which added to bread purges plentifully; or either ass's, or cow's or goat's milk, and they added a little salt to it, and they boiled it, and those things being removed, which curdled, they obliged their patients to drink what remained like whey. But medicines generally hurt the stomach; if the bowel is violently relaxed, or is clystered

hominem infirmat. Ergo nunquam in adversa valetudine medicamentum ejus rei causa recte datur, nisi ubi is morbus sine febre est; ut cum veratrum nigrum aut atra bile vexatis, aut cum tristitia insanientibus, aut iis, quorum nervi parte aliqua resoluti sunt, datur. At ubi febres sunt, satius est ejus rei causa cibos potionesque assumere, qui simul et alant, et ventrem molliant. Suntque valetudinis genera, quibus ex lacte purgatio convenit.

2. Plerumque vero alvus potius ducenda est; quod, ab Asclepiade, quoque sic temperatum, ut tamen servatum sit, video plerumque seculo nostro præteriri. Est autem ea moderatio, quam is secutus videtur, aptissima: ut neque sæpe ea medicina tentetur, et tamen semel, vel summum bis, non omitatur, si caput grave est; si oculi caligant; si morbus majoris intestini est, quod Græci κόλον nomi-

hominem. Ergo medicamentum nunquam datur recte causâ ejus rei, nisi ubi is morbus est sine febre: ut cum nigrum veratrum datur aut vexatis atrâ bile, aut insanientibus cum tristitiâ, aut iis quorum nervi resoluti sunt aliquâ parte. At ubi sunt febres, est satius causâ ejus rei assumere cibos que potiones qui et alant et molliant ventrem simul. Que sunt genera valetudinis quibus purgatio ex lacte convenit.

2. Vero plerumque alvus est potius ducenda; quod quoque sic temperatum ab Asclepiade, ut tamen servatum sit, video præteriri plerumque nostro seculo. Autem ea moderatio, quam is videtur secutus, est aptissima; ut neque ea medicina tentetur sæpe, et tamen non omitatur semel vel summum bis, si caput est grave, si oculi caligant, si est morbus majoris intestini, quod Græci

oftener, it weakens a man. Therefore medicine never is given rightly for the sake of this thing, unless when that disease is without fever: as when black hellebore is given either to those troubled with black bile, or to those mad with melancholy, or those whose nerves have been relaxed in any part. But when there are fevers, it is better for the sake of this purpose to take foods and drinks which both nourish and soften the belly at the same time. And there are kinds of sickness in which purging by milk is suitable.

2. But generally the belly is in preference to be clystered; which also so moderated by Asclepiades, that yet it was preserved, I see is passed over generally in our age. But that moderation, which he seems to have followed, is most proper; that neither that medicine may be tried often, and yet may not be omitted once or at most twice, if the head is heavy, if the eyes are dim, if there is disease of the larger intestine, which the Greeks name colon: if there are

nominant (kolon); si sunt dolores in imo ventre, aut in coxâ; si quædam biliosa concurrunt in stomachum vel etiam pituita confert se eo, vel aliquis humor similis aquæ; si spiritus redditur difficilior; si ventur excernit nihil per se; utique si stercus est quoque juxta et remanet intus; aut si æger dejiciens nihil sentit odorem stercoris ex suo spiritu; aut si quod excernitur est corruptum; aut si prima inedia non sustulit febrem; aut si vires non patiuntur sanguinem mitti, cum sit opus, vel tempus ejus rei præteriit; aut si aliquis potavit multum ante morbum; aut si is, qui purgatus est sæpe, vel sponte vel casu, habet subito suppressam alvum. Vero illa sunt servanda; ne ducatur ante tertium diem; ne ullâ cruditate substantive; ne in infirmo corpore, que exhausto diu in adversâ valetudine; neve in eo cui alvus quotidie reddit satis, vel qui ha-

nant; si in imo ventre, aut in coxa dolores sunt; si in stomachum quædam biliosa concurrunt, vel etiam pituita eo se, humorve aliquis aquæ similis confert; si spiritus difficilior redditur; si nihil per se venter excernit; utique, si juxta quoque stercus est, et intus remanet; aut si stercoris odorem nihil dejiciens æger ex spiritu suo sentit; aut si corruptum est, quod excernitur; aut si prima inedia febrem non sustulit; aut si sanguinem mitti, cum opus sit, vires non patiuntur, tempusve ejus rei præteriit; aut si multum ante morbum aliquis potavit; aut si is, qui sæpe vel sponte, vel casu purgatus est, subito habet alvum suppressam. Servanda vero illa sunt: ne ante diem tertium ducatur; ne ulla cruditate substantive; ne in corpore infirmo, diuque in adversa valetudine exhausto; neve in eo, cui satis alvus quotidie reddit, quive

pains in the lower belly, or in the hip; if some bilious things collect in the stomach or also phlegm betakes itself thither, or some humour like water; if the breath is drawn difficultly; if the belly excretes nothing by itself; especially if the excrement is also near and remains within; or if the patient evacuating nothing perceives the smell of fæces from his breath; or if what is excreted is corrupted; or if the first fasting has not removed fever; or if the strength does not permit blood to be let, when it is necessary, or the time for that purpose has passed; or if any one has drunk much before a disease; or if he, who has been purged often, either spontaneously or by accident, has suddenly a bound belly. But these things are to be observed: let him not be clystered before the third day; nor when any indigestion is remaining; not in a weak body, and exhausted for a long time in bad health; not either in him whose bowels daily voids enough, or

eam liquidam habet; neve in ipso accessionis impetu, quia, quod tum infusum est, alvo continetur, regestumque in caput, multo gravius periculum efficit. Pridie vero abstineri debet æger, ut aptus tali curationi sit: eodem die ante aliquot horas aquam calidam bibere, ut superiores ejus partes madescant. Tum immittenda in alvum est, si levi medicina contenti sumus, pura aqua; si paulo valentiori, mulsa; si leni, ea in qua fœnum Græcum, vel ptisana, vel malva decocta sit; si reprimendi causa, ex verbenis. Acris autem est marina aqua, vel alia sale adjecto; atque utraque decocta commodior est. Acrior fit, adjecto vel oleo, vel nitro, vel melle: quoque acrior est, eo plus extrahit, sed minus facile sustinetur. Idque quod infunditur, neque frigidum esse oportet, neque calidum; ne alterutro modo lædat. Cum infusum

bet eam liquidam; neve in ipso impetu accessionis, quia quod tum est infusum continetur alvo, que regestum in caput, efficit multo gravius periculum. Vero æger debet abstineri pridie, ut sit aptus tali curationi: eodem die aliquot horas ante debet bibere calidam aquam, ut ejus superiores partes madescant. Tum pura aqua est immittenda in alvum, si sumus contenti levi medicinâ; si paulo valentiori, mulsa; si leni, ea in quâ Græcum fœnum, vel ptisana vel malva decocta sit; si causâ reprimendi, ex verbenis. Autem marina aqua est acris, vel alia sale adjecto; atque utraque decocta est commodior. Fit acrior vel oleo, vel nitro, vel melle adjecto; que quo acrior est, eo plus extrahit; sed sustinetur minus facile. Que oportet id quod infunditur, esse neque frigidum, neque calidum; ne lædat alterutro modo. Cum infusum est

which has it loose; nor in the very height of the paroxysm, because what then is injected is contained in the bowels, and being thrown back upon the head, produces much greater danger. But the patient ought to abstain the day before, so that he may be fit for such treatment: on the same day some hours before, he ought to drink warm water, that his upper parts may be moistened. Then pure water is to be injected into the bowels, if we are content with a gentle medicine; if a little stronger, hydromel; if a lenient one, that in which fœnugreek, or ptisan or mallow has been boiled; if for the purpose of restraining, with vervains. But sea water is acrid, or other water salt being added; and each boiled, is better. It is rendered more acrid, either oil, or nitre, or honey being added: and the more acrid it is, the more it evacuates; but is borne less easily. And it is proper that that which is injected, should be neither cold, nor hot; lest it hurt in either

quantum potest fieri, æger debet continere se in lectulo, nec cedere protinus primæ cupiditati dejectionis; ubi est necesse, tum demum desiderare. Que fere materia demta eo modo, superioribus partibus levatis, mollit morbum ipsum. Vero cum, quoties res coegit, aliquis exhaustit se desidendo, debet conquiescere paulum; et, ne vires deficient, utique assumere eo die cibum qui sit dandus plenior aut exiguus oportebit æstimari ex ratione ejus accessionis, quæ exspectabitur, aut erit non in metu.

XIII. *At vomitus, ut in secundâ valetudine quoque est sæpe necessarius biliosis, sic etiam in iis morbis, quos bilis concitavit. Ergo est necessarius omnibus qui ante febres vexantur horrore et tremore; omnibus, qui laborant cholera; etiam omnibus insanientibus cum quâdam hilaritate; et quoque oppressis comitiali morbo. Sed si mor-*

est quantum fieri potest, continere se in lectulo debet æger, nec primæ cupiditati dejectionis protinus cedere: ubi necesse est, tum demum desiderare. Fereque eo modo demta materia, superioribus partibus levatis morbum ipsum mollit. Cum vero, quoties res coegit desidendo aliquis se exhaustit, paulisper debet conquiescere; et, ne vires deficient, utique eo die cibum assumere: qui plenior, an exiguus sit dandus, ex ratione ejus accessionis, quæ exspectabitur, aut in metu non erit, æstimari oportebit.

XIII. *At vomitus, ut in secunda quoque valetudine sæpe necessarius biliosis est, sic etiam in iis morbis, quos bilis concitavit. Ergo omnibus, qui ante febres horrore et tremore vexantur: omnibus, qui cholera laborant; omnibus etiam cum quadam hilaritate insanientibus; et comitiali quoque morbo oppressis, necessarius est. Sed*

way. When there has been injected as much as can be done, the patient ought to confine himself in bed, nor yield immediately to the first desire of purging; when it is necessary, then at length to go to stool. And generally the matter taken away in this manner, the upper parts being lightened, mitigates the disease itself. But when, as often as circumstance has compelled, any one has exhausted himself by sitting at stool, he ought to rest a little; and, lest his strength fail, especially to take on that day food, which whether it is to be given fuller or sparing will be necessary to be determined by the nature of that paroxysm which shall be expected, or will be not in fear.

XIII. But vomiting as in good health even is often necessary to the bilious, so also in those diseases, which bile has excited. Therefore it is necessary to all who before fevers are troubled with shivering and trembling; to all who suffer from cholera; also to all being mad with a certain cheerfulness; and also to those oppressed with the comitial

si acutus morbus est sicut in cholera; si febris est, ut inter horrores, asperioribus medicamentis opus non est; sicut in dejectionibus quoque supra dictum est; satisque est, ea vomitus causa sumi, quæ sanis quoque sumenda esse proposui. At ubi longi valentesque morbi sine febre sunt, ut comitialis aut insania, veratro quoque albo utendum est. Id neque hieme, neque æstate recte datur; optime, vere; tolerabiliter, autumnus. Quisquis daturus erit, id agere ante debet, ut accepturi corpus humidius sit. Illud scire oportet, omne ejusmodi medicamentum, quod potui datur, non semper ægris prodesse, semper sanis nocere.

XIV. De frictione vero adeo multa Asclepiades, tanquam inventor ejus, posuit in eo volumine, quod "Communium Auxiliorum" inscripsit, ut, cum trium tantum faceret mentionem; hujus, et aquæ,

bus est acutus, sicut in cholera; si est febris, ut inter horrores, est non opus asperioribus medicamentis, sicut dictum est quoque supra in dejectionibus: que est satis causâ vomitus ea sumi quæ proposui sumenda quoque sanis. At ubi morbi sunt longi que valentes sine febre, ut comitialis aut insania, quoque utendum est albo veratro. Id datur recte neque hieme neque æstate; optime vere; tolerabiliter autumnus. Quisquis sit daturus, debet ante agere id ut corpus accepturi sit humidius. Oportet scire illud omne medicamentum ejusmodi, quod datur potui, non semper prodesse ægris, semper nocere sanis.

XIV. Vero de frictione, Asclepiades, tanquam inventor ejus, posuit adeo multa, in eo volumine quod inscripsit "Communium Auxiliorum," ut, cum faceret mentionem tantum trium: hujus,

disease. But if the disease is acute, as in cholera; if there is fever, as during the shiverings, there is no need of rougher medicines, as has been stated also above in purgings: and it is sufficient for the sake of vomiting for those to be taken which I have proposed to be taken also by the healthy. But when diseases are long and violent without fever, as the comitial or insanity, also we must use white hellebore. That is given rightly neither in winter nor in summer; best in spring; tolerably in the autumn. Whoever may be about to give it, ought before to do this, that the body of him about to receive it be rather moist. It is right to know this that every medicine of this kind, which is given for drink, is not always beneficial to the sick, always is injurious to the healthy.

XIV. But concerning friction, Asclepiades, as if the inventor of it, has stated so many things, in that volume which he entitled "On Common Remedies," that, although he made mention only of three:

et aquæ et gestationis, tamen consumserit maximam partem in hac. Autem neque oportet fraudare recentiores viros in iis, quæ vel reperiunt vel secuti sunt recte; et tamen reddere suis auctoribus ea, quæ posita sunt apud aliquos antiquiores. Neque potest dubitari quin Asclepiades præceperit latius quidem et dilucidius ubi et quomodo utendum esset frictione; tamen repperit nihil quod non comprehensum sit paucis verbis a vetustissimo auctore Hippocrate, qui dixit corpus durari frictione, si est vehemens: molliri, si lenis; minui, si multa; impleri, si modica. Ergo sequitur, ut tum utendum sit, cum aut corpus quod est hebes sit adstringendum; aut molliendum, quod induruit: aut digerendum in eo quod copia nocet; aut id alendum, quod est tenue et infirmum. Quas species tamen si quis æstimet curiosius, quod jam pertinet non

et gestationis; tamen maximam partem in hac consumserit. Oportet autem neque recentiores viros in iis fraudare, quæ vel reperiunt, vel recte secuti sunt; et tamen ea, quæ apud antiquiores aliquos posita sunt, auctoribus suis reddere. Neque dubitari potest, quin latius quidem, et dilucidius, ubi et quomodo frictione utendum esset, Asclepiades præceperit; nihil tamen repperit, quod non a vetustissimo auctore Hippocrate paucis verbis comprehensum sit: qui dixit, frictione, si vehemens sit, durari corpus; si lenis, molliri; si multa, minui; si modica, impleri. Sequitur ergo, ut tum utendum sit, cum aut adstringendum corpus sit, quod hebes est; aut molliendum, quod induruit; aut digerendum in eo, quod copia nocet; aut alendum id, quod tenue et infirmum est. Quas tamen species si quis curiosius æstimet, quod ad medicum

of this, and water and gestation, yet he occupied the greatest part with this. But neither is it right to defraud more modern men in those things, which either they have discovered or followed correctly; and yet to assign to their own authors those, which were laid down by some more ancient ones. Nor can it be doubted but that Asclepiades directed more extensively indeed and more clearly where and how we might use friction; yet he discovered nothing that was not comprehended in a few words by that most ancient author Hippocrates, who said that the body is hardened by friction, if it is violent; is softened, if gentle; is reduced, if plentiful; is increased, if moderate. Therefore it follows, that then we must use it, when either the body, which is inactive is to be braced; or that is to be softened, which has hardened; or to be wasted in that which hurts by its quantity; or that is to be nourished, which is thin and weak. Which species however if any one consider more closely, which pertains

non pertinet, facile intelliget, omnes ex una causa pendere, quæ demit. Nam et adstringitur aliquid, eo demto, quod interpositum, ut id laxaretur, effecerat; et molli-
tur, eo detracto, quod duritiem creabat; et impletur, non ipsa frictione, sed eo cibo, qui postea usque ad cutem, digestionem quadam relaxatam, penetrat. Diversarum vero rerum in modo causa est. Inter unctionem autem et frictionem multum interest. Ungi enim, leniterque pertractari corpus, etiam in acutis et recentibus morbis oportet; in remissione tamen, et ante cibum: longa vero frictione uti, neque in acutis morbis, neque incrementibus convenit; præterquam cum phreneticis somnus ea quæritur. Amat autem hoc auxilium valetudo longa, et jam a primo impetu inclinata. Neque ignoro, quosdam dicere, omne auxilium necessarium esse incrementibus

*ad medicum, intelliget facile, omnes pendere ex unâ causâ, quæ demit. Nam et aliquid adstringitur, eo demto quod interpositum effecerat ut id laxaretur; et molli-
tur, eo detracto quod creabat duritiem; et impletur non frictione ipsâ, sed eo cibo qui postea penetrat usque ad cutem relaxatam quâdam digestionem. Fero causa diversarum rerum est in modo. Autem interest multum inter unctionem et frictionem. Enim oportet corpus ungi que pertractari leniter etiam in acutis et recentibus morbis; tamen in remissione et ante cibum; vero convenit uti longâ frictione neque acutis neque incrementibus morbis; præterquam cum somnus quæritur eâ phreneticis. Autem longa valetudo amat hoc auxilium et jam inclinata a primo impetu. Neque ignoro quosdam dicere omne auxilium esse necessarium incrementibus mor-*

not to the physician, he will understand easily, that all depend on one cause, which takes away. For both sometimes is bound, that being taken away which being interposed was the cause that it was relaxed; and it is softened, that being withdrawn which created hardness; and is filled not by friction itself, but by that food which afterwards penetrates even to the skin relaxed by a certain distribution. But the cause of these different things is in the degree. But there is much difference between anointing and friction. For it is right that the body should be anointed and rubbed gently even in acute and recent diseases; yet in the remission and before food; but it is proper to use long friction neither in acute nor increasing diseases; except when sleep is sought by that in phrenetic persons. But long sickness requires this remedy and (that) already declining from the first violence. Nor am I ignorant that some say that every remedy is

bis, non cum jam finiuntur per se. Quod habet non se ita. Enim morbus etiam qui est habiturus finem per se, potest tamen tolli citius auxilio adhibito: quod est necessarium de duabus causis: et ut bona valetudo contingat quam primum, et morbus qui remanet ne exasperetur iterum quamvis de levi causâ. Morbus potest esse minus gravis quam fuerit, neque tamen ideo solvi, sed inhærere quibusdam reliquiis, quas aliquod admotum auxilium discutit. Sed ut frictio adhibetur recte adversâ valetudine quoque levatâ: sic est adhibenda nunquam febre crescente: verum si poterit fieri, cum corpus vacabit eâ ex toto; sin minus, cum ea remiserit. Autem eadem debet esse modo in totis corporibus ut cum aliquis infirmus implendus; modo in partibus, aut quia imbecillitas ejus membri ipsius requirit id, aut quia alterius. Nam fric-

bus morbis, non cum jam per se finiuntur. Quod non ita se habet. Potest enim morbus, etiam qui per se finem habiturus est, citius tamen adhibito auxilio tolli: quod duabus de causis necessarium est; et ut quam primum bona valetudo contingat; et ne morbus, qui remanet, iterum, quamvis levi de causa, exasperetur. Potest morbus minus gravis esse, quam fuerit, neque ideo tamen solvi, sed reliquiis quibusdam inhærere, quas admotum aliquod auxilium discutit. Sed ut, levata quoque adversa valetudine, recte frictio adhibetur; sic nunquam adhibenda est febre crescente; verum, si fieri poterit, cum ex toto corpus ea vacabit; sin minus, certe cum ea remiserit. Eadem autem modo in totis corporibus esse debet, ut cum infirmus aliquis implendus; modo in partibus, aut quia ipsius ejus membri imbecillitas id requirit, aut quia alterius. Nam

necessary in increasing diseases, not when already they are terminated by themselves. Which is not so. For a disease even which is about to have an end by itself, may however be removed more quickly by a remedy being applied; which is necessary from two causes: both that good health may happen as early as possible, and the disease which remains may not be increased again although from a slight cause. The disease may be less severe than it has been, and not however therefore removed, but continue with some remains, which any applied remedy dispels. But as friction is employed properly, bad health also being abated; so it is to be employed never when the fever is increasing: but, if it can be done, when the body shall be free from it altogether; but if not, when that has remitted. But the same ought to be (practised) sometimes in the whole body, as when any weak person is to be filled; sometimes in parts, either because

et capitis longos dolores ipsius frictio levat; non in impetu tamen doloris: et membrum aliquod resolutum ipsius frictione confirmatur. Longe tamen sæpius aliud perfricandum est, cum aliud dolet; maximeque cum a summis, aut a mediis partibus corporis evocare materiam volumus; ideoque extremas partes perfricamus. Neque audiendi sunt, qui numero finiunt, quoties aliquis perfricandus sit. Id enim ex viribus hominis colligendum est: et si is perinfirmus est, potest satis esse quinquagies; si robustior, potest ducenties esse faciendum; inter utrumque deinde, prout vires sunt. Quo fit, ut etiam minus sæpe in muliere, quam in viro; minus sæpe in puero, vel sene, quam in juvene, manus dimovendæ sint. Denique, si certa membra perfricantur, multa valentique frictione opus est. Nam neque totum corpus infirmari cito per

tio levat et longos dolores capitis ipsius et aliquod resolutum membrum confirmatur frictione ipsius. Tamen longe sæpius aliud est perfricandum, cum aliud dolet: que maxime cum volumus evocare materiam a summis aut a mediis partibus corporis; que ideo perfricamus extremas partes. Neque sunt audiendi qui finiunt numero, quoties aliquis sit perfricandus. Enim id est colligendum ex viribus hominis; et si is est perinfirmus, quinquagies potest esse satis; si robustior potest esse faciendum ducenties; deinde inter utrumque, prout vires sunt. Quo fit, ut manus dimovendæ sint etiam minus sæpe in muliere quam in viro; minus sæpe in puero vel in sene, quam in juvene. Denique si certa membra perfricantur, est opus multâque valenti frictione. Nam totum corpus neque potest infirmari cito per partem,

weakness of that limb itself requires it, or because that of another. For friction relieves both inveterate pains of the head itself and any relaxed limb is strengthened by friction of it. Yet far more frequently another is to be rubbed, when a different one pains: and especially when we wish to withdraw matter from the upper or from the middle parts of the body; and therefore we rub the extreme parts. Nor are they to be listened to who define in number, how often any one is to be rubbed. For that is to be collected from the strength of the man: and if he is very weak, fifty times may be sufficient; if stronger it may be done two hundred times; then between both, according as the powers are. Whence it happens, that the hands are to be moved even less frequently in a woman than in a man; less frequently in a boy or in an old man, than in a youth. Lastly if particular limbs are rubbed, there is need of much and violent friction. For the whole body can-

et est opus plurimum materiæ digerî, sive levamus id membrum ipsum sive aliud per id. Aut ubi imbecillitas totius corporis exigit hanc curationem per id totum, debet esse brevior et lenior; ut emolliat tantummodo summam cutem, quo fiat facilius capax novæ materiæ ex recenti cibo. Ubi exterior pars corporis friget, interior calet cum siti, posui supra ægrum jam esse in malis. Sed tunc quoque unicum auxilium est in frictione; quæ si evocavit calorem in cutem potest facere locum alicui medicinæ.

xv. *Quoque gestatio est aptissima longis et jam inclinatis morbis; quæ est utilis iis corporibus, quæ jam carent ex toto febre sed possunt non adhuc exerceri per se: et iis, quibus lentæ reliquæ morborum remanent, neque eliduntur aliter. Asclepiades etiam in recenti quæ vehementi quæ præcipue*

partem potest, et opus est quam plurimum materiæ digerî, sive id ipsum membrum, sive per id aliud levamus. Aut ubi totius corporis imbecillitas hanc curationem per totum id exigit, brevior esse debet et lenior; ut tantummodo summam cutem emolliat, quo facilius capax ex recenti cibo novæ materiæ fiat. In malis jam ægrum esse, ubi exterior pars corporis friget, interior cum siti calet, supra posui. Sed tunc quoque unicum in frictione præsidium est; quæ si calorem in cutem evocavit, potest alicui medicinæ locum facere.

xv. Gestatio quoque longis et jam inclinatis morbis aptissima est: utilisque est et iis corporibus, quæ jam ex toto febre carent, sed adhuc exerceri per se non possunt; et iis, quibus lentæ morborum reliquæ remanent, neque aliter eliduntur. Asclepiades etiam in recenti vehementique, præcipueque ardente

not be weakened quickly by a part, and it is necessary for very much matter to be dissipated, whether we relieve that limb itself or another by that. Or where weakness of the whole body requires this treatment over it all, it ought to be shorter and slighter; that it may soften only the surface of the skin, whereby it may become more easily fit to receive new matter from fresh food. When the external part of the body is cold, and the inner part is hot with fever, I have stated above that the patient already is in danger. But then the only remedy is in friction; which if it has drawn the heat to the skin it may make room for some medicine.

xv. Also gestation is most fitted for long and already declining diseases: and it is useful to those bodies which already are free altogether from fever but cannot yet be exercised by themselves; and for those, in which slight remains of diseases continue, nor are expelled otherwise.

febre, ad discutiendam eam, gestatione dixit utendum: sed id periculose fit; meliusque quiete ejusmodi impetus sustinetur. Si quis tamen experiri volet, sic experiat, si lingua non erit aspera, si nullus tumor; nulla durities, nullus dolor visceribus, aut capiti, aut præcordiis suberit. Et ex toto, nunquam gestari corpus dolens debet, sive id in toto, sive in parte est; nisi tamen solis nervis dolentibus; neque unquam incremente febre, sed in remissione ejus. Genera autem gestationis plura sunt: quæ adhibenda sunt et pro viribus cujusque, et pro opibus; ne aut imbecillum hominem nimis digerant, aut humili desint. Lenissima est navi, vel in portu, vel in flumine; vehementior, vel in alto mari nave, vel lectica; etiamnum acrior vehiculo. Atque hæc ipsa et intendi et leniri possunt. Si nihil horum est, suspendi lectus

ardente febre, dixit utendum gestatione ad discutiendam eam: sed id fit periculose; que impetus ejusmodi sustinetur melius quiete. Tamen si quis volet experiri, experiat sic si lingua erit non aspera, si suberit nullus tumor, nulla durities, nullus dolor visceribus, aut capiti, aut præcordiis. Et ex toto, dolens corpus debet nunquam gestari, sive id est in toto sive in parte; nisi tamen nervis solis dolentibus; neque unquam febre incremente, sed in remissione ejus. Autem sunt plura genera gestationis; quæ sunt adhibenda et pro viribus et pro opibus cujusque; ne digerant nimis aut imbecillum, aut desint humili. Lenissima est navi, vel in portu, vel in flumine; vehementior nave in alto mari, vel lecticâ; etiamnum acrior vehiculo. Atque hæc ipsa possunt intendi et leniri. Si est nihil horum, lectus debet suspendi, et moveri; si est ne quidem

in a recent and violent and especially an ardent fever, said we should use gestation to dispel it: but that is done dangerously; and an attack of this kind is borne better by rest. Yet if any one wishes to try it, he may try it under these conditions, if his tongue shall not be rough, if there shall exist no tumour, no hardness, no pain in the viscera, or head, or præcordia. And altogether, a painful body ought never to be carried, whether that is in the whole body or in part: unless however the nerves alone paining; nor ever when the fever is increasing, but in the remission of it. But there are many kinds of gestation; which are to be employed, both according to the strength and according to the means of every one; that they may not waste too much either the weak man, or be wanting to the poor one. The mildest is in a ship, either in a harbour or in a river; more violent in a ship in the deep sea, or in a litter; also more brisk in a carriage. And these things may be extended and reduced. If there is none of these, a bed ought to be

id, at certe fulmentum est subjiciendum uni pedi atque ita lectus impellendus huc et illuc manu. Et quidem levia genera exercitationis conveniunt infirmis; vero valentiora iis, qui jam liberati sunt febre pluribus diebus; aut iis qui sic sentiunt initia gravium morborum, ut adhuc vacent febre, quod fit et in tabe, et in vitiis stomachi, et cum aqua subiit cutem et interdum in regio morbo; aut ubi quidam morbi, qualis comitialis, qualis est insania, manent sine febre quamvis diu. In quibus affectibus ea genera exercitationum quoque sunt necessaria, quæ comprehendimus eo loco quo præcepimus, quemadmodum sani neque infirmi homines gererent se.

XVI. Vero sunt duo genera abstinentiæ: alterum, ubi æger assumit nihil; alterum, ubi non nisi quod oportet. Initia morborum

debet, et moveri: si ne id quidem est, at certe uni pedi subjiciendum fulmentum est, atque ita lectus huc et illuc manu impellendus. Et levia quidem genera exercitationis infirmis conveniunt: valentiora vero iis, qui jam pluribus diebus febre liberati sunt; aut iis, qui gravium morborum initia sic sentiunt, ut adhuc febre vacent, quod et in tabe, et in stomachi vitiis, et cum aqua cutem subiit, et interdum in morbo regio fit: aut ubi quidam morbi, qualis comitialis, qualis insania est, sine febre, quamvis diu, manent. In quibus affectibus ea quoque genera exercitationum necessaria sunt, quæ comprehendimus eo loco, quo, quemadmodum sani, neque firmi homines se gererent, præcepimus.

XVI. Abstinentiæ vero duo genera sunt: alterum, ubi nihil assumit æger; alterum, ubi non nisi quod oportet. Initia morborum

hung np and shaken; if there is not even that (at hand), but certainly a prop is to be put under one foot, and thus the bed is to be moved hither and thither with the hand. And, indeed, the gentle kinds of exercise suit the weak; but the stronger kinds those who already have been freed from fever many days; or those who so feel the beginning of severe diseases, that as yet they are free from fever, which happens both in consumption, and in disorders of the stomach, and when water has existed under the skin, and sometimes in the royal disease: or when some diseases, such as the comitial, such as is insanity, continue without fever though for some time. In which affections those kinds of exercises also are necessary, which we have mentioned in that place where we directed, how healthy and not weak men should conduct themselves.

XVI. But there are two kinds of abstinence: the one, when the patient takes nothing; the other, when only what is necessary. The begin-

primum famem, sitimque desiderant: ipsi deinde morbi, moderationem, ut neque aliud quam expedit, neque ejus ipsius nimium sumatur. Neque enim convenit juxta inediam protinus satietatem esse. Quod si sanis quoque corporibus inutile est, ubi aliqua necessitas famem fecit; quanto inutilius est in corpore etiam ægro? Neque ulla res magis adjuvat laborantem quam tempestiva abstinencia. Intemperantes homines apud nos, ipsi cibi tempora curantibus dant. Rursus alii, tempora medicis pro dono remittunt, sibi ipsis modum vindicant. Liberaliter agerese credunt, qui cætera illorum arbitrio relinquunt, in genere cibi liberi sunt: quasi quærat, quid medico liceat, non quid ægro salutare sit. Cui vehementer nocet, quoties in ejus, quod assumitur, vel tempore, vel modo, vel genere peccatur.

desiderant primum famem que sitim: deinde morbi ipsi moderationem ut neque aliud sumatur quam convenit neque nimium ejus ipsius. Enim neque convenit esse satietatem protinus juxta inediam. Quod si est inutile quoque sanis corporibus ubi aliqua necessitas fecit famem: quanto inutilius est etiam in ægro corpore? Neque ulla res adjuvat laborantem magis quam tempestiva abstinencia. Intemperantes homines apud nos, ipsi dant curantibus tempora cibi. Alii rursus remittunt medicis pro dono tempora, vindicant sibi ipsis modum. Credunt se agere liberaliter, qui relinquunt cætera arbitrio illorum, sunt liberi in genere cibi: quasi quærat, quid liceat medico, non quid sit salutare ægro, cui nocet vehementer, quoties peccatur vel in tempore, vel modo, vel genere ejus quod assumitur.

nings of diseases require at first fasting and thirst: then the diseases themselves require moderation that nothing else be taken but what is proper, and not too much of that itself. For it is not right that there be repletion immediately after fasting. But if it is injurious even to sound bodies when any necessity caused fasting, how much more injurious it is also in a sick body? Nor does any thing relieve the sick person more than seasonable abstinence. Intemperate men among us, themselves give to those treating, the times for food. Others again allow the physicians as a compliment the times, claim to themselves the quantity. They believe that they act liberally, who leave the rest to their will, (but) are free in the kind of food: as if it were questioned, what should be allowed to the physician, not what may be salutary to the patient, whom it injures very much, as often as he errs either in the time, or quantity, or kind of that which is taken.

XVII. *Etiam sudor elicitur duobus modis: aut sicco calore, aut balneo. Siccus calor est et calidæ arenæ, et laconici et clibani, et quarundam naturalium sudationum, ubi calidus vapor profusus terrâ, includitur ædificio, sicut habemus in myrtetis super Baias. Præter hæc movetur quoque sole et exercitatione. Que hæc genera sunt utilia, quoties humor intus nocet, que is est digerendus. Ac quædam vitia nervorum quoque optime curantur sic. Sed cætera possunt convenire infirmis: sol et exercitatio tantum robustioribus: qui sine febre tamen tenentur vel inter initia morborum, vel gravibus morbis. Autem cavendum est, ne quid horum tentetur vel in febre vel in cruditate. At usus balnei est duplex. Nam modo, febribus discussis, facit initium plenioris cibi, que firmioris vini, valetudini:*

XVII. *Sudor etiam duobus modis elicitur: aut sicco calore, aut balneo. Siccus calor est, et arenæ calidæ, et laconici, et clibani, et quarundam naturalium sudationum, ubi terra profusus calidus vapor ædificio includitur, sicut super Baias in myrtetis habemus. Præter hæc, sole quoque, et exercitatione movetur. Utiliaque hæc genera sunt, quoties humor intus nocet, isque digerendus est. Ac nervorum quoque quædam vitia sic optime curantur. Sed cætera infirmis possunt convenire; sol, et exercitatio tantum robustioribus; qui tamen sine febre, vel inter initia morborum, vel etiam gravibus morbis tenentur. Cavendum autem est, ne quid horum vel in febre, vel in cruditate tentetur. At balnei duplex usus est. Nam modo, discussis febribus, initium cibi plenioris, vinique firmioris, valetudini facit; modo febrem ip-*

XVII. Also sweat is produced in two ways: either by dry heat, or by a bath. Dry heat is that both of hot sand, and of the laconicum and of the clibanum, and of some natural sweating places, where a hot vapour proceeding out of the ground, is enclosed in a building, as we have in the myrtle grounds beyond Baiæ. Besides these things it is caused also by the sun and exercise. And these kinds are useful, whenever humour within offends, and it is to be dispersed. And some diseases of the nerves also are best cured thus. But the others may suit the weak; the sun and exercise only strong people: who being without fever yet are held either at the beginning of the diseases, or by severe diseases. But we must take care, lest any of these be attempted either in fever or in indigestion. But the use of the bath is twofold. For sometimes, the fevers being dispelled, it makes a beginning for fuller diet, and stronger wine, for health; sometimes removes the fever itself. And it is

sam tollit. Fereque adhibetur, ubi summam cutem relaxari, evocari-que corruptum humorem, et habitum corporis mutari expedit. Antiqui timidius eo utebantur: Asclepiades audacius. Neque terrere autem ea res, si tempestiva est, debet; ante tempus, nocet. Quisquis febre liberatus est, simulatque ea uno die non accessit, eo qui proximus est, post tempus accessionis, tuto lavari potest. At si circuitum habere ea febris solita est, sic ut tertio, quartove die revertatur, quodocunque non accessit, balneum tutum est. Manentibus vero adhuc febribus, si hæc sunt lentæ lenesque jamdiu male habent, recte medicina ista tentatur: cum eo tamen, ne præcordia dura sint, neve ea tumeant, neve lingua aspera sit, neve aut in medio corpore, aut in capite dolor ullus sit, neve tum febris increseat. Et in iis quidem febribus, quæ certum cir-

modo tollit febrem ipsam. Que adhibetur fere ubi expedit summam cutem relaxari, que corruptum humorem evocari, et habitum corporis mutari. Antiqui utebantur eo timidius: Asclepiades audacius. Autem ea res neque debet terrere si est tempestiva; ante tempus, nocet. Quisque est liberatus febre simulatque ea non accessit uno die, eo qui est proximus post tempus accessionis, potest lavari tuto. At si ea febris solita est habere circuitum sic ut revertatur tertio vel quarto die, quodocunque non accessit, balneum est tutum. Vero febribus adhuc manentibus, si hæc sunt lentæ, que jamdiu habent male lenes, ista medicina tentatur recte; tamen cum eo, præcordia sint ne dura, neve ea tumeant, neve lingua sit aspera, neve sit ullus dolor in medio corpore aut in capite, neve febris tum increseat. Et quidem in iis

employed generally when it is expedient for the surface of the skin to be relaxed, and the corrupted humour to be withdrawn, and the habit of body to be changed. The ancients used it more cautiously: Asclepiades more boldly. But that thing ought not to alarm if it is seasonable; before the proper time, it injures. Whoever is freed from fever, as soon as that has not come on for one day, on that which is next after the time of the accession, he may be washed safely. But if that fever has been accustomed to have a period so that it returns on the third or fourth day, whenever it has not come on, the bath is safe. But the fevers still continuing, if they are slow and mild, and now for some time affect badly, that medicine is tried rightly; however with this proviso, that the præcordia be not hard, nor they be swollen, nor the tongue be rough, nor there be any pain in the middle of the body or in the head, nor fever then increase. And indeed in those fevers, which have

febris, quæ habent certum circuitum, sunt duo tempora balnei: alterum, ante horrorem: alterum, febre finitâ; vero in iis qui diu detinentur lentis febriculis, cum aut accessio recessit ex toto, aut si id non solet, certe lenita est, quæ corpus jam est tam integrum quam solet maxime esse in eo genere valetudinis. Imbecillus homo iturus in balneum, debet vitare ne experiatur aliquod frigus ante; ubi venit in balneum, resistere paulisper quæ experiri num tempora adstringantur et an aliquis sudor oriatur; si illud incidit, hoc non secutum est, balneum est inutile eo die; quæ is est perungendus leniter, et est auferendus, quæ frigus vitandum omni modo, et utendum est abstinentiâ. At si, integris temporibus, sudor incipit primum ibi deinde alibi, os fovendum calidâ aquâ; tum desidendum est in solio; atque ibi quoque videndum

cuitum habent, dno balnei tempora sunt; alterum, ante horrorem; alterum, febre finita: in iis vero, qui lentis febriculis diu detinentur, cum aut ex toto recessit accessio; aut, si id non solet, certe lenita est, jamque corpus tam integrum est, quam maxime esse in eo genere valetudinis solet. Imbecillus homo, iturus in balneum, vitare debet, ne ante frigus aliquod experiatur: ubi in balneum venit, paulisper resistere, experiri quæ, num tempora adstringantur, et an sudor aliquis oriatur: illud si incidit, hoc non secutum est, inutile eo die balneum est: perungendusque is leniter, et auferendus est, vitandumque omni modo frigus, et abstinentia utendum. At si temporibus integris, primum ibi, deinde alibi sudor incipit, fovendum os aqua calida: tum in solio desidendum est; atque ibi quoque videndum, num sub primo contactu aquæ calidæ sum-

a definite period, there are two times for a bath; the one, before the shivering; the other, the fever being over: but in those who for a long time are detained by gentle fevers, when either the fit has ceased altogether; or if that is not customary, certainly when it is relieved, and the body now is as sound as it is accustomed generally to be in that kind of sickness. A weak man about to go into the bath, ought to avoid lest he feels any cold before; when he comes into the bath, to stand a little and to try whether his temples are bound and whether any sweat arises: if the former happens, the latter has not followed, the bath is injurious on that day; and he is to be anointed gently, and is to be taken away, and cold to be avoided by every means, and he must use abstinence. But if, in the sound times, sweat begins first here then elsewhere, the mouth is to be washed with warm water; then he must sit in the solium; and there also he must observe whether at the first touch of the warm water the surface of the

ma cutis inhorrescat: quod vix tamen fieri potest, si priora recte cesserunt: certum id autem signum inutilis balnei est. Ante vero, quam in aquam calidam se demittat, an postea aliquis perungi debeat, ex ratione valetudinis suæ cognoscat. Fere tamen, nisi ubi nominatim, ut postea fiat, præcipietur, moto sudore leniter corpus perungeudum; deinde in aquam calidam demittendum est. Atque hic quoque habenda virium ratio est, neque committendum, ut per æstum anima deficiat; sed maturius is auferendus, curioseque vestimentis involvendus est, ut neque ad eum frigus aspiret, et ibi quoque, antequam aliquid assumat, insudet. Fomenta quoque calida sunt, milium, sal, arena; quodlibet eorum calefactum, et in linteum conjectum; si minore vi opus est, etiam solum linteum; at si majore, extincti titiones, involutique pan-

est num sub primo contactu calidæ aquæ summa cutis inhorrescat; quod tamen potest vix fieri, si priora cesserunt recte: autem id est certum signum balnei inutilis. Vero aliquis debeat perungi antequam demittat se in calidam aquam an postea, cognoscat ex ratione suæ valetudinis. Tamen fere, nisi ubi præcipietur nominatim ut fiat postea, corpus est perungendum leniter, sudore moto; deinde est demittendum in calidam aquam. Atque hic quoque ratio virium est habenda, neque committendum ut anima deficiat per æstum; sed is est auferendus maturius que involvendus curiose vestimentis, ut neque frigus aspiret ad eum, et ibi quoque insudet antequam assumat aliquid. Quoque calida fomenta sunt milium, sal, arena; quodlibet eorum calefactum et conjectum in linteum: si est opus minore vi etiam linteum solum; at si majore extincti

skin shudders; which however can scarcely happen, if the former things have happened rightly: but that is a certain sign of the bath being injurious. But whether any one ought to be anointed before he lowers himself into the warm water or afterwards, he may know from the state of his health. However generally, except where it is directed expressly that it should be done afterwards, the body is to be anointed gently, sweat being excited; then it is to be lowered into warm water. And here also the state of the strength is to be considered, nor is it to be allowed that he faints by the heat; but he is to be removed earlier and to be wrapped carefully in clothes, that neither cold may blow upon him, and there also he may sweat before he takes any thing. Also warm fomentations are millet, salt, sand; any one of them heated and put into linen; if there is need of less strength even linen alone; but if of greater heat, extinguished coals, and wrapped in cloths, and

titiones, que involuti panniculis, et sic circumdati. Quinetiam utriculi replentur calido oleo; et aqua conjicitur in fictilia vasa quæ a similitudine vocant lenticulas; et sal excipitur linteo sacco, que demittitur in bene calidam aquam, tum collocatur super id membrum quod est fovendum. Que juxta ignem sunt duo ferramenta, paulo latioribus capitibus; que alterum ex his demittitur in eum salem, et aqua aspergitur leviter super; ubi cœpit, frigere, refertur ad ignem et idem fit in altero; deinde invicem in utroque: inter quæ salsus et calidus succus descendit, qui opitulatur nervis contractis aliquo morbo. Est commune omnibus his, digerere id quod vel onerat præcordia, vel strangulat fauces vel nocet in aliquo membro. Autem quando utendum sit quoque, dicetur in generibus morborum ipsis.

- XVIII. Cum dictum sit de

niculis, et sic circumdati. Quinetiam calido oleo replentur utriculi; et in vasa fictilia, a similitudine quas lenticulas vocant, aqua conjicitur; et sal sacco linteo excipitur, demittiturque in aquam bene calidam, tum super id membrum, quod fovendum est, collocatur. Juxtaque ignem ferramenta duo sunt, capitibus paulo latioribus: alterumque ex his demittitur in eum salem, et aqua super leviter aspergitur; ubi frigere cœpit, ad ignem refertur, et idem in altero fit; deinde invicem in utroque: inter quæ descendit salsus et calidus succus, qui contractis aliquo morbo nervis opitulatur. His omnibus commune est, digerere id, quod vel præcordia onerat, vel fauces strangulat, vel in aliquo membro nocet. Quando autem quoque utendum sit, in ipsis morborum generibus dicetur.

XVIII. Cum de iis dictum sit,

thus applied round. Moreover little bottles are filled with warm oil; and water is put into earthen vessels, which from their resemblance they call lentils; and salt is taken in a linen bag, and is dipped into very hot water, then is placed upon that limb which is to be fomented. And near the fire are two irons, with a little wider heads; and one of these is put into that salt, and water is sprinkled lightly upon it; when it begins to cool, it is taken back to the fire and the same is done with the other; then in turns with both; between which things the salt and hot liquor drops, which relieves the nerves contracted by any disease. It is common to all these, to disperse that which either burdens the præcordia, or suffocates the fauces or hurts in any limb. But when we must use each, will be mentioned in the kinds of diseases themselves.

XVIII. Since it has been directed concerning those things, which

quæ detrahendo juvant ; ad ea veniendum est, quæ alunt, id est, cibum et potionem. Hæc autem non omnium tantum morborum, sed etiam secundæ valetudinis communia, præsidia sunt: pertinetque ad rem, omnium proprietates nosse ; primum, ut sani sciant, quomodo his utantur ; deinde, ut exsequentibus nobis morborum curationes, liceat species rerum, quæ assumendæ erunt, subjicere, neque necesse sit subinde singulas eas nominare. Scire igitur oportet, omnia legumina, quæque ex frumentis panificia sunt, generis valentissimi esse ; (valentissimum voco, in quo plurimum alimenti est :) item omne animal quadrupes domi natum ; omnem grandem feram, quales sunt caprea, cervus, aper, onager ; omnem grandem avem, quales sunt anser, et pavo, et grus ; omnes belluas marinas, ex quibus cetus est, quæque his

iis, quæ juvant detrahendo ; veniendum est ad ea, quæ alunt, id est, cibum et potionem. Autem hæc sunt non tantum communia præsidia omnium morborum, sed etiam secundæ valetudinis : que pertinet ad rem nosse proprietates omnium ; primum, ut sani sciant quomodo utantur his ; deinde, ut liceat nobis exsequentibus curationes morborum, subjicere species rerum quæ erunt assumendæ, neque sit necesse subinde nominare eas singulas. Igitur oportet scire omnia legumina, que panificia quæ sunt ex frumentis, esse valentissimi generis (voco valentissimum in quo est plurimum alimenti) : item omne quadrupes animal natum domi, omnem grandem feram, quales sunt caprea, cervus, aper, onager ; omnem grandem avem, quales sunt anser, et pavo et grus ; omnes marinas belluas, ex quibus est cetus, que quæ sunt pares his ; item mel et ca-

relieve by evacuating ; we must come to those which nourish, that is, food and drink. But these are not only the common supports of all diseases, but also of good health ; and it pertains to the purpose to know the peculiarities of all ; first, that the healthy may know how they should use them ; then, that it be allowed us, recounting the treatments of diseases, to add the kinds of things which are to be taken, and not be necessary oftentimes to mention them individually. Therefore it is right to know that all legumes, and bread which are made of grains, are of the strongest kind (I call that the strongest in which there is most nourishment) : likewise every four-footed animal born at home, every large wild animal, such as are the wild-goat, deer, wild-boar, wild-ass ; every large bird, such as are the goose, and the peacock, and crane ; all sea large-fishes, of which is the whale, and those which

seum. Quo minus mirum est pistorium opus esse valentissimum quod constat ex frumento, melle, caseo. Vero in mediâ materiâ, debere numerari ex oleribus ea, quorum assumimus radices vel bulbos : ex quadrupedibus, leporem ; omnes aves a minimis ad phœnicopterum ; item omnes pisces, qui non patiuntur salem vel saliuntur solidi. Vero imbecillissimam materiam esse, omnem caulem oleris et quidquid nascitur in caule, qualis est cucurbita, et cucumis, et capparitis ; omnia poma, oleas, cochleas ; que item conchyliâ. Sed quamvis hæc discreta sint illa, tamen etiam quæ sunt sub eâdem specie, recipiunt magna discrimina ; que alia res est valentior vel infirmior aliâ. Siquidem est plus alimenti in pane quam in ullo alio ; triticum est firmitus quam milium ; id ipsum, quam hordeum ; et ex tritico,

pares sunt : item mel, et caseum. Quo minus mirum est, opus pistorium valentissimum esse, quod ex frumento, adipe, melle, caseo constat. In media vero materia numerari ex oleribus debere ea, quorum radices, vel bulbos assumimus ; ex quadrupedibus, leporem ; aves omnes a minimis ad phœnicopterum ; item pisces omnes, qui salem non patiuntur, solidive saliuntur. Imbecillissimam vero materiam esse, omnem caulem oleris, et quidquid in caule nascitur, qualis est cucurbita, et cucumis, et capparitis ; omnia poma, oleas, cochleas, itemque conchyliâ. Sed quamvis hæc ita discreta sint, tamen etiam, quæ sub eadem specie sunt, magna discrimina recipiunt ; aliaque res alia vel valentior est, vel infirmior. Siquidem plus alimenti est in pane, quam in ullo alio : firmitus est triticum, quam milium ; id ipsum, quam hordeum ;

are like them ; likewise honey and cheese. The less wonderful it is that pastry is very strong which consists of corn, honey, and cheese. But in the middle material, ought to be reckoned of vegetables, those of which we take the roots or bulbs ; of quadrupeds, the hare ; all birds from the least to the flamingo ; likewise all fishes, which do not bear salt or are salted whole. But that the weakest material is, every stalk of vegetable and whatever grows on the stalk, such as is gourd, and cucumber, and caper ; all apples, olives, cockles ; and likewise shell fish. But although these are distinguished thus, yet even those things which are under the same class admit of great differences ; and one thing is stronger or weaker than another. Indeed there is more nourishment in bread than in any other food ; wheat is stronger than millet ; that itself, than barley ; and of

et ex tritico firmissima siligo, deinde simila, deinde cui nihil ademptum est, quod αὐτόπυρον Græci vocant: infirmior est, ex polline; infirmissimus, cibarius panis. Ex leguminibus vero valentior faba, vel lenticula, quam pisum. Ex oleribus valentior rapa, napique, et omnes bulbi, (in quibus cepam quoque, et allium numero) quam pastinaca, vel quæ specialiter radícula appellatur: item firmior brassica, et beta, et porrum, quam lactuca, vel cucurbita, vel asparagus. At ex fructibus surculorum valentiores uvæ, ficus, nuces, palmulæ, quam quæ poma proprie nominantur: atque ex his ipsis firmiora, quæ succosa, quam quæ fragilia sunt. Item ex iis avibus, quæ in media specie sunt, valentiores eæ, quæ pedibus, quam quæ volatu magis nituntur; et ex iis, quæ volatu fidunt, firmiores quæ grandiores aves, quam quæ minutæ

firmissima siligo, deinde simila, deinde cui nihil ademptum est, quod Græci vocant (autopyron): est infirmior, ex polline: cibarius panis infirmissimus. Vero ex leguminibus, faba vel lenticula valentior quam pisum. Ex oleribus, valentior rapa, que napi, et omnes bulbi (in quibus numero quoque cepam et allium) quam pastinaca, vel quæ appellatur specialiter radícula: item brassica et beta et porrum firmior quam lactuca, vel cucurbita, vel asparagus. At ex fructibus surculorum, uvæ, ficus, nuces, palmulæ, valentiores, quam quæ nominantur proprie poma: atque ex his ipsis quæ succosa firmiora quam quæ sunt fragilia. Item ex iis avibus quæ sunt in mediâ specie, eæ quæ nituntur pedibus valentiores quam quæ magis volatu; et ex iis quæ fidunt volatu, aves quæ grandiores, quam quæ sunt minutæ; ut fice-

wheat, the strongest is siligo, then fine flour, then is that from which nothing has been taken away, which the Greeks call autopyron; it is weaker, out of pollen; common bread is the weakest. But of pulse, the bean or lentil is stronger than peas. Of vegetables, stronger is rape, and navew, and all bulbs (in which I reckon also onion and garlick) than parsnip, or what is called particularly garden radish; likewise cabbage and beet and leek is stronger than lettuce, or gourd, or asparagus. But of fruits of twigs, grapes, figs, nuts, dates, are stronger, than those which are named properly apples: and of those themselves those which are juicy are stronger than those which are mealy. Likewise of those birds which are in the middle kind, those which rest on their feet are stronger than those which depend more upon flying; and of those which depend on flying, birds which are larger, than those

dula, et turdus. Atque eæ quoque quæ degunt in aquâ præstant leviores cibum, quam quæ habent non scientiam natandi. Vero inter domesticas quadrupedes, suilla est levissima; bubula, gravissima; que item ex feris, quo majus quodque animal eo robustior cibus ex eo est. Que eorum piscium, qui sunt ex mediâ materiâ, quibus utimur maxime, tamen sunt gravissimi ex quibus quoque salsamenta possunt fieri, qualis est lacertus; deinde qui quamvis teneriores, tamen sunt duri, ut aurata, corvus, sparus, oculata; tum plani post quos etiamnum lupi que nulli leviores; et post hos omnes saxatiles. Neque vero est discrimen in generibus rerum tantummodo, sed etiam in ipsis; quod fit et ætate, et membro, et solo et cælo et habitu. Nam omne quadrupes animal, si est lactens, præstat minus alimenti; que item

sunt; ut ficedula et turdus. Atque eæ quoque, quæ in aqua degunt, leviores cibum præstant, quam quæ natandi scientiam non habent. Inter domesticas vero quadrupedes, levissima suilla est; gravissima, bubula; itemque ex feris, quo majus quodque animal, eo robustior ex eo cibus est. Pisciumque eorum, qui ex media materia sunt, quibus maxime utimur, tamen gravissimi sunt ex quibus salsamenta quoque fieri possunt, qualis lacertus est; deinde qui, quamvis teneriores, tamen duri sunt, ut aurata, corvus, sparus, oculata; tum plani; post quos etiamnum leviores lupi, mulque, et post hos, omnes saxatiles. Neque vero in generibus rerum tantummodo discrimen est, sed etiam in ipsis: quod et ætate fit, et membro, et solo, et cælo, et habitu. Nam quadrupes omne animal, si lactens est, minus alimenti præstat; itemque quo tene-

which are small; as the beccafico and thrush. And those also which live in the water, afford lighter food, than those which have not a knowledge of swimming. But among domestic quadrupeds, pork is lightest; beef, heaviest; and likewise of the wild, the larger any animal is, the stronger the food from it is. And of those fishes, which are of the middle material, which we use most, yet those are heaviest of which also salt food can be made, such as is the lacertus; then those which although they are more tender, yet are hard, as the gilt-head, cabot, sparus, eye-fish; then flat-fish, after which, even pike and mullets are lighter; and after these all rock-fish. Nor indeed is there a distinction in the kinds of things only, but also in themselves; which happens both from age, and the part of the body, and soil and climate and condition. For every four-footed animal, if it is sucking, affords less nourishment; and likewise a chicken fed in the coop the more

rior pullus cohortalis est: in piscibus quoque media ætas, quæ nondum summam magnitudinem implevit. Deinde ex eodem sue, ungulæ, rostrum, aures, cerebellum; ex agno, hædove, cum petiolis totum caput aliquanto, quam cætera membra, leviora sunt: adeo ut in media materia poni possint. Ex avibus, colla, alæve recte infirmissimis adnumerantur. Quod ad solum vero pertinet, frumentum quoque valentius est collinum, quam campestre; levior piscis inter saxa editus, quam in arena; levior in arena, quam in limo: quo fit, ut ex stagno, vel lacu, vel flumine eadem genera graviora sint: leviorque, qui in alto, quam qui in vado vixit. Omne etiam ferum animal domestico levius; et quodcunque humido cælo, quam quod sicco natum est. Deinde eadem omnia pingua, quam macra; recentia quam salsa; nova, quam

pullus cohortalis quo tenerior: in piscibus quoque media ætas quæ nondum implevit summam magnitudinem. Deinde ex eodem sue, ungulæ, rostrum, aures, cerebellum: ex agno, vel hædo, totum corpus cum petiolis sunt aliquanto leviora quam cætera membra, adeo ut possint poni in mediâ materiâ. Ex avibus, colla vel alæ recte adnumerantur infirmissimis. Vero quod pertinet ad solum, collinum frumentum est quoque valentius quam campestre: piscis editus inter saxa levior quam in arenâ; levior in arenâ quam in limo: quo fit ut eadem genera sunt graviora ex stagno, vel lacu, vel flumine; que levior qui vixit in alto, quam qui in vado. Etiam omne ferum animal levius domestico; et quodcunque natum est humido cælo, quam quod sicco. Deinde omnia eadem pingua quam macra; recentia quam salsa;

tender it is: in fish also the middle age which has not yet completed the full size. Then of the same swine, the hoofs, the snout, the ears, the brain; of a lamb, or of a kid, the whole body with the pettitoes are somewhat lighter than the other limbs, so that they may be placed in the middle material. Of birds, the necks or wings rightly are reckoned among the weakest. But as regards soil, hill corn is also stronger than plain: a fish produced among rocks is lighter than in sand; lighter in sand than in mud: whence it happens the same kinds are heavier from a pond, or a lake, or a river; and that is lighter which has lived in the deep, than that which in the shallow. Also every wild animal is lighter than a tame one; and whatever animal is born in a moist atmosphere, than that which is born in a dry one. Then all the same things fat than lean; fresh than salted; new than old, have

nova quam vetusta, habent plus alimenti. Tunc eadem res alit magis jurulenta quam assa : assa magis quam elixa. Durum ovum est valentissimæ materiæ; molle vel sorbibile, imbecillissimæ. Que cum omnia panificia sunt firmissima, tamen quædam genera frumenti elota, ut alica, oryza, ptisana, vel sorbitio vel pulticula facta, ex iisdem, et panis quoque madens aquâ, potest annumerari imbecillissimis.

Vero ex potionibus, quæcunque facta est ex frumento, que item lac, mulsum, defrutum, passum, vinum, aut dulce aut vehemens, aut mustum, aut magnæ vetustatis est valentissimi generis. At acetum, aut id vinum quod est paucorum annorum vel austerum, vel pingue, est in mediâ materiâ; que ideo debet nunquam dari infirmis alterius generis. Aqua est imbecillissima omnium. Que potio ex frumento est

vetusta, plus alimenti habent. Tum res eadem magis alit jurulenta, quam assa; magis assa, quam elixa. Ovum durum valentissimæ materiæ est; molle, vel sorbibile, imbecillissimæ. Cumque panificia omnia firmissima sint, elota tamen quædam genera frumenti, ut alica, oryza, ptisana, vel ex iisdem facta sorbitio, vel pulticula, at aqua quoque madens panis, imbecillissimis adnumerari potest.

Ex potionibus vero, quæcunque ex frumento facta est, itemque lac, mulsum, defrutum, passum, vinum aut dulce, aut vehemens, aut mustum, aut magnæ vetustatis, valentissimi generis est. At acetum, et id vinum quod paucorum annorum, vel austerum, vel pingue est, in media materia est: ideoque infirmis nunquam generis alterius dari debet. Aqua omnium imbecillissima est. Firmiorque ex frumento potio est, quo firmius fuit ipsum frumen-

more nourishments. Then the same thing nourishes more juicy than roast; roast more than boiled. Hard egg is of the strongest material; a soft or sorbible one, of the weakest. And as all breads are the strongest, yet some kinds of grain washed, as maize, rice, ptisan, or gruel or pulse made of the same, and bread also moistened with water, may be reckoned among the weakest.

But of drinks, whatever is made from wheat, and likewise milk, mulse, defrutum, passum, wine, either sweet or strong, or must, or wine of great age is of the strongest kind. But vinegar, or that wine which is of few years or rough, or mellow, is in the middle class; and therefore it ought never to be given to the weak of the other kind. Water is the weakest of all. And drink made from grain is stronger, the stronger the grain itself was: stronger from that wine which was pro-

tum : firmior ex eo vino, quod bono solo, quam quod tenui ; quodque temperato cœlo, quam quod aut nimis humido, aut nimis sicco, nimiumque aut frigido, aut calido natum est. Mulsum, quo plus mellis habet ; defrutum, quo magis incoctum ; passum, quo ex sicciore uva est, eo valentius est. Aqua levissima pluvialis est ; deinde fontana ; tum ex flumine ; tum ex puteo ; post hæc ex nive, aut glacie ; gravior his, ex lacu ; gravissima, ex palude. Facilis etiam, et necessaria cognitio est naturam ejus requirentibus. Nam levis, pondere apparet ; et ex iis, quæ pondere pares sunt, eo melior, quæque est, quo celerius et calefit et frigescit, quoque celerius ex ea legumina percoquuntur. Fere vero sequitur, ut, quo valentior quæque materia est, eo minus facile concoquatur ; sed si concocta est, plus alat. Itaque utendum est materiæ

firmior, quo firmitus frumentum ipsum fuit ; firmior ex eo vino quod natum est bono quam tenui solo : que quod temperato cœlo quam quod nimis humido, aut nimis sicco que aut nimium frigido aut calido. Mulsum, quo plus mellis habet, defrutum, quo magis decoctum ; passum, quo ex sicciore uvâ, eo valentius est. Pluvialis aqua est levissima : deinde fontana ; tum ex flumine ; tum ex puteo ; post hæc ex nive, aut glacie ; gravior his ex lacu ; gravissima ex palude. Etiam cognitio est facilis et necessaria requirentibus ejus naturam. Nam levis apparet pondere ; et ex iis, quæ sunt pares pondere, quæque est eo melior, quo celerius et calefit et frigescit, que quo celerius legumina percoquuntur ex eâ. Vero sequitur fere, ut quo valentior quæque materia est, eo minus facile concoquatur, sed si concocta est, alat plus. Itaque utendum

duced in a good than in a thin poor soil : and what was produced in a temperate climate than what (was produced) in a too moist, or too dry one and either too cold or warm. Mulse, the more honey it has, defrutum, the more it is boiled ; passum, from the drier grape, the stronger it is. Rain water is the lightest ; then spring water ; then water from a river ; then from a well ; after these from snow, or ice ; heavier than these from a lake ; the heaviest from a marsh. But the knowledge is easy and necessary to those inquiring into its nature. For light water appears from the weight ; and of those, which are equal in weight, each is so much the better, the quicker it both warms and cools, and the quicker vegetables are cooked in it. But it follows generally, that the stronger any material is, the less easily it is concocted, but if it is concocted, it nourishes more. Therefore we must use the kind of

est genere materiæ pro viribus: que modus omnium sumendus pro genere. Ergo est opus infirmissimis rebus imbecillis hominibus; media materia optime sustinet mediocriter firmos, et validissima est apta robustis. Deinde aliquis potest assumere plus ex levioribus: debet temperare sibi magis in iis quæ sunt valentissima.

XIX. *Neque sunt hæc sola discrimina; sed etiam aliæ res sunt boni succi, aliæ mali quas Græci vocant (euchulous), et (kakochulous); aliæ lenes, aliæ acres; aliæ faciunt in nobis crassiorem pituitam, aliæ tenuiorem; aliæ sunt idoneæ stomacho, aliæ alienæ; que item aliæ inflant, aliæ absunt ab hoc; aliæ calefaciunt, aliæ refrigerant: aliæ facile acescunt in stomacho, aliæ non facile corrumpuntur intus; aliæ movent alvum, aliæ supprimunt; aliæ citant urinam, aliæ tardant; quædam mo-*

genere pro viribus; modusque omnium pro genere sumendus. Ergo imbecillis hominibus, rebus infirmissimis opus est; mediocriter firmos, media materia optime sustinet; et robustis apta validissima est. Plus deinde aliquis assumere ex levioribus potest: magis in iis, quæ valentissima sunt, temperare sibi debet.

XIX. Neque hæc sola discrimina sunt; sed etiam aliæ res boni succi, aliæ mali sunt; quas εὐχύλους vel κακοχύλους Græci vocant; aliæ lenes, aliæ acres; aliæ crassiorem pituitam in nobis faciunt, aliæ tenuiorem; aliæ idoneæ sunt stomacho, aliæ alienæ sunt: itemque aliæ inflant, aliæ ab hoc absunt; aliæ calefaciunt, aliæ refrigerant; aliæ facile in stomacho acescunt, aliæ non facile intus corrumpuntur; aliæ movent alvum, aliæ supprimunt; aliæ citant urinam, aliæ tardant; quædam somnum movent,

material according to the strength; and the quantity of all is to be taken according to the kind. Therefore there is need of very weak things for weak men; the middle material best supports the moderately strong, and the strongest is fit for the robust. Then any one may take more of the lighter: he ought to moderate himself more in those things which are very strong.

XIX. Nor are these the only distinctions; but also some things are of good juice, others of bad; which the Greeks call well-juiced, and ill-juiced: some mild, others acrid; some produce in us a thicker phlegm, others a thinner; some are proper for the stomach, others improper; and also some inflate, others differ from this; some heat, others cool; some readily turn sour in the stomach, others not readily are corrupted within; some move the bowels, others bind them; some

quædam sensus excitant. Quæ omnia ideo noscenda sunt, quoniam, aliud alii, vel corpori, vel valetudini convenit.

xx. Boni succi sunt, triticum, siligo, alica, oryza, amyllum, tragum, ptisana, lac, caseus mollis, omnis venatio, omnes aves, quæ ex media materia sunt; ex majoribus quoque eæ, quas supra nominavi: medii inter teneros duosque pisces, ut mullus, et lupus: verna lactuca, urtica, malva, cucumis, cucurbita, ovum sorbibile, portulaca, cochleæ, palmulæ: ex pomis quodcunque neque acerbum, neque acidum est: vinum dulce, vel lene, passum; defrutum, oleæ, quæ ex his duobus in alterutro servatæ sunt: vulvæ, rostra, trunculique suum, omnis pinguis caro, omnis glutinosa, omne jecur.

xxi. Mali vero succi sunt, milium, panicum, hordeum, legumina, caro domestica permacra,

vent somnum, quædam excitant sensus. Omnia quæ sunt ideo noscenda, quoniam aliud convenit vel alii corpori vel valetudini.

xx. *Boni succi sunt triticum, siligo, alica, oryza, amyllum, tragum, ptisana, lac, mollis caseus, omnis venatio, omnes aves, quæ sunt ex mediâ materiâ, quoque ex majoribus eæ, quas nominavi supra: medii inter teneros que duos pisces, ut mullus et lupus: verna lactuca, urtica, malva cucumis, cucurbita, sorbibile ovum, portulaca, cochleæ, palmulæ; ex pomis quodcunque est neque acerbum, neque acidum; dulce vel lene vinum; passum, defrutum, oleæ quæ servatæ sunt in alterutro ex his duobus; vulvæ, rostra, que trunculi suum, omne pinguis caro, omnis glutinosa, omne jecur.*

xxi. *Vero mali succi sunt milium, panicum, hordeum, legumina, permacra domestica caro, que omnis salsa*

promote urine, others retard it; some produce sleep, some excite the senses. All which things are therefore to be known, because one thing suits either one peculiar body or state of health.

xx. Of good juice are wheat, siligo, maize, rice, starch, tragum, ptisan, milk, soft cheese, all venison, all birds, which are of the middle class; also of the larger ones, those which I have named above: the middle kind between the tender and hard fishes, as the mullet and perch; spring lettuce, nettles, mallow, cucumber, gourd, soft egg, purslane, cockles, dates; of the apple kind whatever is neither bitter, nor sour; sweet or mild wine; raisin wine, must, olives which have been preserved in either of these two; the wombs, the snouts, and the legs of swine, all fat flesh, all glutinous flesh, all liver.

xxi. But of bad juice are millet, pannick, barley, pulse, very lean tame flesh, and all salt meat, all salt fish, garum, old cheese, skirret, horse-

caro, omne salsamentum, garum, vetus caseus, siser, radicula, rapa, napi, bulbi, brassica, que magis etiam cyma ejus, asparagus, beta, cucumis, porrum, eruca, nasturtium, thymum, nepeta, satureia, hyssopum, ruta, anethum, feniculum, cuminum, anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina, quodcunque pomum est vel acidum vel acerbum, acetum, omnia acria, acida, acerba, oleum, quoque saxatiles pisces, que omnes qui sunt ex tenerrimo genere aut qui rursus sunt nimium duri que virosi, ut fere quos stagna, lacus, vel limosi rivi ferunt, que qui excesserunt in nimiam magnitudinem.

XXII. *Autem sunt lenes sorbitio, pulticula, laganum, amyllum, ptisana, pinguis caro, et quaecunque est glutinosa; quod quidem fere fit in omni domesticâ, tamen præcipue in ungulis que*

omnisque caro salsa, omne salsamentum, garum, vetus caseus siser, radicula, rapa, napi, bulbi, brassica, magisque etiam cyma ejus, asparagus, beta, cucumis, porrum, eruca, nasturtium, thymum, nepeta, satureia, hyssopum, ruta, anethum, feniculum, cuminum, anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina, pomum quodcunque acidum vel acerbum est, acetum, omnia acria, acida, acerba, oleum, pisces, quoque saxatiles, omnesque, qui ex tenerrimo genere sunt, aut qui rursus nimium duri virosique sunt, ut fere quos stagna, lacus, limosive rivi ferunt, quique in nimiam magnitudinem excesserunt.

XXII. *Lenes autem sunt, sorbitio, pulticula, laganum, amyllum, ptisana, pinguis caro, et quaecunque glutinosa est: quod fere quidem in omni domestica fit, præcipue tamen in ungulis, trunculisque*

radish, rape, turnips, bulbs, cabbage, and more also the sprouts of it, asparagus, beet, cucumber, leek, rocket, cresses, thyme, cat-mint, savoury, hyssop, rue, dill, fennel, cumin, aniseed, dock, mustard, garlic, onion, spleens, kidneys, intestines, whatever apple is either acid or bitter, vinegar, all acrid, acid, bitter things, oil, also rock fishes, and all which are of the tenderest kind or which again are too hard and strong-tasted, as generally those which ponds, lakes, or slimy rivers produce, and which have grown to too great a size.

XXII. But these are mild, gruel, pottage, pancake, starch, ptisan, fat flesh, and whatever is glutinous; which indeed generally happens in all tame flesh, yet especially in the heels and legs of swine, in the pettitoes and heads of kids, and calves, and lambs, and in all brains; also what

suum, in petiolis capitulisque hœdorum et vitulorum et agnorum, omnibusque cerebellis : item qui proprie bulbi nominantur, lac, defrutum, passum, nuclei pinei. Acria sunt, omnia nimis austera, omnia acida, omnia salsa, et mel quidem, quo melius est, eo magis : item allium, cepa, eruca, ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi, radicula, intubus, ocimum, lactuca, maximaque olerum pars.

XXIII. Crassiorem autem pituitam faciunt ova sorbilia, alica, oryza, amyllum, ptisana, lac, bulbi, omniaque fere glutinosa. Extenuant eandem, omnia salsa, atque acria, atque acida.

XXIV. Stomacho autem aptissima sunt, quæcunque austera sunt, etiam quæ acida sunt, quæque contacta sale modice sunt : item panis sine fermento, et elota alica, vel oryza, vel ptisana ; omnis

trunculis suum in petiolis que capitulis hœdorum, et vitulorum, et agnorum, que omnibus cerebellis ; item qui proprie nominantur bulbi, lac, defrutum, passum, pinei-nuclei. Acria sunt omnia nimis austera, omnia acida, omnia salsa, et mel quidem, quo melius est, eo magis ; item allium, cepa, eruca, ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi, radicula, intubus, ocimum, lactuca, que maxima pars olerum.

XXIII. *Autem sorbilia ova, alica, oryza, amyllum, ptisana, lac, bulbi, que fere omnia glutinosa, faciunt pituitam crassiorem. Omnia salsa, atque acria, atque acida extenuant eandem.*

XXIV. *Autem aptissima stomacho sunt, quæcunque sunt austera, etiam quæ sunt acida, que quæ sunt modice contacta sale, item panis sine fermento, et elota alica, vel oryza, vel ptisana ;*

properly are called bulbs, milk, must, passum, pine-nuts. Things acrid, are all too austere, all acid, all salt things, and honey indeed, the better it is, the more so ; also garlick, onion, rocket, rue, cresses, cucumber, beet, cabbage, asparagus, mustard, horse-radish, endive, basil, lettuce, and most part of greens.

XXIII. But soft eggs, maize, rice, starch, ptisan, milk, bulbs, and almost all glutinous things, render the phlegm thicker. All salt, and acrid, and acid things thin the same.

XXIV. But best suited to the stomach are, whatever things are austere, also what are acid, and what are moderately sprinkled with salt, also bread without leaven, and washed maize, or rice, or ptisan ; every

omnis avis, omnis venatio, atque utraque vel assa vel elixa: ex domesticis animalibus bubula si quid ex cæteris sumitur potius macrum, quam pingue: ex sue, ungulæ, rostra, aures, que steriles vulvæ; ex oleribus, intubus, lactuca, pastinaca, elixa cucurbita, siser; ex pomis, cerasum, morum, sorbum, fragile pirum, quale est Crustuminum, vel Nævianum, item pira, quæ reponuntur, Tarentina, atque Signina; orbiculatum malum aut Scandianum, vel Amerinum, vel Cotoneum, vel Punicum, uvæ ex ollâ, molle ovum, palmulæ, pinei-nuclei, albæ oleæ ex durâ muriâ, eadem intinctæ aceto, vel nigræ, quæ permaturuerunt bene in arbore, vel quæ servatæ sunt in passo vel defruto: austereum vinum, licet sit etiam asperum, item resinatum: duri pisces, ex mediâ materiâ, ostrea, pectines, murices, purpuræ, cochleæ,

avis, omnis venatio, atque utraque vel assa, vel elixa: ex domesticis animalibus bubula: si quid ex cæteris sumitur, macrum potius, quam pingue: ex sue, ungulæ, rostra, aures, vulvæque steriles: ex oleribus, intubus lactuca, pastinaca, cucurbita elixa, siser: ex pomis, cerasum, morum, sorbum, pirum fragile, quale Crustuminum vel Nævianum est: item pira, quæ reponuntur, Tarentina atque Signina: malum orbiculatum, aut Scandianum, vel Amerinum, vel Cotoneum, vel Punicum, uvæ ex olla, molle ovum, palmulæ, nuclei pinei, oleæ albæ ex dura muria, eadem aceto intinctæ, vel nigræ, quæ in arbore bene permaturuerunt, vel quæ in passo, defrutove servatæ sunt: vinum austereum, licet etiam asperum sit, item resinatum: duri ex media materia pisces, ostrea, pectines, murices, purpuræ, cochleæ: cibi, potionesque

bird, all venison, and both either roast or boiled: of tame animals, bull's flesh, if any of the others is taken rather lean, than fat: of the sow, the heels, snouts, ears, and barren wombs: of greens, endive, lettuce, parsnip, boiled gourd, skirret; of fruits, cherry, mulberry, service-fruit, mellow pear, such is the Crustuminum, or Nævian, also pears, which are kept, the Tarentine, and Signian; the round apple or Scandianum, or Amerinum, or quince, or pomegranate, grapes from the jar, soft egg, dates, pine-nuts, white olives out of strong brine, the same steeped in vinegar, or black, which have ripened well on the tree, or which have been kept in passum or must: austere wine, although it be also rough, also resinated; hard fishes, of the middle class, oysters, pectens, murices, purpuræ, cockles, foods and drinks, cold or hot: wormwood.

frigidae, vel ferventes : absinthium.

XXV. Aliena vero stomacho sunt, omnia tepida, omnia salsa, omnia jurulenta, omnia prædulcia, omnia pingua, sorbitio, panis fermentatus, idemque vel ex milio, vel ex hordeo, oleum, radices olerum, et quodcunque olus ex oleo garove estur, mel, mulsum, defrutum, passum, lac, omnis caseus, uva recens, ficus et viridis et arida, legumina omnia, quæque inflare consueverunt : item thymum, nepeta, satureia, hyssopum, nasturtium, lapathum, lapsana, juglandes. Ex his autem intelligi potest, non, quidquid boni succi est, protinus stomacho convenire ; neque quidquid stomacho convenit, protinus boni succi esse.

XXVI. Infant autem, omnia fere legumina, omnia pingua, omnia dulcia, omnia jurulenta, mustum, atque etiam id vinum, cui nihil

cibi que potiones frigidae vel ferventes : absinthium.

XXV. Vero aliena stomacho sunt, omnia tepida, omnia salsa, omnia jurulenta, omnia prædulcia, omnia pingua, sorbitio, fermentatus panis, que idem ex milio, vel ex hordeo, oleum, radices olerum, et quodcunque olus estur ex oleo vel garo, mel, mulsum, defrutum, passum, lac, omnis caseus, recens uva, et viridis et arida ficus, omnia legumina, quæque consueverunt inflare ; item thymum, nepeta, satureia, hyssopum, nasturtium, lapathum, lapsana, juglandes. Autem ex his potest intelligi, non quidquid est boni succi, protinus convenire stomacho ; neque quidquid convenit stomacho protinus esse boni succi.

XXVI. Autem infant, fere omnia legumina, omnia pingua, omnia dulcia, omnia jurulenta, mustum atque etiam id vinum, cui nihil

XXV. But improper for the stomach are, all tepid, all salt, all juicy, all very sweet, all fat things, gruel, leavened bread, and the same made of millet, or of barley, oil, roots of greens, and whatever vegetable is eaten with oil or garum, honey, mulse, must, passum, milk, all cheese, new grapes, and green and dry fig, all pulse, whatever have been accustomed to inflate ; also thyme, cat-mint, savoury, hyssop, cresses, dock, nipplewort, walnuts. But from these it may be understood, not that whatever is of good juice, immediately suits the stomach ; nor that whatever suits the stomach immediately is of good juice.

XXVI. But these inflate, almost all pulse, all fat, all sweet, all juicy things, must, and also that wine to which no age yet has been added ;

ætatis adhuc accessit: ex oleribus, allium, cepa, brassica, que omnes radices, excepto sisere et pastinacâ, bulbi, ficus etiam aridæ sed magis virides, recentes uvæ, omnes nuces, exceptis pineis nucleis, lac, que omnis caseus, deinde quidquid aliquis assumpsit, subcrudum. Minima inflatio fit ex venatione, aucupio, piscibus, pomis, oleis conchiliis, ovis vel mollibus vel sorbilibus, veteri vino. Vero feniculum, et anethum etiam levant inflationes.

XXVII. *At calefaciunt, piper, sal, omnis jurulenta caro, allium, cepa, arida ficus, salsamentum, vinum et quo meracius est eo magis. Refrigerant, olera, crudi caules quorum assumuntur, ut intubus et lactuca; item coriandrum, cucumis, elixa cucurbita, beta, mora, cerasa, austera mala, fragilia pira, elixa caro, que præ-*

adhuc ætatis accessit: ex oleribus, allium, cepa, brassica, omnesque radices, excepto sisere et pastinaca, bulbi, ficus etiam aridæ, sed magis virides, uvæ recentes, nuces omnes, exceptis nucleis pineis, lac, omnisque caseus, quidquid deinde subcrudum aliquis assumpsit. Minima inflatio fit ex venatione, aucupio, piscibus, pomis, oleis, conchiliis, ovis vel mollibus vel sorbilibus, vino veteri. Feniculum vero, et anethum, inflationes etiam levant.

XXVII. *At calefaciunt, piper, sal, caro omnis jurulenta, allium, cepa, ficus arida, salsamentum, vinum, et quo meracius est, eo magis. Refrigerant olera, quorum crudi caules assumuntur, ut intubus, et lactuca; item coriandrum, cucumis, elixa cucurbita, beta, mora, cerasa, mala austera, pira fragilia, caro elixa, præcipueque*

of vegetables, garlick, onion, cabbage, and all roots, except skirret and parsnip, bulbs, figs also dry but more so green, new grapes, all nuts, except pine-nuts, milk, and all cheese, then whatever any one has taken, rather crude. Very little flatulence is produced from venison, wild-fowl, fishes, apples, olives, shell-fish, eggs either soft or sorbile, old wine. But fennel, and dill also relieve flatulencies.

XXVII. But these heat, pepper, salt, all juicy flesh, garlick, onion, dry fig, salt fish, wine, and the purer it is the more so. These cool, greens, the raw stalks of which are taken, as endive and lettuce; also coriander, cucumber, boiled gourd, beet, mulberries, cherries, austere apples, mellow pears, boiled flesh, and especially vinegar, or food with it, or if it is taken as drink.

acetum, sive cibus ex eo, sive potio assumitur.

XXVIII. Facile autem intus corrumpuntur, panis fermentatus, et quisquis alius quam ex tritico est, lac, mel; ideoque etiam lactentia atque omne pistorium opus; teneri pisces, ostrea, olera, caseus et recens et vetus, crassa vel tenera caro, vinum dulce, mulsum, defrutum, passum; quidquid deinde vel jurulentum est, vel nimis dulce, vel nimis tenue. At minime intus vitiantur, panis sine fermento, aves, et eæ potius duriores, duri pisces; neque solum aurata puta, aut scarus, sed etiam lolligo, locusta, polypus: item bubula, omnisque dura caro; eademque aptior est, si macra, si salsa est; omniaque salsamenta; cochleæ, murices, purpuræ; vinum austerum, vel resinatum.

XXIX. At alvum movent, panis fermentatus, magisque si cibarius

cipue acetum, sive cibus ex eo, sive assumitur potio.

XXVIII. *Autem corrumpuntur intus facile, fermentatus panis et quisquis alius quam est ex tritico, lac, mel: que ideo etiam lactentia, atque omne pistorium opus; teneri pisces, caseus, et recens et vetus, crassa vel tenera caro, ostrea, olera dulce vinum, mulsum, defrutum, passum; deinde quidquid est vel jurulentum, vel nimis dulce, vel nimis tenue. At vitiantur intus minime, panis sine fermento, aves et eæ potius duriores, duri pisces; neque solum aurata puta, aut scarus, sed etiam lolligo, locusta, polypus: item bubula que omnis dura caro: que eadem est aptior, si est macra, si salsa; que omnia salsamenta; cochleæ, murices, purpuræ; austerum vel resinatum vinum.*

XXIX. *At movent alvum, fermentatus panis, que ma-*

XXVIII. But these are corrupted within readily, leavened bread and any other food than what is made of wheat, milk, honey; and therefore also made of milk, and all confectionary; tender fishes, cheese, both new and old, coarse or tender flesh, oysters, greens, sweet wine, mulse, must, passum; then whatever is either jurulent, or too sweet, or too thin. But these are corrupted within very little, bread without leaven, birds, and those rather hard, hard fishes; and not only the aurata for instance, or scarus, but even the lolligo, locusta, polypus; likewise beef and all hard flesh; and the same is preferable, if it is lean, if it is salt; and all salt fish; cockles, murices, purpura; rough or resinated wine.

XXIX. But these move the bowels, leavened bread, and more so if it

gis si est cibarius vel hordeaceus; brassica, si est subcruda, lactuca, anethum, nasturtium, ocimum, urtica, portulaca, radícula, capparis, allium, cepa, malva, lapathum, beta, asparagus, cucurbita, cerasa, mora, omnia milia poma, ficus etiam arida, sed magis viridis, recentes uvæ, pingues minutæ aves, cochleæ, garum, salsamentum, ostrea, pelorides, echini, musculi, et fere omnes conchulæ, que maxime jus earum; saxatiles et omnes teneri pisces, atramentum, sepiarum; si qua pinguis caro assumitur, eadem vel jurulenta vel elixa; aves, quæ natant; crudum mel, lac, omnia lactentia, mulsum, dulce vel salsum vinum; aqua; omnia tenera, tepida, dulcia, pingua, elixa, jurulenta, salsa, diluta.

xxx. *Contra, adstringunt, panis ex siligine, vel ex similâ; magis, si est sine fermento, etiam magis si est ustus, que ejus vis intenditur*

vel hordeaceus est; brassica, si subcruda est, lactuca, anethum, nasturtium, ocimum, urtica, portulaca, radícula, capparis, allium, cepa, malva, lapathum, beta, asparagus, cucurbita, cerasa, mora, poma omnia mitia, ficus etiam arida, sed magis viridis, uvæ recentes, pingues minutæ aves, cochleæ, garum, salsamentum, ostrea, pelorides, echini, musculi, et omnes fere conchulæ, maximeque jus earum; saxatiles, et omnes teneri pisces, sepiarum atramentum; si qua caro assumitur pinguis, eadem vel jurulenta, vel elixa; aves, quæ natant; mel crudum, lac, lactentia omnia, mulsum, vinum dulce vel salsum, aqua, tenera omnia, tepida, dulcia, pingua, elixa, jurulenta, salsa, diluta.

xxx. *Contra adstringunt, panis ex siligine, vel ex simila; magis, si sine fermento est; magis etiam si ustus est; intenditurque vis ejus*

is household or made of barley; cabbage, if it is underdone, lettuce, dill, cresses, basil, nettle, purslane, garden-radish, capers, garlick, onion, mallow, dock, beet, asparagus, gourd, cherries, mulberries, all mild apples, the fig even dry, but more so green, new grapes, fat small birds, cockles, garum, salt fish, oysters, pelorides, sea-urchins, muscles, and almost all shell-fish, and chiefly the gravy of them; rock and all tender fishes, the blood of cuttle fish; if any fat flesh is taken, the same either made into broth or boiled, birds, which swim; crude honey, milk, all things made of milk, mulse; sweet or salt wine; water; all tender, tepid, sweet, fat, boiled, jurulent, salt, diluted things.

xxx. On the contrary, these bind, bread made of siligo, or of wheaten flour; more so if it is without leaven, also more if it is toasted, and its

etiam, si bis coquitur: pulticula vel ex alica, vel ex panico, vel ex milio; itemque ex iisdem sorbitio; et magis, si hæc antea fricta sunt: lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago adjecta est; magisque etiam, si illa ante fricta est: per se etiam intubus, vel ex plantagine, vel ambubeia fricta: minuta olera, brassica bis decocta: dura ova, magisque si assa sunt: minutæ aves, merula, palumbus, magisque si in posca decoctus est; grus, omnes aves, quæ magis currunt, quam volant; lepus, caprea; jecur ex iis, quæ sebum habent, maximeque bubulum, ac sebum ipsum: caseus, qui vehementior vetustate fit, vel ea mutatione, quam in eo transmarino videmus; aut si recens est, ex melle, mulsove decoctus: item mel coctum, pira immatura, sorba, magisque ea, quæ torminalia vocantur, mala Cotonea, et Punica,

etiamsi coquitur bis: pulticula vel ex alicâ, vel ex panico, vel ex milio; que item sorbitio ex iisdem; et magis, si hæc fricta sunt antea; lenticula, cui vel beta, vel intubus, vel ambubeia, vel plantago adjecta est; que magis etiam si illa fricta est ante; etiam intubus per se, vel ex plantagine, vel fricta ambubeia; minuta olera, brassica bis decocta; dura ova, que magis si assa sunt; minutæ aves merula, palumbus, que magis si decoctus est in poscâ; grus, omnes aves quæ currunt magis quam volant; lepus, caprea; jecur ex iis quæ habent sebum, que maxime bubulum, ac sebum ipsum; caseus, qui fit vehementior æstate, vel eâ mutatione, quam videmus in eo transmarino, aut si est recens decoctus ex melle vel mulso; item coctum mel, immatura pira, sorba, que magis ea quæ vocantur torminalia, Cotonea mala et Punica, oleæ vel albæ vel permaturæ,

virtue is increased also, if it is baked twice: pottage either of maze, or of pannick, or of millet; and likewise gruel of the same; and more so, if these things have been roasted previously; lentils, to which either beet, or endive, or chicory, or plantain has been added; and the more so, also, if that has been roasted before; also endive by itself, or with plantain, or roasted chicory; small vegetables, cabbage twice boiled; hard eggs, and more so if they are roasted; small birds, blackbird, ring-dove, and more so if it is boiled in vinegar and water; crane, all birds which run more than they fly; hare, wild goat; liver of those which have suet, and especially bull's, and the suet itself; cheese, which becomes stronger by age, or by that change, which we see in that from across the sea, or if it is new boiled in honey, or mulse; also boiled honey, unripe pears, service fruit, and especially those which are called torminalia, quinces and pomegranates, olives either white

myrta, palmulæ, purpuræ, murices, vinum resinatum vel asperum, item meracum acetum, mulsum quod inferbuit, item defrutum, passum, aqua vel tepida vel perfrigida, dura, id est ea quæ tarde putrescit, quæ ideo potissimum pluvia; omnia dura, macra, austera, aspera, tosta, et in eâdem carne, potius assa quam elixa.

XXXI. *Autem movent urinam, quæcunque nascentia in horto sunt boni odoris, ut apium, ruta, anethum, ocimum, mentha, hyssopum, anisum, coriandrum, nasturtium, eruca, feniculum, præter hæc, asparagus, capparitis, nepeta, thymum, satureia, lapsana, pastinaca, quem agrestis, radícula, siser, cepa; ex venatione, maxime lepus: tenue vinum, piper et rotundum et longum, sinapi, absinthium, pinei-nuclei.*

XXXII. *Vero aptum somno*

oleæ vel albæ vel permaturæ, myrta, palmulæ, purpuræ, murices, vinum resinatum vel asperum item meracum, acetum, mulsum quod inferbuit, item defrutum, passum, aqua vel tepida vel perfrigida, dura, id est ea, quæ tarde putrescit, ideoque pluvia potissimum: omnia dura, macra, austera, aspera, tosta, et in eadem carne assa potius, quam elixa.

XXXI. Urinam autem movent, quæcunque in horto nascentia boni odoris sunt, ut apium, ruta, anethum, ocimum, mentha, hyssopum, anisum coriandrum, nasturtium, eruca, feniculum: præter hæc, asparagus, capparitis, nepeta, thymum, satureia, lapsana, pastinaca, magisque agrestis, radícula, siser, cepa: ex venatione, maxime lepus; vinum tenue, piper et rotundum et longum, sinapi, absinthium, nuclei pinei.

XXXII. Somno vero aptum est

or very ripe, myrtle-berries, dates, purpura, murices, wine resinated or rough, also pure vinegar, mulse which has boiled, likewise must, passum, water either warm or very cold, hard, that is, that which slowly putrefies, and therefore principally rain; all things hard, lean, austere, rough, toasted, and in the same flesh, rather roasted than boiled.

XXI. But these promote urine, whatever things growing in the garden are of good smell, as parsley, rue, dill, basil, mint, hyssop, aniseed, coriander, cresses, rocket, fennel, besides these, asparagus, capers, cat-mint, thyme, savoury, nipplewort, parsnip and especially the wild, garden-radish, skirret, onion; of vension, chiefly the hare; thin wine, pepper both round and long, mustard, wormwood, pine-nuts.

XXXII. But fitted for sleep is poppy, lettuce, and especially the

papaver, lactuca, maximeque æstiva, cujus cauliculus jam lacte repletus est, morum, porrum. Sensus excitant, nepeta, thymum, satureia, hyssopum, præcipueque pulegium, ruta, et cepa.

XXXIII. Evocare vero materiam multa admodum possunt: sed ea, cum ex peregrinis medicamentis maxime constant, aliisque magis, quam quibus ratione victus succurritur, opitulentur, in præsentia differam: ponam vero ea, quæ prompta, et iis morbis, de quibus protinus dicturus sum, apta, corpus erodunt, et sic eo, quod mali est, extrahunt. Habent autem hanc facultatem, semina erucæ, nasturtii, radiculæ; præcipue tamen omnium, sinapi. Salis quoque et fici eadem vis est.

Leniter vero simul et reprimunt et molliunt, lana succida ex aceto vel vino, cui oleum adjectum est; contritæ palmulæ, furfures in salsa

est papaver, lactuca, que magis æstiva, cauliculus cujus est jam repletus lacte, morum, porrum. Excitant sensus, nepeta, thymum, satureia, hyssopum, que præcipue pulegium, ruta, et cepa.

XXXIII. *Vero multa possunt admodum evocare materiam, sed cum ea maxime constant ex peregrinis medicamentis, que opitulentur aliis magis quam quibus succurritur ratione victus, differam in præsentia: vero ponam ea quæ prompta et apta iis morbis, de quibus sum protinus dicturus, erodunt corpus et sic extrahunt eo quod mali est. Autem semina erucæ, nasturtii, radiculæ habent hanc facultatem; tamen præcipue omnium sinapi. Vis salis et quoque fici est eadem.*

Vero et reprimunt leniter et molliunt simul, succida lana ex aceto vel vino, cui oleum adjectum est; contritæ palmulæ, furfures de-

summer kind, the small stem of which is already full of milk, mulberry, leek. These things excite the senses, cat-mint, thyme, savoury, hyssop, and especially penny-royal, rue, and onion.

XXXIII. But many things can greatly draw out matter; but since these chiefly consist of foreign medicines, and assist others more than those who are remedied by the state of diet, I shall postpone them for the present: but I will mention those which being at hand and suitable for those diseases, of which I am immediately about to speak, erode the body and so extract from it whatever corruption there is. But seeds of rocket, of cresses, of horse-radish, have this property; however chief of all mustard. The power of salt and also of figs is the same.

But these both repress gently and soften at the same time, sordid wool in vinegar or in wine, to which oil has been added; bruised dates,

cocti in salsâ aquâ vel aceto. At reprimunt et refrigerant simul, muralis herba, appellat (parthenion) vel (perdikion), serpyllum, pulegium, ocimum, sanguinalis herba, quam Græci vocant (polugonon,) portulaca, folia papaveris, que capreolivitium, folia coriandri, hyoscyamum, muscus, siser, apium, solanum quam Græci vocant (struchnon) folia brassicæ, intubus, plantago, semen feniculi, contrita pira vel mala, que præcipue cotonea, lenticula, frigida aqua, que maxime pluvialis, vinum, acetum, et vel panis, vel farina, vel pongia, vel cinis, vel succida lana, vel etiam linteolum, madens aliquo horum; Cimolia creta, gypsum, melinum, myrteum, rosa, acerbum oleum, folia verbenarum contusa cum teneris caulibus; cujus generis sunt olea, cupressus, myrtus, lentiscus, tamarix, ligustrum, rosa, rubus, laurus, hedera, Punicum

aqua vel aceto decocti. At simul reprimunt et refrigerant, herba muralis, παρθένιον vel περδίκιον appellant, serpyllum, pulegium, ocimum, herba sanguinalis quam Græci πολύγονον vocant, portulaca, papaveris folia, capreolique vitium, coriandri folia, hyoscyamum, muscus, siser, apium, solanum, quam στρύχρον Græci vocant, brassicæ folia, intubus, plantago, feniculi semen, contrita pira vel mala, præcipueque cotonea, lenticula, aqua frigida, maximeque pluvialis, vinum, acetum, et horum aliquo madens vel panis, vel farina, vel spongia, vel cinis, vel lana succida, vel etiam linteolum, creta Cimolia, gypsum, melinum, myrteum, rosa, acerbum oleum, verbenarum contusa cum teneris caulibus folia; cujus generis sunt olea, cupressus, myrtus, lentiscus, tamarix, ligustrum, rosa, rubus, laurus, hedera, Punicum malum. Sine frigore autem re-

bran boiled in salt water or in vinegar. But these repress and cool at the same time, the wall-wort, they call it parthenium or perdicium, wild thyme, penny-royal, basil, blood-wort, which the Greeks call polygonum, purslane, leaves of the poppy, and tendrils of vines, leaves of coriander, henbane, moss, skirret, parsley, night-shade, which the Greeks call strychnos, leaves of cabbage, endive, plantain, seed of fennel, bruised pears or apples, and especially quinces, lentils, cold water, and chiefly rain water, wine, vinegar, and either bread, or meal, or sponge, or ash, or sordid wool, or also linen, moistened in any of these; Cimolian chalk, gypsum, quince oil, myrtle oil, rose oil, bitter oil, leaves of vervains bruised with their tender stalks: of which kind are olive, cypress, myrtle, mastich-tree, tamarisk, privet, rose, bramble, laurel, ivy, pomegranate. But these restringe without cold,

primunt, cocta mala cotonea, malicorium, aqua calida, in qua verbenæ coctæ sunt, quas supra posui, pulvis vel ex fæce vini, vel ex myrti foliis, amaræ nuces. Calefacit vero, ex qualibet farina cataplasma, sive ex tritici, sive ex farris, sive hordei, sive ervi, vel lolii, vel milii, vel panici, vel lenticulæ, vel fabæ, vel lupini, vel lini, vel fœni Græci, ubi ea deferbuit, calidaque imposita est. Valentior tamen ad id omnis farina est ex mulso, quam ex aqua cocta. Præterea cyprium, irinum, medulla, adeps ex fele, oleum, magisque si vetus est, junctaque oleo sal, nitrum, gith, piper, quinquefolium. Fereque, quæ vehementer et reprimunt et refrigerant, durant; quæ calefaciunt, digerunt et emolliunt: præcipueque ad emolliendum potest cataplasma ex lini vel fœni Græci semine. His autem omnibus, et

malum. Autem reprimunt sine frigore, cocta cotonea mala, malicorium, calida aqua, in quâ coctæ sunt verbenæ quas posui supra, pulvis vel ex fæce vini, vel ex foliis myrti, amaræ nuces. Vero cataplasma ex quâlibet farinâ calefacit, sive ex tritici, sive ex farris, sive hordei, sive ervi, vel lolii, vel milii, vel panici, vel lenticulæ, vel fabæ, vel lupini, vel lini, vel Græci fœni, ubi ea deferbuit, que imposita est calida. Tamen omnis farina ex mulso est valentior ad id, quam ex coctâ aqua. Præterea, cyprium, irinum, medulla, adeps ex fele, oleum, que magis si est vetus que sal, nitrum, gith, piper, quinquefolium juncta oleo. Que fere quæ et reprimunt et refrigerant vehementer durant: quæ calefaciunt, digerunt, et emolliunt, que præcipue cataplasma ex semine lini vel Græci fœni potest ad emolliendum. Autem medici

boiled quinces, pomegranate bark, hot water, in which have been boiled the vervains which I have stated above, dust either from the dregs of wine, or from the leaves of myrtle, bitter nuts. But a cataplasm of any meal heats, whether from that of wheat, or from that of bread corn, or of barley, or of vetch, or darnel, or millet, or pannick, or lentil, or beans, or lupines, or flax, or fenu-greek, when it has boiled, and has been applied hot. However all meal in mulse is more available for it, than in boiled water. Besides, cypress oil, orris oil, marrow, fat of a cat, oil, and especially if it is old and salt, nitre, gith, pepper, cinque-foil mixed with oil. And generally those things which both restringe and cool gently, harden; those which heat, dissipate, and soften, and especially a cataplasm of linseed or fenu-Greek is adapted

*utuntur omnibus his varie
et simplicibus et permixtis:
ut appareat magis quid
quisque persuaserit sibi,
quam quid compererit evi-
denter.*

simplicibus, et permixtis, varie me-
dici utuntur; ut magis, quid quis-
que persuaserit sibi, appareat,
quam quid evidenter compere-
rit.

to soften. But physicians use all these variously both simple and mixed; so that there more appears from what every one has persuaded himself, than what he has discovered to a certainty.

LIBER TERTIUS.

I. PROVISIS omnibus, quæ pertinent ad universa genera morborum, ad singulorum curationes veniam. Hos autem in duas species Græci diviserunt; aliosque ex his acutos, alios longos esse dixerunt: ideoque, quoniam non semper eodem modo respondebant, eosdem alii inter acutos, alii inter longos retulerunt. Ex quo, plura eorum genera esse, manifestum est. Quidam enim breves acutique sunt, qui cito vel tollunt hominem, vel ipsi cito finiuntur: quidam longi, sub quibus neque sanitas in propinquo, neque exitium est; tertiumque genus eorum est, qui modo acuti, modo longi sunt: idque non in febribus tantummodo, in quibus frequentissimum est, sed in aliis quoque fit.

I. *Omnibus provisis, quæ pertinent ad universa genera morborum, veniam ad curationes singulorum. Autem Græci diviserunt hos in duas species; quæ dixerunt alios ex his esse acutos, alios longos; quæ idèò, quoniam non semper respondebant eodem modo, alii retulerunt eosdem inter acutos, alii inter longos. Ex quo, est manifestum esse plura genera eorum. Enim quidam sunt brevesque acuti, qui vel cito tollunt hominem, vel ipsi citò finiuntur: quidam longi, sub quibus neque sanitas, neque exitium est in propinquo: quæ est tertium genus eorum, qui sunt modò acuti, modò longi; quæ id fit non in febribus tantummodo, in quibus est frequentissimum, sed quoque in aliis.*

I. ALL things having been considered which appertain to the general kinds of diseases, I shall come to the treatment of each (individually). Now the Greeks have divided these into two kinds; and have called some of them acute, others chronic: and for the reason that they did not always turn out in the same manner, some classed the same diseases amongst the acute, others amongst the chronic. Hence it is evident there are many kinds of them. For some are short and acute, which either rapidly carry off a person, or are themselves speedily terminated; some are chronic, under which neither recovery nor death is at hand; and there is a third species of them, which are sometimes acute, sometimes chronic; and that occurs not in fevers only, in which it is very frequent, but also in other (diseases). Likewise

Atque etiam, prætor hos, est quartum quod potest neque dici acutum, quia non perimit; neque utique longum, quia, si occurritur, facile sanatur. Cum dicam de singulis, ego indicabo cujus generis quisque sit. Autem dividam omnes in eos qui videntur consistere in totis corporibus, et eos, qui oriuntur in partibus. Incipiam a prioribus, præfatus pauca de omnibus. Quidem in nullo morbo, fortuna potest vindicare sibi minus, quam ars; utpote cum, natura repugnante, medicina proficiat nihil. Tamen est magis ignoscendum medico parum proficiente in acutis, quam in longis morbis. Enim hic est breve spatium, intra quod, si auxilium non profuit, æger extinguitur; ibi, tempus patet et deliberationi, et mutationi remediorum; adeo ut, si medicus accessit inter initia, obsequens æger raro pereat sine vitio illius. Tamen longus morbus, cum

Atque etiam præter hos, quartum est, quod neque acutum dici potest, quia non perimit; neque utique longum, quia, si occurritur, facile sanatur. Ego, cum de singulis dicam, cujus quisque generis sit, indicabo. Dividam autem omnes in eos, qui in totis corporibus consistere videntur, et eos, qui oriuntur in partibus. Incipiam a prioribus pauca de omnibus præfatus. In nullo quidem morbo minus fortuna sibi vindicare, quam ars, potest; utpote cum, repugnante natura, nihil medicina proficiat. Magis tamen ignoscendum medico est parum proficiente in acutis morbis, quam in longis. Hic enim breve spatium est, intra quod, si auxilium non profuit, æger extinguitur: ibi et deliberationi, et mutationi remediorum tempus patet; adeo ut raro, si inter initia medicus accessit, obsequens æger sine illius vitio pereat. Longus tamen morbus cum

in addition to these, there is a fourth kind, which can neither be called acute, because it does not destroy, nor indeed chronic, because, if opposed, it is easily cured. When I shall speak of them separately, I will point out of what class each may be. But I shall divide all of them into those which appear to reside in the whole body, and those which arise in parts. I will commence with the former, previously making a few observations upon them all. In no disease can fortune claim less power to herself, than art; inasmuch as, nature opposing, medicine is of no avail. However there is more excuse for a physician doing little service in acute than in chronic disorders. For, in the one there is a short space of time, within which, if the remedy has been unavailing, the patient is destroyed; in the latter, time is given both for deliberation, and a change of remedies; so that if the physician has been called in at the beginning, an obedient patient seldom dies without his

penitus insedit, quod ad difficultatem pertinet, acuto par est. Et acutus quidem, quo vetustior est; longus autem, quo recentior, eo facilius curatur. Alterum illud ignorari non oportet, quod non omnibus ægris eadem auxilia conveniunt. Ex quo incidit, ut alia atque alia summi auctores, quasi sola, vindicaverint, prout cuique cesserant. Oportet itaque, ubi aliquid non respondet, non tanti putare auctorem, quanti ægrum, et experiri aliud atque aliud: sic tamen, ut in acutis morbis cito mutetur, quod nihil prodest; in longis, quos tempus, ut facit, sic etiam solvit, non statim condemnetur, si quid non statim profuit; minus vero removeatur, si quid paulum saltem juvat; quia profectus tempore expletur.

II. Protinus autem inter initia scire facile est, quis acutus morbus, quis longus sit: non in iis solum,

penitus insedit, est par acuto, quod pertinet ad difficultatem. Et acutus quidem curatur eo facilius, quo vetustior est; autem longus quo recentior. Non oportet illud alterum ignorari, quod eadem auxilia non conveniunt omnibus ægris. Ex quo incidit, ut summi auctores vindicaverint alia atque alia, quasi sola, prout cesserant cuique. Itaque oportet, ubi aliquid non respondet, non putare auctorem tanti, quanti ægrum, et experiri aliud atque aliud; sic tamen ut quod prodest nihil, mutetur citò in acutis morbis, in longis, quos ut tempus facit, etiam solvit, si quid non profuit statim, non condemnetur statim; vero minus removeatur, si juvat saltem quid paulum; quia profectus expletur tempore.

II. Autem protinùs inter initia est facile scire, quis morbus sit acutus, quis longus; non solum in iis, in

fault. A chronic disease, however, when it is firmly rooted, is equal to an acute one as regards the difficulty. An acute disease indeed is cured with more facility the older it is; but a chronic one the more recent it is. It is not proper that this other fact should be unknown, that the same remedies do not agree with all patients. Hence it happens, that the greatest authors have laid claim to some particular remedies, according as they had succeeded to each of them. Therefore it is proper, when anything does not succeed, not to consider the authority of so much importance as the patient; and to try different things, in such a way, however, that what does no good should be speedily altered in acute diseases, (but) in chronic, which as time produces so it carries off, if any remedy has not been immediately efficacious, it should not be instantly condemned: but much less should it be discontinued, if it relieves at least a little; because its good effect is completed by time.

II. But at the very commencement it is easy to know what disease is

quibus semper habet se ita ; sed quoque in iis, in quibus variat. Nam ubi accessiones et graves dolores urgent sine intermissionibus, est acutus morbus ; ubi sunt lenti dolores, vel lentæ febres, et spatia porriguntur inter accessiones, que ea signa accedunt, quæ exposita sunt in priore volumine, est manifestum, hunc futurum esse longum. Etiam est videndum, an morbus increseat, an consistat, an minuat ; quia quædam remedia conveniunt incrementibus morbis, plura inclinatis ; que ea, quæ sunt apta crescentibus, sunt potiùs experienda in remissionibus, ubi increscens acutus urget. Autem morbus increscit, dum dolores que accessiones veniunt graviores ; que hæ et revertuntur antè, quam proximæ, et desinunt postea. Atque quoque in longis morbis, etiam non habentibus tales notas, licet scire incrementum, si somnus est incertus,

in quibus semper ita se habet ; sed in iis quoque, in quibus variat. Nam ubi sine intermissionibus accessiones et dolores graves urgent, acutus morbus est : ubi lenti dolores, lentæve febres sunt, et spatia inter accessiones porriguntur, acceduntque ea signa, quæ in priore volumine exposita sunt, longum hunc futurum esse, manifestum est. Videndum etiam est, morbus an increseat, an consistat, an minuat ; quia quædam remedia incrementibus morbis, plura inclinatis conveniunt ; eaque, quæ crescentibus apta sunt, ubi acutus increscens urget, in remissionibus potius experienda sunt. Increscit autem morbus, dum graviores dolores, accessionesque veniunt ; hæque et ante, quam proximæ, revertuntur, et postea desinunt. Atque in longis quoque morbis, etiam tales notas non habentibus, scire licet, incrementum, si somnus incertus est, si de-

acute, what chronic ; not only in those cases in which it always occurs so, but likewise in those in which it varies. For when the paroxysms and severe pains distress without intermissions, the disease is acute : when there are gentle pains and slow fevers, and the intervals between the paroxysms are extended, and those symptoms accede which have been explained in the preceding book, it is evident that the disease will be chronic. Also it is to be observed whether the disease is increasing, or is stationary, or lessened ; because some remedies suit increasing diseases, many those on the decline, and those which are proper for increasing diseases are rather to be tried in the remissions, when an increasing acute disease distresses. A disease is increasing, when pains and paroxysms come on more violent ; and they both return before the preceding ones, and terminate after them. Likewise in chronic diseases, not possessing such characters, we may know that they are increasing if the sleep is uncertain, if the digestion is worse, the

terior concoctio, si fœdiores dejectiones, si tardior sensus, si pigrior mens, si percurrit corpus frigus aut calor, si id magis pallet. Ea vero, quæ contraria his sunt, decedentis ejus notæ sunt. Præter hæc in acutis morbis serius æger alendus est, nec nisi jam inclinatis; ut primo demta materia impetum frangat: in longis maturius, ut sustinere spatium affecturi mali possit. Ac si quando is non in toto corpore, sed in parte est; magis tamen ad rem pertinet, vim totius corporis moliri, quam proprie partes ægræ sanentur. Multum etiam interest, ab initio quis recte curatus sit, an perperam; quia curatio minus iis prodest, in quibus assidue frustra fuit. Si quis temere habitus, adhuc integris viribus vivit, admota curatione momento restituitur.

Sed cum ab iis cœperim, quæ notas quasdam futuræ adversæ

si concoctio deterior, si dejectiones fœdiores, si sensus tardior, si mens pigrior, si frigus aut calor percurrit corpus, si id magis pallet. Verò ea, quæ sunt contraria his, sunt notæ ejus decedentis. Præter hæc æger est alendus seriùs in acutis morbis, nec nisi jam inclinatis; ut materia demta primò frangat impetum; maturiùs in longis, ut possit sustinere spatium mali affecturi. Ac si quando is non est in toto corpore, sed in parte; tamen magis pertinet ad rem, moliri vim totius corporis, quam ægræ partes propriè sanentur. Etiam interest multum quis curatus sit rectè ab initio, an perperam; quia curatio prodest minùs iis, in quibus fuit assiduè frustra. Si quis temerè habitus, vivit viribus adhuc integris, restituitur momento, curatione admotâ.

Sed cùm cœperim ab iis, quæ exhibent quasdam notas

evacuations more offensive, sensation slower, the intellect more inactive, if cold or heat runs through the body, and if it becomes more pallid. But the contrary (appearances) to these, are indications of it departing. Besides these, the patient is to be nourished later in acute diseases, and only when they are on the decline; that, material taken away at the commencement may diminish their violence; earlier in chronic (affections), that he may be able to support the duration of the disease about to affect him. And if at any time it is not in the whole body, but in a part, it is of more importance to prop up the strength of the whole system, than that the affected parts in particular should be cured. It is likewise of great consequence, whether a person has been treated properly from the beginning, or badly, because a method of cure is less beneficial to those in whom it has been frequently tried unsuccessfully. If any one injudiciously treated, lives with his strength still entire, he is restored rapidly by a proper mode of cure being employed.

But since I began with the symptoms which afford marks of approach-

adversæ valetudinis futuræ, quoque faciam principium curationum ab animadversione ejusdem temporis. Igitur, si quid ex iis, quæ sunt proposita, incidit, optima omnium, sunt quies et abstinentia; si quid bibendum, aqua; que interdum est satis id fieri uno die; interdum biduo, si terrentia manent; que proxime abstinentiam, exiguus cibus est sumendus, aqua bibenda; postero die, etiam vinum; deinde alternis diebus invicem modò aqua, modò vinum donec omnis metus causæ finiatur. Enim sæpe per hæc, instans gravis morbus discutitur. Que plurimi falluntur, dum sperant, protinùs primo die, se sublaturus languorem, aut exercitatione, aut balneo, aut coactâ dejectione, aut vomitû, aut sudationibus, aut vino. Non quod id non incidat interdum, aut non decipiat; sed quòd sæpiùs fallat; que abstinentia sola medeatur sine ullo periculo; cùm præ-

valetudinis exhibent, curationum quoque principium ab animadversione ejusdem temporis faciam. Igitur, si quid ex iis, quæ proposita sunt incidit, omnium optima sunt, quies et abstinentia; si quid bibendum, aqua; idque interdum uno die fieri satis est; interdum, si terrentia manent, biduo: proximeque abstinentiam sumendus est cibus exiguus, bibenda aqua; postero die etiam vinum; deinde invicem alternis diebus, modo aqua, modo vinum, donec omnis causæ metus finiatur. Per hæc enim sæpe instans gravis morbus discutitur. Plurimique falluntur, dum se primo die, protinus sublaturus languorem, aut exercitatione, aut balneo, aut coacta dejectione, aut vomitu, aut sudationibus, aut vino sperant. Non quod non interdum id incidat, aut non decipiat: sed quod sæpius fallat, solaque abstinentia sine ullo periculo medeatur: cum

ing illness, I will also make the commencement of my methods of cure from a consideration of the same period. Therefore, if any of the things which have been mentioned occur, the best of all are rest and abstinence; if any thing is to be drunk, it should be water; and sometimes it is enough for that to be done during one day, sometimes for two, if the alarming symptoms remain; next after the abstinence a slight meal is to be taken, water is to be drunk; on the day following, also wine; after that, on every other day by turns, now water now wine, until all fear of the cause is removed. For frequently, by these means, a severe impending illness is averted. And very many are deceived, who expect that on the very first day they can remove the langour either by exercise, the bath, forced purging, vomiting, sweatings or wine. Not that it may not succeed sometimes, and may not deceive, but because it more frequently disappoints them, and abstinence alone can

præsertim etiam pro modo terroris moderari liceat; et si leviora indicia fuerint, satis sit a vino tantum abstinere, quod subtractum plus, quam si cibo quid dematur, adjuvat; si paulo graviora, facile sit non aquam tantum bibere, sed etiam cibo carnem subtrahere; interdum panis quoque minus, quam pro consuetudine assumere, humidoque cibo esse contentum, et olere potissimum: satisque sit, tum ex toto a cibo, a vino, ab omni motu corporis abstinere, cum vehementes notæ terruerunt. Neque dubium est, quin vix quisquam, qui non dissimulavit, sed per hæc mature morbo occurrit, ægrotet.

III. Atque hæc quidem sanis facienda sunt, tantum causam metuentibus. Sequitur vero curatio febrium, quod et in toto corpore, et vulgare maxime morbi genus est. Ex his, una quotidiana, altera tertiana, altera quartana est: inter-

sertim etiam liceat moderari pro modo terroris; et si indicia fuerint leviora, sit satis abstinere a vino tantum, quod subtractum, adjuvat plus, quam si quid dematur cibo; si paulò graviora, sit facile non tantum bibere aquam, sed etiam subtrahere carnem cibo; interdum quoque assumere minus panis quam pro consuetudine, que esse contentum humido cibo, et potissimum olere: que tunc sit satis abstinere ex toto a cibo, a vino, ab omni motu corporis, cum vehementes notæ terruerunt. Neque est dubium, quin vix quisquam ægrotet qui non dissimulavit, sed occurrit morbo maturè per hæc.

III. *Atque hæc quidem sunt facienda sanis, tantum metuentibus causam. Vero curatio febrium sequitur, quod genus morbi est in toto corpore, et maximè vulgare. Ex his, una est quotidiana, altera tertiana, altera quarta-*

cure, without any hazard; especially as we can moderate it, according to the extent of the alarm. If the symptoms are slighter, it may be sufficient to abstain from wine only, which, being withdrawn, does more service than if any thing is subtracted from the food; if the symptoms are a little more dangerous, it may be serviceable not only to drink water, but also to withdraw flesh from the food; sometimes to take less bread than usual, and to be satisfied with moist food, especially greens; and it may then be sufficient to abstain altogether from food, wine, and all motion of the body when violent symptoms have alarmed. Nor is it doubtful but that scarcely any one falls into illness who has not used concealment, but opposes the disease in due time, by these means.

III. And these (rules) indeed are to be observed by the healthy, only apprehending the cause. But the cure of fevers follows, which kind of disease both exists in the whole body, and is the most common. Of these, one is a quotidian, another a tertian, another a quartan; and some-

na; etiam interdum quædam redeunt longiore circuitu; sed id raro fit. In prioribus, sunt et morbi, et medicina. Et quartanæ quidē sunt simpliciores. Ferè incipiunt ab horrore; deinde calor erumpit; que febre finitā est biduum integrum: ita revertitur quarto die. Verò sunt duo genera tertianarum. Alterum et incipiens, et desinens, eodem modo, quo quartana: tantum illo discrimine interposito, quod præstat unum integrum diem, redit tertio. Alterum est longè perniciosius, quod revertitur quidem tertio die, autem ex octo et quadraginta horis occupat ferè sex et triginta per accessionem, interdum etiam vel plus, vel minus; neque desistit ex toto in remissione, sed tantum est levius. Plerique medici appellant id genus semitertianam. Verò quotidianæ sunt variæ et multiplices. Enim aliæ protinùs incipiunt a calore, aliæ a frigore, aliæ

dum etiam longiore circuitu quædam redeunt; sed id raro fit. In prioribus, et morbi sunt, et medicina. Et quartanæ quidem simpliciores sunt. Incipiunt fere ab horrore; deinde calor erumpit; finitaque febre biduum integrum est: ita quarto die revertitur. Tertianarum vero duo genera sunt. Alterum eodem modo, quo quartana, et incipiens, et desinens; illo tantum interposito discrimine, quod unum diem præstat integrum, tertio redit. Alterum longe perniciosius, quod tertio quidem die revertitur, ex octo autem et quadraginta horis fere sex et triginta per accessionem occupat, interdum etiam vel minus, vel plus; neque ex toto in remissione desistit, sed tantum levius est. Id genus plerique medici ἡμιτρίταιον appellant. Quotidianæ vero variæ sunt, et multiplices. Aliæ enim protinus a calore incipiunt, aliæ a frigore, aliæ

times, some fevers return after a longer period, but this seldom occurs. In the first, are (found) both the diseases themselves and the treatment. The quartans indeed are more simple. They generally commence with shivering; then heat breaks out; and the paroxysm being terminated, there are two days free; so that it returns on the fourth day. But there are two kinds of tertians, one beginning and ending in the same manner as the quartan, this difference only occurring, that it allows one day's intermission, returns on the third. The other, by far more dangerous, which returns indeed on the third day; but out of the eight and forty hours, occupies nearly six and thirty with the paroxysm, sometimes even either more or less; neither does it subside altogether in the remission, but only becomes milder. Most physicians call that kind a semitertian. But quotidian fevers are various and manifold. For some directly commence with heat, others with coldness,

ab horrore. Frigus voco, ubi extremæ partes membrorum inalgescunt: horrorem, ubi totum corpus intremittit. Rursus aliæ sic desinunt, ut ex toto sequatur integritas: aliæ sic, ut aliquantum quidem minuatur ex febre, nihilominus tamen quædam reliquiæ remaneant, donec altera accessio accedat: ac sæpe aliæ vix quidquam aut nihil remittant, sed ita ut continuent. Deinde, aliæ fervorem ingentem habent, aliæ tolerabilem: aliæ quotidie pares sunt, aliæ impares; atque invicem altero die leniores, altero vehementiores: aliæ tempore eodem postridie revertuntur, aliæ vel serius vel celerius: aliæ diem noctemque accessione et decessione implent, aliæ minus, aliæ plus: aliæ, cum decedunt, sudorem movent, aliæ non movent; atque alias per sudorem ad integritatem venit, alias corpus tantum imbecillius redditur. Acces-

ab horrore. Voco frigus, ubi extremæ partes membrorum inalgescunt; horrorem, ubi totum corpus intremittit. Rursus aliæ sic desinunt, ut integritas ex toto sequatur; aliæ sic ut quidam aliquantum minuatur ex febre, tamen nihilominus quædam reliquiæ remaneant, donec altera accessio accedat: ac sæpe aliæ remittant vix quidquam aut nihil, sed continuent ita ut. Deinde aliæ habent ingentem fervorem, aliæ tolerabilem; aliæ sunt quotidie pares, aliæ impares; atque invicem altero die leniores, altero vehementiores; aliæ revertuntur eodem tempore postridie, aliæ vel serius vel celerius: aliæ implent diem que noctem accessione et decessione, aliæ minus, aliæ plus; aliæ cum decedunt, movent sudorem, aliæ non movent; atque alias venit ad integritatem per sudorem, alias corpus tantum redditur imbecillius. Etiam ac-

others with shivering. I call it coldness, when the extremities of the limbs are chilled; shivering, when the whole body trembles. Again, others so terminate, that a complete intermission follows; others in such a manner that something is abated from the fever, nevertheless certain traces remain until another paroxysm comes on; and frequently others remit scarcely or not at all, but continue as they were. Others, again, possess great heat, others a supportable one; some are daily equal, others unequal; and alternately on one day milder, on another more severe; some return at the same time in the following day, others either later or sooner; some occupy the day and night with the paroxysm and decession, some less, some more; some when they go off produce perspiration, others do not excite it; and in one case they arrive at a healthy state by means of sweating, in others, the body is only rendered weaker. Likewise, the paroxysms sometimes occur single

cessiones, modo fiunt singulæ singulis diebus, modò binæ vel plures concurrunt: ex quo sæpe evenit, ut sint plures accessiones que remissiones quotidie: sic tamen ut, unaquæque respondeat alicui priori. Verò interdum accessiones quoque sic confunduntur, ut neque tempora earum, neque spatia possint notari. Neque est verum, quod dicitur a quibusdam, nullam febrem esse inordinatam, nisi aut ex vomica, aut ex inflammatione, aut ex ulcere: enim curatio semper foret facilior, si hoc esset verum. Sed quod evidentes causæ faciunt, etiam abditæ possunt facere. Neque movent controversiam, de re, sed de verbo, qui dicunt, cum febres accedunt aliter que aliter eodem morbo, easdem non redire inordinate, sed alias, que alias subinde oriri. Quod tamen pertineret nihil ad rationem curandi, etiamsi diceretur verè. Quod tempora remis-

siones etiam, modo singulæ singulis diebus fiunt, modo binæ pluresve concurrunt: ex quo sæpe evenit, ut quotidie plures accessiones remissionesque sint; sic tamen, ut unaquæque alicui priori respondeat. Interdum vero accessiones quoque confunduntur, sic ut notari neque tempora earum, neque spatia possint. Neque verum est, quod dicitur a quibusdam, nullam febrem inordinatam esse, nisi aut ex vomica, aut ex inflammatione, aut ex ulcere: facilior enim semper curatio foret, si hoc verum esset. Sed quod evidentes causæ faciunt, facere etiam abditæ possunt. Neque de re, sed de verbo controversiam movent, qui, cum aliter aliterque in eodem morbo febres accedunt, non easdem inordinate redire, sed alias aliasque subinde oriri dicunt. Quod tamen ad curandi rationem nihil pertineret, etiamsi vere diceretur. Tempora

on the separate days, sometimes two or more occur together; from which it often happens, that there are many paroxysms and remissions every day; in such a manner, however, that each corresponds with some former one. Sometimes the paroxysms also are so blended, that neither their periods nor their durations can be observed. Nor is it true, which is alleged by some, that no fever is irregular, unless either from vomica, or inflammation, or an ulcer; for the treatment would always be easier, if this were true. But what the evident causes effect, also the occult are able to effect. Neither do they dispute concerning the fact, but the term, who assert, that when fevers come on in different modes in the same disease, the same do not return irregularly, but that different ones are frequently arising; which, however, would have no relation to the method of cure, even if it were alleged truly.

quoque remissionum modo liberalia, modo vix ulla sunt.

iv. Et febrium quidem ratio maxime talis est, Curationum vero diversa genera sunt, prout auctores aliquos habent. Asclepiades officium esse medici dicit, ut tuto, ut celeriter, ut jucunde curet. Id votum est: sed fere periculosa esse nimia et festinatio et voluptas solet. Qua vero moderatione utendum sit, ut, quantum fieri potest, omnia ista contingant, prima semper habita salute, in ipsis partibus curationum considerandum erit. Et ante omnia quæritur, primis diebus æger qua ratione continendus sit. Antiqui, medicamentis quibusdam datis, concoctionem moliebantur; eo quod cruditatem maxime horrebant: deinde eam materiam, quæ lædere videbatur, ducendo sæpius alvum subtrahebant. Asclepiades medicamenta

sionum, sunt modò liberalia, modò vix ulla.

iv. *Et quidè talis maxime est ratio februm. Verò sunt diversa genera curat-ionum, prout habent aliquos auctores. Asclepiades dicit esse officium medici, ut curet tutò, ut celeriter, ut jucundè. Id est votum: sed fere et nimia festinatio, et nimia voluptas solet esse periculosa. Verò quâ moderatione utendum sit, quantum potest fieri, ut omnia ista contingant, salute semper habitâ primâ, erit considerandum in partibus ipsis curationum. Et ante omnia quæritur, quâ ratione æger continendus sit primis diebus. Antiqui moliebantur concoctionem, quibusdam medicamentis datis: eo quòd, maximè horrebant cruditatem: deinde subtrahebant eam materiam, quæ videbatur lædere sæpiùs ducendo alvum. Asclepiades sustulit medicamenta: subduxit al-*

Also the periods of the remissions are sometimes decided, sometimes scarcely any.

iv. And indeed such is generally the nature of fevers. But there are different kinds of methods of cure, according as they have different authors. Asclepiades says, that it is the duty of the physician to effect the cure safely, speedily, and agreeably. This is to be desired: but generally too great haste, and too much indulgence, are wont to prove dangerous. But what moderation we must use, as far as it can be employed, in order that these ends may be obtained, we shall take into consideration, in the separate methods of cure. And first of all it is inquired, in what manner the patient is to be treated on the first days. The ancients endeavoured to promote concoction by giving certain medicines, for the reason that they especially feared crudity; then they discharged that matter which appeared to be offending, by frequently clystering the bowels. Asclepiades withheld medicines: he

vum, non toties, sed ferè tamen in omni morbo: verò professus est se præcipuè uti febre ipsâ ad remedium. Enim putavit vires ægri convellendas luce, vigiliâ, ingenti siti, sic, ut ne quidem sineret os elui primis diebus. Quo magis falluntur, qui concipiunt disciplinam ejus esse jucundam per omnia. Enim is quidem ulterioribus diebus subscripsit etiam luxuriæ cubantis; verò primis exhibuit vicem tortoris. Autem ego concedo, potiones medicamentorum debere dari, et alvum non duci, nisi rarò; et existimo id non tamen agendum ideò, ut vires ægri convellantur: quoniam ex imbecillitate est summum periculum. Ergo tantùm oportet superantem materiam minui, quæ digeritur naturaliter, ubi nihil novi accedit. Itaque æger abstinendus est a cibo primis diebus, habendus in luce interdium, nisi est infirmus, quoniam ista quoque

sustulit: alvum non toties, sed fere tamen in omni morbo, subduxit; febre vero ipsa præcipue se ad remedium uti professus est. Convellendas enim vires ægri putavit, luce, vigilia, siti ingenti, sic, ut ne os quidem primis diebus elui sineret. Quo magis falluntur, qui per omnia jucundam ejus disciplinam esse concipiunt. Is enim ulterioribus quidem diebus cubantis etiam luxuriæ subscripsit; primis vero tortoris vicem exhibuit. Ego autem, medicamentorum dari potiones, et alvum duci non nisi raro debere, concedo; et id non ideo tamen agendum, ut ægri vires convellantur, existimo; quoniam ex imbecillitate summum periculum est. Minui ergo tantum materiam superantem oportet, quæ naturaliter digeritur, ubi nihil novi accedit. Itaque abstinendus a cibo primis diebus est, in luce habendus æger, nisi infirmus, inter-

clystered the bowels not so frequently, but generally, however, in every disease; and he professed especially to make use of the fever itself as its own remedy. For he was of opinion, that the powers of the patient should be worn out by light, watching, excessive thirst, insomuch that he would not permit the mouth to be washed out on the first days. So much the more are they mistaken who conceive that this practice is agreeable in every respect; for he, indeed, in the latter days (of the illness), administered to the luxury of the patient, but in the first days he acted the part of a torturer. Now I grant that potions of medicine should be given, and that the bowels should be clystered, but seldom; and I think that it should not be done, in order that the strength of the patient be weakened; since from weakness there is the greatest danger. Wherefore, it is only proper that the redundant matter should be diminished, which is carried off naturally when nothing new is added. Therefore the patient is to be restrained from food on the first days,

diu est, quoniam corpus ista quoque digerit; isque cubare quam maximo conclavi debet. Quod ad sitim vero somnumque pertinet, moderandum est, ut interdiu vigilet; noctu, si fieri potest, conquiescat: ac neque potest, neque nimium siti crucietur. Os etiam ejus elui potest, ubi et siccum est, et ipsi fœtet; quamvis id tempus aptum potioni non est. Commodeque Erasistratus dixit, sæpe, interiore parte humorem non requirente, os et fauces requirere; neque ad rem, male haberi ægrum, pertinere.

Ac primo quidem sic tenendus est. Optimum vero medicamentum est, opportune cibus datus: qui quando primum dari debeat, quaeritur. Plerique ex antiquis tarde dabant, sæpe quinto die, sæpe sexto: et id fortasse vel in Asia, vel in Ægypto, cœli ratio patitur. Asclepiades, ubi ægrum triduo per omnia fatigaverat, quarto die cibo

digerit corpus; que is debet cubare conclavi quam maximo. Verò quod pertinet ad sitim que somnum, est moderandum, ut vigilet interdiu; conquiescat noctu, si potest fieri: ac neque potest, neque nimium crucietur siti. Etiam os ejus potest elui, ubi est et siccum, et fœtet ipsi; quamvis id tempus non est aptum potioni. Que Erasistratus commodè dixit, os et fauces sæpe requirere humorem, interiore parte non requirente; neque pertinere ad rem, ægrum haberi male.

Ac primò quidè̃m sic est tenendus. Verò optimum medicamentum est cibus opportunè datus: qui quando debeat primum dari, quaeritur. Plerique ex antiquis dabant tardè, sæpe quinto die, sæpe sexto; et fortasse ratio cœli patitur id, vel in Asiâ, vel in Ægypto. Asclepiades, ubi fatigaverat ægrum triduò per omnia, destinabat quarto die

kept in the light during the day-time, unless he is weak, for that itself exhausts the body; and he should lie in a chamber as large as possible. But as regards the thirst and sleep, it must be so managed that he keeps awake during the day and rests by night, if possible; and neither drinks too much, nor be too much tormented with thirst. Likewise his mouth may be washed out when it is dry and has a fetid taste, although that period is not adapted for drink. And Erasistratus has correctly stated, that the mouth and fauces frequently require moisture, the internal part not requiring it; nor that it is of advantage that the patient should be uneasy.

At the commencement, indeed, he is to be thus treated. But the best medicine is food seasonably administered, which, as to when it should be given, is a question. Most of the ancients gave it slowly, often on the fifth, often on the sixth day; and, perhaps, the quality of the air admits of that, in Asia, or in Egypt. Asclepiades, when he had harassed his

cibo. At Themison nuper considerabat, non quando febris cœpisset, sed quando desisset, aut certè esset levata; et tertio die, ab illo tempore, expectato, si febris non accesserat, statim dabat cibum; si febris accesserat, ubi vel ea desierat, vel si inhærebat assiduè, certè si inclinaverat se. Autem nihil horum utique est perpetuum. Nam primus cibus potest esse dandus primo die, potest secundo, potest tertio, potest non nisi quarto, aut quinto; potest post unam accessionem, potest post duas, potest post plures. Enim refert, qualis sit morbus quale corpus, quale cœlum, quæ ætas, quod tempus anni; que in rebus differentibus multum inter se, minime potest esse perpetuum præceptum temporis. Cibus dandus est celerius in morbo, qui aufert plus virium; que item eo cœlo, quod digerit magis. Ob quam causam, æger videtur rectè absti-

destinabat. At Themison nuper, non quando cœpisset febris, sed quando desisset, aut certe levata esset, considerabat, et ab illo tempore expectato die tertio, si non accesserat febris, statim; si accesserat, ubi ea vel desierat, vel, si assidue inhærebat, certe si se inclinaverat, cibum dabat. Nihil autem horum utique perpetuum est. / Nam potest primo die primus cibus dandus esse, potest secundo, potest tertio, potest non nisi quarto, aut quinto; potest post unam accessionem, potest post duas, potest post plures. Refert enim, qualis morbus sit, quale corpus, quale cœlum, quæ ætas, quod tempus anni; minimeque, in rebus multum inter se differentibus, perpetuum esse præceptum temporis potest. In morbo, qui plus virium aufert, celerius cibus dandus est: itemque eo cœlo, quod magis digerit. Ob quam causam in Africa

patient for three days by all these measures, destined him on the fourth day for food. But Themison, of late, took into consideration, not when the fever commenced, but when it went off, or certainly was alleviated, and the third day from that period being waited for, if the fever did not come on, he directly gave food; if the fever returned, (he gave it), either when it was over, or if it remained constantly, at all events, when it had declined. But none of these, however, are general. For the first food may be (proper) to be given on the first day, it may on the second, it may on the third, it may only on the fourth or fifth; it may be given after one paroxysm, it may after two, it may after more. Likewise it is of importance of what description the disease may be, what constitution, what air, what age, what the season of the year; and in things differing widely from each other, there can by no means be any general rule as to time. Food is to be given sooner in a disease which takes away more strength, and also in that air which is more

nullo die æger abstineri recte videtur. Maturius etiam puero, quam juveni; æstate, quam hieme, dari debet. Unum illud est, quod semper, quod ubique servandum est, ut ægri vires subinde assidens medicus inspiciat, et quamdiu supererunt, abstinence pugnet; si imbecillitatem vereri cœperit, cibo subveniat. Id enim ejus officium est, ut ægrum neque supervacua materia oneret, neque imbecillitatem fame prodat. Idque apud Erasistratum quoque invenio; qui, quamvis parum docuit, quando venter, quando corpus ipsum exinaniretur, dicendo tamen, hæc esse videnda, et tum cibum dandum, cum corpori deberetur, satis ostendit, dum vires superessent, dari non oportere, ne deficerent, consulendum esse. Ex his autem intelligi potest, ab uno medico multos non posse curari: eumque, si artifex est, idoneum esse, qui

neri nullo die in Africâ. Etiam debet dari, maturius puero, quam juveni; æstate, quam hieme. Est illud unum, quod semper, quod ubique servandum est, ut medicus assidens subinde inspiciat vires ægri, et quamdiu supererunt, pugnet abstinence; si cœperit vereri imbecillitatem subveniat cibo. Enim id est officium ejus, ut neque oneret ægrum supervacuâ materiâ, neque prodat imbecillitatem fame. Que quoque invenio id apud Erasistratum; qui quamvis parum docuit, quando venter, quando corpus ipsum exinaniretur, tamen dicendo hæc esse videnda, et cibum tum dandum, cum deberetur corpori, ostendit satis, non oportere dari, dum vires superessent; consulendum esse, ne deficerent. Autem ex his potest intelligi multos non posse curari ab uno medico: que eum, si est artifex, esse idoneum, qui non recedit

exhausting. For which reason in Africa on no day a patient appears with propriety to observe fasting. It should also be given earlier to a boy than a youth; in summer than in winter. There is one thing which is every where to be attended to, (namely) that the physician, sitting by, should now and then ascertain the strength of his patient, and as long as it is in excess, oppose it by abstinence; if he has begun to fear weakness, to support him by food. For it is his duty, neither to load his patient with superfluous matter, nor bring on exhaustion by fasting. And I also find this in Erasistratus, who, although he gave little direction as to when the belly or the body itself should be evacuated, however by stating that these things were to be looked into, and that food should be then given where it was required for the body, has shown sufficiently that it should not be administered when the strength was excessive, and that care should be taken lest it failed. From these it can be understood that many persons cannot be treated by one physician;

multum ab ægro. Sed qui serviunt quæstui quoniam is est major ex populo, libenter amplectuntur ea præcepta, quæ non exigunt sedulitatem; ut in hac re ipsa. Enim est facile numerare dies vel accessiones iis quoque, qui raro vident ægrum; est necesse, ille assideat, qui est visurus, quod est solum opus, quando sit futurus nimis imbecillus, nisi acceperit cibum. Tamen in pluribus, quartus dies consuevit esse aptissimus ad initium cibi.

Autem est etiam alia dubitatio de diebus ipsis; quoniam antiqui potissimum sequebantur impares; que nominabant eos, criticos, tanquam tunc judicaretur de ægris. Hi dies erant, tertius, quintus, septimus, nonus, undecimus, quartusdecimus, unus et vicesimus; ita ut summa potentia daretur septimo, deinde quartodecimo, deinde uni et vicesimo. Igitur

non multum ab ægro recedit. Sed qui quæstui serviunt, quoniam is major ex populo est, libenter amplectuntur ea præcepta, quæ sedulitatem non exigunt; ut in hac ipsa re. Facile est enim dies vel accessiones numerare iis quoque, qui ægrum raro vident: ille assideat necesse est, qui, quod solum opus est, visurus est, quando nimis imbecillus futurus sit, nisi cibum acceperit. In pluribus tamen ad initium cibi dies quartus aptissimus esse consuevit.

Est autem alia etiam de diebus ipsis dubitatio; quoniam antiqui potissimum impares sequebantur; eosque, tanquam tunc de ægris judicaretur *κρισίμους* nominabant. Hi erant dies tertius, quintus, septimus, nonus, undecimus, quartusdecimus, unus et vicesimus; ita ut summa potentia septimo, deinde quartodecimo, deinde uni et vicesimo daretur. Igitur sic ægros

and that he, provided he is skilful, is the proper person who does not absent himself much from his patient. But those who make themselves slaves to gain, since that is greater from the mass of the people, readily embrace those rules which do not exact close attendance, as in the subject before us. For it is easy to count the days or fits, for those also who seldom see their patients; but it is necessary to sit by, if he is about to observe what alone is requisite, when the patient is likely to become weak, unless he has taken food. However, in most cases, the fourth day is accustomed to be most adapted for the commencement of food.

But there is, also, a further doubt as to the days themselves; for the ancients especially regarded the uneven days and called them critical, as if at that period an opinion might be formed concerning the patient. These days were the third, fifth, seventh, ninth, eleventh, fourteenth, and one and twentieth; so that the greatest influence was attributed to the seventh, then to the fourteenth, afterwards to the one and twentieth.

nutriebant, ut dierum imparium accessiones expectarent; deinde postea cibum, quasi levioribus accessionibus instantibus darent; adeo ut Hippocrates, si alio die febris desisset, recidivam timere sit solitus. Id Asclepiades jure ut vanum repudiavit; neque in ullo die, quia par imparve esset, iis vel majus vel minus periculum esse dixit. Interdum enim pejores dies pares fiunt; et opportunius post eorum accessiones cibis datur. Nonnunquam etiam in ipso morbo dierum ratio mutatur; fitque gravior, qui remissioresse consueverat. Atque ipse quartusdecimus par est, in quo esse magnam vim antiqui fatebantur. Qui cum octavum primi naturam habere contenderent, ut ab eo secundus septenarius inciperet, ipsi sibi repugnabant, non octavum, neque decimum, neque duodecimum diem sumendo, quasi potentiores: plus enim tri-

sic nutriebant ægros, ut expectarent accessiones imparium dierum: deinde postea darent cibum, quasi levioribus accessionibus instantibus; adeo ut Hippocrates solitus sit timere recidivam, si febris desisset alio die. Asclepiades jure repudiavit id, ut vanum; neque dixit esse vel majus vel minus periculum iis, in ullo die, quia esset par vel impar. Enim interdum pares dies fiunt pejores; et cibus datur opportunius post accessiones eorum. Etiam nonnunquam in morbo ipso ratio dierum mutatur; que fit gravior, qui consueverat esse remissior. Atque quartusdecimus ipse est par, in quo antiqui fatebantur esse magnam vim. Qui cum contenderent octavum habere naturam primi, ut secundus septenarius inciperet ab eo, ipsi repugnabant sibi non sumendo octavum, neque decimum, neque duodecimum diem, quasi po-

Therefore they nourished their patients in such a manner that they waited for the accession of the uneven days, then after that they gave food, as if the slighter fits were approaching, so that Hippocrates used to fear a relapse if the fever had not subsided on another day. Asclepiades properly rejected it as idle, and has said that there is not more or less danger to them, in any particular day, because it was even or odd. For sometimes the even days are the worst, and the food is given more appropriately after their accessions. Also occasionally during the disease, the quality of the days is altered, and that becomes more severe which was wont to be milder. Also the fourteenth itself is an even day, in which the ancients admitted that there was great influence; who, when they maintained that the eighth has the quality of the first, because the second number of seven commenced from it, contradicted themselves, in not taking the eighth, nor tenth, nor twelfth day, as the more impor-

tentiozem; enim tribuebant plus nono et undecimo. Quod, cum fecissent sine ullâ probabili ratione, transibant ab undecimo, non ad tertiumdecimum sed ad quartumdecimum. Etiam est apud Hippocratem, quartum esse gravissimum ei, quem septimus dies liberaturus sit. Ita quoque illo auctore, in pari die et febris potest esse gravior, et certa nota futuri. Atque idem alio loco, apprehendit quemque quartum diem, ut efficacissimum in utrumque; id est quartum, septimum, undecimum, quartumdecimum, decimumseptimum. In quo, et transit ab (ratione) imparis, ad rationem paris, et ne quidem conservavit hoc propositum; cum undecimus non sit quartus, sed quintus a septimo die. Adeo apparct, quâcunque ratione respexerimus ad numerum, nihil rationis reperiri quidem sub illo auctore.

Verum in his quidè

buebant nono, et undecimo. Quod cum fecissent sine ulla probabili ratione, ab undecimo, non ad tertiumdecimum, sed ad quartumdecimum transibant. Est etiam apud Hippocratem, ei, quem septimus dies liberaturus sit, quartum esse gravissimum. Ita, illo quoque auctore, in die pari et gravior febris esse potest, et certa futuri nota. Atque idem alio loco quartum quemque diem, ut in utrumque efficacissimum apprehendit: id est, quartum, septimum, undecimum, quartumdecimum, decimumseptimum. In quo et ab imparis ad paris rationem transit, et ne hoc quidem propositum conservavit; cum a septimo die undecimus, non quartus, sed quintus sit. Adeo apparet, quâcunque ratione ad numerum respexerimus, nihil rationis sub illo quidem auctore, reperiri.

Verum in his quidem antiquos

tant one, for they attributed more to the ninth and eleventh; which, when they had done, without any plausible reason, they passed on from the eleventh, not to the thirteenth, but to the fourteenth. It is also found in Hippocrates, that the fourth day is the most severe to that (patient) whom the seventh is about to relieve. So, also, according to that author, on an even day the fever can be more severe, and a certain indication of what will follow. And the same author, in another place, takes every fourth day as the most influential in both respects; that is, the fourth, the seventh, the eleventh, fourteenth, and seventeenth, in which he passes from the reckoning of an odd to an even day, and has not even kept to his point, since the eleventh is not the fourth, but the fifth from the seventh day. Thus it appears, that in whatever light we consider the number, no true reasoning can be discovered even in that author.

But in these (points), indeed, the Pythagorean numbers, then in great

tunc celebres admodum Pythagorici numeri fefellerunt: cum hic quoque medicus non numerare dies debeat, sed ipsas accessiones intueri; et ex his conjectare, quando dandus cibus sit. Illud autem magis ad rem pertinet, scire, tum oporteat dari, cum jam bene venæ conquieverunt, an etiamnum manentibus reliquiis febris. Antiqui enim quam integerrimis corporibus alimentum offerebant: Asclepiades, inclinata quidem febre, sed adhuc tamen inhærente. In quo vanam rationem secutus est: non quod non sit interdum maturius cibus dandus, si mature timetur altera accessio; sed quod scilicet quam sanissimo dari debeat: minus enim corrumpitur, quod integro corpori infertur. Neque tamen verum est, quod Themisoni videbatur, si duabus horis integer futurus esset æger, satius esse tum dari; ut ab integro corpore potissimum

Pythagorici numeri tunc admodum celebres fefellerunt antiquos: cum hic quoque medicus non debeat numerare dies, sed intueri accessiones ipsas; et conjectare ex his, quando cibus sit dandus. Autem illud magis pertinet ad rem, scire oporteat tum dari, cum venæ jam bene conquieverunt, an reliquiis febris etiamnum remanentibus. Enim antiqui offerebant alimentum corporibus quam integerrimis: Asclepiades quidem febre inclinata, sed tamen adhuc inhærente. In quo secutus est vanam rationem; non quod non sit interdum dandus maturius, si altera accessio timetur mature; sed scilicet quod debeat dari quam sanissimo: enim, quod inferitur integro corpori, minus corrumpitur. Neque tamen est verum, quod videbatur Themisoni, si æger esset futurus integer duabus horis, esse satius tum dari; ut diduceretur potissimum ab

repute, misled the ancients; whereas here also the physician should not count the days, but attend to the paroxysms themselves, and deduce from them when food is to be administered. But it pertains more to the point, whether it should be given when the vessels have already well subsided, or even with traces of the fever remaining. For the ancients gave food to bodies as sound as possible; Asclepiades when the fever was on the decline, but yet still continuing. In this he pursued a wrong mode of reasoning: not that it should not sometimes be given earlier, if another paroxysm is soon expected; but for the reason that it should be administered to the body in as sound a state as possible for that which is introduced into a sound body is less corrupted. Nor is that true, which appeared to Themison, if a patient was to be well for two hours, it would be better then to be given, that it particularly

integro corpore. Nam si posset tam celeriter diduci, id esset optimum; sed cum breve tempus non præstet hoc, est satius principia cibi excipi a decedente febre, quam reliquias ab incipiente. Ita, si secundum tempus est longius, est dandus quam integerrimo; si breve, etiam antequam fiat ex toto integer. Vero loco quo est integritas, eodem est remissio, quæ potest esse maxima in continuâ febre. Atque hoc quoque quæritur, utrum tot horæ sint expectandæ, quot habuerunt febrem; an sit satis, primam partem earum præteriri, ut insadat jucundius ægris, quibus interdum non vacat. Autem est tutissimum ante præterire tempus totius accessionis; quamvis ubi febris fuit longa, potest indulgeri ægro maturius, dum tamen pars dimidia minimum ante prætereatur. Que id est servandum non in eâ febre

diduceretur. Nam si diduci tam celeriter posset, id esset optimum: sed cum hoc breve tempus non præstet, satius est, principia cibi a decedente febre quam reliquias ab incipiente excipi. Ita, si longius tempus secundum est, quam integerrimo dandus est; si breve, etiam antequam ex toto integer fiat. Quo loco vero integritas est, eodem est remissio, quæ maxima in febre continua potest esse. Atque hoc quoque quæritur, utrum tot horæ expectandæ sint, quot febrem habuerunt; an satis sit, primam partem earum præteriri, ut ægris jucundius insadat, quibus interdum non vacat. Tutissimum est autem, ante totius accessionis tempus præterire: quamvis, ubi longa febris fuit, potest indulgeri ægro maturius, dum tamen ante minimum pars dimidia prætereatur. Idque non in ea sola febre, de qua prox-

might be digested by the body in health. For if it could be so speedily digested, that would be the best method; but as the short period does not admit of it, it is better that the commencement of food should follow the declining fever, than that the relics of food should be succeeded by the commencing fever; so that if the interval be rather long, the food is to be given when the body is as sound as possible; if it is short, even before he becomes completely free from it. In the light that the sound state is (considered), in the same is the interval, which may be very considerable in a continued fever. Here likewise it is inquired whether the same number of hours is to be waited for as were occupied by the fever, or whether it is sufficient that the first part of them should be passed over, that it may agree more pleasantly with those persons, from whom sometimes (the fever) is never absent. But it is safest first to pass by the time of the paroxysm; yet, when the fever has been long continued, it may be allowed the patient earlier, provided that, however, one half (of the time) at least has previously

ime dictum est, sed in omnibus ita servandum est.

v. Hæc magis per omnia genera febrium perpetua sunt: nunc ad singulas earum species descendam. Igitur si semel tantum accessit, deinde desiit, eaque vel ex inguine, vel ex lassitudine, vel ex æstu, aliave simili re fuit, sic, ut interior nulla causa metum fecerit, postero die, cum tempus accessionis ita transiit, ut nihil moverit, cibus dari potest. At si ex alto calor venit, et gravitas vel capitis vel præcordiorum secuta est, neque apparet, quid corpus confuderit; quamvis unam accessionem secuta integritas est; tamen, quia tertiana timeri potest, expectandus est dies tertius: et ubi accessionis tempus præteriit, cibus dandus est, sed exiguus; quia quartana quoque timeri potest: et die quarto demum, si corpus integrum est, eo cum fiducia utendum. Si vero postero,

solâ de quâ proximè dictum est, sed ita in omnibus.

v. *Hæc sunt magis perpetua per omnia genera febrium; nunc descendam ad singulas species earum. Igitur si accessit semel tantum, deinde desiit, que ea fuit vel ex inguine, vel ex lassitudine, vel ex æstû vel aliâ simili re, sic, ut nulla interior causa fecerit metum, postero die, cum tempus accessionis ita transiit, ut moverit nihil, cibus potest dari. At si calor venit ex alto, et gravitas vel capitis vel præcordiorum secuta est, neque apparet, quid confuderit corpus: quamvis integritas secuta est unam accessionem; tamen quia tertiana potest timeri, tertius dies est expectandus: et ubi tempus accessionis præteriit, cibus est dandus, sed exiguus; quia quartana quoque potest timeri: et quarto die demum, si corpus est integrum, utendum eo cum fiducia. Verò si postero*

elapsed. This is to be observed, not in the fever alone, of which we have last treated, but in all of them.

v. These (observations) are more general in all kinds of fevers: I will now proceed to the separate species of them. Therefore, if the fit has come on once only, and has then gone off, and has arisen either from the groin, or lassitude, or from heat, or any like thing, in such a way that no internal cause has occasioned alarm; on the following day, when the period of the paroxysm has so passed over as to produce no excitement, food may be given. But if heat comes from within, and heaviness of the head and præcordia has followed, nor is it evident what has deranged the body, although soundness has followed one fit, yet as a tertian ague may be apprehended, the third day is to be waited for; and when the period of the paroxysm has passed over food is to be given, but little in quantity, because also a quartan may be feared: then, on the fourth day, if the body is free, we may administer food

vel tertio vel quarto die, febris secuta est, licet scire esse morbum. Sed ratio est expeditior tertianarum, que quartanarum, quarum est et certus circuitus, et integer finis et sunt tempora liberaliter quieta de quibus dicam suo loco. Veronunc explicabo eas, quæ urgent quotidie. Igitur quoque tertio die, cibus datur ægro commodissimè; ut alter minuat febrem, alter subveniat viribus. Sed si est quotidiana febris, quæ desinat ex toto, is debet dari, simulatque corpus factum est integrum: si quamvis non accessiones, tamen febres junguntur, et quidem increscunt quotidie, sed tamen remittunt sine integritate, cum corpus habet se ita, ut major remissio non exspectetur; si accessio gravior altero die, levior altero, post graviolem. Verò fere levior nox sequitur graviolem accessionem: quo fit, ut quoque tristior nox antecedit graviolem accessio-

tertiove, aut quarto die secuta febris est; scire licet, morbum esse. Sed tertianarum, quartanarumque, quarum et certus circuitus est, et finis integer, et liberaliter quieta, tempora sunt, expeditior ratio est: de quibus suo loco dicam. Nunc vero eas explicabo, quæ quotidie urgent. Igitur tertio quoque die cibus ægro commodissime datur: ut alter febrem minuat, alter viribus subveniat. Sed is dari debet si quotidiana febris est, quæ ex toto desinat, simulatque corpus integrum factum est: si quamvis non accessiones, febres tamen junguntur, et quotidie quidem increscunt, sed sine integritate tamen remittunt, cum corpus ita se habet, ut major remissio non exspectetur: si altero die gravior altero levior accessio est, post graviolem. Fere vero graviolem accessionem levior nox sequitur: quo fit, ut graviolem accessionem nox quoque tristior

with confidence; but if on the day following, or on the third or fourth, fever has returned, we may conclude that there is a disease. But the treatment of tertians and quartans, (of which there is a regular return, and a healthy termination, and periods in a great measure calm,) is easier, of which I will treat in their proper place. Now I will describe those which distress every day. Therefore on every third day, food is given to the patient most conveniently, that the one may lessen the fever, the other may recruit the strength. But if it is a quotidian fever, which intermits entirely, it should be given as soon as the body has become free from it; if, however, not the paroxysms, but the fevers are continuous and indeed increase daily, but yet remit without a healthy stage, when the body is so circumstanced that a greater remission cannot be expected; if the fit is more severe on one day, milder on the other, it should be given after the more severe one. But generally a milder night follows a more severe paroxysm; whence it occurs, that

antecedat. At si continuatur febris, neque levior unquam fit, et dari cibum necesse est, quando dari debeat, magna dissensio est. Quidam quia fere remissius matutinum tempus ægris est, tunc putant dandum. Quod si respondet, non quia mane est, sed quia remissio est, ægris, dari debet. Si vero ne tunc quidem ulla requies ægris est, hoc, ipso pejus id tempus est, quod cum sua natura melius esse debeat, morbi vitio non est: simulque insequitur tempus meridianum, a quo cum omnis æger fere pejor fiat, timeri potest ne ille magis etiam, quam ex consuetudine, urgeatur. Igitur alii vespere tali ægro cibum dant. Sed cum eo tempore fere pessimi sint, qui ægrotant, verendum est, ne, si quid tunc moverimus, fiat aliquid asperius. Ob hæc ad mediam noctem decurro; id est, finito jam gravissimo tempore, eodemque longissime dis-

nem. At si febris continuatur, neque fit unquam levior et est necesse cibum dari, est magna dissensio, quando debeat dari. Quia matutinum tempus est ferè remissius ægris, quidam putant tunc dandum. Quod si respondet, debet dari, non quia est mane, sed quia est remissio ægris. Verò si ne quidem tunc est ulla requies ægris, id tempus est pejus hoc ipso, quod cum suâ naturâ debeat esse melius, non est vitio morbi: que simul tempus meridianum insequitur, a quo cum omnis æger ferè fiat pejor, potest timeri, ne ille urgeatur etiam magis, quam ex consuetudine. Igitur alii dant cibum vespere tali ægro. Sed cum qui ægrotant sint fere pessimi eo tempore verendum est, ne, si tunc moverimus quid, aliquid asperius fiat. Ob hæc decurro ad mediam noctem; id est, gravissimo tempore finito, què eodem longissimè distante: vero

also a worse night precedes a more severe accession. But if the fever is continued and never becomes milder, it is necessary that food should be administered, but there is a great dispute as to when it ought to be given. Because the morning is in general the mildest for the patient, some think that it should then be given, not because it is morning, but because there is a remission to the patient: but if not even then, there is any ease, that time is worse on this account, that since it should be from its nature more favorable, it is not so in consequence of the force of the disease; and, likewise, the middle of the day follows, from which as every patient becomes worse, it may be feared that he may be oppressed still more than usual: therefore some give food in the evening to such a patient: but since at that time they become generally worse who are suffering, it is to be feared that if we then in any degree excite them, something more severe may occur. For these reasons I defer it till midnight, that is, when the severest time is over,

horis antelucanis secuturis quibus ferè omnes dormiunt maxime; deinde matutino tempore, quod suâ naturâ est levissimum. Verò si febres sunt vagæ, quia est verendum ne statim subsequantur cibum, quandocunque quis levatus est ex accessionibus, tunc debet assumere. At si plures accessiones veniunt eodem die, oportet considerare, an sint, pares per omnia, quod vix potest fieri, an impares. Si sunt pares per omnia, cibus debet dari potius post eam accessionem, quæ non desinit inter meridiem et vesperem: si sunt impares considerandum est quo distent. Nam si altera est gravior, altera levior, debet dari post graviolem: si altera est longior, altera brevior, post longiorem: si altera est gravior, altera longior, est considerandum, utra affligat magis, illa vi, an hæc tempore, et est dandus post eam.

tante: secuturis vero antelucanis horis, quibus omnes fere maxime dormiunt; deinde matutino tempore, quod natura sua levissimum est. Si vero febres vagæ sunt, quia verendum est, ne cibum statim subsequantur, quandocunque quis ex accessione, levatus est, tunc debet assumere. At si plures accessiones eodem die veniunt, considerare oportet, paresne per omnia sint, quod vix fieri potest, an impares. Si per omnia pares sunt, post eam potius accessionem cibus dari debet, quæ non inter meridiem et vesperem desinit: si impares sunt, considerandum est, quo distent. Nam si altera gravior, altera levior est, post graviolem dari debet: si altera longior, altera brevior, post longiorem: si altera gravior, altera longior est, considerandum est, utra magis affligat, illa vi, an hæc tempore, et post eam dandus est.

and the same is at the greatest distance; but the hours before daylight being about to succeed, in which generally all persons sleep most, then the morning, which is naturally the easiest of all. But if the fevers are irregular, inasmuch as it is to be feared lest they may directly succeed the food; whenever a person is relieved from the fits he should then take it. But if many fits come on in the same day, it is proper to consider whether they are equal in every respect, which can scarcely happen, or unequal. If they are altogether equal, food should rather be given after that paroxysm which does not finish between noon and evening; if they are unequal, we must consider in what they differ; for if one is more severe, the other milder, it should be given after the more severe one; if one is longer, the other shorter, after the longer one; if one is more severe, one longer, it must be considered which distresses most, whether the former by its violence, or the latter by its duration, and (food) must be given after it.

Sed plane plurimum interest, quantæ qualesque inter eas remissiones sint. Nam si post alteram febrem motio manet, post alteram integrum corpus est; integro corpore, cibo tempus aptius est: si semper febricula manet, sed alterum tamen longius tempus remissionis est, id potius eligendum est; adeo ut, ubi accessiones continuantur, protinus, inclinata priore, dandus cibus sit. Etenim perpetuum est, ad quod omne consilium dirigi potest, cibum quam maxime semper ad accessione futura reducere; et, hoc salvo, dare quam integerrimo corpore. Quod non inter duas tantum, sed etiam inter plures accessiones servabitur. Sed cum sit aptissimum, tertio quoque die cibum dare; tamen, si corpus infirmum est, quotidie dandus est; multoque magis, si continentes febres sine remissione sunt, quanto magis corpus affligunt; aut si

Sed planè plurimùm interest, quantæ quales sint remissiones inter eas. Nam si motio manet post alteram febrem, corpus est integrum post alteram; tempus est aptius cibo, corpore integro; si febricula semper manet, sed tamen alterum tempus remissionis est longius, id est potiùs eligendum; adeò ut, ubi accessiones continuantur, cibus dandus sit protinùs priore febre inclinâtâ. Etenim est perpetuum, ad quod omne consilium potest dirigi, semper quam maximè reducere cibum ab accessione futurâ; et hoc salvo, dare corpore quam integerrimo. Quod servabitur non tantùm inter duas, sed etiàm inter plures accessiones. Sed cùm sit aptissimum, dare cibum quoque tertio die; tamen si corpus sit infirmum, dandus est quotidie; que multo magis si sunt continentes febres sine remissione, quanto magis affli-

But evidently it is of most consequence of what extent and of what kind are the remissions between them. For if the uneasiness remains after one paroxysm of fever, and the body is sound after another, the better time for the food is when the body is in a sound state; if slight fever always continues, but yet the second period of the remission is longer, it should rather be selected; so that, when the fits are continued, food may be given immediately upon the decline of the first. For this is a general rule, to which all our measures should be directed, always as much as possible to remove the food from the paroxysm about to come on, and with this precaution, to give it to the body as healthy as possible, which must be observed, not only between two fits, but also between many. But although it is most proper to give food on every third day, yet, if the body is feeble, it should be given daily, and much more so if there are continued fevers, without a remission, the

gunt corpus ; aut si duæ vel plures accessiones veniunt eodem die. Quæ res efficit, ut cibus debeat protinùs dari quotidie et a primo die, si venæ protinùs conciderunt ; et sæpiùs eodem die, si inter plures accessiones vis subinde deest corpori. Tamen illud est servandum in his, ut minus cibi detur post eas febres, post quas si liceret per corpus, non daretur omninò.

Verò cum febris instet, incipiat, augeatur, consistat, decedat, deinde consistat in decessione, aut finiatur ; licet scire, optimum tempus cibo esse febre finitâ ; deinde, cum decessio ejus consistit : tertium, si est necesse, quando-cunque decedit ; omnia cetera esse periculosa. Si tamen propter infirmitatem necessitas urget, esse satius offerre aliquid, incremento febris consistente, quam incrementa ; esse satius instante, quam incipiente ; cum eo tamen, ut nullo tem-

duæ pluresve accessiones eodem die veniunt. Quæ res efficit, ut et a primo die protinus cibus dari quotidie debeat, si protinus venæ conciderunt ; et sæpius eodem die, si inter plures accessiones subinde vis corpori deest. Illud tamen in his servandum est, ut post eas febres minus cibi detur, post quas, si per corpus liceret, omnino non daretur.

Cum vero febris instet, incipiat, augeatur, consistat, decedat, deinde in decessione consistat, aut finiatur ; scire licet, optimum cibo tempus esse febre finita ; deinde, cum decessio ejus consistit ; tertium, si necesse est, quando-cunque decedit ; cetera omnia periculosa esse. Si tamen propter infirmitatem necessitas urget, satius esse, consistente jam incremento febris, aliquid offerre, quam incrementa ; satius esse, instante, quam incipiente : cum eo tamen, ut nullo tem-

more they weaken the body ; or if two or three paroxysms attack on the same day : which occurrence renders it necessary that food should immediately be administered daily from the first day, if the vessels have speedily subsided ; and more frequently on the same day, if between many fits, strength occasionally fails the body. However, this is to be observed in these cases, that less food should be given after those fevers, after which, if the body admitted of it, none should be given at all.

But since the fever may approach, commence, be increased, remain stationary, depart, then stop in the departure, or be terminated, it is well to know that the best time for food is when the fever is ended ; then, when its departure remains stationary ; the third, if it is necessary, whenever (the fever) departs : that all other times are dangerous. If, however, on account of the debility, necessity presses, it is better to give somewhat when the increase of the fever is at a stand, than when

pore is, qui deficit, non sit sustinendus.

Neque hercule satis est, ipsas tantum febres medicum intueri, sed etiam totius corporis habitum, et ad eum dirigere curationem; seu supersunt vires, seu desunt, seu quidam alii affectus interveniunt. Cum vero semper ægros securos agere conveniat, ut corpore tantum, non etiam animo laborent: tum præcipue, ubi cibum sumserunt. Itaque, si qua sunt, quæ exasperaturae eorum animos sunt, optimum est, ea, dum ægrotant, eorum notitiæ subtrahere: si id fieri non potest, sustinere tamen post cibum usque somni tempus, et cum expectati sunt, tum exponere.

VI. Sed de cibo quidem facilius cum ægris ratio est; quorum sæpe stomachus hunc respuit, etiamsi mens concupiscit: de potione vero ingens pugna est: eoque magis, quo major febris est. Hæc enim

pore is qui deficit, non sit sustinendus.

Neque hercule est satis, medicum intueri febres ipsas tantum, sed etiam habitum totius corporis, et dirigere curationem ad eum; seu vires supersunt, seu desunt, seu quidam alii affectus interveniunt. Vero cum semper conveniat ægros agere securos, ut laborent corpore tantum, non etiam animo; præcipue tum, ubi sumserunt cibum. Itaque, si sunt quæ sunt exasperatura animos eorum est optimum, dum ægrotant subtrahere ea notitiæ eorum; si id non potest fieri, tamen sustinere post cibum usque tempus somni, et cum sunt expectati, tum exponere.

VI. *Sed ratio de cibo quidem est facilius ægris; quorum stomachus sæpe respuit hunc, etiamsi mens concupiscit: vero est ingens pugna de potione; que eo magis, quo major febris est. Enim*

beginning, with this proviso, however, that at no period he who is sinking is not to be supported.

Nor indeed is it sufficient for a physician to regard the fevers only, but likewise the state of the whole body, and direct his cure according to it: whether the strength remains, or is failing, whether some other affections intervene. But as it is always proper that sick persons should live in a tranquil state, that they may be afflicted in body only, not also in mind; it is especially so at the time that they have taken food. Therefore, if there are any circumstances that are likely to irritate their minds, it is best, whilst they remain ill, to keep them from their knowledge; if that cannot be accomplished, at all events to withhold them after a meal, until bed-time, and when they have awoken, then to communicate them.

VI. But the management as to food, indeed, is more easy with sick persons: whose stomach generally refuses it, although the fancy covets it; but there is great difficulty in respect to the drink; the more so the

hæc accendit sitim, et tum maximè exigit aquam cùm illa est periculosissima. Sed æger est docendus, ubi febris quieverit, protinùs sitim quoque quieturam; que accessionem fore longiorem, si quod alimentum fuerit datum ei: ita eum qui non bibit, desinere sitire celerius. Tamen est necesse quanto etiam sani sustinent famem facilius quam sitim, tanto magis indulgere ægris in potione quam in cibo. Sed primo die quidem nullus humor debet dari; nisi venæ sic subito conciderunt, ut cibus quoque debeat dari: vero secundo, que etiam ceteris, quibus cibus, non dabitur, tamen, si magna sitis urgebit, potio potest dari. Ac ne quidem illud dictum ab Heraclide Tarentino, caret ratione: ubi aut bilis aut cruditas male habet ægrum quoque expedire novam materiam misceri corruptæ per modicas portiones. Illud est

sitim accendit, et tum maxime aquam exigit, cum illa periculosissima est. Sed docendus æger est, ubi febris quieverit, protinus sitim quoque quieturam; longioremque accessionem fore, si quod ei datum fuerit alimentum: ita celerius eum desinere sitire, qui non bibit. Necesse est tamen, quanto facilius etiam sani famem, quam sitim sustinent, tanto magis ægris in potione, quam in cibo indulgere. Sed primo quidem die nullus humor dari debet; nisi subito sic venæ conciderunt, ut cibus quoque dari debeat: secundo vero, ceterisque etiam, quibus cibus non dabitur, tamen, si magna sitis urgebit, potio dari potest. Ac ne illud quidem, ab Heraclide Tarentino dictum, ratione caret: ubi aut bilis ægrum, aut cruditas male habet, expedire quoque per modicas portiones misceri novam materiam corruptæ. Illud videndum est, ut

higher the fever is. For this inflames the thirst, and most importunately demands water when that is most injurious. But the patient must be informed that, when the fever has abated, immediately the thirst also will subside; and that the paroxysm will be longer if any nourishment has been given him. Also that he who does not drink, ceases to suffer thirst more speedily. However, it is necessary, inasmuch as even healthy persons support hunger more easily than thirst, so much the more to indulge them in drink than in food. But on the first day, indeed, no moisture ought to be given, unless the vessels have suddenly sunk so low that food also ought to be given; but on the second day, and also on the others in which food shall not be given, if great thirst shall oppress, drink may be administered. And not even what has been stated by Heraclides of Tarentum is without reason; (that) when either bile or crudity make a patient uneasy, it is also proper that new matter should be mixed up with the corrupted, by moderate drinks. This rule

qualia tempora cibo leguntur, talia potioni quoque, ubi sine illo detur, deligantur; aut cum ægrum dormire cupiemus; quod fere sitis prohibet. Satis autem convenit, cum omnibus febricitantibus nimius humor alienus sit, tum præcipue esse feminis, quæ ex partu in febres inciderunt.

Sed cum tempora cibo potionique febris et remissionis ratio det, non est expeditissimum scire, quando æger febricitet, quando melior sit, quando deficiat: sine quibus dispensari illa non pussunt. Veni enim maxime credimus, fallacissimæ rei; quia sæpe istæ leniores celerioresve sunt, et ætate, et sexu, et corporum natura: et plerumque satis sano corpore, si stomachus infirmus est, nonnunquam etiam incipiente febre, subeunt et quiescunt; ut imbecillus is videri possit, cui facile laturo gravis instat accessio. Contra sæpe eas concitat et resol-

videndum, ut qualia tempora leguntur cibo, talia deligantur quoque potioni, ubi detur, sine illo; aut cum cupiemus ægrum dormire, quod sitis ferè prohibet. Autem satis convenit, cum nimius humor sit alienus omnibus febricitantibus, tum esse præcipue feminis, quæ inciderunt ex partu in febres.

Sed cum ratio febris et remissionis det tempora cibo que potioni, non est expeditissimum scire, quando æger febricitet, quando sit melior, quando deficiat: sine quibus illa non possunt dispensari. Enim maximè credimus venis, fallacissimæ rei; quia istæ sæpe sunt leniores vel celeriores, et ætate, et sexu, et naturâ corporum: et plerumque subeunt et quiescunt corpore satis sano, si stomachus est infirmus, etiam nonnunquam incipiente febre, ut is possit videri imbecillus, cui facile laturo gravis accessio instat. Contra sol, et bal-

is to be observed, that such times as are chosen for the food, the same may be selected also for the drink, when it is given without the former; or when we are desirous that the patient should sleep, which thirst generally prevents. But it is generally agreed upon, that as too much moisture is improper for all persons suffering from fever, it is especially so to females, who have fallen after parturition into fevers.

But although the nature of the fever and remission directs the times for food and drink, it is not very easy to know when a patient is feverish, when better, (or) when he is becoming weak; without which (knowledge) these cannot be properly administered. For we particularly trust to the vessels, a most fallacious thing; as they are frequently slower or quicker, according to the age, and sex, and constitution of body; and frequently they rise and sink, even in a very healthy body, if the stomach is weak, likewise occasionally at the commencement of fever, so that he may appear weak, over whom about to bear it easily, a severe fit is impending.

neum, et exercitatio, et metus, et ira, et quilibet alius affectus animi concitat et resolvit eas: adeo ut, cum medicus primum venit, sollicitudo ægri dubitantis, quomodo videatur illi habere se, moveat eas. Ob quam causam, est periti medici, non protinus ut venit, apprehendere brachium manû: sed primum residere hilari vultu, que percontari, quemadmodum habeat se; et si est quis metus ejus, lenire eum probabili sermone; tum deinde admove manu corpori ejus. Autem quam facillè mille res turbant venas, quas conspectus medici movet! Est altera res, cui credimus, calor, æque fallax; nam hic quoque excitatur æstû, labore, somno, metu, sollicitudine. Igitur quidè oportet intueri etiam ista; sed non credere omnia his. Ac quidè protinus scire, eum non febricitare, venæ cujus sunt naturaliter ordinatæ, que est talis

vit sol, et balneum, et exercitatio, et metus, et ira, et quilibet alius animi affectus; adeo ut, cum primum medicus venit, sollicitudo ægri dubitantis, quomodo illi se habere videatur, eas moveat. Ob quam causam, periti medici est, non protinus ut venit, apprehendere manu brachium: sed primum residere hilari vultu, percontari que, quemadmodum se habeat; et si quis ejus metus est, eum probabili sermone lenire; tum deinde ejus corpori manum admove. Quas venas autem conspectus medici movet, quam facillè mille res turbant! Altera res est, cui credimus, calor, æque fallax: nam hic quoque excitatur æstû, labore, somno, metu, sollicitudine. Igitur intueri quidè etiam ista oportet, sed his non omnia credere. Ac protinus quidè scire, non febricitare eum, cujus venæ naturaliter ordinatæ sunt, teporque talis est, qualis esse

On the other hand, the sun, and the bath, and exercise, and fear, and anger, and any other passion of the mind, raises and relaxes them; so that when a physician first comes in, the anxiety of the patient doubting how he may seem to him to be, accelerates them. For which reason, it is the duty of a skilful physician, not directly he comes in, to seize the patient's arm with his hand; but first to sit down with a cheerful countenance, and inquire how he feels himself; and if there is any timidity on his part, to encourage him by plausible discourse; then, at length, to apply the hand to his body. But how easily a thousand things may disturb the vessels, which (even) the sight of a physician quickens! there is another mark, on which we rely, (namely,) heat, equally deceitful. For this also is excited by (external) heat, labour, sleep, fear, and anxiety—therefore indeed it is necessary to consider these, not to trust all things to them. And we may at once know, that he is not in a fever whose vessels are naturally regular, and there is the

sanis solet: non protinus autem sub calore motuque febrem esse concipere; sed ita, si summa quoque arida inæqualiter cutis est; si calor et in fronte est, et ex imis præcordiis oritur; si spiritus ex naribus cum fervore prorumpit; si color, aut rubore, aut pallore novo mutatus est; si oculi graves, et aut persicci, aut subhumidi sunt; si sudor, cum fit, inæqualis est; si venæ non æquis intervallis moventur. Ob quam causam medicus neque in tenebris, neque a capite ægri debet residere; sed illustri loco adversus eum, ut omnes notas, ex vultu quoque cubantis perspiciat. Ubi vero febris fuit, atque decrevit, expectare oportet, num tempora, partesve corporis aliæ paulum madescant, quæ sudorem venturum esse testentur: ac si qua nota est, tunc demum dare potui calidam aquam; cujus salubris effectus est, si sudorem per omnia

tepor, qualis solet esse sanis; autem non protinus concipere esse febrem sub calore, que motu; sed ita, si quoque summa cutis est inæqualiter arida; si est calor et in fronte, et oritur ex imis præcordiis; si spiritus prorumpit ex naribus cum fervore; si color est mutatus aut rubore, aut novo pallore: si oculi sunt graves, et aut persicci, aut subhumidi; si sudor est inæqualis, cum fit; si venæ non moventur æquis intervallis. Ob quam causam medicus debet neque residere in tenebris, neque a capite ægri; sed illustri loco adversus eum, ut perspiciat omnes notas, quoque ex vultu cubantis. Verò ubi fuit febris, atque decrevit, oportet expectare, num tempora, vel aliæ partes corporis paulum madescant, quæ testentur sudorem esse venturum: ac si est qua nota, tunc demum dare calidam aquam potui; cujus effectus est salubris, si diffundit sudorem per

same warmth as is common to healthy persons. But not immediately to imagine that there is fever, from the heat and motion: but that it does exist, if the surface of the skin is unequally dry; if there is heat in the forehead, and it arises from the internal part of the præcordia: if the breath rushes out of the nostrils with heat, if the colour is altered either for redness or unusual paleness: if the eyes are heavy or very dry, or rather moist: if the sweat is partial, when it occurs; if the vessels do not beat at equal intervals. From which cause, the physician ought neither to sit in the dark nor at the head of the patient, but in a light place opposite him, that he may notice all the marks from the countenance of the patient as he lies. Where there has been fever, and it has decreased, it is proper to notice whether the temples, or other parts of the body, become a little moist, which shew that sweating is approaching. And if there is any sign of it, then at length to give warm water for drink; the effect of which is salutary, if it diffuses perspiration

omnia membra. Autem causâ hujus rei, æger debet continere manus sub satis multâ veste; que contegere cruraque pedes eâdem: quâ mole, plerique male habent ægros in impetu ipso febris, que potissimè ubi ea est ardens. Si corpus cœpit sudare, oportet tepefacere linteum, que paulatim detergere singula membra. At ubi omnis sudor est finitus, aut si is non venit, ubi potuit quam maximè, æger videtur esse idoneus cibo, est unguendus leniter sub veste, tum detergendus, deinde cibus dandus ei. Autem is humidus est aptissimus febricitantibus, aut certè quam proximus humori: utique ex materia quam levissima, que maximè sorbitio; que ea debet esse quam tenuissima si fuerint magnæ febres. Quoque despumatum mel recte adjicitur huic, quo corpus magis nutriatur; sed est supervacuum si offendit stomachum; sicut sorbitio

membra diffundit. Hujus autem rei causa, continere æger sub veste satis multa manus debet; eademque crura pedesque contegere: qua mole plerique ægros in ipso febris impetu, potissimeque ubi ardens ea est, male habent. Si sudare corpus cœpit, linteum tepefacere oportet, paulatimque singula membra detergere. At ubi sudor omnis finitus est, aut si is non venit, ubi quam maxime potuit, idoneus esse cibo æger videtur, sub veste leniter unguendus est, tum detergendus, deinde ei cibus dandus. Is autem febricitantibus humidus est aptissimus, aut humori certe quam proximus: utique ex materia quam levissima, maximeque sorbitio; eaque, si magnæ febres fuerint, quam tenuissima esse debet. Mel quoque despumatum huic recte adjicitur, quo corpus magis nutriatur: sed id, si stomachum offendit, supervacuum est; sicut ipsa

over all the limbs. But for the sake of this object, the patient should keep his hands under a sufficient quantity of clothes; and cover his legs and feet with the same: by which load, many mismanage their patients in the very height of the fever, and especially when it is ardent. If the body begins to sweat, it is necessary to warm a linen cloth, and gradually to wipe every limb. But when all the sweat is gone off, or if it has not come on, when it particularly might do so, the patient seems to be in a fit state for food, he is (then) to be anointed gently under the clothes, then wiped, and lastly, food is to be given him. But that in a liquid state is most proper for feverish persons, or certainly as near as possible to liquid, certainly from material as light as possible, and especially gruel, even this should be as thin as possible, if there are violent fevers. Likewise clarified honey is properly added to it, that the body may be more nourished; but it is superfluous, if it offends the stomach, as also

quoque sorbitio. Dari vero in vicem ejus potest, vel intrita ex aqua calida, vel alica elota; si firmus est stomachus, et compressa alvus, ex aqua mulsa; si vel ille languet, vel hæc profluit, ex posca. Et primo quidem cibo id satis est. Secundo vero aliquid adjici potest, ex eodem tamen genere materiæ, vel olus, vel conchylium, vel pomum. Et dum febres quidem crescunt, hic solus idoneus cibus est. Ubi vero aut desinunt, aut levantur, semper quidem incipiendum est ab aliquo ex materia levissima, adjiciendum vero aliquid ex media, ratione habita subinde et virium hominis, et morbi. Ponendi vero ægro varii cibi, sicut Asclepiades præcepit, tum demum sunt, ubi fastidio urgetur, neque satis vires sufficiunt; ut paulum ex singulis degustando, famem vitet. At si neque vis, neque cupiditas deest, nulla varietate sollicitandus æger

ipsa. Verò vel intrita ex calidâ aquâ vel elota alica potest dari in vicem ejus: si stomachus est firmus, et alvus compressa, ex mulsâ aquâ; si, vel ille languet, vel hæc profluit, ex poscâ. Et quidem id est satis primo cibo. Verò aliquid potest adjici secundo, tamen ex eodem genere materiæ, vel olus, vel conchylium, vel pomum. Et quidem dum febres crescunt, hic cibus solus est idoneus. Verò ubi aut desinunt, aut levantur, semper quidem incipiendum est ab aliquo ex levissimâ materiâ, verò aliquid adjiciendum ex mediâ, ratione subinde habitâ et virium hominis, et morbi. Verò tum demum varii cibi, sunt ponendi ægro, sicut Asclepiades præcepit, ubi urgetur fastidio, neque vires satis sufficiunt; ut degustando paulum ex singulis, vitet famem. At si neque vis, neque cupiditas deest, æger est sollicitandus nullâ varietate; ne as-

the gruel itself. But either intrita made with warm water, or washed alica may be given instead of it; if the stomach is strong, and the belly bound, with hydromel; if either the former is weak, or the latter relaxed, with vinegar and water, and this indeed is sufficient for the first food. But something may be added to the second, yet of the same class of material, as either greens, shell-fish, or fruit. And indeed whilst the fevers are increasing, this food alone is suitable. But when they either go off, or are abated, we must always commence with something from the lightest class: and something is to be added of the middle kind, frequently taking into account the strength of the patient, and of the disease. But, then, at length, various sorts of food are to be set before the patient, as Asclepiades directed, when he is oppressed with loathing, and his strength is insufficient; that, by tasting a little of each, he may avoid starvation. But if neither strength nor appetite are wanting, the patient is to be tempted by no variety; lest he may

sumat plus quam concoquat. Neque est verum, quod dicitur ab eo, varios cibos facilius concoqui. Enim eduntur facilius; autem genus et modus materiæ pertinent ad concoctionem. Neque inter magnos dolores, neque in crescente morbo, est tutum ægrum impleri cibo; sed ubi valetudo est jam inclinata in melius.

Aliæ observationes quoque sunt necessariae in febribus. Atque id quoque est videndum, quod solum quidam præcipiunt, an corpus sit adstrictum, an profluat; quorum alterum strangulat, alterum digerit. Nam si est adstrictum, alvus est ducenda, urina movenda, sudor eliciendus omni modo. In hoc genere morborum etiam prodest misisse sanguinem, concussisse corpus vehementibus gestationibus, habuisse in lumine, imperâsse famem, sitim, vigiliam. Etiam est utile ducere in balneum, prius

est; ne plus assumat, quam concoquat. Neque verum est, quod ab eo dicitur, facilius concoqui cibos varios. Eduntur enim facilius: ad concoctionem autem materiæ genus et modus pertinent. Neque inter magnos dolores, neque in crescente morbo, tutum est, ægrum cibo impleri; sed ubi inclinata jam in melius valetudo est.

Sunt aliæ quoque observationes in febribus necessariae. Atque id quoque videndum est, quod quidam solum præcipiunt, an adstrictum corpus sit, an profluat; quorum alterum strangulat, alterum digerit. Nam si adstrictum est, ducenda alvus est, movenda urina, eliciendus omni modo sudor. In hoc genere morborum sanguinem etiam misisse, concussisse vehementibus gestationibus corpus, in lumine habuisse, imperâsse famem, sitim, vigiliam prodest. Utile est etiam ducere in balneum, prius demittere

take more than he can concoct. Nor is that true which is stated by him, that various foods are more easily concocted. For they are eaten more easily, but the quality and quantity of the food are material to concoction. Nor during great pains, nor when the disease is increasing, is it safe that the patient should be filled with food; but only when the health is already inclined for the better.

Other observations also are necessary in fevers: and that indeed is to be considered, which alone some direct, whether the body be bound or loose; of which (states) the one suffocates, the other exhausts. For if it is bound, the bowels are to be clystered, the urine is to be forced, and sweat is to be elicited by every method. In this kind of disease, it is also of advantage to let blood, to have agitated the body by strong gestations, to have kept it in the light, to have enjoined fasting, thirst, and watchfulness. It is likewise of service to take the person into the bath, first to plunge him into

in solium, tum ungere, iterum ad solium redire, multaque aqua fovere inguina; interdum etiam oleum in solio cum aqua calida miscere; uti cibo serius et rarius, tenui, simplici, molli, calido, exiguo; maximeque oleribus, qualia sunt, lapathum, urtica, malva; vel jure etiam concharum, muscolumve, aut locustarum: neque danda caro, nisi elixa, est. At potio esse debet magis liberalis, et ante cibum, et post hunc, et cum hoc, ultra quam sitis coget: poteritque a balneo etiam pinguius, aut dulcius dari vinum; poterit semel, aut bis interponi Græcum salsum. Contra vero, si corpus profluet, sudor coercendus, quies adhibenda erit; tenebris, somnoque, quondocunque volet, utendum; non nisi leni gestatione corpus agitandum, et pro genere mali subveniendum. Nam si venter fluit, aut si stomachus non continet, ubi febris decre-

demittere in solium, tum ungere, iterum redire ad solium, que fovere inguina multâ aquâ: interdum etiam miscere oleum cum calidâ aquâ in solio: uti cibo serius et rarius, tenui, simplici, molli, calido, exiguo; que maximè oleribus, qualia sunt lapathum, urtica, malva; vel etiam jure concharum, vel muscolum, aut locustarum, neque caro est danda nisi elixa. At potio debet esse magis liberalis, et ante cibum, et post hunc, et cum hoc, ultra quam sitis coget: que a balneo etiam pinguius, aut dulcius vinum poterit dari; Græcum salsum poterit semel vel bis interponi. Verò contra, si corpus profluet, sudor erit coercendus quies adhibenda; utendum tenebris, quies somno, quondocunque volet; corpus agitandum non nisi leni gestatione, et subveniendum pro genere mali. Nam si venter fluit, aut si stomachus non continet, ubi febris decrevit,

the solium, then to anoint him, again to return to the warm bath, and to foment his groins with plenty of water; sometimes also to mix oil with warm water in the bath; to take food not so early nor so frequently, light, simple, soft, warm, and little in quantity; and especially greens, such as dock, nettle, mallow; or the broth of shell-fish, or muscles, or lobsters; flesh is not to be given unless boiled. But the drink ought to be more liberal, both before meat, and after, and with it, beyond what the thirst shall require; also after the bath, very rich, or sweet wine may be given; the Greek salt wine may once or twice be used. But on the other hand if the body is relaxed, the sweat must be restrained, and rest resorted to; (the patient) must have darkness, and sleep whenever he pleases; the body is to be agitated only by gentle gestation, and to be relieved according to the nature of the disorder. For if the belly is loose, or if the stomach does not retain (any thing),

oportet dare tepidam aquam liberaliter potui, et cogere vomere; nisi aut fauces, aut præcordia aut latus dolet, aut morbus est vetus. Verò si sudor exercet, cutis est duranda, nitro, vel sale, quæ miscentur cum oleo: ac si id vitium est levius, corpus est unguendum oleo; si vehementius, rosa, vel melino, vel myrteo, cui austerum vinum sit adjectum. Autem quisquis est æger fluore, cum venit in balneum prius est unguendus, deinde demittendus in solium. Si vitium est in cute, quoque, melius utetur frigida aqua, quam calida. Ubi est ventum ad cibum, is debet dari valens, frigidus, siccus simplex, qui possit quam minimè corrumpi, tostus panis, assa caro, austereum vinum, vel certe subaustereum; calidum si venter profluit; frigidum, si sudores nocent, vel sunt vomitus.

VII. 1. *Etiam casus pestilentie in febribus deside-*

vit, liberaliter oportet aquam tepidam potui dare, et vomere cogere; nisi aut fauces, aut præcordia, aut latus dolet, aut vetus morbus est. Si vero sudor exercet, duranda cutis est nitro, vel sale, quæ cum oleo miscentur: ac si levius id vitium est, oleo corpus unguendum; si vehementius, rosa, vel melino, vel myrteo, cui vinum austerum sit adjectum. Quisquis autem fluore æger est, cum venit in balneum, prius unguendus, deinde in solium demittendus est. Si in cute vitium est, frigida quoque, quam calida aqua melius utetur. Ubi ad cibum ventum est, dari debet is valens, frigidus, siccus, simplex, qui quam minime corrumpi possit, panis tostus, caro assa, vinum austerum, vel certe subaustereum; si venter profluit, calidum; si sudores nocent, vomitusve sunt, frigidum.

VII. 1. *Desiderat etiam propriam animadversionem in febribus*

when the fever is decreased, it is proper to give tepid water liberally for a drink, and to force him to vomit; unless either the throat or the præcordia, or side, is in pain, or it is a long-standing disease. But if sweat prevails, the skin is to be hardened either by nitre or salt, which may be mixed with oil: and if that disorder is of a slighter kind, the body is to be anointed with oil; if it is more severe, with rose, quince, or myrtle oil, to which austere wine has been added. But whoever is disordered with a discharge, when he comes into the bath, is first to be anointed, then to be lowered into the solium. If there is a disorder in the skin also, it will be better for him to use cold water, rather than warm: when we come to the subject of food, it should be given substantial, cold, dry, simple, such as can in the least degree be corrupted, toasted bread, roasted flesh, austere wine, or at least roughish; warm, if the belly is relaxed; cold, if the sweats are oppressing, or there is vomiting.

VII. 1. The occurrence also of pestilence in fevers requires separate

pestilentiæ casus. In hac minime utile est, aut fame, aut medicamentis uti, aut ducere alvum. Si vires sinunt, sanguinem mittere optimum est; præcipueque, si cum dolore febris est: si id parum tutum est, ubi febris levata est, vomitu pectus purgare. Sed in hoc maturius, quam in aliis morbis, ducere in balneum opus est; vinum calidum, et meracius dare, et omnia glutinosa; inter quæ carnem quoque generis ejusdem. Nam quo celerius ejusmodi tempestates corripunt, eo maturius auxilia, etiam cum quadam temeritate, rapienda sunt. Quod si puer est, qui laborat, neque tantum robur ejus est, ut sanguis mitti possit, cucurbitulis ei utendum est; ducenda alvus vel aqua, vel ptisanæ cremore; tum demum levibus cibis nutriendus. Et ex toto non sic pueri, ut viri, curari debent. Ergo, ut in alio quoque genere morborum, parcius

rat propriam animadversionem. In hac est minime utile, uti aut fame, aut medicamentis, aut ducere alvum, Si vires sinunt, est optimum mittere sanguinem: que præcipuè, si est febris cum dolore: si id est parum tutum, purgare pectus vomitû, ubi febris levata est. Sed opus est ducere in balneum, maturius in hoc, quam in aliis morbis; dare vinum calidum et meracius, et omnia glutinosa: inter quæ carnem quoque ejusdem generis. Nam quo celerius tempestates ejusmodi corripunt, eo maturius, auxilia sunt rapienda etiam cum quadam temeritate. Quodd si est puer, qui laborat, neque est tantum robur ejus, ut sanguis possit mitti, utendum est cucurbitulis ei; alvus ducenda vel aquâ, vel cremore ptisanæ; tum demum nutriendus levibus cibis. Et ex toto pueri non debent curari sic ut viri. Ergo agendum est in his parcius, ut

consideration: in this, it is by no means desirable to have recourse to fasting, or medicines, or to clyster the bowels. If the strength admits of it, it is best to abstract blood, and especially so, if there is fever with pain, if that is hardly admissible, to cleanse the breast by a vomit, when the fever is somewhat abated. But it is necessary to put him into the bath earlier in this than in other diseases; to give wine, hot and strong, and all glutinous things, amongst which, flesh of the same description. For the more quickly pestilence of this kind destroys, so much the sooner remedies must be laid hold of, even with a degree of rashness. But if it is a boy who is suffering, and he has not so much strength that blood can be drawn, we must apply the cups to him; the bowels are to be clystered, either with water or the cream of ptisan: then he is to be nourished with light food; on the whole, boys are not to be treated in the same way as men: therefore, in these we must proceed more

quoque in alio genere morborum; non facile mittere sanguinem, non facile ducere alvum, non cruciare vigiliâ, vel fame, aut nimia siti, non curare vino. Vomitus est eliciendus post febrem: deinde cibus est dandus ex levissimis; tum is dormiat; que postero die, si febris manet, abstineatur; tertio, redeat ad similem cibum. Que opera est danda, quantum potest fieri, ut nutriatur inter opportunam abstinentiam, que opportunos cibos, ceteris omissis.

2. *Verò si ardens febris extorret, nulla potio medicinali est danda; sed in accessionibus ipsis est refrigerandus oleo et aquâ, quæ sunt miscenda manû, donec albescant; tenendus eo conclavi, quo possit trahere multum et purum aërem; neque est strangulandus multis vestimentis, sed tantùm est velandus admodum levibus. Etiam folia vitis tincta in frigidâ aquâ possunt imponi*

in his agendum est; non facile sanguinem mittere, non facile ducere alvum, non cruciare vigilia, fameve, aut nimia siti, non vino curare. Vomitus post febrem eliciendus est: deinde dandus cibus ex levissimis; tum is dormiat; posteroque die, si febris manet, abstineatur; tertio, ad similem cibum redeat. Dandaque opera est, quantum fieri potest, ut inter opportunam abstinentiam cibosque opportunos, omissis ceteris, nutriatur.

2. Si vero ardens febris extorret, nulla medicamenti danda potio est; sed in ipsis accessionibus oleo et aqua refrigerandus est, quæ miscenda manu sunt, donec albescant; eo conclavi tenendus, quo multum et purum aërem trahere possit; neque multis vestimentis strangulandus, sed admodum levibus tantum velandus est. Possunt etiam super stomachum imponi folia vitis in aqua frigida tincta. Ac ne siti

cautiously, as in every other kind of disease; not readily to let blood, not to clyster the bowels, not to torment by watching, or fasting or excessive thirst, not to attempt to cure by wine. Vomiting is to be elicited after the fever; then food is to be given of the lightest kind; then let him sleep; on the following day, if the fever remains, let him fast; on the third, let him return to the same diet; and care is to be taken, as far as it can be, that he may be nourished, amid reasonable abstinence and reasonable food, all other things being omitted.

2. But if an ardent fever parches, no medicinal potion is to be given; but during the paroxysms he is to be cooled with oil and water, which are to be mixed with the hand, until they become white; he is to be kept in a room, in which he can receive free and pure air; and he is not to be suffocated with an abundance of clothes, but only to be covered with such as are very light. Likewise vine-leaves dipped in cold water

quidem nimia vexandus est. Alendus maturius est, id est, a die tertio; et ante cibum iisdem perungendus. Si pituita in stomacho coit, inclinata jam accessione, vomere cogendus est; tum dandum frigidum olus, aut pomum, ex iis, quæ stomacho conveniunt. Si siccus manet stomachus, protinus vel ptisanæ, vel alicæ, vel oryzæ cremor, dandus est, cum quo recens adeps cocta sit. Cum vero in summo incremento morbus est, utique non ante quartum diem, magna siti antecedente, frigida aqua copiose præstanda est, ut bibat etiam ultra satietatem; et cum jam venter et præcordia ultra modum repleta, satisque refrigerata sunt, vomere debet. Quidam ne vomitum quidem exigunt; sed ipsa aqua frigida tantum, ad satietatem data, pro medicamento utuntur. Ubi utrumlibet factum est, multa veste operiendus est, et collocandus, ut

superstomachum. Acquidem ne est vexandus nimia siti. Est alendus maturius, id est, a tertio die; et perungendus iisdem ante cibum. Si pituita coit in stomacho, accessione jam inclinata, cogendus est vomere; tum frigidum olus dandum, aut pomum, ex iis, quæ conveniunt stomacho. Si stomachus manet siccus, protinus cremor vel ptisanæ, vel alicæ, vel oryzæ est dandus, cum quo recens adeps sit cocta. Vero cum morbus est in summo incremento, utique non ante quartum diem, magnâ siti antecedente, frigida aqua est copiosè præstanda, ut bibat etiam ultra satietatem; et cum venter et præcordia sunt jam ultra modum repleta, que satis refrigerata, debet vomere. Quidam ne quidem exigunt vomitum; sed tantum utuntur frigidâ aquâ ipsâ, datâ ad satietatem pro medicamento. Ubi utrumlibet factum est, operiendus est multâ

may be placed upon his stomach: and he is not even to be tormented with excessive thirst. He is to be allowed nourishment sooner, that is, on the third day; and to be rubbed over with the (above-mentioned liquors) before meat. If phlegm has collected in the stomach, the accession being already on the decline, he is to be forced to vomit; then cold greens are to be given, or fruit, from amongst those which agree with the stomach. If the stomach remains dry, immediately either the cream of ptisan, or alica, or rice is to be allowed, with which fresh fat has been boiled. But when the disease is at its height, certainly not before the fourth day, great thirst preceding, cold water is to be copiously administered, that he may drink even beyond satiety, and when the belly and præcordia have already been immoderately distended and sufficiently cooled, he ought to vomit. Some indeed do not insist upon the vomiting, but only employ cold water itself, given to satiety, as a medicine.

veste et collocandus, ut dormiat. Que ferè post longam sitim et vigiliam, post multam satietatem, post infractum calorem, plenus somnus venit, per quem ingens sudor effunditur: que id est præsentissimum auxilium; sed tamen in iis, in quibus præter ardorem, nulli dolores, nullus tumor præcordiorum; nihil prohibens, vel in thorace, vel in pulmone, vel in faucibus; non fuit ulcus, non profluvium alvi. Autem si quis in febre hujusmodi tussit leviter, is neque conflictatur vehementi siti, neque debet bibere frigidam aquam; sed curandus est eo modo, quo præcipitur in ceteris febribus.

VIII. Aut ubi est id genus tertianæ, quod medici appellant semitertianam, opus est magnâ curâ, ne id fallat. Enim plerumque habet frequentiores accessiones, que decessiones, ut possit videri aliud genus morbi; que febris

dormiat. Fereque post longam sitim et vigiliam, post multam satietatem, post infractum calorem, plenus somnus venit, per quem ingens sudor effunditur; idque præsentissimum auxilium est: sed in iis tamen, in quibus præter ardorem, nulli dolores, nullus præcordiorum tumor; nihil prohibens, vel in thorace, vel in pulmone, vel in faucibus; non ulcus, non dejectio, non profluvium alvi fuit. Si quis autem in hujusmodi febre leviter tussit, is neque vehementi siti conflictatur, neque bibere aquam frigidam debet; sed eo modo curandus est, quo in ceteris febribus præcipitur.

VIII. Aut ubi id genus tertianæ est, quod ἡμιτερτῖανος medici appellant, magna cura opus est, ne id fallat. Habet enim plerumque frequentiores accessiones decessionesque, ut aliud morbi genus videri possit: porrigiturque febris

When either has been done, he should be covered with many clothes, and laid down, that he may sleep. And commonly after long thirst and wakefulness, after ample satiety, after unremitted heat, sound sleep comes on, during which considerable sweat breaks out; and that is a most immediate relief, but only in those, in whom except the heat, there are no pain, no swelling of the præcordia, nothing prohibiting it, either in the chest, or lungs, or fauces; nor ulcer, nor purging, nor discharge from the bowels. But if any one in a fever of this description coughs slightly, he should neither be distressed with violent thirst, nor should he drink cold water; but he is to be treated in the same manner, as has been directed in other fevers.

VIII. Or where there is that kind of tertian which physicians call semitertian, great caution is required lest it may deceive; for, generally, it has more frequent intervals, so that it may appear to be another kind of

inter horas viginti quatuor, et triginta sex; ut, quod idem est, non idem esse videatur. Et magnopere necessarium est, neque dari cibum, nisi in ea remissione, quæ vera est; et ubi ea venit, protinus dari: plurimique sub alterutro curantis errore subito moriuntur. Ac, nisi magnopere aliqua res prohibet, inter initia sanguis mitti debet; tum dari cibus, qui neque incitet febrem, et tamen longum ejus spatium sustineat.

IX. Nonnunquam etiam lentæ febres sine ulla remissione corpus tenent; ac neque cibo, neque ulli remedio locus est. In hoc casu medici cura esse debet, ut morbum mutet: fortasse enim curationi opportunior fiet. Sæpe igitur ex aqua frigida, cui oleum sit adjectum, corpus ejus pertractandum est, quoniam interdum sic evenit, ut horror oriatur, et fiat initium quoddam, novi motus; exque eo,

porrigitur inter viginti quatuor horas, et triginta sex: ut, quod est idem non videatur esse idem. Et magnopere est necessarium neque cibum dari, nisi in eâ remissione, quæ est vera; et ubi ea venit protinùs dari: que plurimi moriuntur subito sub alterutro errore curantis. Ac, nisi aliqua res magnoperè prohibet, sanguis debet mitti inter initia: tum cibus dari, qui neque incitet febrem et tamen sustineat longum spatium ejus.

IX. *Etiam nonnunquam lentæ febres tenent corpus sine ullâ remissione; ac est locus neque cibo, neque ulli remedio. In hoc casû, cura medici debet esse, ut mutet morbum: enim fortasse fiet opportunior curationi. Igitur corpus ejus est sæpe pertractandum ex frigidâ aquâ cui oleum sit adjectum, quoniam interdum sic evenit, ut horror oriatur, et quoddam initium novi motûs fiat: que ex eo,*

disease, and the fit is protracted to between twenty-four and thirty-six hours, in such a way, that what is the same may not appear to be so. It is highly necessary that food should not be given, except in the interval, which is certain, and when it does come on, immediately to give it; and many patients die suddenly under one or other error of the person treating them: and unless some circumstance particularly forbids it, blood should be drawn at the commencement; then food should be given such as cannot raise the fever, and yet may support under the long continuance of it.

IX. Also, sometimes slow fevers affect the body without any remission, and there is not room for food nor any remedy; in this case, the care of the physician should be to change the disease, for possibly it will become more easy to cure; therefore, his body is often to be rubbed over gently with cold water, to which oil has been added, for thus it occasionally turns out, that shivering arises, and some new beginning of commotion

cum corpus magis incaluit, remissio etiam sequatur. In his quoque frictio ex oleo et sale videtur salubris. At si est frigus diù et torpore et jactatio corporis, non est alienum in febre ipsâ dare tres aut quatuor cyathos mulsi, vel bene dilutum vinum cum cibo. Enim sæpe febris intenditur ex eo; et major calor ortus tollit simul et priora mala, et ostendit spem remissionis que in eâ curationis. Neque hercules, est ista curatio nova, quâ nunc quidam interdum sanant contrariis remediis, ægros traditos sibi, qui trahebantur sub cautiore medicis. Siquidem quoque apud antiquos ante Herophilum et Erasistratum, que maximè post Hippocratem fuit quidam Petro, qui ubi acceperat febricitantem hominem, operiebat multis vestimentis, ut simul excitaret ingentem calorem, que sitim; deinde, ubi febris cœperat paulum remitti, dabat frigi-

cum magis corpus incaluit, sequatur etiam remissio. In his frictio quoque ex oleo et sale salubris videtur. At si diu frigus est, et torpor, et jactatio corporis, non alienum est, in ipsa febre dare mulsi tres aut quatuor cyathos, vel cum cibo vinum bene dilutum. Intenditur enim sæpe ex eo febris; et major ortus calor simul et priora mala tollit, et spem remissionis, inque ea curationis ostendit. Neque, hercules, ista curatio nova est, qua nunc quidam traditos sibi ægros, qui sub cautiore medicis trahebantur, interdum contrariis remediis sanant. Siquidem apud antiquos quoque ante Herophilum et Erasistratum, maximeque post Hippocratem fuit Petro quidam, qui febricitantem hominem ubi acceperat, multis vestimentis operiebat, ut simul calorem ingentem, sitimque excitaret: deinde, ubi paulum remitti cœperat febris,

may take place, from which, when the body has grown hotter, a remission may also follow. In these cases, also, friction with oil and salt seems to be useful: but if there has been coldness for some time, and numbness, and jactitation of the body, it is not amiss, during the fever itself, to give three or four glasses of mulse, or well diluted wine, together with food; for often the fever is increased by it, and a greater heat arising removes, at the same time, both the former disorders, and affords hope of a remission, and in that, of a cure. Nor indeed, is that treatment new by which some persons occasionally cure, by contrary medicines, patients committed to their charge, who had been long treated by more cautious physicians. For even amongst the ancients, before Herophilus and Erasistratus, but particularly after Hippocrates, there was one Petro, who, when he had taken under his charge a person in fever, covered him with a quantity of clothes, that at the same time he might

aquam frigidam potui dabat : ac si moverat sudorem, explicuisse se ægrum judicabat ; si non moverat, plus etiam aquæ frigidæ ingerebat, et tum vomere cogebat. Si alterutro modo febre liberaverat, protinus suillam assam, et vinum homini dabat : si non liberaverat, decoquebat aquam sale adjecto, eamque bibere cogebat, ut movendo ventrem purgaret. Et intra hæc omnis ejus medicina erat : eaque non minus grata fuit iis, quos Hippocratis successores non refecerant, quam nunc est iis, quos Herophili vel Erasistrati æmuli diu tractos non expedierunt. Neque ideo tamen non est temeraria ista medicina ; quia plures, si protinus a principiis excepit, interimit. Sed cum eadem omnibus convenire non possint, fere, quos ratio non restituit, temeritas adjuvat. Ideoque ejusmodi medici melius alienos ægros, quam suos, nutriunt. Sed

dam aquam potui ; ac si moverat sudorem, judicabat se explicuisse ægrum ; si non moverat etiam ingerebat plus frigidæ aquæ, et tum cogebat vomere. Si alterutro modo liberaverat febre protinùs dabat homini assam suillam, et vinum : si non liberaverat, decoquebat aquam sale adjecto, que cogebat bibere eam ut movendo ventrem purgaret. Et intra hæc, omnis medicina ejus erat : que ea non fuit minùs grata iis, quos successores Hippocratis non refecerant, quam est nunc iis, quos æmuli Herophili et Erasistrati non expedierunt diù tractos. Neque ideò tamen ista medicina est non temeraria ; quia interimit plures si excepit protinùs a principiis. Sed cum eadem non possint convenire omnibus fere temeritas adjuvat (eos) quos ratio non restituit. Que ideo medici ejusmodi nutriunt alienos ægros meliùs quam suos. Sed est quoque

occasion great heat and thirst ; then when the fever had begun to be a little abated, he gave cold water for a drink ; and if he had raised a sweat, he considered that he had relieved his patient ; if he had not excited it, he gave even still more cold water, and then forced him to vomit. If, by either method, he had freed him from fever, he directly gave him roast pork and wine. If he had not relieved him, he boiled water with salt added to it, and forced him to drink it, that by purging he might cleanse the belly ; and in these measures was all his practice : and it was not less congenial to those whom the successors of Hippocrates had not recovered, than it is at present to those whom the followers of Herophilus and Erasistratus have not cured, after being long treated. Nor, for that reason, is that plan of treatment free from temerity, for it kills more, if it has been applied directly from the commencement. But since the same remedies cannot agree with all

circumspecti hominis, et interdum novare, et augere morbum, et accendere febres; quia, ubi, id quod est non recipit curationem, id quod est futurum potest recipere.

x. Etiam est considerandum, an febres sint solæ an quoque alia mala accedant his; id est, num caput doleat, num lingua est aspera, num præcordia sint intenta. Si sunt dolores capitis, oportet miscere rosam cum aceto, et ingerere in id; deinde habere duo pittacia, quæ æquent latitudinem, quæ longitudinem frontis; habere invicem alterum ex his in aceto et rosa, alterum in fronte; aut imponere succidam lanam intinctam iisdem. Si acetum offendit, utendum est pura rosâ; si rosa ipsa lædit, acerbo oleo. Si ista juvant parum, vel arida iris potest teri, vel amaræ nuces, vel quælibet herba ex refrige-

est circumspecti quoque hominis, et novare interdum, et augere morbum, et febres accendere: quia curationem, ubi id, quod est, non recipit, potest recipere id, quod futurum est.

x. Considerandum est etiam, febresne solæ sint, an alia quoque his mala accedant; id est, num caput doleat, num lingua aspera, num præcordia intenta sint. Si capitis dolores sunt, rosam cum aceto miscere oportet, et in id ingerere: deinde habere duo pittacia, quæ frontis latitudinem, longitudinemque æquent; ex his invicem alterum in aceto et rosa habere, alterum in fronte; aut intinctam iisdem lanam succidam imponere. Si acetum offendit, pura rosa utendum est; si rosa ipsa lædit, oleo acerbo. Si ista parum juvant, teri potest vel iris arida, vel nuces amaræ, vel quæ-

persons, generally rashness relieves those whom a more rational method has not restored; therefore physicians of that description manage others' patients better than their own. But it is likewise the duty of a circumspect man, both at times to change and increase a distemper, and to inflame fevers; because when that which exists does not admit of cure, that which is about to succeed, may admit of it.

x. It is also to be considered whether the fevers are simple, or whether other disorders are superadded to them, that is, whether the head is in pain, whether the tongue is rough, whether the præcordia are distended. If there are pains in the head, it is proper to mix rose-oil and vinegar, and to apply them to it; then to have two pieces of cloth, which equal the breadth and length of the forehead, to keep, by turns, one in the vinegar and rose-oil, the other on the forehead, or to place thereon greasy wool dipped in the same. If the vinegar is offensive, we must use pure rose-oil; if the rose-oil is unpleasant, (we must use) bitter oil. If these do little service, either dry orris root

libet herba ex refrigerantibus: quorum quidlibet ex aceto impositum, dolorem minuit; sed magis aliud in alio. Juvat etiam panis cum papavere injectus; vel cum rosa, cerussa, spumave argenti. Olfacere quoque vel serpyllum, vel anethum, non alienum est. At si in præcordiis inflammatio et dolor est, primo superimponenda sunt cataplasmata reprimentia; ne si calidiora fuerint, plus eo materiæ concurrat; deinde, ubi prima inflammatio se remisit, tunc demum ad calida et humida veniendum est; ut ea, quæ remanserunt, discutiant. Notæ vero inflammationis sunt quatuor, rubor, et tumor, cum calore, et dolore. Quo magis erravit Erasistratus, qui febrem nullam sine hac esse dixit. Ergo si sine inflammatione dolor est: nihil imponendum est: hunc enim statim ipsa febris solvet. At si neque inflammatio, neque febris, sed tantum

rantibus; quidlibet quorum ex aceto impositum minuit dolorem; sed aliud magis in alio. Etiam panis injectus cum papavere juvat, vel cerussa, vel spuma argenti, cum rosâ. Quoque non est alienum olfacere vel serpyllum, vel anethum. At si est inflammatio et dolor in præcordiis, primò reprimentia cataplasmata superimponenda sunt; ne, si fuerint calidiora, plus materiæ concurrat eò; deinde, ubi prima inflammatio remisit se, tunc demum veniendum est ad calida et humida; ut discutiant ea, quæ remanserunt. Verò notæ inflammationis sunt quatuor, rubor, et tumor, cum calore et dolore. Quo Erasistratus erravit magis, qui dixit nullam febrem esse sine hac. Ergo si est dolor sine inflammatione, nihil est imponendum; enim febris ipsa statim solvet hunc. Ac si est neque inflammatio, neque febris, sed tantum dolor

may be powdered, or bitter almonds, or any herb from amongst the refrigerants; any of which, (mixed) with vinegar, laid on, lessens the pain; but the one more so (in one person) than in another. Likewise, bread laid on with poppies relieves, or ceruse, or litharge with rose-oil. It is also not improper to smell wild thyme, or dill. But if there is inflammation and pain in the præcordia, restringent cataplasms are first to be applied, lest, if they be hotter, more matter may flow thither: when the first inflammation has subsided, then, at length, we may proceed to the warm and moist, that they may disperse what have remained. Now the marks of inflammation are four, redness and swelling, with heat and pain. So much was Erasistratus more mistaken, who has stated that there is no fever without it. Therefore, if there is pain without inflammation, nothing is to be applied; for the fever itself will immediately remove it. But if there is neither inflammation nor fever, but only pain in the præcordia, we may directly employ hot and dry

præcordiorum protinùs licet uti calidis et siccis fomentis. Verò si lingua est sicca et scabra, primùm detergenda est penicillo ex calidâ aquâ; deinde ungenda rosâ et melle, mixtis inter se. Mel purgat, rosa reprimit que simul non sinit siccescere. At si non est scabra, sed arida, ubi deterisa est penicillo; debet ungi rosâ cui paulum ceræ sit adjectum.

XI. Etiam frigus solet esse ante febres; que vel id est molestissimum genus morbi. Ubi id exspectatur, æger est prohibendus omni potione: enim hæc, data paulò ante, adjicit multum malo. Item est tegendus maturius multâ veste; sicca et calida fomenta sic admovenda iis partibus, pro quibus metuimus, ne vehementissimi calores statim incipiant, sed increcant paulatim; quoque eæ partes, sunt perfricandæ manibus unctis ex vetere oleo, que aliquid ex calefacientibus

præcordiorum dolor est, protinus calidis et siccis fomentis uti licet. Si vero lingua sicca et scabra est, detergenda primum penicillo est ex aqua calida: deinde ungenda mixtis inter se rosa et melle. Mel purgat, rosa reprimit, simulque siccescere non sinit. At si scabra non est, sed arida, ubi penicillo deterisa est, ungi rosa debet, cui ceræ paulum sit adjectum.

XI. Solet etiam ante febres esse frigus; idque vel molestissimum morbi genus est. Ubi id exspectatur, omni potione prohibendus æger est: hæc enim paulo ante data, multum malo adjicit. Item maturius veste multa tegendus est: admovenda partibus iis, pro quibus metuimus, sicca et calida fomenta, sic, ne statim vehementissimi calores incipiant, sed paulatim increcant; perfricandæ quoque eæ partes manibus unctis ex vetere oleo sunt, eique adjiciendum ali-

fomentations. But if the tongue is dry and rough, it is first to be cleansed by a rubber with warm water, then to be anointed with rose-oil and honey, mixed together. The honey cleanses, and the rose-oil restringes, and at the same time, does not allow it to become dry. But if it is not rough, but dry, when it has been cleansed by a rubber, it should be anointed with rose-oil, to which a little wax has been added.

XI. Coldness, likewise, is wont to occur before fevers, and even that is a very troublesome kind of disorder. When it is expected, the patient is to be forbidden all drink, for this given a little before, adds much to the malady. Also he is to be covered earlier with many clothes: dry and warm fomentations are to be so applied to these parts, about which we are apprehensive, lest very violent heat may immediately begin, but that may increase gradually; also those parts are to be rubbed with the hands anointed with old oil, and something from the class of calefa-

quid ex calefacientibus: contentique medici quidam una frictione, etiam ex quolibet oleo, sunt. In harum febrium remissionibus nonnulli tres aut quatuor sorbitionis cyathos, etiamnum manente febre, dant; deinde, ea bene finita, reficiunt stomachum cibo frigido et levi. Ego tum hoc puto tentandum, cum parum cibus, semel et post febrem datus, prodest. Sed curiose prospiciendum est, ne tempus remissionis decipiat: sæpe enim in hoc quoque genere valetudinis jam minui febris videtur, et rursus intenditur. Itaque ei remissioni credendum est, quæ etiam immoratur, et jactationem, fœtoremque quendam oris, quem ὄζην Græci vocant minuit. Illud satis convenit, si quotidie pares accessiones sunt, quotidie parvum cibum dandum: si impares, post graviolem, cibum; post leviolem, aquam mulsam.

XII. Horror autem eas fere fe-

adjiciendum ei; que quidam medici sunt contenti una frictione, etiam ex quolibet oleo. In remissionibus harum febrium nonnulli dant tres aut quatuor cyathos sorbitionis, etiamnum febre manente: deinde eâ bene finitâ reficiunt stomachum frigido et levi cibo. Ego puto hoc dandum tum, cum cibus, datus semel et post febrem, prodest parum. Sed est curiose prospiciendum, ne tempus remissionis decipiat; enim sæpe quoque in hoc genere valetudinis febris videtur jam minui, et rursus intenditur. Itaque credendum est ei remissioni quæ etiam immoratur, et minuit jactationem, quæ quendam fœtorem oris, quem Græci vocant ozænam. Illud satis convenit, parvum cibum dandum quotidie, si quotidie sunt pares accessiones: si impares cibum post graviolem; aquam mulsam post leviolem.

XII. Autem horror ferè

cients is to be added to it; and some physicians are satisfied with one friction even with any oil. In the remissions of these fevers, some give three or four cups of gruel, the fever even continuing; then, the fever being over, they refresh the stomach with cold and light food. I consider that it ought to be given at the time, when the food given once and after the food, proves of little benefit. But it is carefully to be seen into, that the period of the remission does not deceive, for oftentimes, in this kind of illness, the fever appears already to be diminished and is again increased. Therefore, we must depend upon that remission which lasts for some time, and lessens the restlessness, and that peculiar fœtor of the mouth, which the Greeks call ozæna. This is generally agreed upon, (namely,) that little food is to be given daily, if on every day there are equal remissions; if they are unequal, (that food is to be given) after the more severe one, and hydromel after the lighter one.

XII. But shivering generally precedes those fevers which have a

antecedit eas febres, quæ habent certum circuitum, et remittuntur ex toto; quæ ideo sunt tutissimæ, quæ maximè admittunt curationes. Nam ubi tempora sunt incerta, neque ductio alvi, neque balneum, neque vinum, neque aliud medicamentum datur rectè. Enim est incertum quando febris sit ventura: ita potest fieri, ut si venerit subito, sit summa perniciēs in eo, quod sit inventum causâ auxilii. Quæ nihil aliud potest fieri, quam ut æger bene abstineatur primis diebus; deindeumat cibum, sub decessu ejus febris, quæ est gravissima. At ubi est certus circuitus, omnia illa tentantur facilius: quia possumus magis proponere nobis vices et accessionum et decessionum. Autem in his, ubi inveteraverunt, fames non est utilis: pugnandum est eâ tantummodo primis diebus: deinde curatio est dividenda, et ante horror, tum febris discuti-

bres antecedit, quæ certum habent circuitum, et ex toto remittuntur; ideoque tutissimæ sunt, maximeque curationes admittunt. Nam ubi incerta tempora sunt, neque alvi ductio, neque balneum, neque vinum, neque medicamentum aliud recte datur. Incertum est enim, quando febris ventura sit; ita fieri potest, ut, si subito venerit, summa in eo perniciēs sit, quod auxilii causa sit inventum. Nihilque aliud fieri potest, quam ut primis diebus bene abstineatur æger; deinde, sub decessu febris ejus, quæ gravissima est, cibumumat. At ubi certus circuitus est, facilius omnia illa tentantur; quia magis proponere nobis et accessionum et decessionum vices possumus. In his autem, cum inveteraverunt, utilis fames non est: primis tantummodo diebus ea pugnandum est; deinde dividenda curatio est, et ante horror, tum febris discutienda. Igitur

certain period, and remit completely; and for this reason they are the most safe, and most easily admit of a cure. For when the periods are uncertain, neither clystering the bowels, nor the bath, nor wine, nor any medicine, is administered properly. For it is uncertain when the fever is about to come on: so it may happen that if it has come on suddenly, there may be the greatest detriment in that which has been intended for relief. And nothing else can be done than that the patient may strictly abstain on the first days; afterwards he may take food upon the decline of that fit which is the most severe. But where there is a certain period, all those things are tried more easily, because we can better inform ourselves of the succession both of the paroxysms and intervals. Now in these, when they are of long standing, fasting is not efficacious; we must oppose by it only on the first days: then the treatment is to be divided; and first the shivering, afterwards the fever, is to be dispersed. So, as soon as a person has shivered and has become

cum primum aliquis inhorruit, et ex horrore incaluit, dare ei oportet potui tepidam aquam subsalsam, et vomere eum cogere: nam fere talis horror ab iis oritur, quæ biliosa in stomacho resederunt. Idem faciendum est, si proximo quoque circuitu æque accessit: sæpe enim sic discutitur. Jamque, quod genus febris sit, scire licet. Itaque sub expectatione proximæ accessionis, quæ instare tertia potest, deducendus in balneum est; dandaque opera, ut per tempus horroris in solio sit. Si ibi quoque senserit, nihilominus idem sub expectatione quartæ accessionis faciat: siquidem eo quoque modo sæpe is discutitur. Si ne balneum quidem profuit, ante accessionem allium edat, aut bibat calidam aquam cum pipere; siquidem ea quoque assumpta calorem movent, qui horrorem non admittit. Deinde eodem modo, quo in frigore

enda. Igitur cum primum aliquis inhorruit, et incaluit ex horrore, oportet dare ei tepidam aquam subsalsam potui, et cogere eum vomere: nam ferè talis horror oritur ab iis, quæ resederunt biliosa in stomacho. Idem est faciendum, si quoque proximo circuitu æque accessit: enim sæpe sic discutitur. Que jam licet scire, quod genus febris sit. Itaque sub expectatione proximæ accessionis, quæ potest instare tertia, est deducendus in balneum; que opera danda ut sit in solio per tempus horroris. Si ibi quoque senserit, nihilominus faciat idem sub expectatione quartæ accessionis: siquidem quoque eo modo is sæpe discutitur. Si nequidem balneum profuit, edat allium ante accessionem, aut bibat calidam aquam cum pipere; siquidem ea quoque assumpta movent calorem, qui non admittit horrorem. Deinde operiatur eodem modo, quo

heated, after the rigors, it is proper to give him warm water, rather salt, for a drink, and force him to vomit; for, generally, such a shivering is produced by those (substances), which have remained bilious on the stomach. The same thing is to be done, if also, at the next period, it has again appeared; for, frequently, in this way it is removed. And by this time we may know what kind of fever it is. Therefore, under the expectation of the next paroxysm which may come on, as the third, the patient is to be brought to the bath, and care must be taken that he is in the solium during the time of the shivering. If there also he has felt the shivering, nevertheless, let him do the same under the expectation of a fourth fit, for in this manner it is often removed. If not even the bath has been successful, let him eat garlick before the paroxysm, or drink warm water with pepper; for those things also when taken, excite heat, which does not admit of shivering. Then let him be covered in the same manner as was directed in coldness,

est præceptum in frigore, antequam possit inhorrescere: que convenit protinus circumdare totum corpus fomentis, sed protinus validioribus, que maximè extinctis testis et titionibus involutis. Si nihilominus horror perruperit perfundatur inter vestimenta ipsa multo calefacto oleo, cui æque aliquid adjectum sit ex calefacientibus; que frictio adhibeatur, quantum is poterit sustinere, que maximè in manibus et pedibus; et ipse contineat spiritum. Neque desistendum est, etiamsi est horror; enim sæpe pertinacia juvantis vincit malum corporis. Si evomuit quid, tepida aqua danda, que iterum est cogendus vomere; que utendum est eisdem, donec horror finiatur. Sed præter hæc, alvus est ducenda, si horror quiescet tardiùs: siquidem id quoque prodest exonerato corpore. Ultima auxilia post hæc sunt gestatio

præceptum est, antequam inhorrescere possit, operiatur: fomentisque, sed protinus validioribus, totum corpus circumdare convenit, maximeque involutis extinctis testis et titionibus. Si nihilominus horror perruperit, multo oleo calefacto inter ipsa vestimenta perfundatur, cui æque ex calefacientibus aliquid sit adjectum, adhibeaturque frictio, quantum is sustinere poterit, maximeque in manibus et pedibus; et spiritum ipse contineat. Neque desistendum est, etiamsi horror est: sæpe enim pertinacia juvantis malum corporis vincit. Si quid evomuit, danda aqua tepida, iterumque vomere cogendus est: utendumque eisdem est, donec horror finiatur. Sed præter hæc ducenda alvus est, si tardius horror quiescet: siquidem id quoque exonerato corpore prodest. Ultimaque post hæc auxilia sunt, gestatio et frictio. Cibus

before he can begin to shiver; and it is proper immediately to surround his entire body with fomentations, and of a warmer description, and chiefly, extinguished tiles and coals wrapped up. If, notwithstanding, the shivering has broken out, let him be anointed within the clothes with much heated oil, to which something of the warming substances has been added; and let friction be employed, as much as he is able to bear, and especially in his hands and feet; and let him hold in his breath. Nor must we give over, although the shivering does return; for often the perseverance of the physician overcomes the distemper of the body. If he has vomited anything, warm water must be given, and he is again to be forced to vomit, and the same method must be used until the shivering is removed. But besides these, the bowels are to be clystered, if the shivering gives way more slowly; since that also relieves by evacuating the body. The last remedies after these are gestation and friction. But that food is particularly to

autem in ejusmodi morbis maxime dandus est, qui mollem alvum præstet; caro glutinosa; vinum, cum dabitur, austerum.

XIII. Hæc ad omnes circuitus febrium pertinent: discernendæ tamen singulæ sunt, sicut rationem habent dissimilem. Si quotidiana est, triduo primo magnopere abstinere oportet; tum cibis altero quoque die uti. Si res inveteraverit, post febrem experiri balneum et vinum; magisque si, horrore sublato, hæc superest.

XIV. Si vero tertiana, quæ ex toto intermittit, aut quartana est; mediis diebus, et ambulationibus uti oportet, aliisque exercitationibus, et unctionibus. Quidam ex antiquioribus medicis Cleophrantus, in hoc genere morborum, multo ante accessionem, per caput ægrum multa calida aqua perfundebat, deinde vinum dabat. Quod quamvis pleraque ejus viri præcepta,

et frictio. Autem cibus est maxime dandus in morbis ejusmodi, qui præstet mollem alvum; glutinosa caro: vinum, cum dabitur austerum.

XIII. Hæc pertinent ad omnes circuitus febrium: tamen singulæ sunt discernendæ, sicut habent dissimilem rationem. Si est quotidiana, magnopere oportet abstinere primo triduo; tum quoque altero die uti cibis. Si res inveteraverit, experiri balneum et vinum post febrem; que magis si hæc superest, horrore sublato.

XIV. Verò si est tertiana, aut quartana, quæ intermittit ex toto; mediis diebus, oportet uti et ambulationibus, que aliis exercitationibus, et unctionibus. Quidam ex antiquioribus medicis, Cleophrantus, in hoc genere morborum, multo ante accessionem, perfundebat ægrum per caput multâ calidâ aquâ, deinde dabat vinum. Quod Asclepiades ta-

be given in diseases of this kind which produces a relaxed state of the bowels, as glutinous flesh. When wine is given, let it be austere.

XIII. These observations relate to all the periods of fevers; but the separate species of them are to be distinguished, according as they have a dissimilar nature. If it is a quotidian, it is especially necessary to abstain for the first three days, then, on every second day, to take food. If the case has become inveterate, (it is proper) to try the bath and wine after the fit, and the more so, if it remains after the shivering is removed.

XIV. If it is a tertian or quartan, which intermits completely; on the intermediate days, it is proper to have recourse to both walking and other exercises, and anointing. One of the more ancient physicians, named Cleophrantus, in this kind of disease, some time before the paroxysm, bathed the patient from over the head, with much warm water, and then gave him wine, which Asclepiades, however, has properly

men rectè præteriit, quamvis secutus est pleraque præcepta ejus viri: enim est anceps. Ipse dicit oportere alvum duci tertio die post accessionem, si febris est tertiana; quinto elicere vomitum post horrorem; deinde post febrem, sicut erat mos illi, dare cibum et vinum adhuc calidis; sexto die detineri in lectulo; enim sic fore, febris ne accedat septimo die. Est verisimile, id posse sæpe fieri. Tamen est tutius, ut utamur hoc ordine ipso, tentare tria remedia, vomitus, ductionis alvi, vini, per triduum, id est, tertio die, et quinto et septimo; nec bibat vinum septimo die, nisi post accessionem. Verò si morbus non est discussus primis diebus, que incidit in vetustatem, contineat se in lectulo, die quo febris expectabitur; post febrem perfricetur: tum cibo assumpto bibat aquam; postero die, qui vacat, conquiescat ab exercitatione

secutus est Asclepiades, recte tamen præteriit: est enim anceps. Ipse, si tertiana febris est, tertio die post accessionem dicit alvum duci oportere; quinto, post horrorem vomitum elicere; deinde post febrem, sicut illi mos erat, adhuc calidis dare cibum et vinum; sexto die, in lectulo detineri; sic enim fore, ne septimo die febris accedat. Id sæpe fieri posse, verisimile est. Tutius tamen est, ut hoc ipso ordine utamur, tria remedia vomitus, alvi ductionis, vini, per triduum, id est, die tertio, et quinto, et septimo tentare: nec vinum, nisi post accessionem, die septimo bibat. Si vero primis diebus discussus morbus non est, inciditque in vetustatem, quo die febris expectabitur, in lectulo se contineat; post febrem perfricetur; tum, cibo assumpto, bibat aquam; postero die, qui vacat, ab exercitatione unctioneque, aqua tantum

omitted, although he followed most of his precepts; for it is doubtful. He says that the bowels should be clystered on the third day after the fit, if the fever is a tertian; that on the fifth day (it is proper) to excite vomiting after the shivering; and then after the fit (as was his custom) to give food and wine whilst they were still heated; on the sixth day to be kept in bed, for by these means it would turn out that the fever would not come on, on the seventh day. It is probable that this plan may frequently answer. Yet it is safer that we make use of this order, to try the three remedies, of vomiting, clystering, and wine, for three days, that is, on the third, fifth, and seventh. He should not drink wine on the seventh day, after the paroxysm. But if the disease is not removed on the first days, and falls into a chronic state, let him keep himself in bed on the day in which the fever is expected; after the fever let him be rubbed; then after taking food, let him drink water; on the following day which is free, let him rest from exercise and

contentus, conquiescat. Et id quidem optimum est. Si vero imbecillitas urgebit, et post febrem vinum, et medio die paulum cibi debebit assumere.

xv. Eadem in quartana facienda sunt. Sed cum hæc tarde admodum finiatur, nisi primis diebus discussa est, diligentius ab initio præcipiendum est, quid in ea fieri debeat. Igitur si cui cum horrore febris accessit, eaque desiit, eodem die et postero tertioque continere se debet, et aquam tantummodo calidam primo die post febrem sumere; biduo proximo, quantum fieri potest, ne hanc quidem. Si quarto die cum horrore febris revertitur, vomere, sicut ante præceptum est: deinde post febrem, modicum cibum sumere, vini quadrantem; postero tertioque die abstinere, aqua tantummodo calida, si sitis est, assumpta. Septimo die balneo frigus prævenire; si febris

que unctione, contentus aqua tantum. Et id quidem est optimum. Verò si imbecillitas urgebit, debebit assumere, et vinum post febrem et medio die paulum cibi.

xv. *Eadem sunt facienda in quartana. Sed cum hæc admodum tardè finiatur, nisi discussa est primis diebus, præcipiendum est diligentius ab initio, quid debeat fieri in eâ. Igitur si febris accessit cui cum horrore, que ea desiit, debet continere se eodem die, et postero et tertio, et sumere calidam aquam tantummodò primo die post febrem; ne quidem hanc, proximo biduo, quantum potest fieri. Si febris revertitur quarto die cum horrore, vomere sicut præceptum est ante; deinde post febrem, sumere modicum cibum, quadrantem vini; abstinere postero que tertio die, calidâ aquâ tantummodò assumptâ, si est sitis. Septimo die prævenire frigus balneo: si*

anointing, being contented with water only. This indeed is the best (management). But if weakness shall press upon him, he ought both to take wine after the fit, and on the intermediate day, a little food.

xv. The same things are to be done in a quartan. But as this is very slowly terminated, unless it is removed in the beginning, we must direct with greater accuracy from its commencement, what ought to be done in it. Therefore, if the fit has attacked any person with shivering and it has gone off, he should restrict himself on the same day, and on the following, and on the third, and should take warm water only on the first day of the fever, and not even this on the next two days, as far as can be accomplished. If the fever returns on the fourth day, with the shivering, he should vomit, as has been directed before; then, after the fever, take a little food, (and) a quadrans of wine; to abstain on the following and third day, warm water only being taken, if there is thirst. On the seventh day he should prevent

febris redierit, ducere alvum; ubi corpus conquieverit ex eo, perfricari vehementer in unctione; eodem modo sumere cibum, et vinum; proximo biduo abstinere se, frictione servatâ. Decimo tertio die rursus experiri balneum; et si febris accessit postea, æquè perfricari, bibere vinum copiosius. Ac sic proximum est, ut quies tot dierum, et abstinencia cum ceteris, quæ præcipiuntur, tollant febrem. Verò si nihilominus remanet, aliud genus curationis ex toto est sequendum: quæ id agendum, ut corpus facile sustineat, quod est diù sustinendum. Quo minus etiam curatio Heraclidis Tarentini debet probari, qui dixit alvum ducendam primis diebus, deinde abstinendum in septimum diem. Quod ut aliquis possit sustinere, tamen, etiam liberatus febre, vix valebit refecti: adeo concidet, si febris sæpius accesserit. Igitur si

redierit, ducere alvum; ubi ex eo corpus conquieverit, in unctione vehementer perfricari; eodem modo sumere cibum et vinum: biduo proximo se abstinere, frictione servata. Decimo tertio die rursus, balneum experiri; et, si postea febris accessit, æquè perfricari, vinum copiosius bibere. Ac sic proximum est, ut quies tot dierum, et abstinencia cum ceteris, quæ præcipiuntur, febrem tollant. Si vero nihilominus remanet, aliud ex toto sequendum est curationis genus; idque agendum, ut, quod diu sustinendum est, corpus facile sustineat. Quo minus etiam curatio probari Heraclidis Tarentini debet, qui primis diebus ducendam alvum, deinde abstinendum in septimum diem dixit. Quod, ut sustinere aliquis possit, tamen, etiam febre liberatus, vix refecti valebit, adeo, si febris sæpius accesserit, concidet. Igitur si tertio decimo

the coldness by means of the bath; if the fever has returned, to clyster the bowels: when the body has rested (after that), to be rubbed briskly during the anointing; in the same way to take food and wine; for the next two days to fast, friction being attended to. On the thirteenth day, again to try the bath; and, if the fever has come on after it, to be rubbed in the same manner, and to drink wine more plentifully. And thus the consequence is, that the rest of so many days, and the fasting, together with the other things which are directed, may remove the fever. But if, notwithstanding, it continues, another plan of treatment altogether is to be adopted, and it is to be contrived that the body may easily bear what is long to be endured; therefore, by so much the less the mode of treatment pursued by Heraclides of Tarentum ought to be approved, who said that the bowels were to be clystered in the commencement, and that fasting was to be enjoined until the seventh, which, although a person may be able to support, yet

die morbus manebit, balneum neque ante febrem, neque post eam tentandum erit; nisi interdum jam horrore discusso; horror ipse per ea, quæ supra scripta sunt, expugnandus. Deinde post febrem oportebit ungi, et vehementer perfricari; cibum et validum, et fortiter assumere; vino uti quantum libebit: postero die, cum satis quieverit, ambulare, exerceri, ungi, perfricari fortiter, cibum capere sine vino: tertio die abstinere. Quo die vero febrem exspectabit, ante surgere, et exerceri, dareque operam, ut in ipsam exercitationem febris tempus incurrat; sic enim sæpe illa discutitur. At si in opere occupavit, tum demum se recipere. In ejusmodi valetudine medicamenta sunt, oleum, frictio, exercitatio, cibus, vinum. Si venter adstrictus est, solvendus est. Sed hæc facile validiores faciunt; si imbecillitas occupavit, pro exerci-

morbus manebit, decimo tertio die balneum erit neque tentandum ante febrem, neque post eam; nisi interdum horrore jam discusso; ipse horror est expugnandus per ea, quæ sunt supra scripta. Deinde post febrem, oportebit ungi, et vehementer perfricari; assumere cibum et validum, et fortiter: uti vino, quantum libebit: postero die, cum satis quieverit, ambulare, exerceri, ungi, perfricari fortiter, capere cibum sine vino: abstinere tertio die. Verò die, quo exspectabit febrem, surgere ante, et exerceri, et dare operam, ut tempus febris incurrat in ipsam exercitationem: enim sic illa sæpe discutitur. At si occupavit in opere, tum demum recipere se. In valetudine ejusmodi, medicamenta sunt, oleum frictio, exercitatio, cibus, et vinum. Si venter est adstrictus, solvendus est. Sed validiores faciunt hæc facile: si imbecillitatis occupavit,

even when freed from fever, he will scarcely have strength for recruiting, so that he will sink, if the fever has returned frequently. Therefore, if the disease shall remain on the thirteenth day, the bath is neither to be tried before the fit, nor after it, unless sometimes, when the shivering is already removed; the shivering itself is to be attacked by those (means) which have been above directed. Then, after the fever, it will be proper to be anointed and briskly rubbed; to take food both substantial and heartily; to take as much wine as he likes; on the following day, when he has rested sufficiently, to walk, be exercised, anointed, and briskly rubbed; to take food without wine; and to abstain on the third day. But on the day that he shall expect the fever, he ought to rise before, and be exercised, and endeavour that the time of the fever may run into the exercise itself, for in this way it is frequently removed. But if it has seized him in the midst of his exercise, then to retire. In a disorder of this description the remedies are oil, friction, exercise,

est gestatio pro exercitatione: si ne quidem sustinet hanc, tamen frictio est adhibenda: si hæc quoque vehemens onerat, sistendum est intra quietem et unctionem, et cibum; que opera est danda, ne qua cruditas vertat id malum in quotidianam. Nam quartana jugulat neminem: sed si quotidiana facta est ex eâ, æger est in malis: quod tamen nunquam fit, nisi culpa vel ægri vel curantis.

xvi. At si sunt duæ quartanæ, neque eæ exercitationes quas proposui, possunt adhiberi; opus est aut quiescere ex toto, aut si id est difficile, ambulare leniter; considerare pedibus et capite diligenter involutis, sumere modicum cibum et vinum, quoties febris accessit et desiit; abstinere reliquo tempore, nisi imbecillitas urget. At si duæ febres pænè junguntur sumere cibum post utramque: deinde vacuo tem-

tatione gestatio est: si ne hanc quidem sustinet, adhibenda tamen frictio est: si hæc quoque vehemens onerat, intra quietem et unctionem et cibum sistendum est; dandaque opera est, ne qua cruditas in quotidianum id malum vertat. Nam quartana neminem jugulat: sed si ex ea facta quotidiana est, in malis æger est; quod tamen, nisi culpa vel ægri vel curantis, nunquam fit.

xvi. At si duæ quartanæ sunt, neque eæ, quas proposui, exercitationes adhiberi possunt; aut ex toto quiescere opus est, aut, si id difficile est, leniter ambulare; considerare diligenter involutis pedibus et capite: quoties febris accessit et desiit, cibum modicum sumere, et vinum; reliquo tempore, nisi imbecillitas urget, abstinere. At si duæ febres pænè junguntur, post utramque cibum sumere: deinde vacuo tempore, et moveri aliquid,

food, and wine. If the body is bound it is to be relaxed. The more robust people perform these things easily; if weakness has seized (a patient), gestation may be employed instead of exercise; if he cannot even bear this, still friction is to be applied; if this also, when violent, distresses, we must be limited to rest, and anointing, and food; and care must be taken lest any indigestion convert this disorder into a quotidian. For a quartan kills nobody, but if a quotidian has been made out of it, the patient is in danger; which circumstance, however, never happens, except by the fault either of the patient or the person curing.

xvi. But if there are two quartans, nor those exercises which I have mentioned can be employed, it is necessary either to rest entirely, or if that is difficult to walk gently, to sit down with the feet and head carefully wrapped up, to take moderate food and wine, as often as the fit has come on, and gone off, to abstain during the rest of the time, unless weak-

et post unctionem cibo uti. Cum vero vetus quartana raro, nisi vere, solvatur; utique eo tempore attendendum est, ne quid fiat, quod valetudinem impediât. Prodestque in vetere quartana, mutare subinde victus genus; a vino ad aquam, ab aqua ad vinum, a lenibus cibis ad acres, ab acribus ad lenes transire; esse radicem, deinde vomere; jureve pulli gallinacei ventrem resolvere; oleo ad frictiones adjicere calefacientia; ante accessionem sorbere, vel aceti cyathos duos, vel unum sinapis cum tribus Græci vini salsi, vel mixta paribus portionibus, et in aqua diluta, piper, castoreum, laser, myrrham. Per hæc enim similiaque corpus agitandum est, ut moveatur ex eo statu, quo detinetur. Si febris quievit, diu meminisse ejus diei convenit; eoque vitare frigus, calorem, cruditatem, lassitudinem.

pore, et moveri aliquid, et uti cibo post unctionem. Verò cum vetus quartana rarò solvatur, nisi vere: utique eo tempore, attendendum est, ne quid fiat, quod impediât valetudinem. Que prodest in vetere quartanâ, subinde mutare genus victus; transire a vino ad aquam, ab aquâ ad vinum, a lenibus cibis ad acres, ab acribus ad lenes; esse radicem, deinde vomere; vel resolvere ventrem jure gallinacei pulli; adjicere calefacientia oleo ad frictiones; sorbere ante accessionem, vel duos cyathos aceti, vel unum sinapis cum tribus Græci salsi vini, vel piper, castoreum, laser, myrrham mixta paribus portionibus et diluta aquâ. Enim per hæc quesimilia corpus est agitandum, ut moveatur ex eo statu, quo detinetur. Si febris quievit, convenit diu meminisse diei ejus; que eo vitare frigus, calorem, cruditatem,

ness oppresses. But if two paroxysms are nearly united, (it is proper) to take food after each, then, in the interval, to be somewhat moved, and to take food after the anointing. Since an inveterate quartan is seldom cured unless during spring; in that season especially, attention must be given, lest anything may arise which may obstruct the recovery of health. It is of service in an old quartan to alter now and then the mode of living; to change from wine to water, from water to wine, from mild food to such as is acrid, from what is acrid to the mild, to eat radish, then vomit; or to relax the belly by chicken-broth; to add calefacients to oil for frictions; to drink before the paroxysm, either two cyaths of vinegar, or one of mustard, with three of Greek salt wine, or pepper, castor, assafœtida, and myrrh, mixed together in equal quantities, and diluted with water. For by these means and the like the body is to be so agitated that it may be changed from the state in which it is detained. If the fever has disappeared it is right for some time to recollect its day, and on that day to avoid cold, heat, crudity,

lassitudinem. Enim facile revertitur, nisi aliquamdiu timetur quoque a sano.

XVII. *At si quotidiana est facta ex quartana: cum id inciderit vitio, oportet abstinere per biduum, et uti frictione; dare aquam tantummodo vespere potui. Sæpe fit tertio die febris ne accedat; sed sive fuit, sive non fuit, cibus est dandus post tempus accessionis; et si manet, utendum est abstinentiâ per biduum, quanta maximapotest imperari corpori, et frictione quotidie.*

XVIII. *Et quidè curatio februm exposita est. Verò alii affectus corporis supersunt, qui superveniunt huic: ex quibus protinus jungam eos, qui non possunt assignari certis partibus. Incipiam ab insaniâ, que aggrediar primam partem hujus ipsius, quæ est et acuta, et in febre. Græci appellant phrenesin. Ante omnia oportet scire illud, ægros interdum desi-*

Facile enim revertitur, nisi a sano quoque aliquamdiu timetur.

XVII. At si ex quartana, quotidiana facta est; cum id vitio inciderit, per biduum abstinere oportet, et frictione uti; aquam tantummodo vespere potui dare. Tertio die sæpe fit, ne febris accedat: sed sive fuit, sive non fuit, cibus post accessionis tempus est dandus; et si manet, per biduum abstinentia, quanta maxima imperari corpori potest, et frictione, quotidie utendum est.

XVIII. Et februm quidem curatio exposita est. Supersunt vero alii corporis affectus, qui huic superveniunt: ex quibus eos, qui certis partibus assignari non possunt, protinus jungam. Incipiam ab insania, primamque hujus ipsius partem aggrediar, quæ et acuta, et in febre est: φρένησιν Græci appellant. Illud ante omnia scire oportet, interdum in accessione

and fatigue. For it readily returns, unless it is for some time guarded against, even by a healthy person.

XVII. But if a quotidian has been formed from a quartan, as that may have arisen from imprudence, it is proper to abstain for two days, and use friction; to give water only in the evening for a drink. It often happens on the third day that the fever does not come on: but whether it has or has not, food is to be given after the fit; and if it continues, we must enjoin abstinence, the strictest possible that can be directed, and friction every day.

XVIII. And indeed the treatment of fevers has been detailed. But other disorders of the body remain, which come on after them, from which I will immediately subjoin those which cannot be assigned to individual parts. I will begin with insanity, and will proceed to the first division of it, which is both acute and happens in fever. The Greeks call it phrensy. First of all it is necessary to know this, that

ægros desipere, et loqui aliena. Quod non quidem leve est; neque incidere potest, nisi in febre vehementi: non tamen æque pestiferum est; nam plerumque breve esse consuevit, levatoque accessionis impetu, protinus mens redit. Neque id genus morbi remedium aliud desiderat, quam quod in curanda febre præceptum est. Phrenesis vero tum demum est, cum continua dementia esse incipit: aut cum æger, quamvis adhuc sapiat, tamen quasdam vanas imagines accipit: perfecta est, ubi mens illis imaginibus addicta est. Ejus autem plura genera sunt: siquidem ex phreneticis alii hilares, alii tristes sunt: alii facilius continentur, et intra verba desipiunt, alii consurgunt, et violenter quædam manu faciunt: atque ex his ipsis, alii nihil nisi impetu peccant, alii etiam artes adhibent, summamque speciem sanitatis in captan-

pere in accessione, et loqui aliena. Quod, quidem non est leve: neque potest incidere, nisi in vehementi febre: tamen non est æque pestiferum; nam plerumque consuevit esse breve, que impetû accessionis levato, mens protinùs redit. Neque id genus morbi desiderat aliud remedium, quam quod est præceptum in curandâ febre. Verò tum demum est phrenesis cum dementia incipit esse continua; aut cum æger, quamvis adhuc sapiat, tamen accipit quasdam vanas imagines; est perfecta ubi mens est addicta illis imaginibus. Autem sunt plura genera ejus: siquidem alii ex phreneticis sunt hilares, alii tristes; alii continentur faciliùs, et desipiunt intra verba, alii consurgunt, et faciunt quædam violenter manû; atque ex his ipsis, alii peccant nihil nisi impetû, alii etiam adhibent artes, que præbent summam speciem sanitatis, in captandis occa-

sick people sometimes wander in the paroxysm, and talk incoherently. Which indeed is not a trifling (disorder), nor can it occur except in a violent fever; yet it is not equally dangerous, for, generally, it is accustomed to be of short continuance, and when the violence of the paroxysm is abated, the mind immediately returns. Nor does that kind of disorder require any other remedy than what has been directed in the treatment of fever. But then at length there is phrensy, when the delirium begins to be constant, or when the patient, although he still has his reason, yet forms to himself some vain images; it is complete when the mind is given up to those images. But there are several kinds of it; for some phrenitic people are merry, others sad; some are more easily restrained, and rave only in their words: others rise up, and commit violence with their hands; and, amongst the latter, some only do wrong by impetus; others even make use of cunning, and exhibit the most perfect appearance of sanity, in seizing

sionibus malorum operum; sed deprehenduntur exitu. Autem ex his est supervacuum onerare asperioribus coercionibus eos, qui desipiunt intra verba, aut etiam peccant leviter manu: verò convenit vincire eos, qui gerunt se violentius, ne noceant vel sibi, vel alteri. Neque credendum est, si aliquis vinctus, dum cupit levare vinculis, quamvis loquitur prudenter, et miserabiliter; quoniam is est dolus insanientis. Verò ferè antiqui habebant tales ægros in tenebris; eo quod, esset contrarium illis exterreri, et judicabant tenebras ipsas conferre ad quietem animi. At Asclepiades dixit eos habendos in lumine, tanquam tenebris ipsis terrentibus. Autem neutrum est perpetuum; enim lux turbat alium, tenebræ magis turbant alium, que reperiuntur, in quibus nullum discrimen possit deprehendi, vel hoc, vel illo modo. Itaque est opti-

dis malorum operum occasionibus præbent: sed exitu deprehenduntur. Ex his autem eos, qui intra verba desipiunt, aut leviter etiam manu peccant, onerare asperioribus coercionibus supervacuum est: eos vero, qui violentius se gerunt, vincire convenit, ne vel sibi vel alteri noceant. Neque credendum est, si vinctus aliquis dum levare vinculis cupit, quamvis prudenter et miserabiliter loquitur; quoniam is dolus insanientis est. Fere vero antiqui tales ægros in tenebris habebant; eo quod illis contrarium esset, exterreri, et ad quietem animi tenebras ipsas conferre aliquid judicabant. At Asclepiades, tanquam tenebris ipsis terrentibus, in lumine habendos eos dixit. Neutrum autem perpetuum est: alium enim lux, alium tenebræ magis turbant; reperiunturque, in quibus nullum discrimen deprehendi, vel hoc, vel illo

opportunities for their mischievous works; but they are discovered by the issue. But from amongst these, it is needless to load with severe restraints those who rave in their talk, or do little harm with their hands; but it is proper to bind those who behave themselves more violently, lest they should hurt either themselves or any other person, nor must we trust him, if any one, bound, whilst he desires to be relieved from his chains, speaks sensibly and pitiaibly, for that is the cunning of a mad person. Generally, the ancients kept such patients in the dark, because it was contrary for such persons to be terrified, and they considered that darkness itself contributes to the composure of the mind. But Asclepiades said, that they were to be kept in the light, darkness itself terrifying them; neither of these is good in every case, for the light disturbs one, darkness more disturbs another; and there are found some, in whom no difference can be found either one way or the other. Therefore, it is best to try both, and to keep him

modo possit. Optimum itaque est, utrumque experiri; et habere eum, qui tenebras horret, in luce; eum, qui lucem, in tenebris. At ubi nullum tale discrimen est, æger, si vires habet, loco lucido; si non habet, obscuro continendus est. Remedia vero adhibere, ubi maxime furor urget, supervacuum est: simul enim febris quoque increscit. Itaque tum nihil nisi continendus æger est: ubi vero res patitur festinanter subveniendum est. Asclepiades perinde esse dixit, his sanguinem mitti, ac si trucidentur; rationem hanc secutus, quod neque insania esset, nisi febre intenta; neque sanguis, nisi in remissione ejus, recte mitteretur. Sed ipse in his somnum multa frictione quæsit; cum et intentio febris somnum impediat, et frictio non nisi in remissione ejus utilis sit. Itaque hoc quoque auxilium debuit præterire. Quid igitur est? Multa

mum, experiri utrumque, et habere eum in luce, qui horret tenebras, eum in tenebris qui lucem. At ubi est nullum tale discrimen, æger si habet vires est continendus lucido loco; si non habet in obscuro. Verò est supervacuum adhibere remedia ubi furor maxime urget; enim simul febris quoque increscit. Itaque tum est nihil nisi æger continendus: verò ubi res patitur, subveniendum est festinanter. Asclepiades dixit misisse sanguinem ex his, esse, perinde ac si trucidentur; secutus hanc rationem, quod neque esset insania, nisi intentâ febre; neque sanguis mitteretur rectè, nisi in remissione ejus. Sed ipse in his quæsit somnum multâ frictione; cum et intentio febris impediat somnum, et frictio non sit utilis nisi in remissione ejus. Itaque debuit quoque præterire hoc auxilium. Igitur quid est? Multa fiunt rectè in præcipiti peri-

in the light who dreads darkness, and that person in the dark who dreads the light; when there is no such difference, the patient, if he has strength, is to be confined in a light place, if not, in a dark one. But it is useless to apply remedies when the phrensy is most violent, for at the same time the fever also is increasing. Therefore, at that time nothing is to be done, except the patient being confined; but when circumstances allow, he is to be relieved speedily. Asclepiades asserted, that to take blood from these patients would be the same as killing them: following this mode of reasoning, that there was no madness without intense fever, and that blood could not be drawn with propriety, except in its remission. But he, in these cases, endeavoured to obtain sleep by much friction; and since both the violence of the fever prevents sleep, and friction is not useful unless in its remission, he therefore ought also to omit this remedy. Therefore, what is to be done? Many things are practised properly in

culo, omittenda aliàs. Et quoque continua febris habet tempora, quibus etsi non remittit, tamen non crescit; que hoc, ut non optimum, tamen sic est secundum tempus remediis. Quòd si vires ægri patiuntur, sanguis quoque debet mitti. Potest minùs deliberari, an alvus sit ducenda. Tum, die interposito, convenit tondere caput ad cutem; deinde fovere aquâ, in quâ aliquæ verbenæ ex reprimentibus sint decoctæ; aut priùs fovere, deinde tondere, et iterum fovere; ac novissimè implere caput que nares rosâ; etiam offerre naribus rutam, contritam ex aceto; movere sternutamenta medicamentis efficacibus in id. Quæ tamen sunt facienda in iis, quibus vires non desunt. Verò si est imbecillitas, tantum caput est madefaciendum rosâ, serpyllo, vel aliquo simili adjecto. Etiam sunt duæ herbæ utiles in quibuscunque viribus, solanum et muralis, si

in præcipiti periculo recte fiunt, alias omittenda. Et continua quoque febris habet tempora, quibus, etsi non remittit, non tamen crescit; estque hoc, ut non optimum sic tamen secundum remediis tempus. Quod si vires ægri patiuntur, sanguis quoque mitti debet. Minus deliberari potest, an alvus ducenda sit. Tum, interposito die, convenit caput ad cutem tondere; deinde aqua fovere, in qua verbenæ aliquæ decoctæ sint ex reprimentibus; aut prius fovere, deinde tondere, et iterum fovere; ac novissime rosa caput naresque implere; offerre etiam naribus rutam, ex aceto contritam; movere sternutamenta medicamentis in id efficacibus. Quæ tamen facienda sunt in iis, quibus vires non desunt. Si vero imbecillitas est, rosa tantum caput, adjecto serpyllo, similive aliquo, madefaciendum est. Utiles etiam in quibuscunque viri-

imminent danger, to be omitted on any other occasion. And even a continued fever has periods in which, although it does not remit, yet it does not increase; and this, although not the best, still it is a favorable time for remedies. But if the strength of the patient allows, blood also ought to be drawn. There is less reason for doubting whether the bowels are to be clystered. Then, a day having intervened, it is proper to shave the head close to the skin; then to foment it with water, in which some vervain out of the restringent herbs has been boiled: or first to foment, then to shave it, and again to foment; and lastly, to embrocate the head and nostrils with oil of roses; likewise to hold to the nose rue bruised with vinegar; to excite sneezing by medicines efficacious for that purpose. Which things, however, are to be done in those persons to whom strength is not wanting. If there is weakness, the head only is to be moistened with rose-oil, wild thyme, or something like, being added to it. Likewise, there are

bus herbæ duæ sunt, solanum et muralis, si simul ex utraque succo expresso caput impletur. Cum se febris remiserit, frictione utendum est; parcius tamen in iis, qui nimis hilares, quam in iis, qui nimis tristes sunt. Adversus omnium autem sic insanientium animos gerere se pro cuiusque natura necessarium est. Quorundam enim vani metus levandi sunt; sicut in homine prædivite famem timente incidit, cui subinde falsæ hereditates nuntiabantur: quorundam audacia coercenda est; sicut in iis fit, in quibus continendis plagæ quoque adhibentur: quorundam etiam intempestivus risus objurgatione et minis finiendus: quorundam discutiendæ tristes cogitationes; ad quod symphonïæ, et cymbala, strepitusque proficiunt. † Sæpius tamen assentiendum, quam repugnandum est; paulatimque, et non evidenter, ab iis, quæ stulte dicen-

caput simul impletur succo expresso ex utraque. Cùm febris remiserit se, utendum est frictione; tamen parcius in iis, qui sunt nimis hilares, quam in iis, qui nimis tristes. Autem est necessarium gerere se adversus animos omnium sic insanientium pro naturâ cuiusque. Enim vani metus quorundam sunt levandi; sicut incidit in prædivite homine timente famem, cui subinde falsæ hereditates nuntiabantur; audacia quorundam est coercenda; sicut fit in iis, in continendis quibus plagæ quoque adhibentur: etiam intempestivus risus quorundam est finiendus objurgatione et minis; tristes cogitationes quorundam discutiendæ; ad quod symphonïæ, et cymbala que strepitus proficiunt. Tamen sæpius assentiendum est, quam repugnandum; que paulatim, et non evidenter, mens (est) adducenda ab iis, quæ dicuntur stultè, ad meliora. Eti-

two herbs useful in every state of the strength, (namely) night-shade and wall-herb; if the head be bathed with the expressed juice of each at the same time. When the fever has subsided, we must employ friction; yet more sparingly in those who are too merry, than in those who are melancholic. Also it is necessary to conduct one's self towards the minds of all thus mad, according to the disposition of each. For the groundless fears of some are to be appeased, as happens in a very rich man fearing hunger, to whom occasionally pretended inheritances have been announced; the audacity of some is to be checked, as is practised in those, in restraining whom, stripes are to be employed; also, the unreasonable laughter of some is to be stopped by reproof and threats; the sorrowful thoughts of others are to be dispelled, for which purpose, concerts of music, and cymbals, and noises, are efficacious. Nevertheless more frequently they must be humoured than contradicted, and by degrees, but not evidently, the mind is to be led from those things which

am interdum intentio ipsius est elicienda; ut fit in hominibus studiosis literarum, quibus liber aut legitur rectè, si delectantur, aut perperàm si id ipsum offendit eos, enim emendando incipiunt convertere animum. Quinetiam sunt cogendi recitare, si meminerunt qua. Quoque ii, qui collocarunt eos inter epulantes reduxerunt ad cibum quosdam non desiderantes. Verò somnus est et difficilis, et præcipuè necessarius omnibus sic affectis; enim sub hoc plerique sanescunt. Crocinum unguentum cum irino datum in caput, prodest ad id, atque etiam ad componendam mentem ipsam. Si nihilominus vigilant, quidam moliuntur somnum dando potui aquam, in quâ papaver, aut hyoscyamus sit decocta; alii subjiciunt pulvino mala mandragoræ; alii inducunt fronti vel amomum, vel lacrimam sycamini. Reperio hoc nomen apud medicos;

tur, ad meliora mens adducenda. Interdum etiam elicienda ipsius intentio; ut fit in hominibus studiosis literarum, quibus liber legitur, aut recte si delectantur aut perperam, si id ipsum eos offendit: emendando enim convertere animum incipiunt. Quinetiam recitare, si qua meminerunt, cogendi sunt. Ad cibum quoque quosdam non desiderantes reduxerunt ii, qui inter epulantes eos collocarunt. Omnibus vero sic affectis somnus et difficilis, et præcipue necessarius est: sub hoc enim plerique sanescunt. Prodest ad id, atque etiam ad mentem ipsam componendam, crocinum unguentum cum irino in caput datum. Si nihilominus vigilant, quidam somnum moliuntur potuidando aquam, in qua papaver, aut hyoscyamus decocta sit: alii mandragoræ mala pulvino subjiciunt: alii vel amomum, vel sycamini lacrimam fronti

are spoken foolishly to better things. Also, sometimes the intention of the person is to be elicited, as in those fond of literature, to whom a book is either read correctly, if they are pleased with it, or incorrectly, if that circumstance offends them; for by making corrections, they begin to convert the mind. Moreover, they are to be compelled to recite, if they have recollected any things. The same also, by placing them among persons feasting, have brought some to eat, having no inclination for it. But sleep is both difficult, and highly necessary to all persons affected in this manner, for by this most recover. Saffron ointment, with that of the iris, applied upon the head, is useful for this purpose, as well as for composing the mind. If notwithstanding they keep awake, some endeavour to procure sleep, by giving them for a drink, water in which the poppy or henbane has been boiled; others place mandrake apples under their pillows; others apply to their forehead either amomum, or the gum of the sycamore tree. I find

inducunt. Hoc nomen apud medicos reperio : sed cum Græci morum *συκάμινον* appellant, mori nulla lacrima est. Sic vero significatur lacrima arboris in Ægypto nascentis, quam ibi *μοροσύκον* appellant. Plurimi decoctis papaveris corticibus, ex ea aqua spongia os et caput subinde foveant. Asclepiades ea supervacua esse dixit ; quoniam in lethargum sæpe converterent. Præcepit autem, ut primo die, a cibo, potione, somno abstinere ; vespere ei daretur potui aqua ; tum frictio admoveretur lenis, ut ne manum quidem, qui perfricaret, vehementer imprimeret ; postero deinde die, iisdem omnibus factis, vespere ei daretur sorbitio et aqua, rursusque frictio adhiberetur : per hanc enim nos consecuturos, ut somnus accedat. Id interdum fit, et quidem adeo, ut, illo confitente, nimia frictio etiam lethargi periculum afferat. Sed si sic somnus

sed cum Græci appellant morum sycaminum, est nulla lacrima mori. Verò lacrima arboris crescentis in Ægypto, quam appellant ibi morosycum sic significatur. Plurimi, corticibus papaverum decoctis, subinde foveant os et caput ex eâ aquâ spongiâ. Asclepiades dixit ea esse supervacua ; quoniam sæpe converterent in lethargum. Autem præcepit, ut primo die, abstinere a cibo, potione, somno ; vespere aqua daretur ei potui : tum lenis frictio admoveretur, ut qui perfricaret, ne quidem imprimeret manum vehementer ; deinde postero die, omnibus iisdem factis, sorbitio et aqua daretur ei vespere, que rursus frictio adhiberetur : enim per hanc, nos consecuturos, ut somnus accedat. Id fit interdum, et quidem adeo, ut illo confitente, etiam nimia frictio afferat periculum lethargi. Sed si somnus non sic accessit, tum

this name amongst Greek authors ; but although the Greeks call the mulberry, sycamorus, there is no tear from the mulberry, but the gum of a tree growing in Egypt, which they there call morosukon, is here intended. Many, having boiled poppy heads, frequently foment the face and head with a sponge out of that water. Asclepiades stated that those things are hurtful, because they often converted (the disease) into a lethargy. But he directed that on the first day the patient should abstain from food, drink, and sleep ; in the evening, water should be given him for a drink ; then gentle friction might be applied, provided that he who rubbed, did not press on the hand strongly ; then on the following day, all the same things being practised, gruel and water might be given him in the evening for a drink, and again friction might be employed, for by these means we should obtain, that sleep comes on. This sometimes happens, and indeed, so much according to his confession, that even friction may induce danger of a lethargy. But

demum arcessendus est illis medicamentis: scilicet eadem moderatione habitâ, quæ hic quoque est necessaria, ne non possimus postea excitare quem volumus obdormire. Etiam juxta cadens silanus confert aliquid ad somnum: vel gestatio post cibum, et noctu; que maximè motus suspensi lecti. Neque est alienum, si neque sanguis missus est ante, neque mens constat, neque somnus accedit admove cucurbitulam inciso occipitio; quæ, quia levat morbum, potest etiam facere somnum. Autem moderatio in cibo quoque est adhibenda: nam neque æger est implendus, ne insaniat; neque utique vexandus jejunio, ne incidat imbecillitate in cardiacum. Opus est infirmo cibo, que maxime sorbitione, potione mulsæ aquæ, cujus est satis dedisse ternos cyathos bis hieme, quater æstate.

Est alterum genus insa-

non accessit, tum demum illis medicamentis arcessendus est: habita scilicet eadem moderatione, quæ hic quoque necessaria est, ne, quem obdormire volumus, excitare postea non possimus. Confert etiam aliquid ad somnum silanus juxta cadens; vel gestatio post cibum, et noctu; maximeque suspensi lecti motus. Neque alienum est, si neque sanguis ante missus est, neque mens constat, neque somnus accedit, occipitio inciso cucurbitulam admove; quæ quia levat morbum, potest etiam somnum facere. Moderatio autem in cibo quoque adhibenda est: nam neque implendus æger est, ne insaniat; neque jejunio utique vexandus, ne imbecillitate in cardiacum incidat. Opus est cibo infirmo, maximeque sorbitione, potione aquæ mulsæ, cujus ternos cyathos bis hieme, quater æstate dedisse satis est.

Alterum insanix genus est, quod

if sleep has not thus come on, it is then at length to be procured by medicines; still the same moderation being observed, which here also is necessary, lest we should not afterwards be able to wake him whom we desire to get to sleep. Also a near waterfall conduces somewhat to sleep; or gestation after meat, and in the night time; and especially the motion of a suspended bed. Nor is it improper, if blood has not been taken before, and the mind is not collected, and sleep has not come on, to apply a cup to a scarified occiput, which, inasmuch, as it alleviates the disease, may likewise produce sleep. But moderation in food is to be enjoined; for the patient is neither to be full fed, lest he grow outrageous, nor, indeed, to be tormented by fasting, lest from his weakness he fall into a cardiac disease. There is need of weak food, and especially gruel, and a drink of hydromel, of which it is sufficient to have given three cyaths twice (a day) in winter, four times in summer.

There is another kind of madness, which admits a longer duration;

spatium longius recipit; quia fere sine febre incipit, leves deinde febriculas excitat. Consistit in tristitia, quam videtur bilis atra contrahere. In hac utilis detractio sanguinis est: si quid hanc prohibet, prima est abstinencia: secunda, per album veratrum vomitumque purgatio. Post utrumlibet, adhibenda bis die frictio est; si magis valet, frequens etiam exercitatio; in jejuno vomitus: cibus, sine vino, dandus ex media materia est. Quam quoties posuero, scire licet, etiam ex infirmissima dari posse; dum ne ea sola quis utatur: valentissima tantummodo esse removenda. Præter hæc, servanda alvus est quam tenerrima: removendi terrores, et potius bona spes afferenda; quærenda delectatio ex fabulis ludisque, quibus maxime capi sanus assueverat; laudanda, si qua sunt, ipsius opera, et ante oculos ejus ponenda; leviter objurganda

niæ, quod recipit longius spatium; quia ferè incipit sine febre, deinde excitat leves febriculas. Consistit in tristitiâ, quam atra bilis videtur contrahere. In hac detractio sanguinis est utilis: si quid prohibet hanc, abstinencia est prima: secunda, purgatio per album veratrum, que vomitum. Post utrumlibet frictio est adhibenda bis die; si magis valet, etiam frequens exercitatio, vomitus in jejuno: cibus ex mediâ materiâ est dandus, sine vino. Quam quoties posuero, licet scire, eam ex infirmissimâ posse dari: dum quis ne utatur eâ solâ; tantummodo valentissima esse removenda. Præter hæc, alvus est servanda quam tenerrima: terrores removendi, et potius bona spes afferenda: delectatio quærenda ex fabulis que ludis, quibus sanus maxime assueverat capi; opera ipsius si sunt qua, laudanda, et ponenda ante oculos ejus; vana

because it generally commences without fever, afterwards excites slight feverish fits. It consists in sadness, which black bile appears to create. In this, bleeding is useful: if anything prevents it, abstinence is the first remedy: the second, purging by means of white hellebore, and vomiting. After either, friction is to be applied twice a day; if he is rather strong, even frequent exercise; vomiting with an empty stomach; food, out of the middle class, is to be given without wine: which, as often as I shall mention, it may be understood that the weakest kind also may be given, provided a person does not use that alone; only the strongest are to be removed. In addition to these, the bowels are to be kept as relaxed as possible, causes of alarm are to be removed, and rather good hope is to be given. Entertainment must be sought in amusing stories, and diversions by which when healthy he was accustomed to be pleased; his works, if there are any, are to be commended and set before his eyes; groundless sorrow is gently

tristitia leviter objurganda; subinde admonendus, in iis rebus ipsis, quæ sollicitant, cur non sit potiùs causa lætitiæ, quam sollicitudinis. Si quoque febris accessit est curanda, sicut aliæ febres.

Est tertium genus insanix longissimum ex his; adeo ut non impediat vitam ipsam; quod consuevit esse robusti corporis. Autem sunt duæ species hujus ipsius. Nam quidam falluntur imaginibus, non mente: quales poetæ ferunt insanientem Ajacem vel Orestem percepisse: quidam desipiunt animo. Si imagines fallunt, est videndum ante omnia, (an) sint tristes an hilares. In tristitiâ nigrum veratrum debet dari causâ dejectionis; in hilaritate, album, ad excitandum vomitum: que id est adjiciendum pani, si non accipit potionem, quò fallat facilius. Nam si bene purgaverit se, levabit morbum ex magnâ parte. Ergo etiam si vera-

vana tristitia; subinde admonendus, in iis ipsis rebus, quæ sollicitant, cur non potius lætitiæ, quam sollicitudinis causa sit. Si febris quoque accessit, sicut aliæ febres curanda est.

Tertium genus insanix est ex his longissimum; adeo ut vitam ipsam non impediat: quod robusti corporis esse consuevit. Hujus autem ipsius species duæ sunt. Nam quidam imaginibus, non mente falluntur; quales insanientem Ajacem vel Orestem percepisse poetæ ferunt: quidam animo desipiunt. Si imagines fallunt, ante omnia videndum est, tristes an hilares sint. In tristitia, nigrum veratrum dejectionis causa; in hilaritate, album, ad vomitum excitandum, dari debet: idque, si in potione non accipit, pani adjiciendum est, quo facilius fallat. Nam si bene se purgaverit ex magna parte morbum levabit. Ergo etiam si semel

to be reprimanded; and he is occasionally to be admonished in the very matters which agitate him, why there is not rather cause for joy than anxiety. If fever also has come on, it is to be cured in the same way as other fevers.

There is a third kind of madness, the longest of all, so that it does not injure life itself, and which is accustomed to be a disease of a strong body. But there are two kinds of this; for some are deceived by false images, not in their judgment; such as poets report the raving Ajax or Orestes to have perceived: some are disordered in their judgment. If imaginations mislead, it is to be observed above all things whether they are merry or sad. In melancholy, black hellebore should be given for the sake of purging: in the hilarity, white hellebore, to excite vomiting; and that is to be added to the bread, if he refuses to take it in drink, in order that it may deceive more easily. For if he has been well purged, it will relieve the disease in a great degree. And, therefore, if the hellebore, given once, has done

datum veratrum parum profecerit, interposito tempore iterum dari debet. Neque ignorare oportet, leviozem esse morbum cum risu, quam serio insanientium. Illud quoque perpetuum est in omnibus morbis, ubi ab inferiore parte purgandus aliquis est, ventrem ejus ante solvendum esse, ubi a superiore, comprimendum. Si vero consilium insanientem fallit, tormentis quibusdam optime curatur. Ubi perperam aliquid dixit, aut fecit; fame vinculis, plagis coercendus est. Cogendus est et attendere, et ediscere aliquid, et meminisse: sic enim fiet, ut paulatim metu cogatur considerare, quid faciat. Subito etiam terreri, et expavescere, in hoc morbo prodest; et fere quidquid animum vehementer perturbat. Potest enim quædam fieri mutatio, cum ab eo statu mens, in quo fuerat, abducta est. Interest etiam, is ipse sine causa

trum semel datum profecerit parum, tempore interposito, debet dari iterum. Neque oportet ignorare, morbum esse leviozem cum risu, quam insanientium serio. Quoque illud est perpetuum in omnibus morbis, ubi aliquis est purgandus ab inferiore parte, ventrem ejus esse ante solvendum: ubi a superiore, comprimendum. Verò si consilium fallit insanientem, optimè curatur quibusdam tormentis. Ubi dixit aut fecit aliquid perperam; est coercendus fame, vinculis, plagis. Est cogendus et attendere, et ediscere aliquid et meminisse; enim sic fiet, ut paulatim cogatur metu considerare, quid faciat. Etiam in hoc morbo prodest subito terreri et expavescere; et ferè quidquid vehementer perturbat animum. Enim quædam mutatio potest fieri, cum mens est abducta ab eo statu in quo fuerat. Etiam interest, is ipse subinde ri-

little service, a period intervening, it ought to be given again. Nor is it proper to be unaware, that the disorder is milder (when attended) by laughter, than of those raving in a melancholy manner. Also this is general in all kinds of diseases, that when a person is to be purged from the inferior parts, his belly is previously to be relaxed; when from the upper parts, it is to be bound. But if the judgment misleads a mad person, he is best cured by some kind of tortures. When he has spoken or done anything wrong, he is to be corrected by hunger, chains, and stripes. He is to be forced to attend, and to learn something, and to keep it in his memory. For thus it will happen, that he is gradually compelled, by fear, to consider what he does. Likewise, in this disease, it is of service to be suddenly alarmed and put in fear; also generally whatever violently agitates the mind. Also some change may be effected when the mind is withdrawn from that state in which it was. It likewise makes a difference whether the patient now and then laughs

deat sine causâ, an sit mœstus que demissus: nam demens hilaritas meliùs curatur iis terroribus, de quibus dixi supra: si est nimia tristitia, lenis sed multa frictio bis die prodest; item frigida aqua infusa per caput, que corpus demissum in aquam et oleum. Illa sunt communia; insanientes debere vehementer exerceri; uti multâ frictione; assumere neque pinguem carnem, neque vinum: uti cibus quam levissimis post purgationem, ex mediâ materiâ: non oportere esse solos, vel inter ignotos, vel inter eos quos aut contemnant aut negligant, debere mutare regiones, et si mens redit, esse jactandos annuâ peregrinatione.

Rarò sed aliquando tamen, delirium nascitur ex metu. Quod genus insanientium simile specie, est curandum simili genere victûs; præterquam quod in hoc genere insanientiæ solo vinum datur rectè.

subinde rideat, an mœstus demissusque sit: nam demens hilaritas terroribus iis, de quibus supra dixi, melius curatur: si nimia tristitia est, prodest lenis, sed multa bis die frictio; item per caput aqua frigida infusa, demissumque corpus in aquam et oleum. Illa communia sunt: insanientes vehementer exerceri debere; multa frictione uti; neque pinguem carnem, neque vinum assumere; cibus uti post purgationem, ex media materia, quam levissimis; non oportere esse vel solos, vel inter ignotos, vel inter eos, quos aut contemnant, aut negligant; mutare debere regiones, et si mens redit, annua peregrinatione esse jactandos. †

Raro, sed aliquando tamen, ex metu delirium nascitur. Quod genus insanientium, specie simile, similique victus genere curandum est: præterquam quod in hoc insanientiæ genere solo recte vinum datur.

without a cause, or whether he is sad and dejected; for the mad merri-ment is best cured by those terrors, of which I have treated above; if there is too much sadness, gentle but long friction, twice a day, is of service; also cold water poured upon the head, and the body dipped into water and oil. These rules are general: that mad people ought to be violently exercised; to use much friction; to take neither fat flesh nor wine; to take food of the lightest kind after the purging, from the middle class. It is not proper that they should be alone, or amongst strangers, or amongst those whom they may either despise or do not care for; that they ought to change countries, and if the judgment returns, to be moved about by an annual journey.

Sometimes, but seldom however, delirium arises from fear, which description of mad persons, similar in species, is to be cured by a similar kind of diet, except that in this kind of madness alone, wine is given with propriety.

XIX. His morbis præcipue contrarium est id genus, quod καρδιακὸν a Græcis nominatur; quamvis sæpe ad eum phrenetici transeunt: siquidem mens in illis labat, in hoc constat. Id autem nihil aliud est, quam nimia imbecillitas corporis, quod, stomacho languente, immodico sudore digeritur. Licetque protinus scire id esse, ubi venarum exigui imbecillique pulsus sunt; sudor autem supra consuetudinem, et modo, et tempore, ex toto thorace, et cervicibus, atque etiam capite prorumpit, pedibus tantummodo et cruribus siccioribus atque frigentibus. Acutique morbi genus est. Curatio prima est, supra præcordia imponere, quæ reprimant, cataplasmata: secunda, sudorem prohibere. Id præstat acerbum oleum, vel rosa, vel melinum, aut myrteum: quorum aliquo corpus leniter perungendum, ceratumque ex aliquo horum tum

XIX. *Id genus, quod nominatur cardiacum a Græcis, est præcipue contrarium his morbis: quamvis sæpe phrenetici transeunt ad eum: siquidem mens labat in illis, constat in hoc. Autem id est nihil aliud, quam nimia imbecillitas corporis, quod languente stomacho, digeritur immodico sudore. Que protinùs licet scire id esse; ubi pulsus venarum sunt exigui que imbecilli, autem sudor supra consuetudinem et modo, et tempore, prorumpit ex toto thorace, et cervicibus, atque etiam capite, tantummodo pedibus et cruribus siccioribus, atque frigentibus. Que est genus acuti morbi. Prima curatio est imponere supra præcordia cataplasmata, quæ reprimant: secunda, prohibere sudorem. Acerbum oleum, vel rosa, vel melinum, vel myrteum præstat id: aliquo quorum corpus est leniter perungendum, que tum ceratum ex aliquo horum im-*

XIX. That kind (of disease), which is named cardiac by the Greeks, is especially contrary to these diseases, although frequently phrenetic persons fall into it; for the mind is disordered in the former, is collected in the latter. But it is nothing else than an excessive weakness of the body, which, from the stomach becoming languid, is dissipated by immoderate perspiration. Immediately we may know that this is the disease, when the pulsations of the arteries are small and weak, and an unusual sweat both in quantity and duration, breaks out from the whole chest and neck, and also the head, only the feet and legs remaining more dry and cold. And it is a species of acute disease. The first treatment is to apply on the præcordia restringent cataplasms; the second to prevent the sweating. Bitter oil, or that of roses, or quinces, or myrtles, accomplishes this, with any of which the body is to be gently anointed, and then a cerate from any of them is to be applied. If the sweat prevails, the person is to be rubbed over with

ponendum. Si sudor vincit, homo est delinendus vel gypso, vel spumâ argenti, vel Cimoliâ cretâ, vel etiam respergendus pulvere horum. Pulvis ex contritis foliis, aridi myrti vel rubi, aut ex aridâ fæce austeri et boni vini præstat idem; quesunt plura similia, si quæ desunt, quilibet pulvis ex viâ injectus est satis utilis. Verò super hæc quo corpus minus insudet, debet esse contactus levi veste, loco non calido, fenestris patentibus, sic, ut quoque aliquis perflatus accedat. Tertium auxilium est succurrere imbecillitati jacentis cibo que vino. Cibus non quidem multus, sed tamensæpe est dandus nocte et die, ut nutriat, neque oneret. Is debet esse ex infirmissimâ, materiâ, et aptus stomacho. Nisi si est necesse, non oportet festinare ad vinum: si verendum est, ne deficiat, tum et intrita ex hoc, et hoc ipsum quidem austerum, sed tamen tenue,

imponendum est. Si sudor vincit, delinendus homo est vel gypso, vel argenti spuma, vel Cimolia creta, vel etiam subinde horum pulvere respergendus. Idem præstat pulvis ex contritis aridi myrti vel rubi foliis, aut ex austeri et boni vini arida fæce: pluraque similia sunt, quæ si desunt, satis utilis est quilibet ex via pulvis injectus. Super hæc vero, quo minus corpus insudet, levi veste debet esse contactus, loco non calido, fenestris patentibus, sic, ut perflatus quoque aliquis accedat. Tertium auxilium est, imbecillitati jacentis cibo vinoque succurrere. Cibus non multus quidem, sed sæpe tamen nocte ac die dandus est, ut nutriat, neque oneret. Is esse debet ex infirmissima materia, et stomacho aptus. Nisi si necesse est, ad vinum festinare non oportet: si verendum est, ne deficiat, tum et intrita ex hoc, et hoc ipsum auste-

gypsum or litharge, or cimolian chalk, or even to be sprinkled over with the powder of these. The powder of the dried leaves of the myrtle or bramble, or of the dried lees of austere and good wine, answers the same purpose. And there are many things which, if wanting, any powder from the roads sprinkled on, is sufficiently useful. And, besides these, that the body may sweat less, the person should be covered with a light garment, in a place not hot, with the windows open, so that some stream of air may approach him. The third remedy is, to succour the weakness of the recumbent patient by food and wine. Food, not in any quantity indeed, but frequently, is to be given, both by night and by day, that it may nourish, and not load. It ought to be of the weakest material, and suitable for the stomach. Unless there is necessity for it, it is not proper to hurry on to wine; if there is reason to fear that he may be sinking, then both intrita with this, and (wine) itself rough but yet thin, somewhat diluted, lukewarm, is

rum quidem, sed tamen tenue, meraculum, egelidum subinde et liberaliter dandum est; adjecta polenta, si modo is æger parum cibi assumit: idque vinum esse debet, neque nullarum virium, neque ingentium; recteque tota die ac nocte, vel tres heminas æger bibet; si vastius corpus est, plus etiam. Si cibum non accipit, perunctum ante perfundere aqua frigida convenit, et tum dare. Quod si stomachus resolutus parum continet, et ante cibum, et post eum sponte vomere oportet; rursusque post vomitum cibum sumere. Si ne id quidem manserit, sorbere vini cyathum, interpositaque hora sumere alterum. Si id quoque stomachus reddiderit, totum corpus bulbis contritis superillinendum est; qui, ubi inaruerunt, efficiunt, ut vinum in stomacho contineatur, exque eo toti corpori calor venisque vis redeat. Ultimum auxilium

meraculum, egelidum est dandum subinde et liberaliter: polentâ adjectâ, si modò is æger assumit parum cibi: que id vinum debet esse neque nullarum virium, neque ingentium: que æger recte bibet totâ die ac nocte, vel tres heminas; si corpus est vastius etiam plus. Si non accipit cibum, convenit perfundere frigidâ aquâ ante perunctum, et tum dare. Quod si resolutus stomachus continet parum, oportet vomere sponte et ante cibum, et post eum, que rursus sumere cibum post vomitum. Si ne quidem id manserit, sorbere cyathum vini, que horâ interpositâ, sumere alterum. Si quoque stomachus reddiderit id, totum corpus est superillinendum contritis bulbis: qui ubi inaruerunt, efficiunt, ut vinum contineatur in stomacho, que ex eo calor redeat toti corpori, que vis venis. Ultimum auxilium est, indere

to be administered occasionally, and liberally, polenta being added, provided that the patient takes but little food; and that wine should be neither very weak nor strong; the patient will with propriety drink during the whole day and night three heminæ; if the person be of larger bulk, even more. If he does not take food, it is proper to bathe him with cold water, having been previously anointed over, and then to give it. But if the relaxed stomach retains but little, it is proper to vomit spontaneously, both before and after it, and again to take food after the vomiting. If not even that has remained, to drink a cyath of wine, and after an hour to take another. If the stomach has voided that also, the whole body is to be rubbed over with bruised bulbous roots, which when they have become dry, produce the effect that the wine may be retained on the stomach, and from it, heat may return to the whole body, and force to the arteries. The last remedy is, to introduce

*in alvum cremorem ptisanæ vel alicæ ex inferioribus partibus: siquidem id quoque tuetur vires. Neque est alienum, quoque admove-
re naribus æstuantis, quod reficiat: id est, rosam et vinum: et si qua frigent in extremis partibus, fovere manibus unctis et calidis. Per quæ si potuimus consequi, ut et impetus sudoris minuatur, et vita prorogetur, tempus ipsum jam incipit esse præsidio. Ubi videtur esse in tuto, tamen est verendum, ne cito recidat in eandem imbecillitatem: itaque, vino tantum remoto, quotidie debet assumere validiorem cibum donec satis virium redeat corpori.*

xx. *Quoque est alter morbus, aliter contrarius phrenetico. In eo somnus est difficilior, mens est prompta ad omnem audaciam: in hoc marcor et pæne inexpugnabilis necessitas dormiendi. Græci no-*

*est, in alvum ptisanæ vel alicæ cremorem ex inferioribus partibus indere; siquidem id quoque vires tuetur. Neque alienum est, naribus quoque æstuantis admove-
re, quod reficiat; id est, rosam et vinum; et si qua in extremis partibus frigent, unctis et calidis manibus fovere. Per quæ si consequi potuimus, ut et sudoris impetus minuatur, et vita prorogetur, incipit jam tempus ipsum esse præsidio. Ubi in toto esse videtur, verendum tamen est, ne in eandem imbecillitatem cito recidat: itaque vino tantum remoto, quotidie validiorem cibum debet assumere, donec satis varium corpori redeat.*

xx. *Alter quoque morbus est, aliter phrenetico contrarius. In eo difficilior somnus, prompta ad omnem audaciam mens est: in hoc marcor et inexpugnabilis pæne dormiendi necessitas. Λήθαργον*

into the bowels the cream of ptisan or alica from the lower parts, since that also supports the strength. Nor is it amiss to hold to the nose of the heated person what may refresh him, that is, rose-oil and wine; and if there is any cold in the extremities, to rub them with the hands anointed and warm. By means of which things, if we have been able to obtain (this point), that the violence of the sweat is decreased, time itself already begins to be a protection. When he appears to be out of danger, yet it is to be feared that he may speedily relapse into the same weakness; therefore, the wine only being omitted, he should daily take more substantial food until sufficient strength returns to the body.

xx. Also, there is another disease, in other respects contrary to the phrenetic one. In it, sleep is more difficult, the mind is prone to all kind of audacity; in this there is drowsiness, and a nearly inevitable necessity for sleeping. The Greeks call it lethargy. This is also an acute kind

Græci nominant. Atque id quoque genus acutum est, et nisi succurritur, celeriter jugulat. Hos ægros quidam subinde excitare nituntur, admotis iis, per quæ sternutamenta evocantur et iis, quæ odore fædo movent; qualis est pix cruda, lana succida, piper, veratrum, castoreum, acetum, allium, cepa. Juxta etiam galbanum incendunt, aut pilos, aut cornu cervinum: si id non est, quodlibet aliud. Hæc enim cum comburuntur, odorem fædum movent. Tharrias vero quidam, accessionis id malum esse dixit, levarique, cum ea decessit: itaque eos, qui subinde excitant, sine usu male habere. Interest autem, in decessione expergiscatur æger, an, cum febris non levetur, aut levata quoque ea somnus urgeat. Nam si expergiscitur, adhibere ei, ut sopito, supervacuum est: neque enim vigilando melior fit; sed per se, si melior est,

minant Lethargum. Atque id quoque est acutum genus, et nisi succurritur, jugulat celeriter. Quidam subinde nituntur excitare hos ægros, admotis iis, per quæ sternutamenta evocantur, et iis, quæ movent fædo odore; qualis est cruda pix, succida lana, piper, veratrum, castoreum, acetum, allium, et cepa. Etiam incendunt juxta galbanum, aut pilos, aut cervinum cornu; si non est id, quodlibet aliud. Enim cum hæc comburuntur, movent fædum odorem. Verò quidam Tharrias dixit id esse malum accessionis que levare, cum ea decessit: itaque eos, qui excitant subinde, male habere sine usu. Autem interest, æger expergiscatur in decessione, an somnus urgeat cum febris non levetur, aut quoque eâ levatâ. Nam si expergiscitur, est supervacuum adhibere ei, ut sopito; enim neque fit melior vigilando, sed vigilat per se, si est me-

of disease, and unless it is relieved, destroys rapidly. Some occasionally endeavour to rouse such persons by applying those things by which sneezings are provoked, and by those which excite by their offensive smell, such as crude pitch, greasy wool, pepper, hellebore, castor, vinegar, garlic, and onion. Likewise, they burn near them, galbanum, or hair, or hartshorn; if that cannot be had, any other (horn). For these when burnt excite a filthy odour. But a certain (author, namely) Tharrias, affirmed that it is a disorder of paroxysm, and that it is abated when that has gone off. Therefore, those who rouse them frequently, give them pain unnecessarily; now it makes a difference whether the patient awakes at the termination (of the fit), or whether sleep oppresses him when the fever is not relieved, or even when it has gone off. For if he awakes, it is needless to apply to him (remedies) as to one asleep; for he does not become better by awaking, but keeps awake by himself if he is better. If his

lior. Verò si est continens somnus ei, utique est excitandus; sed iis temporibus, quibus febris est levissima, ut excernat, et sumat aliquid. Autem frigida aqua repentè infusa excitat validissimè. Itaque post remissionem, corpus perunctum multo oleo, est perfundendum per totum caput tribus aut quatuor amphoris. Sed utemur hoc, si erit æqualis spiritus ægro, si præcordia mollia: sin hæc erunt aliter, ea potiora quæ sunt supra comprehensa. Et quidem quod pertinet ad somnum, hæc ratio est commodissima. Autem causâ medendi, caput radendum: deinde est fovendum posca, in quâ laurus, aut ruta decocta sit; altero die castoreum imponendum, aut ruta contrita ex aceto, aut baccæ lauri, aut hederæ cum rosâ et aceto. Quæ præcipue sinapi admotum naribus proficit et ad excitandum hominem, et impositum capiti vel fronti

vigilat. Si vero continens ei somnus est, utique excitandus est; sed iis temporibus, quibus febris levissima est, ut et excernat aliquid, et sumat. Excitat autem validissime repente aqua frigida infusa. Post remissionem itaque, perunctum oleo multo corpus, tribus aut quatuor amphoris totum per caput perfundendum est. Sed hoc utemur, si æqualis ægro spiritus erit, si mollia præcordia: sin aliter hæc erunt, ea potiora, quæ supra comprehensa sunt. Et, quod ad somnum quidem pertinet, commodissima hæc ratio est. Medendi autem causa, caput radendum; deinde posca fovendum est, in qua laurus, aut ruta decocta sit: altero die imponendum castoreum, aut ruta ex aceto contrita, aut lauri baccæ, aut hederæ cum rosâ et aceto. Præcipueque proficit, et ad excitandum hominem naribus admotum, et ad morbum ipsum

sleep be continual, in such a case he must be roused; but at those periods in which the fever is mildest, that he may discharge and take something. But cold water suddenly poured on excites most powerfully. Therefore, after the remission, the body being anointed with much oil, is to be bathed from over by the head, with three or four amphoræ (of water). But we should use this, if the patient's breathing is equal, and if the præcordia are soft; if they are not so, those things are preferable which are comprehended above. And, indeed, as regards sleep, this treatment is the most suitable. But for the sake of curing, the head is to be shaved, then fomented with vinegar and water, in which laurel or rue has been boiled. On the second day castor is to be applied, or rue bruised in vinegar, or laurel berries, or ivy with rose-oil and vinegar. And especially mustard held to the nostrils is efficacious towards rousing the patient, and, when applied to the head and fore-

depellendum, capiti frontive impositum sinapi. Gestatio etiam in hoc morbo prodest; maximeque opportune cibus datus, id est, in remissione, quanta maxima inveniri poterit. Aptissima autem sorbitio donec morbus decrescere incipiat; sic, ut si quotidie gravis accessio est, hæc quotidie detur; si alternis, post graviolem, sorbitio, post leviolem, mulsa aqua. Vinum quoque cum tempestivo cibo datum non mediocriter adjuvat. Quod si post longas febres ejusmodi torpor accessit, cetera eadem servanda sunt: ante accessionem autem, tribus quatuorve horis, castoreum, si venter adstrictus est, mixtum cum scammonia; si non est, per se ipsum cum aqua dandum est. Si præcordia mollia sunt, cibus utendum est plenioribus: si dura, in iisdem sorbitionibus subsistendum; imponendumque præcordiis, quod simul et reprimat et emolliat.

X

ad depellendum morbum ipsum. Etiam gestatio prodest in hoc morbo; que maximè cibus opportunè datus, id est, in remissione, quanta maxima poterit inveniri. Autem sorbitio est aptissima, donec morbus incipiat decrescere: sic ut si est gravis accessio quotidie, hæc detur quotidie; si alternis, sorbitio post graviolem, mulsa aqua post leviolem. Vinum quoque datum cum tempestivo cibo adjuvat non mediocriter. Quòd si post longas febres ejusmodi torpor accessit, cetera eadem sunt servanda; autem tribus vel quatuor horis, ante accessionem, castoreum mixtum cum scammoniâ, si venter est adstrictus, si non est, est dandum, per se ipsum cum aquâ. Si præcordia sunt mollia, utendum est plenioribus cibus; si dura, subsistendum est in iisdem sorbitionibus; que (est) imponendum præcordiis, quod simul et reprimat et emolliat.

head, towards dispelling the disease itself. Also gestation is useful in this disease, and especially food seasonably given, that is, during that remission, which is the most perfect that can be found. But gruel is very proper, until the disease begins to decrease, so that if there is a severe paroxysm daily, it should be given daily; if every other day, gruel (should be given) after the more severe (paroxysm), hydromel after the milder one. Wine likewise given with seasonable food is of no little service. But if after long fevers of that description torpor has come on, all the other rules are to be observed; but three or four hours before the fit, castor (is to be given) mixed with scammony if the belly is bound; if not, it is to be given by itself with water. If the præcordia are soft, we must use a fuller diet; if hard, we must keep to the same kinds of gruel, and something is to be applied upon the præcordia, which at the same time can both repel and soften.

XXI. *Sed hic quidem est acutus morbus. Vero potest fieri longus eorum, quos aqua inter cutem male habet: nisi est discussus primis diebus; Græci vocant Hydropem. Atque sunt tres species ejus. Nam modò, ventre vehementer intento, est creber sonus intus ex motu spiritus: modò corpus est inæquale, tumoribus orientibus aliter que aliter per totum id: modò aqua contrahitur intus in uterum, et corpore moto, ita movetur, ut impetus ejus possit conspici. Græci nominarunt primum Tympanitem: secundum Leucophlegmatiam, vel Hyposarcam; tertium Ascitem. Tamen nimia abundantia humoris est communis omnium; ob quam ne quidem ulcera facile sanescunt in his ægris. Verò sæpe hoc malum incipit per se; sæpe supervenit alteri vetusto morbo, que maximè quartanæ. Tollitur faciliùs in servis, quam in liberis: quia, cum desideret fa-*

XXI. *Sed hic quidem acutus est morbus. Longus vero fieri potest eorum, quos aqua inter cutem male habet, nisi primis diebus discussus est: ὕδρωπα Græci vocant. Atque ejus tres species sunt. Nam modo, ventre vehementer intento, creber intus ex motu spiritus sonus est: modo corpus inæquale est, tumoribus aliterque per totum id orientibus; modo intus in uterum aqua contrahitur, et moto corpore ita movetur, ut impetus ejus conspici possit. Primum τυμπανίτην: secundum, λευκοφλεγματίαν, vel ὑπόσάρκα: tertium, ἀσκίτην Græci nominarunt. Communis tamen omnium est humoris nimia abundantia: ob quam ne ulcera quidem in his ægris facile sanescunt. Sæpe vero hoc malum per se incipit; sæpe alteri vetusto morbo, maximeque quartanæ, supervenit. Facilius in servis, quam in liberis tollitur: quia, cum desi-*

XXI. But this, indeed, is an acute disease. But it may become a chronic one of those, whom water under the skin affects; unless it is removed at the commencement. The Greeks call it Hydrops (dropsy). And there are three kinds of it. For sometimes, the belly being very tense, there is a frequent rumbling within, from the motion of the air; sometimes the (surface of the) body is unequal, with tumours in different modes, arising over the whole; sometimes water is collected in the abdomen, and the body being moved, it is moved in such a manner, that its impetus may be observed. The Greeks have named the first Tympanites, the second Leucophlegmatia, or Hyposarca, the third Ascites. However an excessive supply of fluid is common to all; for which reason, not even ulcers heal up readily in these patients; but frequently this disorder commences by itself, frequently it follows another long-standing disease, and especially a quartan. It is cured

deret famem, sitim, mille alia tædia, longamque patientiam, promptius iis succurritur, qui facile coguntur, quam quibus inutilis libertas est. Sed ne ii quidem, qui sub alio sunt, si ex toto sibi temperare non possunt, ad salutem perducuntur. Ideoque non ignobilis medicus, Chrysippi discipulus, apud Antigonus regem, amicum quendam ejus, notæ intemperantiæ, medicriter eo morbo implicitum, negavit posse sanari. Cumque alter medicus Epirotes Philippus se sanaturum polliceretur; respondit, illum ad morbum ægri respicere; se, ad animum. Neque eum res fefellit. Ille enim cum summa diligentia non medici tantummodo, sed etiam regis custodiretur, tamen malagmata sua devorando, bibendoque suam urinam, in exitium sese præcipitavit. Inter initia tamen, non difficillima curatio est, si imperata sunt corpori quies, sitis,

mem, sitim, mille alia tædia, longam patientiam, succurritur promptius iis, qui facile coguntur, quam quibus libertas est inutilis. Sed ne quidem ii, qui sunt sub alio, si non possunt temperare sibi ex toto, perducuntur ad salutem. Que ideo non ignobilis medicus, discipulus Chrysippi, apud regem Antigonus, negavit quendam amicum ejus, notæ intemperantiæ, medicriter implicitum eo morbo, posse sanari. Que cum alter medicus Philippus Epirotes polliceretur se sanaturum; respondit, illum respicere ad morbum ægri; se, ad animum. Neque res fefellit eum. Enim cum ille custodiretur summâ diligentia, non tantummodo medici, sed etiam regis, tamen devorando sua malagmata, que bibendo suam urinam præcipitavit se in exitium. Tamen inter initia, curatio non est difficillima, si quies, sitis, inedia sunt imperata corpori: at si malum in-

more easily in slaves than free people; because, as it requires fasting, thirst, a thousand other hardships, and long patience, it is relieved more speedily in those who are easily compelled, than in those to whom their liberty is prejudicial. But not even those who are under the authority of another, if they cannot control themselves entirely, are brought to a state of health. And upon this account, by no means an inconsiderable physician, a disciple of Chrysippus, (residing) with king Antigonus, denied that a certain friend of his, of notorious intemperance, and moderately attacked with this disease, could be cured. And when another physician, Philip of Epirus, promised to cure him, he replied that the other considered only the disease of the patient, (but) that he considered his disposition: and the case did not disappoint him. For although he was watched with the greatest care, not only of the physician but likewise of the king, yet by devouring his poultices and drinking his own urine, he hurried himself into destruction. However at the begin-

veteravit, non discutitur nisi magnâ mole. Tamen ferunt Metrodorum, discipulum Chrysippi, cum tentaretur hoc morbo, neque sustineret necessariam sitim æquo animo, ubi abstinuerat diu, solitum bibere, deinde evomere. Quòd si, quidquid est receptum, redditur, demit multum tædio: si retentum est a stomacho, auget morbum: que ideo non est tentandum in quolibet. Sed si quoque est febris, in primis, hæc est submovenda per eas rationes, per quas propositum est, posse succurri huic: si æger est sine febre, tum demùm veniendum est ad ea, quæ solent mederi morbo ipsi. Atque hic quoque, quæcunque species est, si nondum nimis occupavit, opus est iisdem auxiliis; ambulandum est multum, currendum aliquid; superiores partes maximè, sic perfricandæ, ut ipse contineat spiritum; sudor evocandus est non tantùm per

inedia: at si malum inveteravit, non nisi magna mole discutitur. Metrodorum tamen, Epicuri discipulum, ferunt, cum hoc morbo tentaretur, neque æquo animo necessariam sitim sustineret, ubi diu abstinuerat, bibere solitum, deinde evomere. Quod si redditur, quidquid receptum est, multum tædio demit; si a stomacho retentum est, morbum auget; ideoque in quolibet tentandum non est. Sed si febris quoque est, hæc in primis submovenda est per eas rationes, per quas huic succurri posse propositum est: si sine febre æger est, tum demum ad ea veniendum est, quæ ipsi morbo mederi solent. Atque hic quoque quæcunque species est, si nondum nimis occupavit, iisdem auxiliis opus est: multum ambulandum, currendum aliquid est: superiores maxime partes sic perfricandæ, ut spiritum ipse contineat; evocandus est sudor, non

ning, the treatment is not very difficult, if rest, thirst, and fasting are enjoined to the body. But if the disease has become inveterate, it is not removed without great difficulty. Nevertheless, they report that Metrodorus, a disciple of Chrysippus, when he was affected with this disease, and could not bear the necessary thirst with proper patience, when he had abstained for some time, was accustomed to drink, and then to vomit. But if whatever has been taken in, is returned, it abstracts considerably from the annoyance; if it is retained on the stomach, it increases the disease; consequently it is not to be tried in every case. But if there is fever also, in the first place, this must be removed by those modes of treatment by which it has been proposed that it should be relieved: if the patient is without fever, we must then proceed by those remedies which are accustomed to cure the malady itself. And here also, whatever species it is, if it has not yet taken too deep root, there is occasion for the same remedies; he must

per exercitationem tantum, sed etiam in arena calida, vel laconico, vel clibano, similibusque aliis; maximeque utiles naturales, et siccae sudationes sunt, quales super Baias in myrtetis habemus. Balneum, atque omnis humor alienus est. Jejuno recte catapotia dantur, facta ex absinthii duabus, myrrhæ tertia parte. Cibus esse debet ex media quidem materia, sed tamen generis durioris: potio non ultra danda est, quam ut vitam sustineat; optimaque est, quæ urinam movet. Sed id ipsum tamen moliri cibo, quam medicamento melius est. Si tamen res coget, ex iis aliquid, quæ id præstant, erit decoquendum, eaque aqua potui danda. Videntur autem hanc facultatem habere iris, nardum, crocum, cinnamum, amomum, cassia, myrrha, balsamum, galbanum, ladanum, cœnanthe, panaces, cardamomum, hebenus, cupressi semen,

exercitationem sed etiam in arenâ calidâ, vel laconico, vel clibano, quæ aliis similibus; quæ naturales et siccae sudationes, quales habemus in myrtetis super Baias, maxime utiles. Balneum, atque omnis humor, est alienus. Catapotia, facta ex duabus (partibus) absinthii, parte tertiâ myrrhæ, recte dantur jejuno. Cibus debet esse quidem ex mediâ materiâ, sed tamen durioris generis: potio non est danda ultra, quam ut sustineat vitam; quæ quæ movet urinam est optima. Sed tamen est melius moliri id ipsum cibo, quam medicamento. Si tamen res coget, aliquid ex iis, quæ præstant id, erit decoquendum, quæ ea aqua danda potui. Autem iris, nardum, crocum, cinnamum, amomum, cassia, myrrha, balsamum, galbanum, ladanum, cœnanthe, panaces, cardamomum, hebenus, semen cupressi, uva taminia, Græci nomi-

walk much, and run a little; the upper parts in particular are to be rubbed, so that he keeps in his breath; sweat is to be elicited not only by means of exercise, but also by hot sand, or the laconicum, or clibanum, and other like (means): natural and dry sweating places, such as we have in the myrtle groves at Baiæ, are especially beneficial. The bath and all moisture is injurious. Boluses made with two parts of wormwood and a third part of myrrh, are given with propriety on an empty stomach. The food, indeed, should be of a middle nature, but of the harder description; drink is not to be given, beyond what may support life; and that which increases the urine is best. However, it is better to endeavour to obtain that by food, rather than by medicine. However, if the case require it, some of the things which produce that effect are to be boiled down, and the water (from them) is to be given for a drink; but iris, nard, saffron, cinnamon, amomum, cassia, myrrh, balsam, galbanum, ladanum, cœnanthe, panaces, cardamom, ebony,

nant staphysagriam, obrotonum, folia rosæ, acorum, amaræ nuces, tragoriganum, styrax, costum, semen quadrati et rotundi junci, videntur habere hanc facultatem: Græci vocant illum cyperum, hunc schænum: quæ quoties posuero, significabo, non quæ nascuntur hic, sed quæ afferuntur inter aromata. Tamen primò, quæ sunt levisima ex his, id est, folia rosæ, vel spicanardi, sunt tentanda. Quoque austerum vinum, sed quam tenuissimum est utile. Etiam est commodum, metiri ventrem quotidie lino, et imponere notam, qua comprehendit alvum; quæ postero die videre, an corpus sit plenius, an extenuetur: enim id quod extenuatur, sentit medicinam. Neque est alienum, metiri et potionem et urinam ejus: nam si plus humoris excernitur, quam assumitur, ita demùm est spes secundæ valetudinis. Asclepiades prodidit memo-

uva taminia, σταφίδα ἀγρία Græci nominant, abrotonum, rosæ folia, acorum, amaræ nuces, tragoriganum, styrax, costum, junci quadrati et rotundi semen; illum κύπειρον, hunc σχοῖνον Græci vocant: quæ quoties posuero, non quæ hic nascuntur, sed, quæ inter aromata afferuntur, significabo. Primo tamen, quæ levissima ex his sunt, id est, rosæ folia, vel nardi spica, tentanda sunt. Vinum quoque utile est austerum, sed quam tenuissimum. Commodum est etiam, lino quotidie ventrem metiri, et, qua comprehendit alvum, notam imponere; posteroque die videre, plenius corpus sit, an extenuetur: id enim, quod extenuatur, medicinam sentit. Neque alienum est, metiri et potionem ejus et urinam: nam si plus humoris excernitur, quam assumitur, ita demum secundæ valetudinis spes est. Asclepiades in eo,

cypress-seed, the wild grape, which the Greeks call staphysagria, southern-wood, rose-leaves, sweet-flag, bitter almonds, goats-marjoram, storax, costus, the seed of the squared and round rush, appear to possess this property; the Greeks call the former Cyperus, the latter Schænus; which as often as I shall mention, I shall understand, not those which grow here, but which are imported amongst the spices. However, at first, the mildest of these, namely, the rose-leaves and spikenard, are to be tried. Also austere wine, but as weak as possible, is good. Likewise it is convenient to measure the belly every day with a thread, and to put a mark where it surrounds it; and on the following day to observe, whether the body is fuller or diminished; for that which is lessened feels the effect of the medicine. It is not improper to measure both his drink and his urine: for if more moisture is excreted than is taken, so, at length, there is hope of recovery.

qui ex quartana in hydropa deciderat, se abstinentia bidui, et frictione usum : tertio die, jam et febre et aqua liberato, cibum et vinum dedisse, memoriæ prodidit.

Hactenus communiter de omni specie præcipi potest : si vehementius malum est, diducenda ratio curandi est. Ergo si inflatio, et ex ea dolor creber est, utilis quotidianus, aut altero quoque die post cibum, vomitus est : fomentis siccis calidisque utendum est. Si per hæc dolor non finitur, necessariae sunt sine ferro cucurbitulae : si ne per has quidem tormentum tollitur, incidenda cutis est, et tum his utendum. Ultimum auxilium est, si cucurbitulae nihil profuerunt, per alvum infundere copiosam aquam calidam, eamque recipere. Quin etiam quotidie ter quaterve opus est uti frictione vehementi, cum oleo et quibusdam calefacientibus ; sed in hac frictione

riæ, se usum abstinentiæ bidui, et frictione, in eo, qui deciderat ex quartana in hydropa : dedisse cibum et vinum tertio die, liberato jam et febre et aqua.

Hactenus potest præcipi communiter de omni specie ; si malum est vehementius, ratio curandi est diducenda. Ergo si inflatio, et ex eâ creber dolor, quotidianus vomitus est utilis, aut quoque altero die ; utendum est siccis que calidis fomentis. Si dolor non finitur per hæc, cucurbitulae sine ferro sunt necessariae ; si ne quidem per has tormentum tollitur, cutis est incidenda, et tum utendum his. Ultimum auxilium, si cucurbitulae profuerunt nihil, est infundere copiosam calidam aquam per alvum, que recipere eam. Quin etiam ter vel quater quotidie opus est uti vehementi frictione, cum oleo et quibusdam calefacientibus : sed in hac frictione abstinendum est a ventre.

Asclepiades has recorded that he used abstinence for two days and friction, in that patient who had fallen from a quartan into a dropsy ; that he gave food and wine on the third, when the (patient) was freed both from the fever and the water.

Thus far, it may be directed generally for every species ; if the disorder be more severe, the plan of treatment is to be deduced from it. Therefore, if there is flatulency, and from it there is frequent pain, a daily emetic is useful ; or even on every other day after food : we must use dry and warm fomentations. If the pain is not removed by these means, the cups without the scarificator are necessary : if not even by these the pain is removed, the skin is to be incised, and then we are to use them. The last remedy, if these have failed, is to inject a great quantity of warm water into the bowels and receive it back again. Moreover, three or four times a day, it is necessary to use violent friction, with oil and some of the

Verò sinapi imponendum sæpius in eum, donec erodat cutem; que venter est exulcerandus candentibus ferramentis pluribus locis, et ulceraservandadiutius. Etiam cocta scilla delingitur utiliter. Sed diu post has inflationes, abstinendum est ab omnibus inflantibus.

At si est vitium cui est nomen leucophlegmasia oportet subjicere soli eas partes, quæ tument; sed non nimium, ne incendat febriculam: si is est vehementior, caput est velandum: que utendum frictione manibus madefactis tantum aquâ cui sal et nitrum et paulum olei sit adjectum: sic, ut aut pueriles aut muliebres manus adhibeantur, quo tactus earum sit mollior: que oportet id fieri si vires partiuntur totâ horâ ante meridiem; semihorâ post meridiem. Etiam cataplasmata, quæ reprimunt sunt utilia: que maximè,

a ventre abstinendum est. Imponendum vero in eum crebrius sinapi, donec cutem erodat; ferramentisque candentibus pluribus locis venter exulcerandus est, et servanda ulcera diutius. Utiliter etiam scilla cocta delingitur. Sed diu post has inflationes abstinendum est ab omnibus inflantibus.

At si id vitium est, cui λευκοφλεγματία nomen est, eas partes, quæ tument, subjicere soli oportet: sed non nimium, ne febriculam incendat: si is vehementior est, caput velandum est: utendumque frictione, madefactis tantum manibus aqua, cui sal et nitrum et olei paulum sit adjectum: sic, ut aut pueriles aut muliebres manus adhibeantur, quo mollior earum tactus sit; idque si vires patiuntur, ante meridiem, tota hora; post meridiem, semihora fieri oportet. Utilia etiam sunt cataplasmata, quæ reprimunt; maximeque si cor-

calefacients; but, during this friction, we must avoid the belly. But mustard is to be applied frequently upon it, till it corrodes the skin; the belly is to be ulcerated with hot irons in several places, and the ulcers are to be kept open for some time. Also boiled squill is taken as an electuary with advantage. But for some time after these flatulencies, we must avoid all inflating substances.

But if there is that disorder which is named leucophlegmasia, it is proper to expose to the sun the parts which are swelled, but not too much, lest it may excite fever; if that is too powerful, the head is to be covered: and we must use friction by the hands, moistened with cold water only, to which salt and a little oil have been added: in such a way, that boys' or women's hands may be employed, in order that their touch may be softer: it is proper that this should be practised, if the strength permits, for an entire hour before noon, and for half-an-hour in the afternoon. Also, restringent cataplasms

pora teneriora sunt. Incidendum quoque est super talum, quatuor fere digitis, ex parte interiore, qua per aliquot dies frequens humor feratur; atque ipsos tumores incidere altis plagis oportet; concutiendumque multa gestatione corpus est: atque, ubi inductæ vulneribus cicatrices sunt, adjiciendum et exercitationibus et cibis, donec corpus ad pristinum habitum revertatur. Cibus valens esse debet, et glutinosus maximeque caro: vinum, si per stomachum licet, dulcius; sed ita, ut invicem biduo triduoque, modo aqua, modo id bibatur. Prodest etiam lactucæ marinæ, quæ grandis juxta mare nascitur, semen, cum aqua potui datum. Si valens est, qui id accipit, et scilla cocta, sicut supra dixi, delingitur. Auctoresque multi sunt, inflatis vesicis pulsandos tumores esse.

Si vero id morbi genus est, quo

si corpora sunt teneriora. Quoque incidendum est, ex interiore parte, ferè quatuor digitis, super talum, quâ frequens humor feratur per aliquot dies; atque oportet incidere tumores ipsos altis plagis; que corpus est concutiendum multâ gestatione; atque ubi cicatrices sunt inductæ vulneribus, adjiciendum et exercitationibus et cibis, donec corpus revertatur ad pristinum habitum. Cibus debet esse valens, et glutinosus, que maximè caro; vinum dulcius si licet per stomachum; sed ita, ut invicem biduò vel triduò, modo aqua, modo id bibatur. Etiam semen marinæ lactucæ, quæ nascitur grandis juxta mare, datum cum aquâ potui, prodest. Si qui accipit id, est valens, et cocta scilla delingitur, sicut dixi suprâ. Que sunt multi auctores (qui dicunt), tumores pulsandos esse inflatis vesicis.

Verò si est id genus

are good, and especially if the bodies be rather tender. Likewise an incision is to be made on the inside of the leg of nearly four fingers' breadth, above the ankle, from which an abundant discharge may be produced for some days: and it is proper to cut into the tumours with deep gashes: the body is to be agitated by frequent gestation: and when cicatrices have formed over the wounds, addition is to be made to the exercise and food, until the body returns to its former habit. The food should be strong and glutinous, and particularly flesh: the wine rather sweet, if the stomach will bear it; but in such a manner that, alternately, for two or three days, sometimes water, sometimes wine is drunk. Also the seed of the sea-lettuce, which grows large near the sea, given with water for a drink, is of use. If he who takes it is strong, also boiled squill may be taken as an electuary, as I directed above. And there are many authors (who advise) that the tumours should be beaten with inflated bladders.

morbi, quo multa aqua contrahitur in uterum, oportet ambulare, sed magis modicè; habere impositum malagma quod digerat; que adstringere fasciâ id ipsum triplici panno superimposito, tamen non nimium vehementer; quod profectum a Tharria, video servatum esse a pluribus. Si est manifestum, jecur aut lienem esse affectum, superponere contusam pinguem ficum, melle adjecto. Si per talia auxilia, venter non siccatur, sed humor nihilominus abundat, succurrere celeriori viâ, ut is emittatur per ventrem ipsum. Neque ignoro hanc viam curandi displicuisse Erasistrato: enim putavit hunc, morbum jocinoris; ita illud esse sanandum; que aquam emitti frustra, quæ nascatur subinde, illo vitiato. Sed primum, hoc non est vitium hujus visceris unius: nam fit et affecto liene, et in malo habitu totius corporis, Deinde, ut cæperit inde,

in uterum multa aqua contrahitur, ambulare, sed magis modice oportet; malagma, quod digerat, impositum habere: idque ipsum superimposito triplici panno, fascia, non nimium tamen vehementer, adstringere: quod a Tharria profectum, servatum esse a pluribus video. Si jecur, aut lienem affectum esse, manifestum est, ficum pinguem contusam, adjecto melle, superponere. Si per talia auxilia venter non siccatur, sed humor nihilominus abundat, celeriori via succurrere, ut is per ventrem ipsum emittatur. Neque ignoro, Erasistrato displicuisse hanc curandi viam: morbum enim hunc jocinoris putavit: ita illud esse sanandum: frustra que aquam emitti, quæ, vitiato illo, subinde nascatur. Sed primum, non hujus visceris unius hoc vitium est: nam et liene affecto, et in totius corporis malo habitu fit. Deinde, ut

But if there is that kind of disease, in which much water is collected in the abdomen, it is proper to walk, but more moderately; to put on it a discutient cataplasm, and to bind it with a bandage, a triple cloth being placed upon it, however, not too tightly: which plan, practised by Tharrias, I observe has been continued by many. If it is clear, that the liver or spleen is affected, it is necessary to apply a mellow bruised fig, with honey added to it. If, by such remedies, the belly is not dried, but the moisture notwithstanding abounds, we must relieve it by a more speedy method, that it may be evacuated by the belly itself. Nor am I ignorant that this treatment displeased Erasistratus, for he considered this a disease of the liver, therefore, that (that viscus) must be cured; and that the water was drawn off to no purpose, which is frequently produced, that being disordered. But, in the first place, it is not a disorder of this viscus alone, for it occurs both from an affected spleen, and from a bad habit of the entire body.

inde cœperit, tamen aqua nisi emittitur, quæ contra naturam ibi substitit, et jocinori, et ceteris interioribus partibus nocet. Convenitque, corpus nihilominus esse curandum. Neque enim sanat emissus humor, sed medicinæ locum facit, quam intus inclusus impedit. Ac ne illud quidem in controversiam venit, quin non omnes in hoc morbo sic curari possint; sed juvenes robusti, qui vel ex toto carent febre, vel certe satis liberales intermissiones habent. Nam quorum stomachus corruptus est, quive ex atra bile huc deciderunt quive malum corporis habitum habent, idonei huic curationi non sunt. Cibus autem, quo die primum humor emissus est, supervacuus est, nisi si vires desunt; insequentibus diebus, et is, et vinum meracius quidem, sed non ita multum dari bebet, paulatimque evocandus æger est ad exer-

tamen nisi aqua emittitur, quæ substitit ibi contra naturam, nocet et jocinori, et ceteris interioribus partibus. Que convenit, nihilominus corpus esse curandum. Enim neque emissus humor sanat, sed facit locum medicinæ, quam inclusus intus impedit. Ac ne quidem illud venit in controversiam, quin omnes non possint sic curari in hoc morbo; sed robusti juvenes, qui vel carent febre ex toto, vel certè habent satis liberales intermissiones. Nam non sunt idonei huic curationi quorum stomachus est corruptus, vel qui deciderunt huc ex atrâ bile, vel qui habent malum habitum corporis. Autem, die quo humor primum emissus est, cibus est supervacuus, nisi si vires desunt; insequentibus diebus, et is, et quidem meracius vinum, sed non ita multum debet dari, que paulatim æger est evocandus ad exercita-

Then again, although it commenced there, yet, unless the water is drawn off, which exists there, contrary to nature, it is injurious both to the liver and other internal parts. And it is agreed upon, notwithstanding, that the body is to be cured. For the water, (when) drawn off does not cure it, but affords room for treatment, which, when shut up within, it prevents. And not even this admits of dispute; that all cannot thus be treated in this disease, but robust young men (may), who either are free from fever altogether, or certainly have free intermissions. For, those persons are not fitted for this treatment whose stomach is corrupted, or who have fallen into (this disease) from black bile, or who have a bad habit of body. But on the day in which the fluid is first drawn off, food is improper, unless the strength is failing; on the following days, even that and also rather pure wine, but not much in quantity, ought to be given; and by degrees the patient is to be accustomed to exercises, frictions, the heat of the sun, sweating, fatigue

tiones, frictiones, solem, sudationes, fatigationes, et idoneos cibos, donec convalescat ex toto. Res amat rarum balneum; frequentiore vomitum in jejuno. Si est æstas, est commodum natare in mare. Ubi aliquis convaleuit, tamen usus veneris est diù alienus ei.

XXII. *Tabes sæpe male habet eos, quos invasit diutius et periculosius. Atque sunt plures species hujus quoque. Est una, quâ corpus non alitur, et semper aliquibus naturaliter decedentibus, vero nullis subeuntibus in locum eorum, summa macies oritur; et, nisi occurritur, tollit. Græci vocant hanc, Atrophiam. Ferè ea consuevit incidere de duabus causis. Enim aut aliquis assumit minus quam debet, nimio timore, aut plus, nimia aviditate: ita vel, quod deest, infirmat; vel quod superat, corrumpitur. Est altera species,*

citationes, frictiones, solem, sudationes, fatigationes, et idoneos cibos, donec ex toto convalescat. Balneum rarum res amat; frequentiore in jejuno vomitum. Si æstas est, in mari natare, commodum est. Ubi convaleuit aliquis, diu tamen alienus ei veneris usus est.

XXII. Diutius sæpe et periculosius tabes eos male habet, quos invasit. Atque hujus quoque plures species sunt. Una est, qua corpus non alitur, et naturaliter semper aliquibus decedentibus nullis vero in eorum locum subeuntibus, summa macies oritur; et, nisi occurritur, tollit. Ἀτροφίαν hanc Græci vocant. Et duabus fere de causis incidere consuevit. Aut enim nimio timore aliquis minus, aut aviditate nimia plus, quam debet, assumit: ita vel, quod deest, infirmat; vel, quod superat, corrumpitur. Altera species est, quam

and proper food, until he recovers completely. The case requires seldom bathing, (but) more frequent vomiting (when) fasting. If it is summer, it is proper to swim in the sea. When any one has recovered, the practice of venery is still for a long time hurtful to him.

XXII. Consumption frequently afflicts those whom it has attacked for a longer space of time, and with greater danger. And there are many species of this also. There is one in which the body is not nourished, and some things always naturally passing off, but none entering their place, extreme emaciation arises, and unless it is removed, it carries (a person off). The Greeks call it Atrophy. And it is generally accustomed to happen from two causes. For either a person takes less than he ought from excessive fear, or more from excessive voracity, so that what is deficient causes weakness, or that which is redundant is corrupted. There is another kind which the Greeks

Græci καχεξίαν appellant: ubi malus corporis habitus est; ideoque omnia alimenta corrumpuntur. Quod fere fit, cum longo morbo vitiata corpora, etiamsi illo vacant, refectionem tamen non accipiunt; aut cum malis medicamentis corpus affectum est; aut cum diu necessaria defuerunt; aut cum inusitados et inutiles cibos aliquis assumsit, aliquidve simile incidit. Huic, præter tabem, illud quoque nonnunquam accidere solet, ut per assiduas pustulas, aut ulcera, summa cutis exasperetur, vel aliquæ corporis partes intumescant. Tertia est, longeque periculosissima species, quam Græci φθίσις nominarunt. Oritur fere a capite; inde in pulmonem destillat; huic exulceratio accedit; ex hac febricula levis fit, quæ etiam, cum quievit, tamen repetit; frequens tussis est; pus exscreatur; interdum cruentum aliquid. Quidquid excreatum

quam Græci appellant Cachexiam, ubi est malus habitus corporis; que ideò omnia alimenta corrumpuntur. Quod ferè fit, cùm corpora vitiata longo morbo, etiamsi vacant illo, tamen non accipiunt refectionem; aut cum corpus est affectum malis medicamentis; aut cùm necessaria diu defuerunt; aut cum aliquis assumsit inusitados et inutiles cibos, vel aliquid simile incidit. Illud quoque nonnunquam solet accidere huic, præter tabem, ut summa cutis exasperetur per assiduas pustulas, aut ulcera, vel aliquæ partes corporis intumescant. Est tertia species, longè periculosissima quam Græci nominarunt Phthisin. Fere oritur a capite; inde destillat in pulmonem; exulceratio accedit huic: ex hac levis febricula fit, quæ etiam cum quievit, tamen repetit; est frequens tussis; pus exscreatur; interdum ali-

called Cachexia, when there is a bad habit of body, and, on that account, all sorts of nourishment are corrupted; which generally happens when bodies vitiated by a long distemper, although they are free from it, yet do not admit of a restoration of their strength; or when the body is affected by bad medicines; or when necessities have been long withheld; or when a person has taken unusual and injurious kinds of food, or something similar has occurred. This also is apt to be superadded, that besides the consumption, the surface of the skin is rendered rough, with frequent pustules or ulcers, or some parts of the body swell. There is a third kind and by far the most dangerous; which the Greeks have named Phthisis. It generally arises in the head, then falls down upon the lungs; ulceration succeeds it; from this, slight fever takes place, which although it has abated, still returns; there is frequent cough; pus is expectorated; and, sometimes, something bloody. Whatever is expectorated has a bad smell if

quid cruentum. Quidquid est excreatum, est mali odoris, si est impositum in ignem: itaque quid dubitant de hoc morbo, utuntur hac notâ.

Cùm sint hæc genera tabis, primum oportet animadvertere, quid sit, in quo laboretur. Deinde si tantum corpus non apparet ali, attendere causam ejus; et si aliquis assumsit minus cibi, quam debet, adjicere, sed paulatim: ne si oneraverit insuetum corpus subitâ multitudine, impediat concoctionem. Verò si quis solitus est assumere plus justo, abstinere uno die; deinde incipere ab exiguo cibo; adjicere quotidie; donec perveniat ad justum modum. Præter hæc convenit ambulare, locis quam minime frigidis, sole vitato; quoque exerceri per manus; si est infirmior, gestari, ungi, perfricari, si potest maxime per se ipsum, sæpius eodem die, et ante cibum, et post eum, sic, ut interdum

est, si in ignem impositum est, mali odoris est: itaque, qui de morbo dubitant, hac nota utuntur.

Cum hæc genera tabis sint, animadvertere primum oportet, quid sit, in quo laboretur. Deinde, si tantum non ali corpus apparet, causam ejus attendere: et si cibi minus aliquis, quam debet, assumsit, adjicere, sed paulatim: ne si corpus insuetum subita multitudine oneraverit, concoctionem impediat. Si vero plus justo quis assumere solitus est, abstinere uno die; deinde ab exiguo cibo incipere; quotidie adjicere, donec ad justum modum perveniat. Præter hæc convenit ambulare locis quam minime frigidis, sole vitato; per manus quoque exerceri: si infirmior est, gestari, ungi, perfricari, si potest, maxime per se ipsum sæpius eodem die, et ante cibum, et post eum, sic, ut interdum oleo

thrown upon the fire: therefore, those who are doubtful of this disease have recourse to this (diagnostic) character.

Since there are these varieties of consumption, it is first of all necessary to consider which it is, with which the patient is suffering. Then if only the body seems not to be nourished, to attend to the cause of it; and if a person has taken less food than he ought, to add to it, but by degrees, lest if it has loaded the body unaccustomed to it, by the sudden accumulation, it may prevent concoction. But if any one is in the habit of taking more than is proper, (he should) abstain for one day; then begin with a little food; to add to it daily until he arrives at a just medium. Moreover, it is proper to walk in places as free from cold as possible, the sun being avoided, and to be exercised by means of his hands; if he is weaker, to use gestation, to be anointed, and be rubbed, if possible, particularly by his own hands, frequently on the same day, both before food and after it; so that sometimes calefacients may be

quædam adjiciantur calefacientia, donec insudet. Prodestque jejuno prehendere per multas partes cutem, et attrahere, ut relaxetur; aut, imposita resina et abducta, subinde idem facere. Utile est etiam interdum balneum, sed post cibum exiguum. Atque in ipso solio recte cibi aliquid assumitur; aut, si sine hoc frictio fuit, post eam protinus. Cibi vero esse debent ex iis, qui facile concoquuntur, qui maxime alunt. Ergo vini quoque, sed austeri, necessarius usus est. Movenda urina.

At si malus corporis habitus est, primum abstinendum est: deinde alvus ducenda; tum paulatim cibi dandi, adjectis exercitationibus, unctionibus, frictionibus. Utilius his frequens balneum est, sed jejunis; etiam usque sudorem. Cibus vero opus est copiosis, variis, boni succi, quique etiam minus facile corrumpantur, vino austero.

quædam calefacientia adjiciantur oleo, donec insudet. Que prodest jejuno prehendere cutem per multas partes, et attrahere, ut relaxetur; aut subinde facere idem, resinâ impositâ et abductâ. Etiam interdum balneum est utile, sed post exiguum cibum. Atque aliquid cibi recte assumitur in solio ipso; aut si fuit frictio sine hoc, protinus post eam. Verò cibi debent esse ex iis, qui concoquuntur facile qui alunt maximè. Ergo quoque usus vini sed austeri est necessarius. Urina est movenda.

At si est malus habitus corporis, primum abstinendum est: deinde alvus ducenda; tum paulatim cibi dandi, exercitationibus, unctionibus, frictionibus, adjectis. Frequens balneum est utilius his, sed jejunis: etiam usque sudorem. Verò opus est copiosis, variis cibus, boni succi, que etiam qui corrumpantur minùs facilè, austero vino. Si

added to the oil, until he sweats. It does service, when he is fasting, to take hold of his skin in many parts, and draw it out, that it may be relaxed; or frequently to do the same by means of resin applied upon it and pulled away again. Likewise, sometimes, the bath is useful, but after a little food, and some food is properly given, even in the bath itself; or if friction has been applied without (the bath), immediately after it. But the food should be selected from amongst those kinds which are concocted easily, and which nourish most. Therefore, the use of wine, but austere, is necessary. The urine is to be excited.

But if there is a bad habit of body, at first he must abstain; then the bowels are to be clystered; then, by degrees, food is to be given; exercises, anointings, and frictions being added. A frequent bath is more beneficial to these (persons), but on an empty stomach; even to sweating. But there is occasion for copious and varied food, of good juices, and also such as is corrupted less easily, and austere wine. If the other

reliqua proficiunt nihil, sanguis est mittendus; sed paulatim, que quotidie pluribus diebus, cum eo, ut cetera quoque servantur eodem modo.

Quòd si est plus mali, et est vera phthisis, protinùs inter initia est necessarium occurrere: enim is morbus neque facillè evincitur, cum inveteraverit. Opus est, si vires patiuntur, longâ navigatione, mutatione cœli, sic ut densius petatur, quam id est, ex quo æger discedit; que ideò aptissimè itur ex Italiâ Alexandriam. Que ferè corpus debet posse pati id inter principia, cum hic morbus maximè oriatur firmissimâ ætate, id est ab duodevicesimo anno ad quintum et tricesimum annum. Si imbecillitas non sinit id, est commodissimum gestari nave, tamen non longe: si aliqua res prohibet navigationem, corpus est movendum lecticâ,

Si nihil reliqua proficiunt, sanguis mittendus est; sed paulatim quotidieque pluribus diebus, cum eo, ut cetera quoque eodem modo servantur.

Quod si mali plus est, et vera phthisis est, inter initia protinus occurrere necessarium eet; neque enim facile is morbus, cum inveteraverit, evincitur. Opus est, si vires patiuntur, longa navigatione, cœli mutatione, sic ut densiusquam id est, ex quo discedit æger, petatur; ideoque aptissime Alexandriam ex Italia itur. Fereque id posse inter principia corpus pati debet, cum hic morbus ætate firmissima maxime oriatur, id est, ab anno duodevicesimo ad annum quintum et tricesimum. Si id imbecillitas non sinit, nave tamen non longe gestari commodissimum est; si navigationem aliqua res prohibet, lectica, vel alio modo corpus movendum est. Tum a nego-

methods are of little avail, blood is to be drawn, but by degrees, and every day for many days, with this condition, that the other rules also may be attended to, in the same manner.

But if there is more injury, and there is true phthisis, directly from the commencement it is necessary to oppose it; for that disease is not easily overcome when it has long continued. If his strength permits, there is need of a long voyage, change of air, so that a more dense one may be selected than that is from which he departs; therefore, very properly, a journey is made from Italy to Alexandria; and generally the body ought to be able to bear it at the commencement, since this disease especially occurs in the strongest age, that is, from the eighteenth to the five and thirtieth year. If weakness does not permit, it is most suitable to be conveyed about in a ship, but not far. If any circumstance prevents the voyage, the body is to be moved in a litter, or some other way. Then he must keep from business, and

tiis abstinendum est, omnibusque rebus, quæ sollicitare animum possunt; somno indulgendum; cavendæ destillationes, ne, si quid cura levarit, exasperent; et ob id vitanda cruditas, simulque et sol et frigus; os obtegendum, fauces velandæ tussicula suis remediis finienda: et, quamdiu quidem febricula incursat, huic interdum abstinencia, interdum etiam tempestivis cibis medendum; eoque tempore bibenda aqua. Lac quoque, quod in capitis doloribus, et in acutis febribus et per eas facta nimia siti, ac, sive præcordia tument, sive biliosa urina est, sive sanguis fluxit, pro veneno est; in phthisi tamen, sicut in omnibus longis difficilibusque febriculis, recte dari potest. Quod si febris aut nondum incursat, aut jam remisit, decurrendum est ad modicas exercitationes, maximeque ambulationes; item lenes frictiones.

vel alio modo. Tum abstinendum est a negotiis, quæ omnibus rebus, quæ possunt sollicitare animum; indulgendum somno; destillationes cavendæ, ne exasperent si cura levarit quid; et ob id cruditas vitanda, quæ simul et sol et frigus; os obtegendum, fauces velandæ, tussicula finienda suis remediis; et quidem quamdiu febricula incursat medendum huic interdum abstinentiâ interdum etiam tempestivis cibis; quæ eo tempore aqua bibenda. Lac quoque, quod est pro veneno in doloribus capitis, et in acutis febribus et nimia siti facta per eas, sive præcordia tument, sive urina est biliosa, ac sive sanguis fluxit, tamen in phthisi, sicut in omnibus longis quæ difficilibus febriculis, potest dari rectè. Quod si febris aut nondum incursat, aut jam remisit, decurrendum est ad modicas exercitationes, quæ maximè ambulationes; item

all things which can disturb the mind: he must indulge in sleep; catarrhs must be guarded against, lest they exasperate, whatever, care has relieved; and therefore crudity is to be avoided, and at the same time both the heat of the sun and cold; the face is to be defended, the throat wrapped up, the cough removed by its own, (proper) remedies, and, indeed, as long as feverishness occurs, we must treat it sometimes by abstinence, sometimes by seasonable food; and at that time water is to be drunk. Milk, likewise, which is like a poison in pains of the head, in acute fevers, and in the excessive thirst produced by them, or (when) the præcordia are swelled, or the urine is bilious, or blood has escaped; yet in a phthisis, as in all long and obstinate fevers, it may be given with propriety. But if a fever either does not yet come on, or has already remitted, recourse must be had to moderate exercise, and especially in walking, also gentle friction. The bath is injurious,

lenes frictiones. Balneum est alienum. Cibus debet esse primò acer, ut allium, porrum, quæ id ipsum ex aceto, vel intubus, ocimum, lactuca ex eodem; deinde lenis, ut sorbitio ex ptisana, vel ex alicâ, vel ex amylo, lacte adjecto. Quoque oryza, et si est nihil aliud, far præstat idem. Tum invicem modò utendum est his cibis, modò illis; quæ quædam adjicienda ex mediâ materiâ, quæ præcipuè vel cerebellum ex primâ, vel pisciculus, et similia his, Etiam farina mixta cum ovillo vel caprino sevo, deinde incocta est pro medicamento. Vinum debet assumi leve, austerum. Hactenus non pugnatur magnâ mole; si noxa est vehementior, ac neque febricula, neque tussis quiescit, quæ corpus apparet tenuari, opus est validioribus auxiliis. Exulcerandum est candenti ferro, uno loco sub mento, altero in gutture, duobus ad utramque mammam;

Balneum alienum est. Cibus esse debet primo acer, ut allium, porrum, idque ipsum ex aceto, vel ex eodem intubus, ocimum, lactuca: deinde lenis, ut sorbitio ex ptisana, vel ex alica, vel ex amylo, lacte adjecto. Idem oryza quoque, et, si nihil aliud est, far præstat. Tum invicem modo his cibis, modo illis utendum est; adjiciendaque quædam ex media materia, præcipueque vel ex prima cerebellum, vel pisciculus, et his similia. Farina etiam cum sevo ovillo caprinove mixta, deinde incocta, pro medicamento est. Vinum assumi debet leve, austerum. Hactenus non magna mole pugnatur: si vehementior noxa est, ac neque febricula, neque tussis quiescit, tenuarique corpus apparet, validioribus auxiliis opus est. Exulcerandum est ferro candenti, uno loco sub mento, altero in gutture, duobus ad mammam utramque; item sub

The food should be at first pungent, as garlick, leek, and the same in vinegar, or endive, basil, or lettuce, in the same; then light, as gruel, from ptisan or alica, or starch with milk added to it. Likewise rice, and if there is nothing else, meal answers the same end. Then by turns, sometimes, use must be made of the former kind of food, sometimes of the latter; and some things from the middle material are to be added, especially either brains from the first or small fish, and the like. Also, flour mixed with mutton or goat's suet, afterwards boiled, serves as a medicine. Wine ought to be taken, light and austere. So far it is combated without much difficulty: if the mischief is greater, and neither the fever nor the cough abates, and the body seems to be wasting, there is need of more powerful remedies. An ulcer is to be made with a hot iron in one place under the chin, in another on the throat, in two places on each breast, likewise, at the bottom of

imis ossibus scapularum, quas *ὀμοπλάτας* Græci vocant, sic, ne sanescere ulcera sinamus, nisi tussi finita: cui per se quoque medendum esse, manifestum est. Tunc ter quarterve die vehementer extremæ partes perfricandæ, thorax levi manu pertractandus, post cibum intermittenda hora, et perfricanda crura, brachiaque; interpositis denis diebus, demittendus est æger in solium, in quo sit aqua calida et oleum: ceteris diebus bibenda aqua; tum vinum, si tussis non est, potui frigidum dandum; si est, egelidum. Utile est etiam in remissionibus quotidie cibos dari: frictiones gestationesque similiter adhiberi: eadem acria quarto, aut quinto die sumere: interdum herbam sanguinalem ex aceto, vel plantaginem esse. Medicamentum est etiam vel plantaginis succus per se, vel marrubii cum melle incoctus: ita ut illius cyathus sor-

item sub imis ossibus scapularum, quas Græci vocant Omoplatas, sic, ne sinamus ulcera sanescere nisi tussi finitâ; cui quoque, est manifestum esse medendum per se. Tunc ter vel quater die extremæ partes vehementer perfricandæ thorax pertractandus levi manû, hora intermittenda post cibum, et crura que brachia perfricanda; denis diebus interpositis, æger est demittendus in solium, in quo sit calida aqua et oleum; ceteris diebus aqua est bibenda; tum vinum, si non est tussis, est dandum frigidum potui; si est, egelidum. Etiam est utile in remissionibus cibos dari quotidie; frictiones que gestationes similiter, adhiberi; sumere eadem acria quarto aut quinto die; interdum esse sanguinalem herbam ex aceto, vel plantaginem. Etiam succus plantaginis per se est medicamentum vel marrubii incoctus cum melle; ita ut

the bladebones, which the Greeks call Omoplatæ, so that we do not allow the ulcers to heal, unless with termination of the cough, which also it is evident is to be treated by itself. Then three or four times a day the extremities are to be actively rubbed, the thorax is to be rubbed gently by the hand, an hour is to be passed by after food, (then) the legs and arms are to be rubbed: ten days having elapsed, the patient is to be put into a bath, in which there is warm water and oil; on the other days, water is to be drunk; then wine, if there is no cough, is to be given cold for drink; if there is, lukewarm. Also it is proper during the remission, that food should be given daily; that friction and gestation in a like manner should be employed: to take the same pungent things on the fourth or fifth day; sometimes to eat blood-herb with vinegar, or plantain. The juice of plantain by itself is also a medicine, or of horehound, boiled with honey; so that a cyath of the

cyathus illius sorbeatur, plenum cochleare hujus paulatim delingatur; vel dimidia pars resinæ terebinthinæ, altera pars butyri et mellis mixta inter se, et incocta. Tamen præcipua ex his omnibus sunt victus, vehiculum, et navis, et sorbitio. Cita alvus utique est vitanda. Frequens vomitus in hoc morbo est perniciosus, que maximè sanguinis. Qui cæpit esse meliusculus, debet adjicere exercitationes, frictiones, cibos; deinde ipse perfricare se, spiritû suppresso; diù abstinere a vino, balneo, venere.

XXIII. *Inter notissimos morbos est etiam is, qui nominatur comitialis, vel major. Homo concidit subito; spumæ moventur ex ore: deinde tempore interposito redit ad se, et ipse consurgit per se. Id genus sæpiùs occupat viros, quam feminas. Ac quidem etiam solet esse longum, usque ad diem mortis, et non periculosum vitæ; tamen inter-*

beatur, hujus cochleare plenum paulatim delingatur; vel inter se mixta, et incocta resinæ terebinthinæ pars dimidia, butyri et mellis pars altera. Præcipua tamen ex his omnibus sunt victus, vehiculum, et navis, et sorbitio. Alvus cita utique vitanda est. Vomitus in hoc morbo frequens, perniciosus est, maximeque sanguinis. Qui meliusculus esse cæpit, adjicere debet exercitationes, frictiones, cibos; deinde ipse se, suppresso spiritu, perfricare; diu abstinere a vino, balneo, venere.

XXIII. Inter notissimos morbos est etiam is; qui comitialis, vel major nominatur. Homo subito concidit; ex ore spumæ moventur; deinde interposito tempore ad se redit, et per se ipse consurgit. Id genus sæpius viros, quam feminas, occupat. Ac solet quidem etiam longum esse, usque ad mortis diem, et vitæ non periculosum; interdum

former may be drank, a spoonful of the latter may be licked up, or a half part of resin of turpentine, another half of butter and honey, mixed together and boiled. However, the principal of all these are diet, gestation, sailing, and gruel. A relaxed state of bowels is especially to be avoided. Frequent vomiting in this disease is injurious, and especially of blood. He who begins to be a little better, ought to increase his exercise, friction, and food; then rub himself holding his breath, (and) for a long time abstain from wine, the bath, and venery.

XXIII. Amongst the best-known diseases is that which is named comitial (epilepsy), or the greater. A man falls down suddenly; foam is emitted from the mouth; then a time intervening, he returns to himself, and rises up of his own accord. That kind (of disease) attacks men oftener than women: and it is accustomed to be of long continuance, even up to the day of death, and not dangerous to life; however, sometimes when it is recent, it carries off a person.

tamen cum recens est, hominem consumit: et sæpe eum, si remedia non sustulerunt, in pueris veneris, in puellis menstruorum initium tollit. Modo cum distentione nervorum prolabitur aliquis, modo sine illa. Quidam hos quoque iisdem, quibus lethargicos, excitare conantur: quod admodum supervacuum est; et quia ne lethargicus quidem his sanatur; et quia, cum possit ille nunquam expergisci, atque ita fame interire, hic ad se utique revertitur. Ubi concidit aliquis, si nulla uervorum distentio accessit, utique sanguis mitti debet: si accessit, non utique mittendus est, nisi alia quoque hortantur. Necessarium autem est, ducere alvum, vel nigro veratro purgare, vel utrumque facere, si vires patiuntur: tunc caput tondere, oleoque et aceto perungere; cibum post diem tertium, simul transiit hora, qua concidit, dare.

dum, cum est recens, consumit hominem; et sæpe initium veneris pueris, menstruorum in puellis tollit eum, si remedia non sustulerunt. Modò aliquis prolabitur cum distentione nervorum, modò sine illâ. Quidam conantur excitare hos quoque, iisdem, quibus lethargicos; quod est admodum supervacuum; et quia ne quidem lethargicus sanatur his; et quia, cum ille possit nunquam expergisci, atque ita interire fame, hic utique revertitur ad se. Ubi aliquis concidit, si nulla distentio nervorum accessit, utique sanguis debet mitti; si accessit utique non est mittendus, nisi alia quoque hortantur. Autem est necessarium ducere alvum, vel purgare nigro veratro, vel facere utrumque, si vires patiuntur; tunc tondere caput, que perungere oleo et aceto; dare cibum post tertium diem, simul hora, quâ concidit transiit. Autem neque

Frequently the commencement of venery in boys, that of the menses in girls, removes it, if remedies have not cured it. Sometimes a person falls down with convulsions, sometimes without it. Some endeavour to arouse these also with the same (remedies) as the lethargic, which is very absurd, both because not even a lethargic person is cured by them, and because, since the (lethargic person) may never awake, and thus perish with hunger, (whereas) the latter, indeed, returns to his senses. When any one falls down, if no convulsion has come on, indeed blood ought to be drawn: if it has come on, it is not indeed to be drawn, unless some other circumstances also advise it. But it is necessary to clyster the bowels, or purge with black hellebore, or do both if the strength permits: then to clip the (hair off the) head, and rub it over with oil and vinegar; to give food after the third day, as soon as the hour in which he fell has passed by. But

sorbtiones, que alii molles et faciles cibi, neque caro, que minimè suilla convenit his; sed mediæ materiæ; nam et opus est viribus et cruditates sunt cavendæ. Cum quibus oportet fugere solem, balneum, ignem, que omnia calefacientia; item frigus, vinum, venerem, conspectum præcipitis loci, que omnium terrentium, vomitum, lassitudinem, sollicitudines, omnia negotia. Ubi cibus datus est tertio die, intermittere quartum, et invicem quemque alterum, eadem horâ cibi servatâ, donec quatuordecim dies transeant. Quos ubi morbus excessit deposuit vim acuti; ac, si manet, est jam curandus ut longus. Quod si, medicus non accessit, die, quo primum id incidit, sed is qui consuevit cadere, est traditus ei; protinus, eo genere victus habito, qui est supra comprehensus, dies est expectandus, quo prolobatur; que tum

Neque sorbtiones autem his, aliique molles et faciles cibi, neque caro, minimeque suilla convenit; sed mediæ materiæ: nam et viribus opus est, et cruditates cavendæ sunt. Cum quibus oportet fugere solem, balneum, ignem, omniaque calefacientia: item frigus, vinum, venerem, loci præcipitis conspectum, omniumque terrentium, vomitum, lassitudinem, sollicitudines, negotia omnia. Ubi tertio die cibus datus est, intermittere quartum, et invicem alterum quemque, eadem hora cibi servata, donec quatuordecim dies transeant. Quos ubi morbus excessit, acuti vim deposuit: ac, si manet, curandus jam ut longus est. Quod si, non quo die primum id incidit, medicus accessit, sed is, qui cadere consuevit, ei traditus est; protinus eo genere victus habito, qui supra comprehensus est, expectandus est dies, quo prolaba-

neither gruels nor other soft and easily digested kinds of food, nor flesh, and by no means pork, are suitable for those persons, but diet of the middle kind; for there is need of strength, and crudities are to be avoided. In addition to which, it is proper to avoid the heat of the sun, the bath, the fire, and all heating things; likewise cold, wine, venery, the sight of a precipice, and all alarming things, vomiting, lassitude, anxiety, and all kinds of business. When food has been given on the third day, (it is proper) to omit the fourth and alternately every second day, the same hour for food being observed, until fourteen days may have elapsed. Which when the disease has exceeded, it has put off the force of an acute one; and if it continues is now to be treated as a chronic disease. But if the physician has not been called in on the day in which that first happened, but he who has been subject to fall has been turned over to him; first of all, that regimen

tur; utendumque tum vel sanguinis missione, vel ductione alvi, vel nigro veratro, sicut præceptum est; insequentibus deinde diebus, per eos cibos, quos proposui, vitatis omnibus, quæ cavenda dixi, nutriendus est. Si per hæc morbus finitus non fuerit, confugiendum erit ad album veratrum; ac ter quoque aut quater eo utendum, non ita multis interpositis diebus; sic tamen, ne iterum unquam sumat, nisi conciderit. Mediis autem diebus vires ejus erunt nutriendæ; quibusdam, præter ea, quæ supra scripta sunt, adjectis. Ubi mane experrectus est, corpus ejus leniter ex oleo vetere, cum capite excepto ventre, permulceatur: tum ambulatione quam maxime longa et recta utatur: post ambulationem loco tepido vehementer et diu ac non minus ducenties, nisi infirmus erit, perfricetur: deinde per caput multa aqua frigida perfundatur:

utendum vel missione sanguinis, vel ductione alvi, vel nigro veratro, sicut est præceptum; deinde insequentibus diebus, est nutriendus per eos cibos, quos proposui, omnibus vitatis, quæ dixi cavenda. Si per hæc morbus non fuerit finitus, confugiendum erit ad album veratrum; ac utendum eo ter aut quater, non ita multis diebus interpositis: tamen sic, ne sumat unquam iterum, nisi conciderit. Autem mediis diebus vires ejus erunt nutriendæ: quibusdam adjectis præter ea, quæ sunt supra scripta. Ubi est experrectus mane, corpus ejus permulceatur leniter ex vetere oleo ventre cum capite excepto; tum utatur ambulatione, quam maximè longâ et rectâ; post ambulationem perfricetur tepido loco vehementer et diù, ac non minùs ducenties, nisi erit infirmus; deinde perfundatur per caput multâ frigidâ aquâ; assumat pau-

being observed, which has been above described, the day is to be waited for on which he may fall; and then we must use either bloodletting, or clystering the bowels, or black hellebore, as has been above prescribed. Afterwards, on the following days, he is to be nourished by that food, which I mentioned, all things being avoided which I stated were to be omitted. If by these means the disease has not been removed, recourse must be had to white hellebore, and we must use it three or four times, but not so many days being interposed, however, in such a manner that he should never take it again unless he has fallen. But on the intermediate days his strength will require to be supported; some things being added, besides those which have been above mentioned. When he has awoke in the morning, his body should be rubbed over gently with old oil, the belly and head being excepted; then let him use walking, as long and straight as possible; after the walk, let him be rubbed in a warm place briskly and for a long time, and not less than

lum cibi; conquiescat; rursus utatur ambulatione ante noctem: iterum perfricetur vehementer, sic ut neque venter neque caput contingatur: post hæc cœnet; que tribus aut quatuor diebus interpositis, assumat acria uno aut altero. Si fuerit ne quidem liberatus per hæc, radat caput: ungatur vetere oleo, aceto et nitro adjecto: perfundatur salsâ aquâ; jejunos bibat castoreum ex aquâ; utatur, causâ potionis nullâ aquâ, nisi decocta. Quidam liberarunt se tali morbo, calido sanguine jugulati gladiatoris epoto; aquâ quos miserius malum fecit miserum auxilium tolerabile. Verò quod pertinet ad medicum, ultimum est, mittere paulum sanguinis ex utroque crure, juxta talum; incidere occipitium, et admove cucurbitulas; quoque adurere candenti ferro in occipitio, et infra qua summa vertebra committitur cum capite duobus locis, ut per-

paulum cibi assumat; conquiescat; rursus ante noctem ambulatione utatur: iterum vehementer perfricetur, sic ut neque venter, neque caput contingatur: post hæc cœnet; interpositisque tribus aut quatuor diebus, uno aut altero acria assumat. Si ne per hæc quidem fuerit liberatus, caput radat: ungatur oleo vetere, adjecto aceto et nitro: perfundatur aqua salsa; bibat jejunos ex aqua castoreum; nulla aqua, nisi decocta, potionis causa utatur. Quidam jugulati gladiatoris calido sanguine epoto tali morbo se liberarunt: apud quos miserum auxilium tolerabile miserius malum fecit. Quod ad medicum vero pertinet, ultimum est, juxta talum, ex utroque crure paulum sanguinis mittere; occipitium incidere, et cucurbitulas admove: ferro candenti in occipitio quoque et infra, qua summa vertebra cum capite committitur, adu-

two hundred times, unless he be infirm; then let him be bathed with much water from over the head; let him take a little food; let him rest; again let him use walking before night: again let him be rubbed briskly, so that neither the belly nor head be touched; after these let him sup; and three or four days having elapsed, let him take pungent things for one or two days. If he has not been cured even by these means, let him shave his head; let it be anointed with old oil, with vinegar and nitre added to it; on an empty stomach let him drink castor in water; let him use as a drink no water but what is boiled. Some have freed themselves from this disease by means of the warm blood of a slain gladiator being drank, with whom a more wretched disease has rendered this horrible remedy supportable. But as far as concerns the physician, the last remedy is to take away a little blood from each leg near the ankle; to incise the occiput, and to apply cups; also to burn with a hot iron on the occiput, and below, where the upper vertebra is

rere duobus locis, ut per ea perniciosus humor evadat. Quibus si finitum malum non fuerit, prope est, ut perpetuum sit. Ad levandum id, tantummodo utendum erit exercitatione multa, frictione, cibisque iis, qui supra comprehensi sunt: præcipueque vitanda omnia, quæ ne fierent, excepimus.

XXIV. Æque notus est morbus, quem interdum arquatum, interdum regium nominant. Quem Hippocrates ait, si post septimum diem febricitante ægro supervenit, tutum esse, mollibus tantummodo præcordiis substantibus: Diocles, ex toto, si post febrem oritur, etiam prodesse; si post hunc febris, occidere. Color autem eum morbum detegit, maxime oculorum, in quibus, quod album esse debet, fit luteum. Soletque accedere et sitis, et dolor capitis, et frequens singultus, et præcordiorum dextra parte durities, et, ubi corporis ve-

niciosus humore vadat per ea. Quibus si malum non fuerit finitum, est prope, ut sit perpetuum. Ad levandum id, tantummodo utendum erit multâ exercitatione, frictione, quæ iis cibis, qui sunt supra comprehensi; quæ præcipue omnia vitanda, quæ excepimus, ne fierent.

XXIV. Est morbus æque notus, quem interdum, nominant arquatum, interdum regium. Quem Hippocrates ait esse tutum, si supervenit post septimum diem febricitante ægro, tantummodo præcordiis substantibus mollibus. Diocles etiam prodesse ex toto, si oritur post febrem, occidere, si febris post hunc. Autem color, maximè oculorum, detegit eum morbum, in quibus, quod debet esse album, fit luteum. Quæ et sitis solet accedere, et dolor capitis, et frequens singultus, et durities dextrâ parte præcordiorum, et ubi est vehemens motus corporis,

articulated with the head, in two places, that the hurtful humour may escape by them. By means of which, if the disease is not removed, it is probable that it will be permanent. To relieve it, we must only use much exercise, friction, and those kinds of food which are above named; and especially all things are to be avoided which we have excepted from being done.

XXIV. There is a disease equally known, which they sometimes call arched, sometimes royal, which Hippocrates states to be safe, if it supervenes after the seventh day in a feverish person, only the præcordia remaining soft. Diocles (says) that it is even advantageous if it arises after fever; that it destroys if fever (arises) after it. But the colour of the eyes in particular discovers that disease, in which what should be white becomes yellow. Also thirst is accustomed to be added, and pain of the head, and frequent hiccup, and hardness in the right part of the præcordia, and when there is a quick

difficultas spiritus, que resolutio membrorum: atque ubi morbus manet diutiùs, totum corpus inalbescit cum quodam pallore. Primo die oportet ægrum abstinere; secundo ducere alvum; tum si est febris, discutere eam genere victus; si non est, dare scammoniam potui, vel albam betam contritam cum aquâ, vel amaras nuces cum mulsâ aquâ, absinthium, anisum, sic ut sit minima pars hujus. Asclepiades quoque cogebat bibere salsam aquam, et quidem per biduum causâ purgationis iis rejectis, quæ movent urinam. Quidam, superioribus omissis, dicunt se consequi idem, per hæc, et per eos cibos, qui extenuant. Ego utique præfero validiora auxilia, si est satis virium, si parum, imbecilliora. Si fuit purgatio, post eam primo triduo oportet sumere cibum modicè ex mediâ materiâ, et bibere Græcum

hemens motus est, spiritus difficultas, membrorumque resolutio; atque, ubi diutius manet morbus, totum corpus cum pallore quodam inalbescit. Primo die abstinere ægrum oportet; secundo ducere alvum: tum, si febris est, eam victus genere discutere; si non est, scammoniam potui dare, vel cum aqua betam albam contritam, vel cum aqua mulsa nuces amaras, absinthium, anisum, sic ut pars hujus minima sit. Asclepiades aquam quoque salsam, et quidem per biduum, purgationis causa bibere cogebat, iis, quæ urinam movent, rejectis. Quidam, superioribus omissis, per hæc, et per eos, cibos, qui extenuant, idem se consequi dicunt. Ego utique, si satis virium est, validiora: si parum, imbecilliora auxilia præfero. Si purgatio fuit, post eam triduo primo modice cibum oportet assumere ex media materia, et vinum bibere

motion of the body, a difficulty of breathing, and relaxation of the limbs; and when the disease remains for some time, the whole body becomes white, with a peculiar paleness. On the first day it is proper that the patient should abstain, on the second clyster the bowels; then if there is fever, disperse it by regimen: if there is not, give scammony for a drink, or white beet, bruised, with water, or bitter almonds, with hydromel, (also) wormwood, (or) aniseed, so that there may be the smallest quantity of the latter. Asclepiades also forced them to drink salt water, and, indeed, for two days for the sake of purging, those things being put aside, which increase the urine. Some, the above things being omitted, say that they obtain the same result by means of the latter remedies, and by those kinds of food which extenuate. I, indeed, prefer more powerful remedies, if there is sufficient strength; if there is little, the weaker ones. If there has been purging, after it for the first three days, it is proper to take food in moderation from the middle

Græcum salsum, ut resolutio ventris maneat: tum altero triduo validiores cibos, et carnis quoque aliquid esse, intraque aquam manere: deinde ad superius genus victus reverti, cum eo, ut magis satietur; omisso Græco vino bibere integrum, austerum; atque ita per hæc variare, ut interdum acres quoque cibos interponat, interdum ad salsum vinum redeat. Per omne vero tempus utendum est exercitatione, frictione; si hiems est, balneo; si æstas, frigidis natationibus; lecto etiam, et conclavi cultiore, lusu, joco, ludis, lascivia, per quæ mens exhilaretur: ob quæ regius morbus dictus videtur. Malagma quoque, quod digerat, super præcordia datum prodest; vel arida ibi ficus imposita, si jecur aut lienis affectus est.

xxv. Ignotus autem pæne in Italia, frequentissimus in quibusdam regionibus is morbus est, quem

salsum vinum, ut resolutio ventris maneat: tum altero triduo validiores cibos, et quoque esse aliquid carnis, que manere intra aquam: deinde reverti ad superius genus victus, cum eo, ut magis satietur: Græco vino omisso, integrum, austerum; atque ita per hæc variare, ut interdum quoque interponat acres cibos, interdum redeat ad salsum vinum. Verò per omne tempus utendum est exercitatione, frictione: si est hiems, balneo; si æstas, frigidis natationibus, etiam lecto, et cultiore conclavi, lusu, joco, ludis, lasciviâ, per quæ mens exhilaretur: ob quæ morbus videtur dictus regius. Quoque malagma, quod digerat, datum super præcordia prodest; vel arida ficus imposita ibi si jecur, aut lienis est affectus.

xxv. *Autem is morbus quem Græci vocant Elephantiasin, pænè ignotus in Italiâ est frequentissimus in qui-*

material, and to drink Greek salt wine, that the relaxation of the bowels may continue: then for another three days to eat more substantial food, also some flesh, and to keep to the use of water; then to return to the former diet, with the condition that he may be more filled with it. The Greek wine being omitted, to drink pure austere wine; and thus to vary them, that sometimes also he may use acrid food, sometimes return to the salt wine. But during the whole time he must use exercise and friction: if it is winter, the bath; if summer, swimming in cold water; also a bed and elegant apartments, sport, jests, games, and frolics, by which the mind is exhilarated; on which account the disease appears to be called royal. Also a discutient poultice applied over the præcordia, is of service, or a dry fig laid on there, if the liver or spleen is affected.

xxv. But that disease which the Greeks call Elephantiasis, nearly unknown in Italy, is very common in some countries, and it is enumerated

busdam regionibus: que is adnumeratur longis. Totum corpus ita afficitur, ut ossa quoque dicantur vitiari. Summa pars corporis habet crebras maculas, que crebros tumores: rubor earum paulatim convertitur in atrum colorem; summa cutis est inæqualiter crassa, tenuis, dura, que mollis, quasi exasperatur quibusdam squamis; corpus emacrescit, os, suræ, pedes intumescunt; ubi morbus est vetus digiti in manibus et pedibus conduntur sub tumore, febricula oritur, quæ faciliè consumit hominem obrutum tot malis. Ergo protinùs inter initia sanguis debet mitti per biduum, aut venter solvi nigro veratro: tum inedia est adhibenda, quanta potest sustineri: deinde vires paulum reficiendæ, et alvus ducenda; post hæc, ubi corpus est levatum, utendum est exercitatione, que præcipuè cursû; sudor primum evocandus labore corpo-

ἐλεφαντίασιν Græci vocant: isque longis adnumeratur. Totum corpus afficitur ita, ut ossa quoque vitiari dicantur. Summa pars corporis crebras maculas crebrosque tumores habet: rubor earum paulatim in atrum colorem convertitur; summa cutis inæqualiter crassa, tenuis, dura, mollisque, quasi squamis quibusdam exasperatur; corpus emacrescit, os, suræ, pedes intumescunt: ubi vetus morbus est, digiti in manibus pedibusque sub tumore conduntur, febricula oritur, quæ facile tot malis obrutum hominem consumit. Protinus ergo inter initia sanguis per biduum mitti debet, aut nigro veratro venter solvi; adhibenda tum quanta sustineri potest, inedia est: paulum deinde vires reficiendæ, et ducenda alvus: post hæc, ubi corpus levatum est, utendum est exercitatione, præcipueque cursu: sudor primum labore ipsius corpo-

amongst the chronic. The whole body is so affected that the bones also may be said to be diseased. The surface of the body has numerous spots and tumours; the redness of them is generally turned into a black colour: the surface of the skin is irregularly thick, thin, hard, and soft, as if it were rendered rough with some scales: the body wastes; the face, calves, and feet swell: when the disease has been long established, the fingers and toes are buried in the swelling, slight fever comes on, which easily destroys a person overwhelmed by so many maladies. Therefore, directly at the commencement blood ought to be drawn for two days, or the belly relaxed by white hellebore; then fasting is to be enjoined, as great as can be supported: the strength is gradually to be recruited, and the bowels to be clystered; after these, when the body is relieved, we must use exercise, and especially running: sweat, in the first place, is to be promoted by bodily labour;

ris, deinde etiam siccis sudationibus evocandus: frictio adhibenda: moderandumque inter hæc, ut vires conserventur. Balneum rarum esse debet; cibus sine pinguibus, sine glutinosis, sine inflantibus: vinum, præterquam primis diebus, recte datur. Corpus contrita plantago et illita optime tueri videtur.

XXVI. Attonitos quoque raro videmus, quorum et corpus et mens stupet. Fit interdum ictu fulminis, interdum morbo: ἀποπληξίαν hunc Græci appellant. His sanguis mittendus est: veratro quoque albo, vel alvi ductione utendum. Tum adhibendæ frictiones, et ex media materia minime pingues cibi; quidam etiam acres; et a vino abstinendum.

XXVII. 1. At resolutio nervorum frequens ubique morbus est: sed interdum tota corpora, interdum partes infestat. Veteres auc-

ris ipsius, deinde etiam siccis sudationibus; frictio (est) adhibenda: que inter hæc moderandum (est), ut vires conserventur. Balneum debet esse rarum; cibus sine pinguibus, sine glutinosis, sine inflantibus: vinum datur rectè, præterquam primis diebus. Plantago contrita, et illita videtur optime tueri corpus.

XXVI. Quoque raro videmus attonitos, quorum et corpus et mens stupet. Interdum fit ictu fulminis, et interdum morbo; Græci appellant hunc Apoplexiam. Sanguis est mittendus his; quoque utendum albo veratro, vel ductione alvi. Tum frictiones sunt adhibendæ, et minime pingues cibi ex mediâ materiâ: etiam quidam acres: et abstinendum a vino.

XXVII. 1. At resolutio nervorum est ubique frequens morbus: sed interdum infestat tota corpora, interdum partes. Veteres

afterwards by dry sweatings: friction is to be employed: and during these, it must be managed that the strength be kept up. The bath should be rarely (used): the food without fat, without glutinous or inflating things: wine is given with propriety, except on the first days. Plantain, bruised, and rubbed on, appears to protect the body very well.

XXVI. Also we occasionally see people struck down, of whom both the body and mind is stupefied. Sometimes, it occurs from a stroke of lightning, sometimes from disease; the Greeks call it Apoplexy. Blood is to be drawn from such persons; also we must use white hellebore, or clystering the bowels: then frictions are to be employed, but by no means fat food from the middle material; but some acrid kinds; and to abstain from wine.

XXVII. 1. But relaxation of the nerves is everywhere a frequent disease: but sometimes it attacks entire bodies, sometimes only parts. The

auctores nominaverunt illud Apoplexiam, hoc Paralyzin: nunc video utrumque appellari Paralyzin. Autem qui sunt vehementer resoluti, solent rapi celeriter: ac si non sunt correpti, quidem vivunt diutiùs; sed rarò tamen perveniunt ad sanitatem, et plerumque trahunt miserum spiritum, memoriâ quoque amissâ. Vero in partibus est nunquam acutus sæpe longus; fere sanabilis morbus. Si omnia membra vehementer resoluta sunt detractio sanguinis vel occidit, vel liberat: aliud genus curationis vix unquam restituit sanitatem, sæpe tantum differt mortem, interim infestat vitam. Post missionem sanguinis, si et motus et mens non redit, nihil spei superest; si redit, sanitas quoque prospicitur. At ubi pars resoluta est, vel sanguis mittendus, vel alvus ducenda, pro vi et malo corporis. Cetera eadem

tores illud ἀποπληξίαν hoc παράλυσιν nominaverunt: nunc utrumque παράλυσιν appellari video. Solent autem, qui per omnia membra vehementer resoluti sunt, celeriter rapi: ac si correpti non sunt, diutius quidem vivunt; sed raro tamen ad sanitatem perveniunt, et plerumque miserum spiritum trahunt memoria quoque amissa. In partibus vero nunquam acutus, sæpe longus, fere sanabilis morbus est. Si omnia membra vehementer resoluta sunt, sanguinis detractio vel occidit, vel liberat: aliud curationis genus vix unquam sanitatem restituit, sæpe mortem tantum differt, vitam interim infestat. Post sanguinis missionem, si non redit et motus et mens, nihil spei superest; si redit, sanitas quoque prospicitur. At ubi pars resoluta est, pro vi et malo corporis, vel sanguis mittendus, vel alvus ducenda. Cetera eadem

old authors named the former Apoplexy, the latter Paralysis: now I observe that each of them is called Paralysis. But those who are severely relaxed in all their limbs are accustomed to be carried off speedily; but if they are not snatched away, they live indeed for some time, but rarely, however, attain to health, and generally drag on a wretched existence, the memory also being lost. But in particular parts it is never acute, frequently chronic, (but) generally a curable disease. If all the limbs are greatly relaxed, bloodletting either kills or cures: any other kind of treatment scarcely ever restores health, often it only postpones death, in the interim is an annoyance to life. After bleeding, if both motion and the mind does not return, no hope is left; if it does return, health also is prospective. But when a part is relaxed, either blood is to be drawn or the bowels are to be clystered, according to the strength and disorder of the body. All the other methods are to be practised in

in utroque casu facienda sunt: siquidem vitare præcipue convenit frigus; paulatimque ad exercitationes revertendum est, sic, ut ingrediatur ipse protinus, si potest: si id crurum imbecillitas prohibet, vel gestetur, vel motu lecti concutiat: tum id membrum, quod deficit, si potest, per se; sin minus, per alium moveatur, et vi quadam ad consuetudinem suam redeat. Prodest etiam torpentis membri summam cutem exasperasse, vel urticis cæsam, vel imposito sinapi, sic ut, ubi rubere cœperit corpus hæc removeantur. Scilla quoque contrita, bulbique contriti cum thure recte imponuntur. Neque alienum est, resina cutem tertio quoque die diutius vellere, pluribus etiam locis: aliquando sine ferro cucurbitulas admove. Uctioni vero aptissimum est vetus oleum, vel nitrum aceto et oleo admixtum. Quin etiam fo-

sunt facienda in utroque casu: siquidem præcipue convenit vitare frigus; que paulatim revertendum est ad exercitationes, sic ut ipse protinus ingrediatur, si potest; si imbecillitas crurum prohibet id, vel gestetur, vel concutiat motu lecti: tum id membrum quod deficit, moveatur per se, si potest; sin minus, per alium, et redeat quâdam vi, ad suam consuetudinem. Etiam prodest exasperasse summam cutem torpentis membri, vel cæsam utricis, vel sinapi imposito, sic ut, ubi corpus cœperit rubere, hæc removeantur. Quoque contrita scilla que contriti bulbi cum thure recte imponuntur. Neque est alienum vellere cutem diutius resinâ, quoque tertio die, etiam pluribus locis; aliquando admove cucurbitulas sine ferro. Verò vetus oleum est aptissimum unctioni, vel nitrum admixtum aceto et oleo. Quin etiam est magnoperè

both cases: it is indeed principally necessary to avoid cold; and by degrees he must return to exercise, so that he may immediately walk if he can; if weakness of the legs prevents it, he may either use gestation, or be agitated by the motion of a bed: then the limb which is diseased should be moved by itself, if possible; if not, by means of another: and let it return with a certain force to its habit. Also it is of service to have irritated the skin of the paralysed limb, either beaten with nettles, or with mustard applied to it, so that when the body begins to be red they may be taken off. Also bruised squill and bruised bulbs, with frankincense, are properly applied. Nor is it amiss to vellicate the skin for some time with resin every third day, even in many places; sometimes to apply the cups without the scarificator. But old oil is most fitted for anointing, or nitre mixed with vinegar and oil. Moreover,

necessarium fovere calidâ marinâ aquâ, vel, si non est ea, tamen salsâ. Ac si sunt quo loco vel naturales natationes, vel etiam tales factæ manû, utendum iis potissimum: quæ præcipuè membra quæ deficiunt maximè agitando in his; si non est id, tamen balneum prodest. Cibus debet esse ex mediâ materiâ, quæ maximè ex venatione: potio calidæ aquæ, sine vino: si tamen morbus est vetus Græcum salsum vinum potest interponi quarto vel quinto die, causâ purgationis. Post cœnam vomitus est utilis.

2. *Verò interdum etiam dolor nervorum solet oriri. In hoc casû non expedit vomere, non movere urinam medicamentis, non sudorem exercitatione, ut quidam præcipiunt. Aqua est bibenda bis die; corpus est perfricandum in lectulo lenitur satis diu, deinde spiritû retento: potius superiores partes sunt movendæ*

vere aqua calida marina, vel, si ea non est, tamen salsa, magno-pere necessarium est. Ac si quo loco vel naturales, vel etiam manu factæ tales natationes sunt, iis potissimum utendum est; præcipueque in his agitando membra, quæ maxime deficiunt; si id non est, balneum tamen prodest. Cibus esse debet ex media materia, maximeque ex venatione; potio, sine vino, aquæ calidæ: si tamen vetus morbus est, interponi quarto vel quinto die purgationis causa vinum Græcum salsum potest. Post cœnam utilis vomitus est.

2. Interdum vero etiam nervorum dolor oriri solet. In hoc casu non vomere, non medicamentis urinam movere, non exercitatione sudorem, ut quidam præcipiunt, expedit. Bibenda aqua est bis die: in lectulo leniter satis diu corpus perfricandum est, deinde retento spiritu: ab ipsa exercitatione

it is highly necessary to foment with warm sea-water, or if there is not that, yet with salted water. But if anywhere there are either natural swimming places, or even artificial, we must especially make use of them; and particularly the limbs which are disordered are to be agitated in them; if that is not to be had, yet the bath is beneficial. The food ought to be from the middle material, and in particular venison. The drink (should be of) warm water without wine: if, however, the disease is of long standing, Greek salt wine may be given every fourth or fifth day for the sake of purging. After supper a vomit is useful.

2. Sometimes also a pain of the nerves is apt to rise. In this case it is not proper to vomit, nor to excite the flow of urine by medicines, nor sweat by exercise, as some direct. Water is to be drank twice a day; the body is to be rubbed gently in bed for some length of time, afterwards keeping in

potius superiores partes movendæ: balneo raro utendum: mutandum subinde peregrinationibus cælum. Si dolor est, ea ipsa pars sine oleo, nitro ex aqua perungenda est; deinde involvenda, et subjicienda pruna lenis, et sulphur, atque ita id suffumigandum: idque aliquamdiu faciendum, sed jejuno, cum bene jam concoxerit. Cucurbitulæ quoque sæpe dolenti parti admovendæ sunt, pulsandusque leniter inflatis vesicis bubulis is locus est. Utile est etiam sebum miscere cum hyoscyami et urticæ contritis seminibus, sic, ut omnium par modus sit, idque imponere: fovere aqua, in qua sulphur decoctum sit. Utriculi quoque recte imponuntur aqua calida repleti, aut bitumen cum hordeacea farina mixtum. Atque in ipso potissimum dolore, utendum gestatione vehementi est: quod in aliis doloribus pessimum est.

ab exercitatione ipsâ; raro utendum est balneo; cælum est mutandum subinde peregrinationibus. Si est dolor, ea pars ipsa est perungenda nitro ex aquâ sine oleo; deinde involvenda, et lenis pruna subjicienda, et sulphur, atque ita id suffumigandum; que id faciendum aliquamdiu sed jejuno, cum jam concoxerit bene. Quoque sæpe cucurbitulæ sunt admovendæ dolenti parti, que is locus est leniter pulsandus inflatis bubulis vesicis. Etiam est utile miscere sebum cum contritis seminibus hyoscyami et urticæ, sic, ut sit par modus omnium, que imponere id: fovere aquâ in quâ sulphur decoctum sit. Quoque utriculi repleti calidâ aquâ imponuntur rectè, aut bitumen mixtum cum hordeaceâ farinâ. Atque in dolore ipso potissimum utendum est vehementi gestatione; quod est pessimum in aliis doloribus.

the breath: rather the superior parts are to be moved by exercise; he is seldom to make use of the bath: the climate is to be changed occasionally, by means of journeys. If there is pain, that part itself is to be rubbed over with nitre in water, without oil; then it is to be wrapped up, and a live coal placed under it, and also sulphur, so that it may be fumigated: this is to be done for some time, but when the stomach is empty, after he has already concocted well. Also the cups are often to be applied to the painful part, and that place is to be gently beaten with inflated bullocks' bladders. Likewise it is useful to mix suet with the bruised seeds of henbane and nettles, so that there may be an equal proportion of all of them, and to apply it: to foment with warm water, in which sulphur has been boiled. Also bottles filled with warm water are put upon it with advantage, or bitumen mixed with barley-meal. And during the pain itself, we must particularly use violent gestation, which is worst in other kinds of pain.

3. *Autem tremor nervorum æque intenditur vomitū que medicamentis moventibus urinam. Etiam habet balnea inimica, que assas sudationes. Aqua est bibenda: utendum acri ambulatione; item unctionibus, que frictionibus, maximè per seipsum: superiores partes sunt dimovendæ pilâ, que similibus: utendum quolibet cibo, dummodo utique studeatur concoctioni: secundum cibum, abstinendum curis: utendum est rarissimâ venere. Si quando quis est prolapsus in eam, tum debet perfricari oleo leniter que diu in lectulo, manibus puerilibus, potius quam virilibus.*

4. *Autem suppurationes, quæ oriuntur in aliquâ interiori parte, ubi fuerint notæ, primum oportet agere id per ea cataplasmata, quæ reprimunt, ne inutilis coitus materiæ fiat: deinde si hæc sunt victa, (agere id), per ea malagmata, quæ di-*

3. Tremor autem nervorum æque vomitu medicamentisque urinam moventibus intenditur. Inimica etiam habet balnea, assasque sudationes. Bibenda aqua est: acri ambulatione utendum; item unctionibus, frictionibusque, maxime per se ipsum: pila similibusque superiores partes dimovendæ: cibo quolibet utendum, dummodo concoctioni utique studeatur: secundum cibum, curis abstinendum; rarissima venere utendum est. Si quando quis in eam prolapsus est, tum oleo lenitur diuque in lectulo perfricari manibus puerilibus potius, quam virilibus, debet.

4. Suppurationes autem, quæ in aliqua interiori parte oriuntur, ubi notæ fuerint, primum id agere oportet per ea cataplasmata, quæ reprimunt, ne coitus inutilis materiæ fiat; deinde, si hæc victa sunt, per ea malagmata, quæ digerunt, ut dissipetur. Quod si consecuti

3. But a trembling of the nerves is equally increased by vomiting and medicines exciting the urine. Also it experiences baths as injurious, as well as dry sweating. Water is to be drunk; he must use brisk walking; likewise anointing and frictions, especially by himself: the upper parts are to be moved by the ball, and similar (exercises): he must use any kind of food, provided that the digestion be consulted: after the food he must avoid cares, and have recourse to venery very seldom. If at any time one has fallen into it, then he ought to be rubbed with oil, gently, and for some time, in bed, by children's hands rather than men's.

4. But as to suppurations, which take place in some internal part, when they have been known, at first we must proceed by repellent cataplasms, that any injurious collection of matter may not take place; then if these have been overcome (to treat it) by discutient cataplasms, that it may be dispersed. But if we have not obtained this result, it follows,

non sumus, sequitur, ut evocetur : deinde, ut maturescat. Omnis tum vomicae finis est, ut rumpatur : indiciumque est, pus vel alvo vel ore redditum. Sed nihil facere oportet, quo minus, quidquid est puris, excedat. Utendum maxime sorbitionibus est, et aqua calida. Ubi pus ferri desiit, transeundum ad faciles quidem, sed tamen validiores et frigidos cibos, frigidamque aquam, sic ut ab egelidis tamen initium fiat. Primoque cum melle quaedam edenda, ut nuclei pinei, vel Græcæ nuces, vel Avelanæ: postea submovendum id ipsum, quo maturius induci cicatrix possit. Medicamentum eo tempore ulceri est, succus assumptus vel porri vel marrubii, et omni cibo porrum ipsum adjectum. Oportebit autem uti in iis partibus quæ non afficiuntur, frictionibus : item ambulationibus lenibus; vitandumque erit, ne vel luctando, vel cur-

gerunt; ut dissipetur. Quod si non consecuti sumus sequitur ut evocetur : deinde ut maturescat. Tum finis omnis vomicae est ut rumpatur : que pus redditum vel alvo, vel ore est indicium. Sed oportet facere nihil, quo quidquid est puris minus excedat. Maxime utendum est sorbitionibus et calidâ aquâ. Ubi pus desiit ferri, quidem transeundum ad faciles, sed tamen validiores et frigidos cibos, que frigidam aquam, sic tamen ut initium fiat ab egelidis. Que primò quaedam edenda cum melle, ut pinei nuclei, vel Græcæ nuces, vel Avelanæ : postea id ipsum submovendum, quo cicatrix possit faciliùs induci. Succus vel porri vel marrubii assumptus, et porrum ipsum adjectum omni cibo est medicamentum ulceri eo tempore. Autem oportebit uti frictionibus, in iis partibus, quæ non afficiuntur : item lenibus ambulationibus : que erit vitandum, ne

that it should be drawn out: then that it may be matured. The end of every vomica is that it should be broken, and pus passed either by the bowels or mouth is a sign of it. But it is proper to do nothing, that whatever quantity of pus there is, should be prevented escaping. He must especially use gruels and warm water. When pus has ceased to be discharged, we must change to easily digested, but yet more substantial and cold food, and cold water, but so that a commencement may be made with the lukewarm. And at first, some things are to be eaten with honey, as pine nuts, or almonds, or hazel nuts. Afterwards that is to be omitted, in order that a cicatrix may be more easily formed. The juice either of leek or horehound taken, and the leek itself added to every kind of food, is a (proper) medicine for the ulcer at that period. But it will be necessary to use friction in those parts that are not

vel luctando, vel currendo, vel aliâ ratione sanescentia ulcera exasperentur. Enim in hoc morbo vomitus sanguinis est perniciosus, que ideò est cavendus omni modo.

rendo, vel alia ratione sanescentia ulcera exasperentur. In hoc enim morbo perniciosus, ideoque omni modi cavendus sanguinis vomitus est.

affected, also gentle walking: and we must take care lest either by struggling, or running, or any other kind (of exercise), the healing ulcers be irritated. As, in this disease, vomiting of blood is injurious, so that is to be guarded against by all means.

QUARTUS LIBER.

I. HACTENUS reperiuntur ea genera morborum, quæ in totis corporibus ita sunt, ut iis certæ sedes assignari non possint : nunc de iis dicam, quæ sunt in partibus. Facilius autem omnium interiorum morbi curationesque in notitiam venient, si prius eorum sedes breviter ostendero. Caput igitur, eaque, quæ in ore sunt, non lingua tantummodo palatoque terminantur; sed etiam, quatenus oculis nostris exposita sunt. In dextra sinistraque circa guttur venæ grandes, quæ σφαγιτίδες nominantur; itemque arteriæ, quas καρωτίδας vocant, sursum procedentes ultra aures feruntur. At in ipsis cervicibus glandulæ positæ sunt, quæ interdum cum dolore intumescunt.

I. Hactenus ea genera morborum reperiuntur quæ ita sunt totis corporibus, ut certæ sedes possint non assignari iis; nunc dicam de iis quæ sunt in partibus. Autem morbi omnium interiorum quæ curationes venient in notitiam facilius si ostendero breviter sedes eorum. Igitur caput quæ ea quæ sunt in ore terminantur non tantummodo linguâ quæ palato; sed etiam quatenus exposita sunt nostris oculis. In dextrâ quæ sinistrâ circa guttur grandes venæ quæ nominantur (sphagitides), quæ item arteriæ quas vocant (carotidas) procedentes sursum feruntur ultra aures. At in cervicibus ipsis glandulæ positæ sunt, quæ interdum intumescunt cum dolore. Deinde

1. Hitherto those kinds of diseases are discovered which so exist in whole bodies, that definite situations cannot be assigned to them; now I shall speak of those which exist in parts. But the diseases of all the internals and their treatments will come to our knowledge more easily if I shall show briefly the position of them. Therefore, the head and those things which are in the mouth are bounded not only by the tongue and palate, but also as far as they are exposed to our eyes. On the right and left side about the throat are the great veins which are called sphagitides, and likewise the arteries, which they call carotid, proceeding upwards are carried beyond the ears. But in the neck itself glands are placed, which sometimes swell with

duo itinera incipiunt, nominant alterum, asperam arteriam, alterum, stomachum. Arteria exterior fertur ad pulmonem; stomachus interior, ad ventriculum: illa recipit spiritum, hic cibum. Quibus cum sint duæ viæ, qua coeunt est exigua lingua in arteriâ sub faucibus ipsis; quæ attollitur, cum spiramus; claudit arteriam, cum assumimus cibum que potionem. Autem arteria ipsa, dura et cartilaginosa, assurgit in gutture; residit cæteris partibus. Constat ex quibusdam circulis, compositis ad imaginem earum vertebrarum, quæ sunt in spinâ; tamen ita ut sit aspera ex exteriori parte; ex interiori lævis modo stomachi: que ea, descendens ad præcordia committitur cum pulmone. Is spongiosus que ideo capax spiritus et junctus a tergo spinæ ipsi, dividitur in duas fibras, modo bubulæ ungulæ. Huic cor annexum est, naturâ, mus-

Deinde duo itinera incipiunt: alterum, asperam arteriam nominant; alterum, stomachum. Arteria exterior ad pulmonem; stomachus interior ad ventriculum fertur: illa spiritum, hic cibum recipit. Quibus cum diversæ viæ sint, qua coeunt, exigua in arteria sub ipsis faucibus lingua est: quæ, cum spiramus, attollitur; cum cibum potionemque assumimus, arteriam claudit. Ipsa autem arteria, dura et cartilaginosa, in gutture assurgit; ceteris partibus residit. Constat ex circulis quibusdam, compositis ad imaginem earum vertebrarum, quæ in spina sunt: ita tamen, ut ex parte exteriori aspera; ex interiori, stomachi modo lævis sit: eaque descendens ad præcordia cum pulmone committitur. Is spongiosus, ideoque spiritus capax, et a tergo spinæ ipsi junctus, in duas fibras, ungulæ bubulæ modo, dividitur. Huic cor annexum est,

pain. Then two passages begin, they name the one the rough artery, the other the œsophagus. The trachea more external is extended to the lungs; the œsophagus more internal to the stomach; the former receives the breath, the latter the food. In which, since there are two ways where they unite, there is a small tongue in the trachea near the fauces themselves; which is raised when we breathe; closes the trachea when we take food and drink. But the trachea itself, hard and cartilaginous, rises in the throat; falls back in other parts. It consists of some circles, composed after the form of those vertebræ, which are in the spine: yet in such a manner that it is rough on the external part; on the internal, smooth in the manner of the œsophagus: and it descending to the præcordia, is connected with the lungs. That being spongy and therefore capacious of air and joined behind to the spine itself, is divided into two parts like an ox's hoof. To this the

natura musculosum, in pectore sub sinisteriore mamma situm; duosque quasi ventriculos habet. At sub corde atque pulmone, transversum ex valida membrana septum est, quod a præcordiis uterum diducit; idque nervosum, multis etiam venis per id discurrentibus, a superiore parte, non solum intestina, sed jecur quoque lienemque discernit. Hæc viscera proxime, sed infra tamen posita, dextra sinistraque sunt. Jecur a dextra parte sub præcordiis ab ipso septo orsum, intrinsecus cavum, extrinsecus gibbum est: quod prominens leviter ventriculo insidet, et in quatuor fibras dividitur. Ex inferiore vero parte ei fel inhæret. At lienis sinistra, non eidem septo, sed intestino innexus est, natura mollis et rarus, longitudinis crassitudinisque modicæ; isque paulum a costarum regione in uterum excedens, ex maxima parte sub his conditur.

culosum, situm in pectore sub sinisteriore mamma: que habet quasi duos ventriculos. At sub corde atque pulmone est transversum septum ex validâ membranâ, quod diducit uterum a præcordiis; que id nervosum, etiam multis venis discurrentibus per id, discernit a superiore parte, non solum intestina sed jecur quoque que lienem. Hæc viscera, posita proxime sed tamen infra, sunt dextrâ que sinistrâ. Jecur a dextrâ parte sub præcordiis orsum ab septo ipso, est cavum intrinsecus, gibbum extrinsecus; quod prominens insidet leviter ventriculo et dividitur in quatuor fibras. Vero ex inferiore parte fel inhæret ei. At lienis sinistrâ innexus est non eidem septo, sed intestino, natura mollis et rarus, modicæ longitudinis que crassitudinis; que is excedens paulum a regione costarum in uterum, conditur ex maximâ parte sub his. Atque hæc

heart is connected, by nature, muscular, situated in the chest under the left breast; and has as it were two ventricles. But under the heart and the lungs is the transverse septum (made) of a strong membrane, which divides the belly from the præcordia; and it being nervous, also many veins passing through it, separates from the upper part, not only the intestines but the liver also and spleen. These viscera, situate very near but yet below, are on the right and left. The liver on the right side under the præcordia beginning from the septum itself, is concave inwardly, convex outwardly; which projecting rests lightly upon the stomach, and is divided into four lobes. But on the lower part the gall-bladder adheres to it. But the spleen on the left is connected, not with the same septum, but to the intestine, by nature soft and loose, of moderate length and thickness; and it proceeding a little beyond the region of the ribs into the belly, is concealed in a very

quidem juncta sunt. Vero renes diversi; qui inhærent lumbis, sub imis costis rotundi a parte earum, ab alterâ resimi: qui sunt et venosi et habent ventriculos, et super conteguntur tunicis.

Ac quidem hæ sunt sedes viscerum. Vero stomachus, qui est principium intestinorum, nervosus, incipit a septimâ vertebræ spinæ; committitur cum ventriculo circa præcordia. Autem ventriculus qui est receptaculum cibi, constat ex duobus tergoribus; que is positus est inter lienem et jecur, utroque ex his ingrediente paulum super eum. Que sunt etiam tenues membranulæ per quas ista tria connectuntur que junguntur ei septo, quod posui supra esse transversum. Inde ima pars ventriculi conversa paulum in dexteriores partem coarctatur in summum intestinum. Græci

Atque hæc quidem juncta sunt. Renes vero diversi; qui lumbis sub imis costis inhærent, a parte earum rotundi, ab altera resimi; qui et venosi sunt, et ventriculos habent, et tunicis super conteguntur.

Ac viscerum quidem hæ sedes sunt. Stomachus vero, qui intestinorum principium est, nervosus a septima spinæ vertebra incipit; circa præcordia cum ventriculo committitur. Ventriculus autem, qui receptaculum cibi est, constat ex duobus tergoribus; isque inter lienem et jecur positus est, utroque ex his paulum super eum ingrediente. Suntque etiam membranulæ tenues, per quas inter se tria ista connectuntur, jungunturque ei septo, quod transversum esse, supra posui. Inde ima ventriculi pars paulum in dexteriores partem conversa, in summum intestinum coarctatur. Hanc juncturam

great measure under them. And these indeed are joined. But the kidneys are divided; which adhere to the loins, below the lowest ribs, round on one side of them, on the other one flattened; which are both venous and have ventricles, and are covered over with coats.

And indeed these are the situations of the bowels. But the œsophagus, which is the beginning of the intestines, being nervous, arises from the seventh vertebra of the spine; is united with the stomach about the præcordia. But the stomach, which is the receptacle of food, consists of two coats; and it is placed between the spleen and liver, both of these going a little over it. And there are also thin membranes by which these three are connected and joined to that septum, which I have stated above to be the transverse. Then the lowest part of the stomach turned a little to the right part grows narrower towards the highest intestine. The Greeks call this

πυλωρὸν Græci vocant, quoniam portæ modo in inferiores partes ea, quæ excreturi sumus, emittit. Ab ea jejunum intestinum incipit, non ita implicitum: cui tale vocabulum est, quia nunquam, quod accipit, continet; sed protinus in inferiores partes transmittit. Inde tenuius intestinum est, in sinus vehementer implicitum; orbes vero ejus per membranulas singulicū interioribus connectuntur; qui in dexterio-rem partem conversi, et e regione dexterioris coxæ finiti, superiores tamen partes magis complent. Deinde id intestinum cum crassiore altero transverso committitur, quod a dextra parte incipiens, in sinisteriorem pervium et longum est, in dexterio-rem non est; ideoque cæcum nominatur. At id, quod pervium est, late fusum atque sinuatum, minusque quam superiora intestina nervosum, ab utraque parte huc atque illuc volutum,

vocant hanc juncturam pylorum, quoniam modo portæ emittit in inferiores partes ea quæ sumus excreturi. Ab eâ incipit intestinum jejunum, non ita implicitum; cui est tale vocabulum quia nunquam continet quod accipit; sed protinus transmittit in inferiores partes. Inde est tenuius intestinum, vehementer implicitum in sinus: vero ejus singuli orbes connectuntur per membranulas cum interioribus, qui conversi in dexterio-rem partem et finiti e regione dexterioris coxæ, implent tamen magis superiores partes. Deinde id intestinum committitur cum altero crassiore transverso, quod incipiens a dextrâ, in sinisteriorem est pervium et longum; in dexterio-rem est non; que ideo nominatur cæcum. At id, quod est pervium late fusum atque sinuatum que minus nervosum quam superiora intestina, volutum huc atque illuc ab

junction the door-keeper, because like a door it emits into the lower parts those things which we are about to excrete. From that begins the intestine jejunum, not so much folded: which has such a name because it never retains what it has received; but immediately transmits it into the lower parts. Then there is the thinner intestine, very much folded into sinuses: but its various rings are connected by small membranes with the more internal parts, which being turned towards the right side and terminating at the region of the right hip, fill still more the upper parts. Then that intestine is connected with another thicker transverse one, which beginning on the right side, towards the left is pervious and long; to the right it is not so; and therefore is named the cæcum. But that which is pervious being widely spread and sinuous and less nervous than the former intestines, being twisted hither and thither on both sides, yet occupying more the left

utrâque parte, tamen tenens magis sinisteriores que inferiores partes, contingit jecur atque ventriculum; deinde jungitur cum quibusdam membranulis venientibus a sinistro rene; atque hinc, recurvatum dextrâ dirigitur in imo, qua excernit; que ideo ibi id nominatur rectum intestinum. Vero omentum contegit universa hæc, læve et strictum ex inferiore parte, mollius ex superiore: cui adeps quoque innascitur: quæ, sicut cerebellum et medulla quoque, caret sensu. At singulæ venæ, albæ colore, feruntur a renibus ad vesicam: Græci vocant ureteres, quia concipiunt urinam descendantem inde destillare in vesicam. Autem vesica, in sinu ipso nervosa et duplex, cervice plena et carnosâ, jungitur per venas cum intestino que eo osse quod subest pubi: ipsa est soluta atque liberior; posita in viris aliter atque in feminis.

magis tamen sinisteriores inferioresque partes tenens, contingit jecur atque ventriculum: deinde cum quibusdam membranulis a sinistro rene venientibus jungitur; atque hinc dextra recurvatum in imo dirigitur, qua excernit; ideoque id ibi rectum intestinum nominatur. Contegit vero universa hæc omentum, ex inferiore parte læve et strictum, ex superiore mollius; cui adeps quoque innascitur; quæ sensu, sicut cerebrum quoque et medulla, caret. At a renibus singulæ venæ, colore albæ, ad vesicam feruntur: οὐρητῆρας Græci vocant, quod per eas inde descendantem urinam in vesicam destillare concipiunt. Vesica autem in ipso sinu nervosa et duplex, cervice plena atque carnosâ, jungitur per venas cum intestino, eoque osse, quod pubi subest: ipsa soluta atque liberior est: aliter in viris atque in feminis posita. Nam in

and lower parts, touches the liver and stomach; then is joined with some small membranes coming from the left kidney; and hence, being curved on the right, it is directed downwards, where it excretes; and therefore there it is named the straight intestine. But the omentum covers all these, being smooth and contracted at the lower part, softer at the upper; to which fat also grows; which, like the brain and the marrow also, is void of feeling. But single vessels, white in colour, are borne from the kidneys to the bladder: the Greeks call them ureters, because they conceive that the urine descending thence drops into the bladder. But the bladder, in the sinus itself, nervous and two-fold, in the neck full and fleshy, is connected by veins with the intestine, and that bone which is under the pubes: itself is loose and free; being placed in men differently than in women. For in men it is

viris juxta rectum intestinum est, potius in sinistram partem inclinata; in feminis super genitale earum sita est, supraque lapsa, ab ipsa vulva sustinetur. Tum in masculis iter urinæ spatiosius et compressius a cervice hujus descendit ad colem; in feminis brevius et plenius, super vulvæ cervicem se ostendit. Vulva autem in virginibus quidem admodum exigua est: in mulieribus vero, nisi ubi gravidæ sunt, non multo major, quam ut manu comprehendatur. Ea, recta tenuataque cervice, quem canalem vocant, contra mediam alvum orsa, inde paulum ad dexteriores coxam convertitur: deinde super rectum intestinum progressa, iliis feminæ latera sua innectit. Ipsa autem ilia inter coxas et pubem imo ventre posita sunt. A quibus ac pube abdomen sursum versus ad præcordia pervenit; ab exteriori parte, evidenti cute; ab interiori levi

Nam in viris est juxta intestinum rectum, inclinata potius in sinistram partem: in feminis sita est super earum genitale, que lapsa supra sustinetur ab vulvâ ipsâ. Tum in masculis iter urinæ descendit spatiosius et compressius a cervice hujus ad colem; in feminis brevius et plenius, ostendit se super cervicem vulvæ. Autem vulva in virginibus quidem est admodum exigua: vero in mulieribus, nisi ubi sunt gravidæ, non multo major quam ut comprehendatur manu. Ea orsa contra mediam alvum, rectâ que tenuatâ cervice, quem vocant canalem, inde convertitur paulum ad dexteriores coxam; deinde progressa super intestinum rectum, innectit sua latera iliis feminæ. Autem ilia ipsa posita sunt imo ventre inter coxas et pubem. A quibus ac pube, abdomen pervenit sursum versus ad præcordia; ab exteriori parte inclusum evidenti cute; ab inte-

near the rectum, inclined rather to the left side: in women it is situated above their genitals, and hanging above is supported by the womb itself. Then in males, the passage of the urine descends more spacious and narrower from the neck of it to the penis; in women shorter and wider, shows itself above the neck of the womb. But the womb in virgins indeed is very small; but in women, except when they are pregnant, not much larger than that it may be held in the hand. It beginning opposite the middle of the belly, in a straight and thin neck, which they call the passage (vagina), thence is turned a little to the right hip; then proceeding above the rectum, connects its sides to the ilia of the woman. But the ilia themselves are placed at the bottom of the belly between the hips and pubes. From which and the pubes, the abdomen reaches upwards to the præcordia; on the outer part being enclosed by an evident skin: on the inner (lined)

riore levi membranâ, quæ jungitur omento; autem nominatur peritonæia a Græcis.

II. 1. His adductis veluti in quendam conspectum, quatenus est necessarium curanti scire, exsequar remedia singularum partium laborantium, orsus a capite; sub quo nomine nunc significo eam partem quæ tegitur capillo; nam dolor oculorum, aurium, dentium et si est quis similis, erit explicandus alias. Autem est interdum in capite acutus et pestifer morbus quam Græci vocant kephalaian, notæ cujus sunt validus horror, resolutio nervorum, caligo oculorum, alienatio mentis, vomitus, sicut vox suppressatur; vel cursus sanguinis ex naribus, sic ut corpus frigescat, anima deficiat; præter hæc, intolerabilis dolor, maxime circa tempora, velocipitium. Autem interdum est in capite longa imbecillitas, sed neque gravis neque peri-

membrana inclusum, quæ omento jungitur; περιτόναιος autem a Græcis nominatur.

II. 1. His veluti in conspectum quendam, quatenus scire curanti necessarium est, adductis, remedia singularum laborantium partium exsequar, orsus a capite: sub quo nomine nunc significo eam partem, quæ capillo tegitur: nam oculorum, aurium, dentium dolor, et si quis similis est, alias erit explicandus. In capite autem interdum acutus et pestifer morbus est, quam κεφαλαίαν Græci vocant: cujus notæ sunt, horror validus, nervorum resolutio, oculorum caligo, mentis alienatio, vomitus, sic, ut vox suppressatur; vel sanguinis ex naribus cursus, sic, ut corpus frigescat, anima deficiat: præter hæc, dolor intolerabilis, maxime circa tempora, vel occipitium. Interdum autem in capite longa imbecillitas, sed neque gravis, neque periculosa,

with a thin membrane, which is joined to the omentum; but is named peritonæum by the Greeks.

II. 1. These things being brought as it were to some view, as far as is necessary for the person treating to know, I shall proceed to the remedies of the several parts suffering, beginning from the head; under which name now I mean that part which is covered with hair; for pain of the eyes, ears, teeth, and if there is any similar one, will have to be explained elsewhere. But there is sometimes in the head acute and fatal disease, which the Greeks call cephalæa, the signs of which are a strong shivering, relaxation of the nerves, dimness of the eyes, aberration of the mind, vomiting, so that the voice is suppressed; or a flow of blood from the nostrils, so that the body becomes cold, the mind fails, besides these things, intolerable pain, especially about the temples, or occiput. But sometimes there is in the head long weakness, but neither severe nor dangerous during the life of a man;

per hominis ætatem est : interdum gravior dolor, sed brevis, neque tamen mortiferus ; qui vel vino, vel cruditate, vel frigore, vel igne, aut sole contrahitur. Hique omnes dolores modo in febre, modo sine hac sunt ; modo in toto capite, modo in parte : interdum sic, ut oris quoque proximam partem excrucient. Præter hæc etiamnum invenitur genus, quod potest longum esse ; ubi humor cutem inflat, eaque intumescit, et prementidigito cedit : ὑδροκέφαλον Græci appellant. Ex his id, quod secundo loco positum est, dum leve est, qua sit ratione curandum, dixi, cum persequerer ea, quæ sani homines in imbecillitate partis alicujus facere deberent. Quæ vero auxilia sint capitis, ubi cum febre dolor est, eo loco explicitum est, quo febrium curatio exposita est. Nunc de ceteris dicendum est. Ex quibus id, quod acutum est, et id, quod

culosa per ætatem hominis ; interdum gravior dolor, sed brevis, tamen neque mortiferus : qui contrahitur vel vino, vel cruditate, vel frigore, vel igne, aut sole. Que omnes hi dolores sunt modo in febre, modo sine hac ; modo in toto capite, modo in parte ; interdum sic ut excrucient quoque proximam partem oris. Præter hæc etiamnum invenitur genus quod potest esse longum ; ubi humor inflat cutem que ea intumescit et cedit digito prementi : Græci appellant hydrokephalon. Ex his, id quod positum est secundo loco, dixi quâ ratione sit curandum, dum est leve, cum persequerer ea quæ sani homines deberent facere in imbecillitate alicujus partis. Vero quæ auxilia sint capitis, ubi est dolor cum febre, explicitum est eo loco, quo curatio febrium exposita est. Nunc dicendum est de cæteris : ex quibus, id quod est

sometimes more severe pain, but short, however not fatal : which is contracted either by wine, or indigestion, or cold, or by the heat of a fire, or by the sun. And all these pains exist sometimes in fever, sometimes without it ; sometimes in the whole head, sometimes in a part ; sometimes so, that they torment also the contiguous part of the face. Besides these, moreover, there is found a kind which may be long ; where a humour inflates the skin and that swells and yields to the finger pressing it : the Greeks call it hydrocephalus. Of these, that which has been mentioned in the second place, I have said in what manner it is to be treated, while it is slight, when I explained those things, which healthy men ought to do in weakness of any part. But what remedies there are for the head, when there is pain with fever, has been explained in that place, in which the treatment of fevers was explained. Now we must speak concerning others. Of which, that

acutum et id quod intenditur supra consuetudinem, quæ id quod ex subitâ causâ, etsi est non pestiferum, tamen vehemens, habet primam curationem quâ sanguis mittatur. Sed id est supervacuum, nisi est intolerabilis dolor; quæ est satius abstinere a cibo; si potest fieri, etiam a potione; si potest non, bibere aquam. Si postero die dolor remanet, ducere alvum, evocare sternutamenta, assumere nihil nisi aquam. Enim sæpe unus dies aut alter hac ratione, discutit totum dolorem; utique si origo est ex vino vel cruditate. Vero si in his est parum auxilii, oportet tonderi ad cutem: deinde considerandum est quæ causa excitarit morbum. Si calor, expedit perfundere caput multâ frigidâ aquâ; imponere concavam spongiam, subinde expressam in frigidâ aquâ; ungere rosâ et aceto, vel potius imponere succidam lanam tinctam in his, vel alia refrigerantia

supra consuetudinem intenditur, idque, quod ex subita causa, etsi non pestiferum, tamen vehemens est, primam curationem habet, quæ sanguis mittatur. Sed id, nisi intolerabilis dolor est, supervacuum est: satiusque est abstinere a cibo; si fieri potest, etiam a potione; si non potest, aquam bibere. Si postero die dolor remanet, alvum ducere, sternutamenta evocare, nihil assumere, nisi aquam. Sæpe enim dies unus aut alter totum dolorem hac ratione discutit; utique si ex vino vel cruditate origo est. Si vero in his auxilii parum est, tonderi oportet ad cutem: deinde considerandum est, quæ causa dolorem excitarit. Si calor, aqua frigida multa perfundere caput expedit; spongiam concavam imponere, subinde in aqua frigida expressam; ungere rosa et aceto, vel potius his tinctam lanam succidam imponere, aliave refrige-

which is acute, and that which is increased beyond custom, and that which (arising) from a sudden cause, although it is not fatal, yet violent, has the first treatment in which blood may be let. But that is superfluous, unless there is intolerable pain; and it is better to abstain from food; if it can be done, also from drink; if it can not, to drink water. If on the next day pain continues, to clyster the bowels, to excite sneezing, to take nothing but water. For often one day or a second, by this means, removes the whole pain; especially if the cause is from wine or indigestion. But if in these there is little relief, it is necessary to be clipped to the skin; then we must consider what cause produced the disease. If heat, it is right to bathe the head with much cold water; to apply a concave sponge frequently squeezed in cold water; to anoint with rose-oil and vinegar, or rather to apply sordid wool dipped in these, or other

rantia cataplasmata. At si frigus nocuit, caput oportet perfundere aqua calida marina, vel certe salsa, aut in qua laurus decocta sit: tum caput vehementer perfricare; deinde calido oleo implere et veste velare. Quidam etiam id devinciunt: alii cervicalibus vestimentisque onerant, et sic levantur; alios calida cataplasmata adjuvant. Ergo etiam, ubi causa incognita est, videre oportet, refrigerantia magis, au calefacientia leniant, et iis uti, quæ experimentum approbarit. At si parum causa discernitur, perfundere caput, primum aqua calida, sicut supra præceptum est, vel salsa, vel ex lauro decocta; tum frigida posca. Illa in omni vetusto capitis dolore communia sunt; sternutamenta excitare, inferiores partes vehementer perfricare, gargarizare iis, quæ salivam movent, cucurbitulas, temporibus et occipitio admoveere, sanguinem

cataplasmata. At si frigus nocuit, oportet perfundere caput calidâ marinâ aquâ, vel certe salsâ aut in quâ laurus decocta sit: tum perfricare caput vehementer; deinde implere calido oleo et velare veste. Quidam etiam devinciunt id; alii onerant cervicalibus que vestimentis et sic levantur; calida cataplasmata adjuvant alios. Ergo etiam, ubi causa est incognita, oportet videre refrigerantia an calefacientia leniant magis, et uti iis quæ experimentum approbarit. At si causa discernitur parum, perfundere caput primum calidâ aquâ, sicut præceptum est supra, vel salsâ, vel ex decoctâ lauro, tum frigidâ poscâ. Illa sunt communia in omni vetusto dolore capitis; excitare sternutamenta, perfricare vehementer inferiores partes, gargarizare iis, quæ movent salivam; admoveere cucurbitulas temporibus et occipitio, detrahersanguinem ex

cooling cataplasms. But if cold has hurt, it is necessary to bathe the head with hot sea water, or at least salt or that in which laurel has been boiled: then to rub the head violently; then to embrocate freely with warm oil and to cover with a garment. Some even bind it; others load it with neck-cloths and clothings and thus are relieved; warm cataplasms assist others. Therefore even, where the cause is unknown, it is necessary to observe whether refrigerants or calefacients relieve most, and to use those which experience shall have approved. But if the cause is discovered but little, (it is right) to bathe the head first with hot water, as has been directed above, either salt, or from boiled laurel, then cold vinegar and water. These things are common in every old pain of the head; to excite sneezings, to rub violently the lower parts, to gargle with those things which promote saliva; to apply the cups to the temples and occiput, to draw blood from the nostrils,

naribus, subinde pervellere tempora resinâ, et sinapi imposito exulcerare ea, quæ habent male, linteo subjecto ante, ne arrodat vehementer; excitare ulcera candentibus ferramentis, ubi est dolor; sumere permodicum cibum cum aquâ; ibi dolor levatus est, ire in balneum, ibi perfundi per caput multâ aquâ, prius calidâ, deinde frigidâ: si dolor discussus est ex toto, etiam reverti ad vinum; sed postea semper bibere aquam, antequam quidquam aliud. Id genus est dissimile, quod contrahit humorem in caput. In hoc est necessarium tonderi ad cutem; deinde imponere sinapi, sic ut exulceret: si id profuit parum, utendum est scalpello. Illa sunt communia cum hydropicis, ut exerceatur, insudet, perfricetur vehementer, utatur cibus que potionibus præcipue moventibus urinam.

2. Vero morbus innasci-

ex naribus detrahere, resina subinde tempora pervellere, et imposito sinapi exulcerare ea, quæ male habent, ante linteolo subjecto, ne vehementer arrodat; candentibus ferramentis, ubi dolor est, ulcera excitare; cibum permodicum cum aqua sumere: ubi levatus est dolor, in balneum ire, ibi multa aqua, prius calida, deinde frigida per caput perfundi: si discussus ex toto dolor est, etiam ad vinum reverti; sed postea semper, antequam quidquam aliud, aquam bibere. Dissimile est id genus, quod humorem in caput contrahit. In hoc tonderi ad cutem necessarium est; deinde imponere sinapi, sic, ut exulceret: si id parum profuit, scalpello utendum est. Illa cum hydropicis communia sunt, ut exerceatur, insudet, vehementer perfricetur, cibus potionibusque utatur urinam præcipue moventibus.

2. Circa faciem vero morbus

frequently to vellicate the temples with resin, and mustard being applied to ulcerate those parts, which are disordered, linen being put under first, lest it corrode violently; to create ulcers with hot-irons, where there is pain; to take very moderate food with water: when the pain has been relieved, to go into the bath, there to be bathed from over the head with much water, first hot, then cold: if the pain is removed entirely, also to return to wine: but afterwards always to drink water, before any thing else. That kind is different, which collects humour within the head. In this it is necessary to be clipped to the skin; then to apply mustard, so that it may ulcerate: if that has benefited little, we must use the lancet. These things are common with drop-sical persons, that (the patient) be exercised, sweat, be rubbed violently, use foods and drinks especially promoting urine.

2. But a disease arises about the face which the Greeks call cynicus

innascitur, quem Græci κυνικὸν σπασμὸν nominant. Is cum acuta fere febre oritur; os cum motu quodam pervertitur; ideoque nihil aliud est, quam distentio oris. Accedit crebra coloris in facie totoque corpore mutatio; somnus in promptu est. In hoc sanguinem mittere optimum est: si finitum eo malum non est, ducere alvum; si ne sic quidem discussum est, albo veratro vomitum movere. Præter hæc necessarium est vitare solem, lassitudinem, vinum. Si discussum his non est, utendum est cursu; frictione in eo, quod læsum est, leni et multa; in reliquis partibus breviori, sed vehementi. Prodest etiam movere sternutamenta; caput radere; idque perfundere aqua calida, vel marina, vel certe salsa, sicut ei sulphur quoque adjiciatur; post perfusionem iterum perfricari; sinapi manducare; eodemque tempore affectis oris partibus ceratum,

tur circa faciem quem Græci nominant kunikon spasmon. Is oritur fere cum acutâ febre: os pervertitur cum quodam motu; que ideo est nihil aliud quam distentio oris. Crebra mutatio coloris in facie que toto corpore accedit; somnus est in promptu. In hoc est optimum mittere sanguinem; si malum est non finitum eo, ducere alvum; si ne quidem sic discussum est movere vomitum albo veratro. Præter hæc, est necessarium vitare solem, lassitudinem, vinum. Si est non discussum his, utendum est cursu; leni et multâ frictione, in eo quod est læsum; in reliquis partibus breviori sed vehementi. Etiam prodest movere sternutamenta; radere caput; que perfundere id calidâ aquâ, vel marinâ vel certe salsâ sic ut sulphur quoque adjiciatur ei; post perfusionem iterum perfricari; manducare sinapi, que eodem tempore imponere ce-

spasmus. It commences generally with acute fever; the mouth is turned with some motion; and therefore it is nothing else than distortion of the mouth. Frequent change of colour in the face and in the whole body comes on; sleep is in readiness. In this it is best to let blood; if the disease is not terminated by this, to clyster the bowels; if not even thus it has been removed to excite vomiting by white heliobore. Besides these things, it is necessary to avoid the sun, lassitude, wine. If it is not removed by these, we must use running; gentle and much friction, in that (part) which is diseased; in the other parts shorter but violent. Also it is serviceable to excite sneezings; to shave the head; and to bathe it with warm water, or sea or at least salt, so that sulphur also may be added to it; after the bathing again to be rubbed; to chew mustard, and at the same time to apply cerate to the affected parts of the face, the same mustard to the sound

ratum affectis partibus oris, idem sinapi integris, donec arrodatur. Aptissimus cibus est ex mediâ materiâ.

3. *At si lingua resoluta est, quod fit interdum per se, interdum ex aliquo morbo, ut sermo hominis non explicetur, oportet gargarizare ex aquâ, in quâ vel thymum, vel hyssopum, vel nepeta decocta sit; bibere aquam; perfricare vehementer caput et os et ea quæ sunt sub mento, et cervicem; linere linguam ipsam lasere; manducare quæ sunt acerrima, id est, sinapi, allium, cepam; luctari magna vi, ut verba exprimantur, exerceri, spiritu retento, æque perfundere caput frigidâ aquâ: nonnunquam esse multam radiculam, deinde vomere.*

4. *Autem humor destillat de capite interdum in nares quod est leve; interdum in fauces, quod est pejus; interdum atiam in pulmonem, quod est pessimum. Si destillavit in*

integris idem sinapi, donec arrodatur, imponere. Cibus aptissimus ex media materia est.

3. At si lingua resoluta est, quod interdum per se, interdum ex morbo aliquo fit, sic, ut sermo hominis non explicetur; oportet gargarizare ex aqua, in qua vel thymum, vel hyssopum, vel nepeta decocta sit; aquam bibere; caput, et os, et ea, quæ sub mento sunt, et cervicem vehementer perfricare; lasere linguam ipsam linere; manducare, quæ sunt acerrima, id est, sinapi, allium, cepam; magna vi luctari, ut verba exprimantur; exerceri retento spiritu; caput sæpe aqua frigida perfundere; nonnunquam multam esse radiculam, deinde vomere.

4. Destillat autem humor de capite interdum in nares, quod leve est; interdum in fauces, quod pejus est; interdum etiam in pulmonem, quod pessimum est. Si in nares

(parts), until it corrodes. The most proper food is of the middle kind.

3. But if the tongue is paralysed, which happens sometimes by itself, sometimes from some disease, so that the speech of the man is not plain, it is necessary to gargle with water, in which either thyme, or hyssop, or catmint has been boiled; to drink water; to rub violently the head and mouth, and those parts which are under the chin, and the neck; to smear the tongue itself with laser; to chew the things which are most acrid, that is, mustard, garlic, onion; to struggle with great power, that words may be uttered; to be exercised, with the breath kept in; also to bathe the head with cold water; sometimes to eat much radish, then to vomit.

4. But humour distils from the head sometimes into the nostrils, which is a slight affair; sometimes into the fauces, which is worse; sometimes also into the lungs, which is worst of all. If it has distilled into the nostrils,

destillavit, tenuis per has pituita profluit, caput leviter dolet, gravitas ejus sentitur, frequentia sternutamenta sunt. Si in fauces, has exasperat, tussiculam movet. Si in pulmonem, præter sternutamenta et tussim, est etiam capitis gravitas, lassitudo, sitis, æstus, biliosa urina. Aliud autem, quamvis non multum distans, malum gravedo est. Hæc nares claudit, vocem obtundit, tussim siccat movet: sub eadem salsa est saliva, sonant aures, venæ moventur in capite, turbida urina est. Hæc omnia κορύζας Hippocrates nominat: nunc video apud Græcos in gravedine hoc nomen servari; destillationem, κατασταγµὸν appellari. Hæc autem et brevia, et si neglecta sunt, longa esse consuerunt. Nihil pestiferum est, nisi quod pulmonem exulceravit. Ubi aliquid ejusmodi sensimus, protinus abstinere a sole, balneo, vino, venere, debemus; inter

nares, tenuis pituita profluit per has, caput dolet leviter, gravitas ejus sentitur, sunt frequentia sternutamenta. Si in fauces, exasperat has, movet tussiculam. Si in pulmonem, præter sternutamenta et tussim, est etiam gravitas capitis, lassitudo, sitis, æstus, biliosa urina. Autem aliud malum, quamvis non multum distans, est gravedo. Hæc claudit nares, obtundit vocem, movet siccam tussim; sub eadem saliva est salsa, aures sonant, venæ moventur in capite, urina est turbida. Hippocrates nominat omnia hæc koruzas; nunc video hoc nomen servari apud Græcos in gravedine; destillationem appellari katastagma. Autem hæc communia et brevia, et, si neglecta sunt, consuerunt esse longa. Nihil est pestiferum nisi quod exulceravit pulmonem. Ubi sensimus aliquid ejusmodi, debemus protinus abstinere a sole, balneo, vino, venere;

thin phlegm flows by these, the head pains slightly, a weight of it is felt, there are frequent sneezings. If into the fauces, it irritates them, excites a little cough. If into the lungs, besides sneezings, and cough, there is also heaviness of the head, lassitude, thirst, heat, bilious urine. But another disease, although not very different, is a gravedo. This closes the nostrils, blunts the voice, causes a dry cough; under the same, the saliva is salt, the ears ring, the veins are moved in the head, the urine is turbid. Hippocrates named all these coryzæ: now I see that this name is employed among the Greeks in gravedo; that catarrh is called catastagma. But these are common and short, and, if they are neglected, are wont to be long. None of them is dangerous except what has ulcerated the lungs. When we have perceived any thing of this kind, we ought immediately to abstain from the heat of the sun, the bath, wine, venery: among which it is right to use anointing,

inter quæ licet uti unctione, et nihilominus assueto cibo. Utendum est ambulatione tantum acri, sed tectâ, et post eam perfricandum caput atque os supra quinquagies. Que raro fit, ut si temperavimus nobis biduo vel certe triduo, id vitium non levetur. Quo levato, si pituita facta est crassa in destillatione vel nares magis patent in gravedine utendum est balneo, que fovendum os que caput multâ aquâ prius calidâ, post egelidâ; deinde vinum bibendum cum pleniore cibo. At si est æque tenuis pituita quarto die, vel nares æque videntur clausæ, austerum Aminæum vinum est assumendum, deinde rursus aqua biduo; post quæ revertendum est ad balneum et ad consuetudinem. Neque tamen illis diebus ipsis, quibus aliqua sunt omittenda expedit agere tanquam ægros; sed omnia cætera sunt facienda quasi sanis, præterquam si

quæ unctione, et assueto cibo nihilominus uti licet. Ambulatione, tantum acri, sed tecta utendum est, et post eam caput atque os supra quinquagies perfricandum. Raroque fit, ut si biduo, vel certe triduo nobis temperavimus, id vitium non levetur. Quo levato, si in destillatione crassa facta pituita est, vel in gravedine nares magis patent, balneo utendum est, multaque aqua prius calida, post egelida, fovendum os, caputque; deinde cum cibo pleniore vinum bibendum. At si æque tenuis quarto die pituita est, vel nares æque clausæ videntur, assumendum est vinum Aminæum austerum; deinde rursus biduo aqua; post quæ ad balneum, et ad consuetudinem revertendum est. Neque tamen illis ipsis diebus, quibus aliqua omittenda sunt, expedit tanquam ægros agere; sed cetera omnia quasi sanis facienda sunt, præterquam

and nevertheless the usual food. We must use walking only brisk, but covered, and after it we must rub the head and face beyond fifty times. And it seldom happens, that if we have restrained ourselves for two days or certainly for three days, that disorder is not mitigated. Which being relieved, if the phlegm has become thick in the catarrh or the nostrils are more open in gravedo, we must use the bath, and we must bathe the face and head with much water, first hot, afterwards lukewarm; then wine is to be drunk with fuller diet. But if there is also thin phlegm on the fourth day, or the nostrils also appear closed, rough Aminæan wine is to be taken, then again water for two days; after which we must return to the bath and to the usual habit. Nor yet on those days themselves, on which some things are to be omitted, it is proper to act like sick persons; but all other things are to be done as by the healthy, except if these things have been accus-

si diutius aliquem, et vehementius ista sollicitare consuerunt: huic enim quædam curiosior observatio necessaria est. Igitur huic, si in nares vel in fauces destillavit, præter ea, quæ supra retuli, protinus primis diebus multum ambulandum est, perfricandæ vehementer inferiores partes; levior frictio adhibenda thoraci erit, levior capiti; demenda assueto cibo pars dimidia; sumenda ova, amyllum, similiaque, quæ pituitam faciunt crassiorem; siti contra, quanta maxima sustineri potest, pugnandum. Ubi per hæc idoneus aliquis balneo factus, eoque usus est, adjiciendus est cibo pisciculus, aut caro, sic tamen, ne protinus justus modus cibi sumatur: vino meraco copiosius utendum est. At si in pulmonem quoque destillat, multo magis et ambulatione et frictione opus est; eademque adhibita ratione in cibis, si non satis illi proficiunt, acriori-

ista consuerunt sollicitare aliquem diutius et vehementius; enim quædam curiosior observatio est necessaria huic. Igitur, si destillavit in nares vel in fauces, præter ea quæ retuli supra, protinus ambulandum est huic multum primis diebus, inferiores partes perfricandæ vehementer; levior frictio erit adhibenda thoraci, levior capiti; dimidia pars demenda assueto cibo; ova, amyllum, quæ similia sunt sumenda quæ faciunt crassiorem pituitam; pugnandum contra siti, quanta maxima potest sustineri. Ubi per hæc aliquis factus (est) idoneus balneo, quæ usus est eo, pisciculus est adjiciendus cibo, aut caro, tamen sic justus modus cibi ne sumatur protinus; utendum est meraco vino copiosius. At si destillat quoque in pulmonem, est multo magis opus et ambulatione et frictione, quæ eadem ratione adhibita in cibis; si illi non proficiunt

tomed to trouble any one longer and more severely; for some nicer care is necessary to him. Therefore, if (the phlegm) has fallen down upon the nostrils or upon the fauces, beside those things which I have mentioned above, immediately he must walk much on the first days; the lower parts are to be rubbed violently; lighter friction will have to be applied to the thorax, lighter to the head; half part to be taken away from the usual food; eggs, starch, and similar things are to be taken which produce thicker phlegm; we must oppose by thirst, as great as can be borne. When by these means any one has become fitted for the bath, and has used it, a small fish is to be added to the food, or flesh, yet so that the proper quantity of food may not be taken immediately; he must use pure wine more plentifully. But if it distils also upon the lungs, there is much more need both of walking and friction, and the same rule being observed in foods; if they do not

satis, utendum est acrioribus: indulgendum magis somnoque abstinendum ab omnibus negotiis; aliquando, sed serius tentandum balneum. Autem in gravedine, primo die quiescere, neque esse, neque bibere, velare caput, circumdare fauces lanâ, postero die surgere, abstinere a potione, aut si res coëgerit assumere non ultra heminam aquæ: tertio die sumere non ita multum panis ex interiore parte cum pisciculo, vel levi carne, bibere aquam: si quis non potuerit temperare sibi quo minus utatur pleniore victu, vomere: ubi ventum est in balneum, fovere caput et os multâ calidâ aquâ, usque ad sudorem; tum redire ad vinum. Post quæ potest vix fieri, ut idem incommodum maneat; sed si manserit, utendum erit frigidis, aridis, levibus cibus, humore quam minimo, frictionibus que exercitationibus servatis, quæ sunt necessariae in omni tali genere valetudinis.

bus utendum est; magis somno indulgendum, abstinendumque a negotiis omnibus; aliquando, sed serius, balneum tentandum. In gravedine autem, primo die quiescere, neque esse, neque bibere, caput velare, fauces lana circumdare: postero die surgere, abstinere a potione, aut, si res coëgerit, non ultra heminam aquæ assumere: tertio die panis non ita multum ex parte interiore cum pisciculo, vel levi carne sumere, aquam bibere: si quis sibi temperare non potuerit, quo minus pleniore victu utatur, vomere; ubi in balneum ventum est, multa calida aqua caput et os fovere usque ad sudorem; tum ad vinum redire. Post quæ vix fieri potest, ut idem incommodum maneat: sed si manserit, utendum erit cibus frigidis, aridis, levibus, humore quam minimo, servatis frictionibus exercitationibusque, quæ in omni tali genere valetudinis necessariae sunt.

benefit enough, he must use more acrid things; must indulge more in sleep, and abstain from all business; sometimes, but later, to try the bath. But in gravedo, on the first day to be quiet, neither to eat, nor to drink, to cover the head, to surround the fauces with wool, on the next day to rise, to abstain from drink, or if circumstances require, to take not beyond a hemina of water; on the third day to take not so much bread of the inner part with a little fish, or light meat, to drink water; if any one has not been able to restrict himself that he may less use a fuller diet, to vomit; when he is come into the bath, to wash the head and face with much warm water, even to sweating; then to return to wine. After which things it can hardly happen, that the same indisposition remains; but if it has remained, we shall have to use cold, dry, light foods, moisture as little as possible, frictions and exer-

III. A capite transitus ad cervicem est; quæ gravibus admodum morbis obnoxia est. Neque tamen alius importunior acutiorque morbus est, quam is, qui quodam rigore nervorum, modo caput scapulis, modo mentum pectori annectit, modo rectam et immobilem cervicem intendit. Priorem Græci ὀπισθότονον, insequentem ἐμπροσθότονον, ultimum τέτανον appellant: quamvis minus subtiliter quidam indiscretis his nominibus utuntur. Ea sæpe intra quartum diem tollunt: si hunc evaserunt, sine periculo sunt. Eadem omnia ratione curantur; idque convenit. Sed Asclepiades utique mittendum sanguinem credidit; quod quidam utique vitandum esse dixerunt, eo quod maxime tum corpus calore egeret: isque esset in sanguine. Verum hoc quidem falsum est.

III. *A capite est transitus ad cervicem; quæ est obnoxia admodum gravibus morbis. Tamen neque est alius importunior que acutior morbus quam is, qui quodam rigore nervorum modo annectit caput scapulis, modo mentum pectori, modo intendit cervicem rectam et immobilem. Græci appellant priorem opisthotonon, insequentem emprosthotonon, ultimum tetanon; quamvis quidam minus subtiliter utuntur his nominibus indiscretis. Ea sæpe tollunt intra quartum diem; si evaserunt hunc, sunt sine periculo. Omnia curantur eadem ratione; que id convenit. Sed Asclepiades utique credidit sanguinem mittendum; quod quidam utique dixerunt esse vitandum, eo quod tum corpus maxime egeret calore; que is esset in sanguine. Verum hoc quidem est falsum.*

cises being observed, which are necessary in every such kind of sickness.

III. From the head there is a passage to the neck; which is liable to very severe diseases. However there is not any more troublesome and more acute disease than this, which by a certain stiffness of the nerves sometimes approximates the head to the shoulders, sometimes the chin to the breast, sometimes stretches the neck straight and immoveable. The Greeks call the former opisthotonos, the following emprosthotonos, the last tetanus: although some men less carefully use these names undistinguished. These (symptoms) often carry off within the fourth day; if they have escaped this, they are without danger. All of them are treated in the same manner; and that is agreed on. But Asclepiades indeed believed that blood ought to be let; which some indeed said was to be avoided, because then the body especially required heat; and it was in the blood. But this indeed is false. For it is not the nature of

Enim neque est natura sanguinis, ut utique caleat; sed ex iis, quæ sunt in homine, hic celerrime vel calescit, vel frigescit. Veronecne debeat mitti, potest intelligi ex iis, quæ præcepta sunt de missione sanguinis. Autem utique castoreum datur recte, et cum hoc piper, vel laser; deinde est opus humido et calido fomento: itaque plerique subinde perfundunt cervices multâ calidâ aquâ. Id levat in præsentia; sed reddit nervos opportuniore frigori; quod utique est vitandum. Igitur est utilius primum perungere cervicem liquido cerato; deinde admoveere bubulas vesicas vel utriculos repletos calido oleo, vel calidum cataplasma ex farina, vel rotundum piper contusum cum ficu. Tamen est utilissimum, fovere humido sale; quod quomodo fieret, jam ostendi. Ubi aliquid eorum factum est oportet admoveere ægrum ad ignem vel si est æstas in sole:

Neque enim natura sanguinis est, ut utique caleat; sed ex iis, quæ in homine sunt, hic celerrime vel calescit, vel frigescit. Mitti vero necne debeat, ex iis intelligi potest, quæ de sanguinis missione præcepta sunt. Utique autem recte datur castoreum, et cum hoc piper, vel laser: deinde opus est fomento humido et calido: itaque plerique aqua calida multa cervices subinde perfundunt. Id in præsentia levat; sed opportuniore nervos frigori reddit: quod utique vitandum est. Utilius igitur est, cerato liquido primum cervicem perungere; deinde admoveere vesicas bubulas vel utriculos oleo calido repletos, vel ex farina calidum cataplasma, vel piper rotundum cum ficu contusum. Utilissimum tamen est, humido sale fovere; quod quomodo fieret, jam ostendi. Ubi eorum aliquid factum est, admoveere ad ignem, vel si æstas est, in sole

the blood that especially it is hot; but of those (things), which are in the man, this very quickly either becomes hot, or becomes cold. But whether or no it ought to be let, may be understood from those things, which were directed concerning the letting of blood. But indeed castor is given rightly, and with this pepper, or laser; then there is need of a moist and hot fomentation: therefore most men frequently bathe the neck with much warm water. That relieves for the present; but it renders the nerves more liable to cold: which indeed is to be avoided. Therefore it is more useful first to anoint the neck with liquid cerate; then to apply ox bladders or bottles filled with warm oil, or a warm cataplasm made of meal, or round pepper bruised with a fig. However it is most useful, to foment with moist salt; which how it should be made, already I have shown. When any of these has been done it is necessary to bring the patient to the fire, or if it is summer in the sun;

ægrum oportet: maximeque oleo vetere: si id non est, Syriaco; si ne id quidem est, adipe quam vetustissima cervicem, et scapulas, et spinam perfricare. Frictio cum omnibus in homine vertebrais utilis sit, tum iis præcipue, quæ in collo sunt. Ergo die nocteque, interpositis tamen quibusdam temporibus, hoc remedio utendum est: dum intermittitur, imponendum malagma aliquod ex calefacientibus. Cavendum vero præcipue frigus: ideoque in eo conclavi, in quo cubabit æger, ignis continuus esse debet, maximeque tempore antelucano, quo præcipue frigus intenditur. Neque inutile erit, caput attonsum habere, idque irino vel cyprino calido madefacere, et superimposito pileo velare; nonnunquam etiam in calidum oleum totum descendere, vel in aquam calidam, in qua fœnum Græcum decoctum sit, et adjecta olei pars

que perfricare cervicem, et scapulas et spinam maxime vetere oleo: si est non id, Syriaco: si est ne id quidem, adipe quam vetustissimâ. Cum frictio sit utilis omnibus vertebrais in homine, tum præcipue iis quæ sunt in collo. Ergo utendum est hoc remedio die que nocte, tamen quibusdam temporibus interpositis: dum intermittitur, imponendum aliquod malagma ex calefacientibus. Vero frigus præcipue cavendum; que ideo continuus ignis debet esse in eo conclavi in quo æger cubabit, que maxime tempore antelucano, quo frigus intenditur præcipue. Neque erit inutile, habere caput attonsum, que madefacere id calido irino vel cyprino, et velare, pileo superimposito; etiam nonnunquam totum descendere in calidum oleum, vel in calidam aquam, in qua fœnum Græcum decoctum sit, et tertia pars olei ad-

and to rub the neck, and shoulders and spine especially with old oil; if there is not that, with Syrian oil; if there is not that indeed, with fat the oldest possible. As friction is useful to all the vertebræ in a man, so especially to those which are in the neck. Therefore we must use this remedy day and night, yet some periods intervening; while it is remitted, we must apply some malagma of the heating kinds. But cold is especially to be avoided; and therefore a continual fire will be necessary to be in that room in which the patient shall sleep, and chiefly at the time before light, in which cold is increased especially. Nor will it be improper to have the head clipped, and to moisten it with warm orris oil or cypress oil, and to cover it, with a cap upon it; also sometimes for the whole (body) to descend into warm oil, or into warm water, in which fœnugreek has been boiled, and a third part of oil added. Also the bowels being clystered often relaxes the upper parts. But

jecta. Quoque alvus ducta sæpe resolvit superiores partes. Vero si etiam dolor crevit vehementius cucurbitulæ sunt admovendæ cervicibus, sic ut cutis incidatur, eadem adurenda aut ferramentis aut sinapi. Ubi dolor levatus est que cervix cæpit moveri, licet scire morbum cedere remediis. Sed cibus vitandus diu, quisquis est mandendus. Utendum sorbitionibus, que item sorbilibus aut mollibus ovis; aliquod jus assumendum. Si id processerit bene, que jam cervices videbuntur habere se ex toto recte, incipiendum erit a puliculâ vel intritâ bene madidâ. Tamen etiam panis mandendus celerius quam vinum gustandum; siquidem usus hujus præcipue periculosus; que ideo est differendus in longius tempus.

IV. 1. *Autem ut hoc genus morbi consuevit esse circa totam cervicem, sic alterum æque pestiferumque acutum,*

tertia. Alvus quoque ducta sæpe superiores partes resolvit. Si vero etiam vehementius dolor crevit, admovendæ cervicibus cucurbitulæ sunt, sic, ut cutis incidatur: eadem aut ferramentis aut sinapi adurenda. Ubi levatus est dolor, moverique cervix cæpit, scire licet, cedere remediis morbum. Sed diu vitandus cibus, quisquis mandendus est. Sorbitionibus utendum, itemque ovis sorbilibus, aut mollibus: jus aliquod assumendum. Id si bene processerit, jamque ex toto recte se habere cervices videbuntur, incipiendum erit a pulicula, vel intrita bene madida. Celerius tamen etiam panis mandendus, quam vinum gustandum: siquidem hujus usus præcipue periculosus; ideoque in longius tempus differendus est.

IV. 1. *Ut hoc autem morbi genus circa totam cervicem, sic alterum, æque pestiferum acutumque,*

if also pain has increased more violently, cupping instruments are to be applied to the neck, so that the skin be incised; the same is to be burnt either with irons or mustard. When pain has been relieved and the neck begins to be moved, it is right to know that the disease yields to the remedies. But food is to be avoided for a long time, whatever there is to be chewed. We must use gruels, and likewise sorbile or soft eggs; some broth is to be taken. If that has succeeded well, and now the neck shall appear to have itself entirely right, we must begin from pulse or panada very moist. However also bread is to be chewed earlier than wine is to be tasted; since the use of this is especially dangerous; and therefore it is to be deferred to a later period.

IV. 1. But as this kind of disease has been accustomed to be about the whole neck, so another equally fatal and acute, in the fauces. Our

in faucibus esse consuevit. Nostri anginam vocant; apud Græcos nomen, prout species est. Interdum enim neque rubor, neque tumor ullus apparet; sed corpus aridum est, vix spiritus trahitur, membra solvuntur: id συνάγχην vocant. Interdum lingua faucesque cum rubore intumescunt, vox nihil significat, oculi vertuntur, facies pallet, singultusque est: id κυνάγχην vocatur. Illa communia sunt: æger non cibum devorare, non potionem potest; spiritus ejus intercluditur. Levius est, ubi tumor tantummodo et rubor est, cetera non sequuntur: id παρασυνάγχην appellant. Quidquid est, si vires patiuntur, sanguis mittendus est; si non abundat, secundum est, ducere alvum. Cucurbitula quoque recte sub mento, et circa fauces admovetur, ut id, quod strangulat, evocet. Opus est deinde fomentis humidis: nam sicca spiritum eli-

in faucibus. Nostri vocant anginam apud Græcos nomen, prout species est. Enim interdum neque rubor, neque ullus tumor apparet; sed corpus est aridum, spiritus trahitur vix, membra solvuntur; vocant id sunanchen. Interdum lingua que fauces intumescunt cum rubore, vox significat nihil, oculi vertuntur, facies pallet, que est singultus: id vocatur kunanchen. Illa sunt communia: æger potest non devorare cibum, non potionem; ejus spiritus intercluditur. Est levius ubi est tantummodo tumor et rubor, et cætera non sequuntur: appellant id parasunanchen. Quidquid est, si vires patiuntur, sanguis est mittendus; et si non abundat, est secundum ducere alvum. Quoque cucurbitula admovetur recte sub mento, et circa fauces ut evocet id quod strangulat. Deinde est opus humidis fomentis: nam sicca elidunt spiritum.

countrymen call it angina; among the Greeks it has a name, according as its kind is. For sometimes neither redness, nor any tumour appears; but the body is dry, the breath is drawn difficultly, the limbs are relaxed; they call it synanche. Sometimes the tongue and the fauces swell with redness, the voice articulates nothing, the eyes are turned, the face is pale, and there is hiccough: that is called cynanche. These things are common: the patient cannot swallow food, nor drink; his breath is obstructed. It is lighter when there is only swelling and redness, and the other signs do not follow: they call that parasy-nanche. Whichever it is, if the powers permit, blood is to be let; and if (blood) does not abound, it is serviceable to clyster the bowels. Also a cupping instrument is applied rightly under the chin, and about the fauces that it may withdraw that which suffocates. Then there is need of moist fomentations; for dry things oppress the

*Ergo oportet admoveere spon-
gias; quæ subinde demittun-
tur melius in calidum oleum
quam in calidam aquam :
que hic quoque calidus suc-
cus salis est efficacissimus.
Tum est commodum deco-
quere cum aquâ mulsâ hyssop-
um, vel nepetam, vel thy-
mum, vel absinthium, vel
etiam furfures, aut aridas
ficas, que gargarizare eâ;
post hæc, ungere palatum vel
taurino felle vel eo medica-
mento quod est ex moris.
Etiam id respergitur recte
polline piperis. Si per hæc
parum proficitur, ultimum
est incidere satis altis plagis
sub maxillis ipsis supra col-
lum, et in palato circa uvam
vel eas venas quæ sunt sub
linguâ: ut per ea vulnera
morbus erumpat. Quibus si
æger non fuerit adjutus licet
scire victum esse malo. Vero
si morbus levatus est his, que
jam fauces capiunt et cibum
et spiritum, recursus ad bo-
nam valetudinem est facilis.*

dunt. Ergo admoveere spon-
gias oportet; quæ melius in calidum
oleum, quam in calidam aquam
subinde demittuntur: efficacissi-
musque est hic quoque, salis cali-
dus succus. Tum commodum est,
hyssopum, vel nepetam, vel thy-
mum, vel absinthium, vel etiam fur-
fures, aut ficus aridas, cum mulsa
aqua decoquere, eaque gargari-
zare: post hæc palatum ungere vel
felle taurino, vel eo medicamento,
quod ex moris est. Polline etiam
piperis id recte respergitur. Si
per hæc parum proficitur, ultimum
est, incidere satis altis plagis sub
ipsis maxillis supra collum, et in
palato circa uvam, vel eas venas,
quæ sub lingua sunt; ut per ea
vulnera morbus erumpat. Quibus
si non fuerit æger adjutus, scire
licet, malo victum esse. Si
vero his morbus levatus est,
jamque fauces et cibum et spiri-
tum capiunt, facilis ad bonam

breathing. Therefore it is necessary to apply sponges; which are occa-
sionally dipped better into warm oil, than into warm water: and here
also warm juice of salt is most efficacious. Then it is proper to boil
with hydromel, hyssop, or catmint, or thyme, or wormwood, or also
bran, or dry figs, and to gargle with it; after these to anoint the palate,
either with ox gall or that medicine which is made of mulberries. Also
that is sprinkled on rightly with powder of pepper. If by these means
little is benefited, the last thing is to cut with sufficiently deep wounds
under the jaws themselves above the neck, and in the palate about
the uvula or those veins which are under the tongue; that by those
wounds the disease may break out. By which if the patient shall
not have been relieved, it is right to know that he is overcome by
the disease. But if the disease has been relieved by these, and now
the fauces admit both food and breath, return to good health is

valetudinem recursus est. Atque interdum natura quoque adjuvat, si ex angustiore sede vitium transit in latiore: itaque rubore et tumore in præcordiis orto, scire licet fauces liberari. Quidquid autem eas levarit, incipiendum est ab humidis, maximeque aqua malsa decocta: deinde assumendi molles et non acres cibi sunt, donec fauces ad pristinum habitum revertantur. Vulgo audio, si quis pullum hirundinis ederit, angina toto anno non periclitari; servatumque eum ex sale, cum is morbus urget, comburi, carbonemque ejus contritum in aquam mulsam, quæ potui datur, infriari, et prodesse. Id cum idoneos auctores ex populo habeat, neque habere quidquam periculi possit, quamvis in monumentis medicorum non legerim, tamen inserendum huic operi meo credidi.

2. Est etiam circa fauces malum,

Atque interdum natura quoque adjuvat, si vitium transit ex angustiore sede in latiore: itaque tumore et rubore orto in præcordiis, licet scire fauces liberari. Autem quidquid levarit eas, incipiendum est ab humidis que maxime decoctâ aquâ mulsâ; deinde molles et non acres cibi sunt assumendi donec fauces revertantur ad pristinum habitum. Audio vulgo, si quis ederit pullum hirundinis non periclitari anginâ toto anno; que eum, servatum ex sale, cum is morbus urget, comburi que carbonem ejus contritum infriari in aquam mulsam, quæ datur potui et prodesse. Cum id habeat idoneos auctores ex populo, neque possit habere quidquam periculi, quamvis non legerim in monumentis medicorum, tamen credidi inserendum huic meo operi.

2. Est etiam circa fauces

easy. And sometimes nature also assists, if the disease passes from a narrower place to a larger: therefore swelling and redness having arisen in the præcordia, it is right to know that the fauces are relieved. But whatever has relieved them, we must begin from moist things and chiefly boiled hydromel: then soft and not sharp foods are to be taken until the fauces return to their former habit. I hear vulgarly, if any one has eaten the young of a swallow he is not in danger from quinsy for a whole year; and that, being preserved in salt, when this disease oppresses, is burnt and the ashes of it bruised are crumbled into hydromel, which is given for drink and is serviceable. Since that has fit authors among the common people, nor can it have any danger, although I have not read it in the records of physicians, yet I have thought fit for it to be inserted in this my work.

2. There is also about the fauces a disease which among the Greeks

malum quod apud Græcos habet aliud que aliud nomen, prout intendit se. Omne consistit in difficultate spirandi; sed hæc dum est modica, neque strangulat ex toto, appellatur dyspnœa; cum est vehementior, ut æger possit non spirare sine sono et anhelatione, asthma: cum id quoque accessit, spiritus ne trahatur nisi cervice recta orthopnœa. Ex quibus, id quod est primum, potest trahi diutius: duo insequentia consuerunt esse acuta. Communia his sunt: quod propter angustias, per quas spiritus evadit, edit sibilum, est dolor in pectore que præcordiis, etiam interdum in scapulis, que is modo revertitur, ad hæc tussicula accedit. Est auxilium, nisi aliquod prohibet, in detractione sanguinis. Neque est id satis, sed quoque venter est solvendus lacte. Alvus liquanda, interdum etiam ducenda, quibus corpus extenuatum incipit trahere

quod apud Græcos aliud aliudque nomen habet, prout se intendit. Omne in difficultate spirandi consistit; sed hæc dum modica est, neque ex toto strangulat, δύσπνοια appellatur; cum vehementior est, ut spirare æger sine sono et anhelatione non possit, ἀσθμα: cum accessit id quoque, ne nisi recta cervice spiritus trahatur, ὀρθοπνοια. Ex quibus id, quod, primum est, potest diutius trahi: duo insequentia acuta esse consuerunt. His communia sunt: quod propter angustias, per quas spiritus evadit, sibilum edit, dolor in pectore præcordiisque est, interdum etiam in scapulis, isque modo revertitur; ad hæc tussicula accedit. Auxilium est, nisi aliquid prohibet, in sanguinis detractione. Neque id satis est, sed lacte quoque venter solvendus est. Liquanda alvus, interdum etiam ducenda; quibus extenuatum corpus incipit spiritum

has one and another name according as it has extended itself. It all consists in difficulty of breathing; but this while it is moderate, and does not suffocate altogether, is called dyspnœa; when it is more violent, so that the patient cannot breathe without sound and panting, asthma: when this also is added, that the breath is not drawn except the neck being erect, orthopnœa. Of which, that which is first, may be protracted a long time: the two following have been accustomed to be acute. The common symptoms in these are: that on account of the narrow passages by which the breath escapes, it produces a wheezing, there is pain in the breast and præcordia, also sometimes in the shoulders, and that sometimes returns: to these a cough succeeds. There is a remedy, unless anything prevents, in letting of blood. Nor is that enough, but also the belly is to be loosened by milk. The bowels are to be loosened, sometimes also clystered, by which the

trahere commodius. Caput autem in lecto sublime habendum est: thorax fomentis, cataplasmatisque calidis, aut siccis, aut etiam humidis adjuvandus est; et postea vel malagma superimponendum, vel certe ceratum ex cyprino, vel irino unguento. Sumenda deinde jejuno potui mulsa aqua, cum qua vel hyssopus cocta, vel contrita capparis radix sit. Delingitur etiam utiliter aut nitrum, nasturtium album frictum, deinde contritum et cum melle mixtum: simulque coquantur mel, galbanum, resina terebinthina, et ubi coierunt, ex his, quod fabæ magnitudinem habet, quotidie sub lingua liquatur: aut sulphuris ignem non experti p. ꝯ. =, abrotoni p. ꝯ. in vini cyatho teruntur, idque tepefactum sorbetur. Est etiam non vana opinio, vulpinum jecur, ubi siccum et aridum factum est, contundi oportere, polentamque ex eo potioni

spiritum commodius. Autem caput est habendum sublime in lecto; thorax est adjuvandus fomentis que calidis aut siccis aut etiam humidis cataplasmatibus; et postea vel malagma superimponendum vel certe ceratum ex cyprino vel irino unguento. Deinde mulsa aqua sumenda jejuno potui, cum quâ sit vel cocta hyssopus, vel contrita radix capparis. Etiam aut nitrum, aut album nasturtium, frictum, deinde contritum et mixtum cum melle, delingitur utiliter: que simul mel, galbanum, resina, terebinthina, coquantur, et ubi coierunt, ex his, quod habet magnitudinem fabæ, liquatur quotidie sub linguâ aut sulphuris non experti ignem, p. ꝯ. =, abrotoni, p. ꝯ. teruntur in cyatho vini, que id sorbetur tepefactum. Est etiam non vana opinio, vulpinum jecur, ubi factum est siccum et aridum, oportere contundi, que polentam ex eo

body being reduced begins to draw breath more freely. But the head is to be kept high in bed; the thorax is to be assisted by fomentations, and hot or dry or even moist cataplasms; and afterwards either a malagma is to be applied, or certainly a cerate of cypress or orris ointment. Then hydromel is to be taken by him fasting for drink, with which there is either boiled hyssop, or bruised root of caper. Also either nitre, or white cresses, ground, then bruised and mixed with honey, is licked up advantageously: and also honey, galbanum, resin, turpentine, are boiled, and when they have united, a piece of them, which has the size of a bean, is dissolved daily under the tongue, or of sulphur not having experienced the fire, p. ꝯ. =, southernwood p. ꝯ. are rubbed in a cup of wine, and that is swallowed warm. It is also not an idle opinion, that fox's liver, when it has become dry and parched, ought to be bruised, and the powder of it to be sprinkled upon the drink;

aspergi potioni: vel pulmonem ejusdem quam recentissimum assum, sed coctum sine ferro, esse edendum. Præter hæc utendum est sorbitionibus et lenibus cibis; interdum tenui austero vino; nonnunquam vomitu. Etiam quæcunque movent urinam prosunt; sed nihil magis quam lenta ambulatio pæne usque ad lassitudinem; multa frictio, præcipue inferiorum partium vel in sole, vel ad ignem et per se ipsum, et per alios, usque ad sudorem.

3. *Vero exulceratio consuevit esse interdum in interiore parte faucium. In hac plerique utuntur extrinsecus calidis cataplasmatibus, que humidis fomentis: etiam volunt calidum vaporem recipi ore: per quæ alii dicunt eas partes fieri molliores, que opportuniore vitio jam hærenti. Sed, si frigus potest bene vitari, illa tuta præsidia; si est metus ejus, sunt*

aspergi; vel ejusdem pulmonem quam recentissimum assum, sed sine ferro coctum, edendum esse. Præter hæc, sorbitionibus et lenibus cibis utendum est: interdum vino tenui austero; nonnunquam vomitu. Prosunt etiam, quæcunque urinam movent: sed nihil magis, quam ambulatio lenta pæne usque ad lassitudinem; frictio multa, præcipue inferiorum partium, vel in sole, vel ad ignem, et per se ipsum, et per alios, usque ad sudorem.

3. In interiore vero faucium parte interdum exulceratio esse consuevit. In hac plerique extrinsecus cataplasmatibus calidis, fomentisque humidis utuntur: volunt etiam vaporem calidum ore recipi: per quæ molliores alii partes eas fieri dicunt, opportuniore vitio jam hærenti. Sed, si bene vitari frigus potest, tuta illa præsidia: si metus ejus est, supervacua sunt. Utique

or the lungs of the same as fresh as possible roasted, but cooked without iron, is to be eaten. Besides these things we must use gruels and light foods; sometimes thin rough wine, sometimes vomiting. Also whatever things excite the urine are serviceable; but nothing more so than slow walking almost even to weariness; much friction, especially of the lower parts, either in the sun or at the fire, both by himself and by others, even to sweating.

3. But ulceration is wont to be sometimes in the inner part of the fauces. In this, many men use outwardly hot cataplasms, and moist fomentations: also they wish hot vapour to be taken in the mouth; by which others say those parts become softer, and more liable to the disorder already adhering. But, if cold can be well avoided, those are safe remedies; if there is fear of it, they are superfluous. But it is especially dangerous to rub the fauces; for it

autem perfricare fauces periculosum est: exulcerat enim. Neque utilia sunt, quæ urinæ movendæ sunt; quia possunt, dum transeunt, ibi quoque pituitam extenuare, quam suppressi melius est. Asclepiades multarum rerum, quas ipsi quoque secuti sumus, auctor bonus, acetum ait quam acerrimum esse sorbendum; hoc enim sine ulla noxa comprimi ulcera. Sed id suppressere sanguinem potest; ulcera ipsa sanare non potest. Melius huic rei lycium est; quod idem quoque æque probat: vel porri, vel marrubii succus, vel nuces Græcæ cum tragacantho contritæ et cum passo mixtæ, vel lini semen contritum et cum dulci vino mixtum. Exercitatio quoque ambulandi currendique necessaria est: frictio a pectore vehemens toti inferiori parti adhibenda. Cibi vero esse debent neque nimium acres, neque asperi; mel, lenticula, tragus,

supervacua. Autem est utique periculosum perfricare fauces: enim exulcerat. Neque sunt utilia, quæ sunt movendæ urinæ; quia possunt, dum transeunt, quoque ibi extenuare pituitam quam est melius suppressi. Asclepiades, bonus auctor multarum rerum quas ipsi quoque secuti sumus, ait, acetum quam acerrimum esse sorbendum: enim hoc ulcera comprimi sine ullâ noxâ. Sed id potest suppressere sanguinem; potest non sanare ulcera ipsa. Lycium est melius huic rei; quod idem quoque æque probat: vel succus porri, vel marrubii, vel Græcæ nuces, contritæ cum tragacantho et mixtæ cum passo vel semen lini contritum et mixtum cum dulci vino. Quoque exercitatio ambulandi que currendi est necessaria; vehemens frictio adhibenda a pectore toti inferiori parti. Vero cibi debent esse neque nimium acres, neque asperi; mel, lenticula, tragus,

ulcerates them. Neither are those things useful, which are for promoting urine; because they may, while they pass, also there reduce the phlegm which is better to be suppressed. Asclepiades, a good author of many things which we ourselves also have followed, says, that vinegar as sharp as possible is to be swallowed; for by this the ulcers are suppressed without any danger. But that may suppress the blood; cannot heal the ulcers themselves. Lycium is better for this purpose; which the same man also equally approves of; or the juice of leek, or horehound, or Greek nuts, bruised with tragacanth and mixed with passum or linseed bruised and mixed with sweet wine. Also the exercise of walking and running is necessary: violent friction is to be employed from the breast to the whole lower part. But foods ought to be neither too sharp, nor rough; honey, lentils, tragus, milk, ptisan, fat

lac, ptisana, pinguis caro, que præcipue porrum et quidquid est mixtum cum hoc. Convenit esse quam minimum potionis. Aqua potest dari vel pura vel in quâ cotoneum malum, vel palmulæ decoctæ sunt. Quoque lenes gargarizationes: sin hæ proficiunt parum, reprimentes sunt utiles. Hoc genus neque est acutum et potest esse non longum: tamen desiderat maturam curationem, ne lædat vehementer et diu.

4. *Vero tussis, propter exulcerationem faucium, est fere molesta: quæ contrahitur multis modis. Itaque, illis restitutis, ipsa finitur. Tamen interdum solet habere male per se quoque; et vix eliditur, cum facta est vetus. Ac modo est arida, modo citat pituitam. Oportet bibere hyssopum quoque altero die; currere, spiritu retento, sed minime in pulvere; ac uti vehementi lectione, quæ primo impeditur*

lac, ptisana, pinguis caro, præcipueque porrum, et quidquid cum hoc mixtum est. Potionis quam minimum esse convenit. Aqua dari potest, vel pura, vel in qua malum cotoneum, palmulæve decoctæ sunt. Gargarizationes quoque lenes; sin hæ parum proficiunt, reprimentes utiles sunt. Hoc genus neque acutum est, et potest esse non longum; curationem tamen maturam, ne vehementer et diu lædat, desiderat.

4. Tussis vero fere propter faucium exulcerationem molesta est; quæ multis modis contrahitur. Itaque, illis restitutis, ipsa finitur. Solet tamen interdum per se quoque male habere; et vix, cum vetus facta est, eliditur. Ac modo arida est, modo pituitam citat. Oportet hyssopum altero quoque die bibere; spiritu retento currere, sed minime in pulvere; ac lectione uti vehementi, quæ primo impeditur a tussi,

flesh, and especially leek and whatever is mixed with it. It is right for there to be as little as possible of drink. Water may be given either pure or in which pomegranate, or dates have been boiled. Also mild gargles: but if these benefit little, repressing ones are useful. This kind neither is acute and may be not long: however it requires early treatment, lest it hurt severely and for a long time.

4. But a cough, on account of the ulceration of the fauces, is generally troublesome: which is contracted in many ways. Therefore, they being restored, (the cough) itself is terminated. However sometimes it is wont to disorder by itself also; and scarcely is got rid of, when it has become old. And sometimes it is dry, sometimes it excites phlegm. It is necessary to drink hyssop on every other day; to run, the breath being held in, but by no means in the dust; and to use very loud reading, which at first is prevented

post eam vincit: tum ambulare: deinde per manus quoque exerceri, et pectus diu perfricare; post hæc quam pinguiissimæ ficus uncias tres, super prunam incoctas esse. Preter hæc, si humida est, prosunt frictiones validæ, cum quibusdam calefacientibus, sic, ut caput quoque simul vehementer perfricetur: item cucurbitulæ pectori admotæ; sinapi ex parte exteriori faucibus impositum, donec leviter exulceret; potio ex mentha, nucibusque Græcis et amylo; primoque assumptus panis aridus, deinde aliquis cibus lenis. At si sicca tussis est, cum ea vehementissime urget, adjuvat vini austeri cyathus assumptus; dum ne amplius id, interposito tempore aliquo, quam ter aut quater fiat: item laseris quam optimi paulum devorare opus est; porri vel marrubii succum assumere; scillam delingere; acetum ex ea, vel certe acre sorbere, aut cum spica allii

a tussi, post vincit eam: tum ambulare; deinde quoque exerceri per manus et perfricare pectus diu; post hæc esse tres uncias ficus quam pinguiissimæ incoctas super prunam. Præter hæc, si est humida, validæ frictiones prosunt, cum quibusdam calefacientibus, sic ut caput simul quoque perfricetur vehementer: item cucurbitulæ admotæ pectori; sinapi impositum faucibus ex exteriori parte, donec exulceret leviter; potio ex menthâ, que Græcis nucibus et amylo; que aridus panis assumptus primo, deinde aliquis lenis cibus. At si tussis est sicca, cum ea urget vehementissime, cyathus austeri vini assumptus adjuvat; dum id fiat ne amplius quam ter aut quater, aliquo tempore interposito; item est opus devorare paulum quam optimi laseris; assumere succum porri vel marrubii; delingere scillam; sorbere acetum ex eâ vel certe acre, aut

by the cough, afterwards it overcomes it; then to walk; then also to be exercised by the hands and to rub the breast a long time: after these things to eat three ounces of figs as mellow as possible, cooked upon a clear fire. Besides these, if it is moist, strong frictions are beneficial, with some calefacients, so that the head at the same time also may be rubbed violently: likewise the cups applied to the breast; mustard applied to the fauces on the external part, until it ulcerates slightly; drink from mint, and Greek nuts and starch; and dry bread taken at first, then some light food. But if the cough is dry, when it oppresses most violently, a glass of rough wine taken assists; provided that that be done not more than three or four times, some time being interposed; likewise it is necessary to swallow a little of the very best laser; to take the juice of leek or horehound; to lick squills; to swallow the vinegar of it, or certainly sharp, or two cups of wine with a clove

duos cyathos vini cum spicâ allii contriti. Etiam in omni tussi peregrinatio est utilis, longa navigatio, maritima loca, natationes: interdum mollis cibus, ut malva, ut urtica; interdum acer, ut lac coctum cum allio: sorbitiones, quibus laser adjectum sit, aut in quibus porrum incoctum tabuerit; sorbile ovum, sulphure adjecto: potui primum calida aqua, deinde invicem aliis diebus hæc, aliis vinum.

5. *Aliquis potest terreri magis, cum expuit sanguinem: sed id habet modo minus, modo plus periculi. Exit modo ex gingivis, modo ex ore: et quidem interdum ex hoc etiam copiose, sed sine tussi, sine ulcere, sine ullo vitio gingivarum: ita ut nihil excreetur: verum ut prorumpit aliquando ex naribus, sic ex ore. Atque interdum sanguis profluit, interdum quiddam simile aquæ, in quâ recens caro lota est. Autem*

contriti duos vini cyathos. Utilis etiam in omni tussi est peregrinatio, navigatio longa, loca maritima, natationes: cibus interdum mollis, ut malva, ut urtica; interdum acer, ut lac cum allio coctum: sorbitiones, quibus laser sit adjectum, aut in quibus porrum incoctum tabuerit: ovum sorbile, sulphure adjecto; potui primum aqua calida, deinde invicem aliis diebus hæc, aliis vinum.

5. Magis terreri potest aliquis, cum sanguinem expuit; sed id modo minus, modo plus periculi habet. Exit modo ex gingivis, modo ex ore: et quidem ex hoc interdum etiam copiose, sed sine tussi, sine ulcere, sine gingivarum ullo vitio; ita ut nihil excreetur: verum ut ex naribus aliquando, sic ex ore prorumpit. Atque interdum sanguis profluit, interdum simile aquæ quiddam, in qua caro recens lota est. Nonnunquam autem is

of garlic bruised. Also in every cough journeying is serviceable, (also) long sailing, maritime places, swimings: sometimes soft food, as mallow, as nettles; sometimes sharp, as milk boiled with garlic: gruels, to which laser has been added, or in which leek being boiled has wasted away; a sorbile egg, sulphur being added: for drink first warm water, then by turns on some days, this, on others wine.

5. Any one may be alarmed more, when he spits blood: but that has sometimes less, sometimes more danger. It proceeds sometimes from the gums, sometimes from the mouth; and indeed sometimes from this also copiously, but without cough, without ulcer, without any disorder of the gums: so that nothing is expectorated: but as it breaks out sometimes from the nostrils, so from the mouth. And sometimes blood flows, sometimes something like water, in which fresh meat has been washed. But sometimes it is discharged from

a summis faucibus fertur, modo exulcerata ea parte, modo non exulcerata; sed aut ore venæ alicujus adaperto, aut tuberculis quibusdam natis, exque his sanguine erumpente. Quod ubi incidit, neque lædit potio aut cibus, neque quidquam, ut ex ulcere, exscreatur. Aliquando vero, gutture et arteriis exulceratis, frequens tussis sanguinem quoque extundit: interdum etiam fieri solet, ut aut ex pulmone, aut ex pectore, aut ex latere, aut ex jecinore feratur: sæpe feminæ, quibus sanguis per menstrua non respondet, hunc exspuunt. Auctoresque medici sunt, vel exesa parte aliqua sanguinem exire, vel rupta, vel ore alicujus venæ patefacto. Primam *διάβρωσιν*, secundam *ρήξιν*, tertiam *ἀναστόμωσιν* appellant. Ultima minime nocet; prima gravissime. Ac sæpe quidem evenit, uti sanguinem pus sequatur. Interdum autem, qui sanguinem ipsum suppressit,

nonnunquam is fertur a summis faucibus, eâ parte modo exulceratâ, modo non exulceratâ, sed aut ore alicujus venæ adaperto, aut quibusdam tuberculis natis, aut sanguine erumpente ex his. Quod, ubi incidit, neque potio aut cibus, lædit, neque quidquam exscreatur, ut ex ulcere. Vero aliquando, gutture et arteriis exulceratis, frequens tussis quoque extundit sanguinem; interdum etiam potest fieri, ut feratur aut ex pulmone, aut ex pectore, aut ex latere, aut ex jecinore; sæpe feminæ, quibus sanguis per menstrua non respondet, exspuunt hunc. Quæ medicum auctores (ferunt) sanguinem exire vel ex aliquâ parte exesâ, vel ruptâ, vel ore alicujus venæ patefacto. Appellant primam, διάβρωσιν, secundam ρήξιν, tertiam αναστόμωσιν. Ultima minime nocet: prima gravissime. Ac sæpe quidem evenit uti pus sequatur sanguinem. Autem interdum qui suppressit

the top of the fauces, that part being sometimes ulcerated, sometimes not ulcerated, but either the mouth of some vein being opened, or some tubercles having arisen, or blood breaking forth from those (parts). When, which happens, neither drink nor food, hurts, nor is anything expectorated, as from an ulcer. But sometimes, the throat and air-passages being ulcerated, frequent cough also forces out blood; sometimes also it may happen, that it is discharged either from the lungs, or from the breath, or from the side, or from the liver; often women, in whom blood by menstruation is not regular, spit up it. And medical authors relate that blood proceeds either from some part being eaten away, or ruptured, or the mouth of any vein, being laid open. They call the first diabrosis, the second rhexis, the third anastomosis. The last by no means hurts: the first very severely. And often indeed it happens that pus follows blood. But sometimes he who has

sanguinem ipsum, profuit satis ad valetudinem. Sed si ulcera secuta sunt, si est pus, si tussis, ita sunt varia et periculosa genera morborum prout sedes ipsa est. Vero si sanguis tantum fluit, et remedium est expeditius et finis. Neque oportet ignorari, mediocre profluvium sanguinis esse non inutile eis quibus sanguis solet fluere, aut quibus spina dolet, vel coxæ, aut post vehementem cursum vel ambulationem, dum febris absit; que id redditum per urinam quoque solvere lassitudinem ipsam: ac ne quidem esse terribile in eo qui decidit ex superiore loco: si tamen in urinâ ejus nihil novavit; neque vomitum hujus afferre periculum, etiam cum repetit, si licuit ante confirmare et implere corpus, et ex toto nullum nocere, qui est in robusto corpore, neque est nimius neque movet tussim aut calorem. Hæc pertinent ad universum: nunc veniam ad

satis ad valetudinem profuit. Sed si secuta ulcera sunt, si pus, si tussis est, prout sedes ipsa est, ita varia et periculosa genera morborum sunt. Si vero sanguis tantum fluit, expeditius et remedium et finis est. Neque ignorari oportet, eis, quibus fluere sanguis solet, aut quibus spina dolet, coxæve, aut post cursum vehementem, vel ambulationem, dum febris absit, non esse inutile sanguinis mediocre profluvium: idque per urinam redditum ipsam quoque lassitudinem solvere: ac ne in eo quidem terribile esse, qui ex superiore loco decidit; si tamen in ejus urina nihii novavit: neque vomitum hujus afferre periculum, etiam cum repetit, si ante confirmare et implere corpus licuit: et ex toto nullum nocere, qui in corpore robusto, neque nimius est, neque tussim aut calorem movet. Hæc pertinent ad universum: nunc ad ea loca, quæ

suppressed the blood itself, has benefited sufficiently for health. But if ulcers have followed, if there is pus, if cough, so there are various and dangerous kinds of diseases according as the situation itself is. But if blood only flows, both the remedy is quicker and also the termination. Nor ought it to be unknown, that a moderate flow of blood is not injurious to those in whom blood is wont to flow, or in whom the spine pains, or hips, either after violent running or walking, while fever is absent; and that, voided by the urine also relieves lassitude itself: and not even is it alarming in him who falls from a high place: if however in his urine nothing has changed; nor does the vomiting of it bring on danger, even when it recurs, if it has been allowed previously to strengthen and fill out the body, and altogether that no (discharge) hurts, which is in a strong body, nor is it too great, nor does it excite cough or heat. These things belong to the whole (kinds); now I

proposui, veniam. Si ex gingivis exit, portulacam manducasse satis est. Si ex ore, continuisse eo merum vinum: si id parum proficit, acetum. Si inter hæc quoque graviter erumpit, quia consumere hominem potest, commodissimum est, impetum ejus, admota occipitio cucurbitula, sic, ut cutis quoque incidatur, avertere. Si id mulieri, cui menstrua non feruntur, evenit, eandem cucurbitulam, incisis inguinibus ejus, admove. At si ex faucibus, interioribusve partibus processit, et metus major est, et cura major adhibenda. Sanguis mittendus est; et si nihilominus ex ore processit, iterum tertioque, et quotidie paulum aliquid: protinus autem debet sorbere vel acetum, vel cum thure plantaginis aut porri succum; imponendaque extrinsecus supra id, quod dolet, lana succida ex aceto est, et id spongia subinde refrigerandum.

ea loca quæ proposui. Si exit ex gingivis, est satis manducasse portulacam. Si ex ore, continuisse eo merum vinum; si id proficit parum, acetum. Si inter hæc quoque erumpit graviter, quia potest consumere hominem, est commodissimum, avertere ejus impetum, cucurbitulâ admotâ occipitio, sic ut cutis quoque incidatur. Si id evenit mulieri cui menstrua non feruntur, admove eandem cucurbitulam, ejus inguinibus incisis. At si processit ex faucibus, vel interioribus partibus, est et major metus, et major cura adhibenda. Sanguis est mittendus; et si nihilominus processit ex ore, iterum que tertio et quotidie aliquid paulum: aut debet protinus sorbere vel acetum, vel succum plantaginis aut porri cum thure, que supra id quod dolet, est imponenda extrinsecus, succida lana ex aceto, et id refrigerandum subinde spongiâ. Erasistratus deliga-

shall come to those places which I have mentioned. If it proceeds from the gums, it is sufficient to have chewed purslane. If from the mouth, to have kept in it pure wine; if it benefits but little, vinegar. If during these things also it breaks out severely, because it may destroy the man, it is most proper, to avert its violence, by a cup being applied to the occiput, so that the skin also may be incised. If that happens to a woman to whom the menses are not discharged, to apply the same cup to her groins previously incised. But if it has proceeded from the fauces, or the interior parts, there is both greater fear, and greater care is to be employed. Blood is to be let; and if nevertheless it has proceeded from the mouth, again and a third time and daily some little (is to be taken) or he ought immediately to swallow either vinegar, or the juice of plantain or of leek with frankincense, and above that which pains, there is to be applied outwardly, greasy wool in vinegar, and that is to be cooled occasionally with a sponge. Erasistratus

bat quoque crura et femora que brachia horum pluribus locis. Asclepiades proposuit id adeo non prodesse, esse etiam inimicum. Sed experimenta testantur id sæpe respondere commode. Neque est necesse deligari pluribus locis: sed est sat infra inguina, et super talos, que summos humeros, etiam brachia. Tum si febris urget, sorbitio est danda, et aqua potui, in quâ aliquid ex iis quæ adstringunt alvum, decoctum sit: at si febris abest, vel elota alica, vel panis ex frigida aquâ, et quoque molle ovum potest dari potui, vel idem quod scriptum est supra, vel dulce vinum vel frigida aqua. Sed sic bibendum erit, ut sciamus, sitim prodesse huic morbo. Præter hæc, quies, securitas, silentium sunt necessaria. Quoque caput hujus cubantis debet esse sublime; que tondetur recte. Facies est fovenda sæpe frigida aquâ. At vinum,

Erasistratus horum crura quoque et femora brachiaque pluribus locis deligabat. Id Asclepiades, adeo non prodesse, etiam inimicum esse proposuit. Sed id sæpe commode respondere experimenta testantur. Neque tamen pluribus locis deligari necesse est; sed sat est infra inguina, et super talos, summosque humeros, etiam brachia. Tum, si febris urget, danda est sorbitio, et potui aqua, in qua aliquid ex iis, quæ alvum adstringunt, decoctum sit: at, si abest febris, vel elota alica, vel panis ex aqua frigida, et molle quoque ovum dari potest; potui, vel idem, quod supra scriptum est, vel vinum dulce, vel aqua frigida. Sed sic bibendum erit, ut sciamus, huic morbo sitim prodesse. Præter hæc necessaria sunt quies, securitas, silentium. Caput hujus quoque cubantis sublime esse debet; recteque tondetur. Facies sæpe aqua frigida fovenda est. At

bound also the legs and thighs and arms of these in many places. Asclepiades has declared that that is so far not beneficial, that it is even injurious. But experiments show that that often answers suitably. Nor is it necessary to be bound in many places; but it is sufficient below the groins, and above the ancles, and top of the shoulders, also the arms. Then if fever oppresses, gruel is to be given, and water for drink, in which some one of those things which bind the bowels has been boiled: but if fever is absent, either washed maize, or bread out of cold water, and also a soft egg may be given; for drink, either the same that was written above, or sweet wine, or cold water. But here we must drink, so that we may know, that thirst is serviceable in this disease. Besides these, rest, serenity, silence are necessary. Also the head of him lying down ought to be high; and it is clipped rightly. The face is to be bathed frequently with cold water. But wine, the bath, venery,

inimica sunt vinum, balneum, venus, in cibo oleum, acria omnia, item calida fomenta, conclave calidum et inclusum, multa vestimenta corpori injecta, etiam frictiones. Ubi bene sanguis conquievit, tum vero incipiendum est a brachiis, cruribusque; a thorace abstinendum. In hoc casu per hiemem, locis maritimis; per æstatem, mediterraneis opus est.

v. Faucibus subest stomachus; in quo plura longa vitia incidere consuerunt. Nam modo ingens calor, modo inflatio hunc, modo inflammatio, modo exulceratio afficit: interdum pituita, interdum bilis oritur: frequentissimumque ejus malum est, quo resolvitur; neque ulla re magis aut afficitur, aut corpus afficit. Diversa autem, ut vitia ejus, sic etiam remedia sunt. Ubi exæstuat, aceto cum rosa extrinsecus subinde fovendus est; imponendusque pulvis cum

balneum, venus, oleum in cibo, omnia acria, etiam calida fomenta, calidum et inclusum conclave, multa vestimenta injecta corpori, etiam frictiones, sunt inimica. Ubi sanguis conquievit bene, tum vero incipiendum est a brachiis que cruribus; abstinendum a thorace. In hoc casu est opus maritimis locis, per hiemem; mediterraneis, per æstatem.

v. *Stomachus subest faucibus: in quo plura longa vitia consuerunt incidere. Nam modo ingens calor, modo inflatio, modo inflammatio, modo exulceratio afficit hunc; interdum pituita, interdum bilis oritur; que est frequentissimum malum ejus, quo resolvitur; neque ullâ re aut afficitur magis, aut afficit corpus. Autem ut ejus vitia, sic etiam remedia, sunt diversa. Ubi exæstuat, est fovendus subinde extrinsecus aceto cum rosâ: que pulvis cum oleo*

oil in food, all sharp, also warm fomentations, a hot and close room, many clothes thrown on the body, also frictions are injurious. When the blood has ceased considerably then indeed we must begin with the arms and legs; we must keep from the chest. In this case there is need of maritime places, during the winter; inland places during the summer.

v. The stomach is below the fauces; in which many long disorders have been wont to happen. For sometimes great heat, sometimes flatulence, sometimes inflammation, sometimes ulceration affects this; sometimes phlegm, sometimes bile arises; and there is a very frequent disease of it, in which it is relaxed; nor in any thing either is it affected more, or affects the body (more). But as its disorders, so also its remedies, are various. When it is hot, it is to be fomented frequently externally with vinegar with rose-oil: and powder with oil is to be applied, and those cataplasms which at once

est imponendus, et ea cataplasmata quæ simul et reprimunt et emolliunt. Gelida aqua præstanda potui, nisi quid obstat. Si est inflatio, cucurbitulæ admotæ prosunt; neque est necesse incidere cutem; sicca et calida fomenta sed non vehementissima prosunt. Abstinencia est interponenda. In jejuno potio absinthii, aut hyssopi aut rutæ est utilis. Exercitatio, primo lenis, deinde major, est adhibenda; quæ maxime quæ moveat superiores partes: quod genus est aptissimum in omnibus vitiis stomachi. Post exercitationem est opus unctione, frictione; quoque balneo nonnunquam sed rarius; interdum ductione alvi; deinde calidis cibis, neque infantibus; quæ eodem modo calidis potionibus, primo aquæ, ubi inflatio resedit, austeri vini. Illud est præcipiendum quoque in omnibus vitiis stomachi, ut quo modo quisque æger

oleo; et ea cataplasmata, quæ simul et reprimunt, et emolliunt. Potui, nisi quid obstat, gelida aqua præstanda. Si inflatio est prosunt admotæ cucurbitulæ; neque incidere cutem necesse est: prosunt sicca et calida fomenta, sed non vehementissima. Interponenda abstinencia est. Utilis in jejuno potio est absinthii, aut hyssopi, aut rutæ. Exercitatio primo lenis, deinde major adhibenda est; maximeque, quæ superiores partes moveat; quod genus in omnibus stomachi vitiis aptissimum est. Post exercitationem opus est unctione, frictione; balneo quoque nonnunquam, sed rarius; interdum alvi ductione; cibis deinde calidis, neque infantibus; eodemque modo calidis potionibus, primo aquæ, post, ubi resedit inflatio, vini austeri. Illud quoque in omnibus stomachi vitiis præcipiendum est, ut, quo modo se quisque æger re-

both repress and soften. Cold water is to be given for drink, unless anything prevents. If there is flatulence, the cups applied are serviceable; nor is it necessary to incise the skin; dry and hot fomentations but not very strong are serviceable. Abstinence is to be interposed. In a person fasting drink of wormwood, or of hyssop or of rue is useful. Exercise, at first gentle, then greater, is to be employed; and especially that which excites the upper parts: which kind is most suitable in all disorders of the stomach. After exercise there is need of anointing, friction; also the bath sometimes but more seldom; sometimes clystering of the bowels; then hot foods, and not inflating; and in the same manner warm drinks, first of water, afterwards when flatulence has subsided, of rough wine. This is to be directed also in all disorders of the stomach, so that in whatever manner every sick person has

fecerit, eo sanus utatur : nam redit huic imbecillitas sua, nisi iisdem defenditur bona valetudo, quibus reddita est. At si inflammatio aliqua est, quam fere tumor et dolor sequitur, prima sunt quies et abstinencia, lana sulphurata circumdata, in jejuno absinthium. Si ardor stomachum urget, aceto cum rosa subinde fovendus est : deinde cibus quidem utendum est modicis : imponenda vero extrinsecus quæ simul et reprimunt et emolliunt : deinde, his detractis, utendum calidis ex farina cataplasmatibus, quæ reliquias digerant : interdum alvus ducenda : adhibenda exercitatio, et cibus plenior. At si exulceratio stomachum infestat, eadem fere facienda sunt, quæ in faucibus exulceratis præcepta sunt. Exercitatio, frictio inferiorum partium adhibenda ; adhibendi lenes et glutinosi cibi, sed citra satietatem ; omnia acria atque acida re-

refecerit se, ulatur eo sanus ; nam sua imbecillitas redit huic, nisi bona valetudo defenditur iisdem, quibus reddita est. At si est aliqua inflammatio, quam tumor et dolor fere sequitur, prima sunt quies et abstinencia, sulphurata lana circumdata, absinthium in jejuno. Si ardor urget stomachum, est fovendus subinde aceto cum rosâ : deinde utendum est modicis cibus ; vero quæ simul et reprimunt et emolliunt imponenda extrinsecus ; deinde his detractis, utendum calidis cataplasmatibus ex farinâ, quæ digerant reliquias ; interdum alvus ducenda ; exercitatio adhibenda, et plenior cibus. At si exulceratio infestat stomachum, fere eadem sunt facienda, quæ præcepta sunt in exulceratis faucibus. Exercitatio, frictio inferiorum partium adhibenda ; lenes et glutinosi cibi adhibendi, sed citra satietatem ; omnia acria atque acida re-

refreshed himself, he should use that when healthy ; for his own weakness returns to him, unless good health is defended by the same means, by which it was restored. But if there is any inflammation, which swelling and pain generally follow, the first (remedies) are rest and abstinence, sulphurated wool bound round, wormwood during fasting. If burning heat oppresses the stomach, it is to be fomented occasionally with vinegar with rose oil : then we must use moderate foods ; but those which at once both repress and soften are to be applied externally ; then these being withdrawn, we must use hot cataplasms of meal, which may discuss the remains ; sometimes the bowel is to be clystered : exercise is to be employed, and fuller diet. But if ulceration attacks the stomach, nearly the same things are to be done, which were ordered in ulcerated fauces. Exercise, friction of the lower parts are to be employed : light and glutinous foods to be used, but within satiety ;

movenda; si est febris, utendum dulci vino, aut si id inflat, certe leni; sed neque præfrigido, neque nimis calido. Vero si stomachus impletur pituitâ vomitus est necessarius, modo in jejuno, modo post cibum: exercitatio, gestatio, navigatio, frictio utilis: nihil edendum, que bibendum, nisi calidum; iis tantum vitatis, quæ consuerunt contrahere pituitam. Est molestius, si stomachus est vitiosus bile. Autem ii qui tentantur sic, quibusdam diebus interpositis, solent vomere hanc, et quidem quod est pessimum, atram. Alvus ducitur recte his: potiones ex absinthio, gestatio, navigatio est necessaria; si potest fieri, vomitus ex nausea; cruditas vitanda: cibi faciles et non alieni stomacho sumendi, austerum vinum. Vero vulgatissimum que pessimum vitium stomachi est resolutio, id est, cum est non tenax cibi, que cor-

movenda; vino, si febris non est, dulci, aut, si id inflat, certe leni utendum; sed neque præfrigido, neque nimis calido. Si vero pituita stomachus impletur, necessarius modo in jejuno, modo post cibum vomitus est: utilis exercitatio, gestatio, navigatio, frictio: nihil edendum, bibendumque, nisi calidum; vitatis tantum iis, quæ pituitam contrahere consuerunt. Molestius est, si stomachus bile vitiosus est. Solent autem ii, qui sic tentantur, interpositis quibusdam diebus, hanc, et quidem, quod pessimum est, atram vomere. His recte alvus ducitur: potiones ex absinthio dantur: necessaria gestatio, navigatio est; si fieri potest, ex nausea vomitus; vitanda cruditas: sumendi cibi faciles et stomacho non alieni, vinum austerum. Vulgatissimum vero pessimumque stomachi vitium est resolutio, id est, cum cibi non tenax est, solet-

all acrid and acid things to be removed; if there is fever, we must use sweet wine, or if that inflates, certainly light; but neither very cold, nor too hot. But if the stomach is filled with phlegm, a vomit is necessary, sometimes in one fasting, sometimes after food; exercise, gestation, sailing, friction, is useful: nothing is to be eaten, and drunk, unless hot; those things only being avoided which were wont to contract phlegm. It is more troublesome, if the stomach is disordered with bile. But those who are affected thus, some days being interposed, are wont to vomit this, and indeed what is the worst, of a black colour. The bowels are clystered properly in these; drinks of wormwood, gestation, sailing is necessary; if it can be done, vomiting after nausea: crudity is to be avoided; foods easy and not improper for the stomach are to be taken, and rough wine. But the most common and worst disorder of the stomach is relaxation, that is, when it is not tena-

que desinere ali corpus, ac sic tabe consumi. Huic generi inutilissimum balneum est; lectiones, exercitationesque superioris partis necessariae; item unctiones, frictionesque. His perfundi frigida, atque in eadem natate; canalibus ejusdem subjicere etiam stomachum ipsum, et magis etiam a scapulis id quod contra stomachum est; consistere in frigidis, medicatisque fontibus, quales Cutiliarum Sumbruinarumque sunt, salutare est. Cibi quoque assumendi sunt frigidi, qui potius difficulter coquuntur, quam facile vitiantur. Ergo plerique, qui nihil aliud concoquere possunt, bubulam coquunt. Ex quo colligi potest, neque avem, neque venationem, neque piscem dari debere, nisi generis durioris. Potui quidem aptissimum est vinum frigidum, vel certe bene calidum, meracum, potissimum Rheticum, vel Allobrogicum, aliudve,

pus solet desinere ali, ac sic consumi tabe. Balneum est inutilissimum huic generi: lectiones, que exercitationes superioris partis necessariae; item unctiones que frictiones. Est salutare his perfundi frigidâ atque natate in eadem; etiam subjicere stomachum ipsum canalibus ejusdem et magis etiam a scapulis id quod est contra stomachum; consistere in frigidis que medicatis fontibus, quales sunt Cutiliarum que Sumbruinarum. Quoque frigidi cibi sunt assumendi, qui coquuntur difficulter potius quam vitiantur facile. Ergo plerique, qui possunt concoquere nihil aliud, coquunt bubulam. Ex quo potest colligi, neque avem, neque piscem debere dari, nisi durioris generis. Quidem frigidum vinum est aptissimum potui, vel certe calidum, meracum, potissimum Rheticum vel Allobrogicum, vel aliud quod

cious of food, and the body is wont to cease to be nourished, and thus to be wasted by consumption. The bath is most injurious in this kind; reading, and exercises of the upper part are necessary; likewise anointings and frictions. It is wholesome for these persons to be bathed in cold (water) and to swim in the same; also to place the stomach itself under streams of the same and more also from the shoulders, that which is opposite the stomach; to stand in cold and medicated fountains, such as are those of Cutiliæ and Sumbruinæ. Also cold foods are to be taken, which are concocted difficultly rather than are corrupted easily. Therefore most men, who can digest nothing else, digest beef. From which it may be collected, that neither a bird nor a fish ought to be given, except of the harder kind. Indeed cold wine is most fitted for drink, or certainly warm, pure, especially Rhetic or Allobrogic, or any other that is both rough and seasoned with

est et austerum et conditum resinā si est non id, quam asperrimum, que maxime Signinum. Si cibus non continetur, aqua danda, et plenior vomitus est eliciendus que cibus dandus iterum; et tum cucurbitulæ admovendæ duobus digitis infra stomachum, et sunt continendæ ibi duabus aut tribus horis. Si simul est et vomitus et dolor, succida lana, vel spongia ex aceto, vel cataplasma quod refrigeret, imponenda supra stomachum; vero brachia et crura perfricanda non diu sed vehementer et calefacienda. Si est plus doloris utendum est cucurbitulā quatuor digitis infra præcordia et protinus panis ex frigidā poscā dandus; si non continuit, post vomitum aliquid leve ex iis quæ sunt non aliena stomacho: si ne id quidem tenuit, singuli cyathi vini, singulis horis interpositis donec stomachus consistat. Etiam succus radiculæ est va-

quod et austerum et resina conditum est: si id non est, quam asperrimum, maximeque Signinum. Si cibus non continetur, danda aqua, et eliciendus plenior vomitus est, iterumque dandus cibus; et tum admovendæ duobus infra stomachum digitis cucurbitulæ, ibique duabus aut tribus horis continendæ sunt. Si simul et vomitus, et dolor est, imponenda supra stomachum est lana succida, vel spongia ex aceto, vel cataplasma, quod refrigeret: perfricanda vero, non diu sed vehementer brachia et crura, et calefacienda. Si plus doloris est, infra præcordia quatuor digitis cucurbitula utendum est; et protinus dandus panis ex posca frigida: si non continuit, post vomitum leve aliquid ex iis, quæ non aliena stomacho sint: si ne id quidem tenuit, singuli cyathi vini, singulis interpositis horis, donec stomachus consistat. Valens etiam medicamen-

resin, if there is not that, as rough as possible, and especially Signine. If food is not retained, water is to be given, and fuller vomiting is to be elicited and food to be given again: and then the cups to be applied two fingers' breadth below the stomach, and are to be kept there for two or three hours. If at once there is both vomiting and pain, sordid wool, or sponge out of vinegar, or a cataplasm which cools, is to be applied upon the stomach; but the arms and legs are to be rubbed not long but violently and to be heated. If there is more pain, we must use a cup four fingers below the præcordia, and immediately bread out of cold vinegar and water is to be given; if it has not staid, after vomiting something light of those things which are not improper for the stomach: if not that indeed has remained, single glasses of wine, single hours being interposed, until the stomach be settled. Also the juice of horse-radish is a strong medicine: (the

tum est, radiculae succus: valentius, acidi Punici mali, cum pari modo succi, qui ex dulci Punico malo est, adjecto etiam intubi succo, et menthae, sed hujus minima parte: quibus tantundem, quantum in his omnibus est, aquae frigidae quam optime miscetur. Id enim plus quam vinum ad comprimendum stomachum potest. Supprimendus autem vomitus est, qui per se venit, etsi nausea est. Sed si coacuit intus cibus, aut computruit, quorum utrumlibet ructus ostendit, ejiciendus est; protinusque, cibus assumptis iisdem, quos proxime posui, stomachus restituendus. Ubi sublatus est praesens metus, ad ea redeundum est, quae supra praecepta sunt.

VI. Stomachus lateribus cingitur; atque in his quoque vehementes dolores esse consuerunt. Et initium vel ex frigore, vel ex ictu, vel ex nimio cursu, vel ex morbo

lens medicamentum; (succus) acidi Punici mali cum pari modo succi qui est ex dulci Punico malo, etiam succo intubi adjecto et menthae, sed hujus minimâ parte, valentius: quibus tantundem frigidae aquae, quantum est in his omnibus, miscetur quam optime. Enim id potest plus ad comprimendum stomachum quam vinum. Autem vomitus est supprimendus, qui venit per se, etsi est nausea. Sed si cibus coacuit intus aut computruit, utrumlibet quorum ructus ostendit, est ejiciendus: quae protinus, iisdem cibus assumptis, quos proxime posui, stomachus restituendus. Ubi praesens metus sublatus est, redeundum est ad ea, quae praecepta sunt supra.

VI. Stomachus cingitur lateribus: atque in his quoque vehementes dolores consue-runt esse. Et initium est vel ex frigore, vel ex ictu, vel ex nimio cursu, vel ex morbo: sed

juice) of the acid pomegranate with an equal quantity of the juice which is from the sweet pomegranate, also the juice of endive being added and of mint, but of this in small quantity is a stronger (medicine); to which so much cold water, as there is in them all, is mixed as well as possible. For that is more available to bind the stomach than wine. But vomiting is to be suppressed, which comes on by itself, although there is nausea. But if food has turned sour within or has become putrid, each of which belching shows, it is to be ejected: and immediately, the same foods being taken, which I have just stated, the stomach is to be restored. When the present danger is removed, we must return to those things which have been directed above.

VI. The stomach is bounded by the sides; and in these also violent pains have been wont to exist. And the beginning is either from cold, or from a blow, or from too much running, or from disease; but some-

interdum id malum est intra dolorem que is solvitur modo tarde, modo celeriter; interdum quoque procedit ad perniciem, que acutus morbus oritur, qui nominatur a Græcis pleuritikos. Huic dolori lateris, accedit febris et tussis: et per hanc pituita exscreatur, si morbus est tolerabilis: si gravis, sanguis. Interdum etiam tussis est sicca quæ emolitur nihil, que id gravius primo vitio, tolerabilius secundo. Vero missus sanguis est remedium magni et recentis doloris. At sive est levior, sive vetustior casus, id auxilium est vel supervacuum vel serum: que confugiendum est ad cucurbitulas, summâ cute incisâ ante: Etiam sinapi ex aceto recte imponitur super pectus, donec excitet ulcera que pustulas: et tum medicamentum quod citet humorem illuc. Præter hæc, oportet primum circumdare latus hapso sulphuratæ lanæ: deinde, cum

est: sed interdum id malum intra dolorem est, isque modo tarde, modo celeriter solvitur; interdum ad perniciem quoque procedit, oriturque acutus morbus, qui πλευριτικός a Græcis nominatur. Huic dolori lateris, febris et tussis accedit: et per hanc exscreatur, si tolerabilis morbus est, pituita; si gravis, sanguis. Interdum etiam sicca tussis est, quæ nihil emolitur: idque primo vitio gravius, secundo tolerabilius est. Remedium vero est magni et recentis doloris, sanguis missus. At, sive levior, sive vetustior casus est, vel supervacuum, vel serum id auxilium est; confugiendumque ad cucurbitulas est, ante summa cute incisa. Recte etiam sinapi ex aceto super pectus imponitur, donec ulcera pustulasque excitet; et tum medicamentum, quod humorem illuc citet. Præter hæc, circumdare primum oportet latus hapso lanæ sulphura-

times that disease is within pain, and that is removed sometimes slowly, sometimes quickly; sometimes also proceeds to danger, and an acute disease arises, which is named by the Greeks pleurisy. To this pain of the side succeeds fever and cough: and by this, phlegm is expectorated, if the disease is tolerable; if it is severe, blood. Sometimes also the cough is dry, which excretes nothing, and that is more severe than the first disorder, more tolerable than the second. But blood taken is a remedy for a great and new pain. But whether it is slighter, whether an older case, that remedy is either superfluous or late; and we must have recourse to cupping, the surface of the skin being incised previously. Also mustard out of vinegar properly is applied upon the chest, until it excites ulcers and pustules; and then a medicine which may provoke humour thither. Besides these things it is right first to surround

tæ: deinde, cum paulum inflammatio se remisit, siccis et calidis fomentis uti. Ab his transitus ad malagmata est. Si vetustior dolor remanet, novissime resina imposita discutitur. Utendum cibus potionibusque calidis; vitandum frigus; inter hæc tamen non alienum est extremas partes oleo et sulphure perfricare. Si levata tussis est, leni lectione uti; jamque et acres cibos, et vinum meracius assumere. Quæ a medicis præcipiuntur, ut tamen sine his rusticos nostros epota ex aqua herba trixago satis adjuvet. Hæc in omni lateris dolore communia sunt: plus negotii est, si acutus quoque morbus is factus est. In hoc, præter ea, quæ supra posita sunt, hæc animadvertenda sunt; ut cibus sit quam maxime tenuis et lenis, præcipueque sorbitio, eaque ex ptisana potissimum, aut jus in quo porrus cum pullo gallinaceo coctus sit;

inflammatio remisit paulum uti siccis et calidis fomentis. Ab his est transitus ad malagmata. Si vetustior dolor remanet, novissime discutitur resinâ superimpositâ. Utendum calidis cibus que potionibus: frigus vitandum; tamen inter hæc est non alienum perfricare extremas partes oleo, et sulphure. Si tussis levata est, uti leni lectione; que jam assumere et acres cibos, et meracius vinum. Quæ præcipiuntur a medicis, ut tamen sine his herba trixago epota ex aquâ satis adjuvet nostros rusticos. Hæc sunt communia in omni dolore lateris; est plus negotii, si quoque is factus est acutus morbus. In hoc, præter ea, quæ posita sunt supra, hæc sunt animadvertenda: ut cibus sit, quam maxime tenuis et lenis, que præcipue sorbitio, que ea potissimum ex ptisanâ, aut jus in quo porrus cum gallinaceo-pullo coctus sit; [que

the side with a roll of sulphurated wool: then, when inflammation has abated a little, to use dry and hot fomentations. From these there is a change to plasters. If the older pain continues, lastly, it is removed by resin placed upon it. We must use warm foods and drinks; cold is to be avoided; yet among these it is not improper to rub the extremities with oil and sulphur. If the cough has been relieved, to use slight reading; and now to take both sharp foods and purer wine. Which things are ordered by physicians, so however that without these the herb elephant's head being drunk out of water sufficiently relieves our country-folks. These things are common in every pain of the side; there is more difficulty, if also that has become an acute disease. In this, besides those, which have been laid down above, these things are to be observed: that food be, as much as possible, thin and light, and especially gruel, and that principally of ptisan or broth, in which leek with a

id detur quoque non nisi tertio die, si tamen licebit per vires; vero potui, mulsa aqua in quâ hyssopum aut ruta decocta sit. Quibus temporibus, quæ sint danda apparebit ex ratione febris vel adauctæ vel levatæ, sic, ut dentur in remissione quam maximâ: tamen cum eo, ut sciamus, fauces esse non committendas aridas tussi ejus generis: enim sæpe, ubi est nihil quod exscreetur, continuatur et strangulat. Ob quam causam dixi id genus tussis esse etiam pejus, quod moveret nihil, quam quod pituitam. Sed hic morbus ipse non patitur sorbere vinum, ut præcepimus supra: in vicem ejus, cremor ptisanæ est sumendus. Autem ut his æger est sustinendus in fervore ipso morbi, sic ubi is remisit se paulum, pleniora alimenta, et quoque aliquid vini potest dari: dum nihil detur, quod aut refrigeret corpus, aut asperet fauces. Si in

idque non nisi tertio quoque die detur, si tamen per vires licebit: potui vero aqua mulsa, in qua hyssopum, aut ruta decocta sit. Quæ quibus temporibus dandasint, ex ratione vel adauctæ, vel levatæ febris apparebit, sic, ut in remissione quam maxima dentur: cum eo tamen, ut sciamus, non esse ejus generis tussi aridas fauces committendas: sæpe enim, ubi nihil est, quod exscreetur, continuatur, et strangulat. Ob quam causam dixi etiam pejus id genus esse tussis, quod nihil, quam quod pituitam moveret. Sed hic vinum sorbere, ut supra præcepimus, morbus ipse non patitur: in vicem ejus, cremor ptisanæ sumendus est. Ut his autem in ipso morbi fervore sustinendus æger est, sic, ubi paulum is seremisit, alimenta pleniora, et vini quoque aliquid dari potest; dum nihil detur, quod aut refrigeret corpus, aut fauces asperet. Si

coop-chicken has been boiled; and that should be given also only on the third day, if however the strength shall allow it: but for drink, hydromel in which hyssop or rue has been boiled. At what times which things are to be given will appear from the state of the fever either being increased or abated, so that they may be given in a remission as great as possible: however with this condition, that we may know that the fauces are not to be left dry in a cough of this kind: for often, when there is nothing which can be expectorated, it is continued and chokes. For which cause I have said that that kind of cough is also worse, which excites nothing, than that which (excites) phlegm. But this disease itself does not allow us to drink wine, as we have ordered above: in its stead, cream of ptisan is to be taken. But as by these the patient is to be supported in the heat itself of the disease, so when it has abated a little, more plentiful food, and also some wine, may be

in refectione quoque manserit tussis, intermittere oportebit uno die; posteroque, cum cibo vini paulo plus assumere. Atque incipiente quoque tussi, tum non erit alienum, ut supra quoque positum est, vini cyathos sorbere: sed in hoc genere valetudinis, dulce, vel certe lene commodius est. Si malum inveteravit, athletico victu corpus firmandum est.

VII. A compagine corporis ad viscera transeundum est, et in primis ad pulmonem veniendum; ex quo vehemens et acutus morbus oritur, quem *περιπνευμονικὸν* Græci vocant. Ejus hæc conditio est: pulmo totus afficitur; hunc casum ejus subsequitur tussis, bilem vel pus trahens, præcordiorum totiusque pectoris gravitas, spiritus difficultas, magnæ febres, continua vigilia, cibi fastidium, tabes. Id genus morbi plus periculi, quam doloris, habet. Oportet, si satis

refectione tussis quoque manserit, oportebit intermittere uno die; que postero, assumere paulo plus vini cum cibo. Atque quoque incipiente tussi, tum erit non alienum, ut quoque positum est supra, sorbere cyathos vini; sed in hoc genere valetudinis, dulce, vel certe lene, est commodius. Si malum inveteravit, corpus est firmandum athletico victu.

VII. *A compagine corporis transeundum est ad viscera et in primis veniendum ad pulmonem; ex quo vehemens et acutus morbus oritur, quam Græci vocant peripneumonikon. Hæc est ejus conditio; totus pulmo afficitur: tussis sequitur hunc casum ejus, trahens bilem vel pus, gravitas præcordiorum que totius pectoris, difficultas spiritus, magnæ febres, continua vigilia, fastidium cibi, tabes. Id genus mali habet plus periculi quam doloris.*

given; so that nothing is given, which either cools the body, or irritates the fauces. If in recovery, the cough also has continued, it will be right to cease on one day; and on the next to take a little more wine with the food. And also in the beginning of the cough, then it will be not improper, as also has been stated above, to swallow glasses of wine; but in this kind of sickness, sweet, or certainly light, is more suitable. If the disease has become old, the body is to be strengthened by athletic diet.

VII. From the frame of the body we must pass to the viscera, and in the first place we must come to the lungs; from which a violent and acute disease arises, which the Greeks call peripneumonic. This is its state; the whole lung is affected: cough follows this disease of it, bringing up bile or pus, also heaviness of the præcordia and of the whole chest, difficulty of breathing, great fevers, continued watching, loathing of food, consumption. That

Oportet, si vires sunt satis validæ, mittere sanguinem, sin minores, admoveere præcordiis cucurbitulas sine ferro. Tum, si satis valet, gestando ægrum digerere; si parum tamen, dimovere intra donum. Autem dare potionem hyssopi, cum quo arida ficus sit incocta; aut mulsam aquam, in quâ vel hyssopum vel ruta decocta sit; uti frictione diutissime in scapulis, proxime ab his in brachiis et pedibus et cruribus, leniter contra pulmonem: que facere id bis quotidie. Vero quod pertinet ad cibum, huic est opus nec salsis, neque acribus, neque amaris, neque adstringentibus alvum, sed paulo lenioribus. Ergo primis diebus sorbitio danda ptisanæ vel alicæ, vel oryzæ cum quâ recens adeps cocta sit: cum hac sorbibile ovum, pinei nuclei: panis ex melle vel elota alica ex mulsâ aquâ: deinde potui non solum pura aqua, sed etiam egelida mulsa aut si

validæ vires sunt, sanguinem mittere; sin minores, cocurbitulas sine ferro præcordiis admoveere. Tum si satis valet, gestando ægrum, digerere: si parum, intra domum tamen dimovere. Potionem autem hyssopi dare, cum quo ficus arida sit incocta; aut aquam mulsam, in qua vel hyssopum vel ruta decocta sit: frictione uti diutissime in scapulis, proxime ab his in brachiis et pedibus et cruribus, leniter contra pulmonem; idque bis, quotidie facere. Quod ad cibum vero pertinet, huic nec salsis opus est, neque acribus, neque amaris, neque alvum adstringentibus, sed paulo lenioribus. Ergo primis diebus danda est sorbitio ptisanæ vel alicæ, vel oryzæ, cum qua recens adeps cocta sit: cum hac, sorbibile ovum, nuclei pinei ex melle, panis vel elota alica ex aqua mulsa: potui deinde non solum pura aqua, sed etiam mulsa egelida,

kind of disease has more danger than pain. It is right, if the powers are sufficiently strong to let blood, but if less, to apply to the præcordia the cups without the scarificator. Then if he is strong enough, by carrying the patient, to dissipate it; if he is not strong, however, to move him about within the house. But to give a drink of hyssop, with which a dry fig has been boiled, or hydromel, in which either hyssop or rue has been boiled; to use friction for the longest time on the shoulders, next to them on the arms and feet and legs, gently over the lungs; and to do that twice daily. But as pertains to food, for this patient there is need neither of salt, nor sharp nor bitter (foods), nor those binding the bowels, but a little lighter. Therefore on the first days gruel is to be given of ptisan, or of maize, or of rice with which fresh fat has been boiled: with this a sorbible egg, pine nuts: bread out of honey or washed maize out of hydromel; then for drink not only pure

aut, si æstas est, etiam frigida; nisi quid obstat. Hæc autem altero quoque die, increscente morbo, dare satis est: ubi in incremento constitit, quantum res patitur, ab omnibus abstinendum est, præterquam aqua egelida. Si vires desunt, adjuvandæ sunt aqua mulsa. Prosuntque adversus dolores imposita calida fomenta, vel ea, quæ simul et reprimunt et emolliunt: prodest impositus super pectus sal bene contritus, cum cerato mixtus; quia leviter cutem erodit, eoque impetum materiæ, quo pulmo vexatur, evocat. Utile etiam aliquod malagma est ex iis, quæ materiam trahunt. Neque alienum est, dum premit morbus, clausis fenestris ægrum continere; ubi paulum levatus est, ter aut quater die; fenestris aliquantum apertis, parvum aërem recipere. Deinde in refectione pluribus diebus a vino abstinere; gestatione,

est æstas, etiam frigida; nisi quid obstat. Autem, morbo increscente, est satis dare hæc quoque altero die: ubi constitit in incremento quantum res patitur, abstinendum est ab omnibus, præterquam egelidâ aquâ. Si vires desunt, sunt adjuvandæ mulsâ aquâ. Que adversus dolores calida fomenta imposita, vel ea quæ simul et reprimunt et emolliunt, prosunt; sal bene contritus, mixtus cum cerato, impositus super pectus, prodest; quia erodit cutem leviter, que evocat eo impetum materiæ, quo pulmo vexatur. Etiam aliquid malagma, ex iis quæ trahunt materiam, est utile. Neque est alienum, dum morbus premit, continere ægrum clausis fenestris: ubi levatus est paulum, recipere aerem ter aut quater die, fenestris apertis aliquantum. Deinde in refectione abstinere a vino pluribus diebus; uti gesta-

water, but also luke-warm hydromel, or if it is summer, also cold; unless any thing prevents. But, the disease increasing, it is sufficient to give these every other day; when it stands still in the increase as much as circumstances allow, he should abstain from all things except luke-warm water. If the powers fail, they are to be assisted by hydromel. And against pains warm fomentations applied, or those which at once both repress and soften, are serviceable; salt well bruised, mixed with cerate, applied upon the chest is serviceable; because it erodes the skin slightly, and draws thither the impetus of matter, by which the lung is disordered. Also some plaster, from those things which draw the matter, is useful. Nor is it improper, while the disease oppresses, to keep the patient with closed windows; when it is lessened a little, to admit the air three or four times daily, the windows being open a little. Then in recovery to abstain from wine for several days;

tionem, frictionem: adjicere sorbitionibus et prioribus cibis, ex oleribus porrum, ex carne ungulas, et summa trunculorum, atque pisciculos, sic, ut diu nihil nisi molle et lene sumatur.

VIII. Quoque morbus alterius visceris, id est, jecinoris, consuevit esse modo æque longus, modo acutus: Græci vocant *hepatikon*. Dextrâ parte, sub præcordiis, est vehemens dolor: que idem pervenit ad dextrum latus, et ad jugulum, que humerum ejusdem partis: nonnunquam quoque dextra manus torquetur: est validus horror; ubi est male, bilis evomitur; interdum singultus prope strangulat. Et hæc quidem sunt acuti morbi. Vero longioris, ubi est suppuratio in jecinore; que dolor modo finitur, modo intenditur; dextrâ parte præcordia sunt dura et tument: post cibum est major difficultas spiritus; quædam resolutio

frictione uti; sorbitionibus et prioribus cibis adjicere, ex oleribus porrum, ex carne ungulas, et summa trunculorum, atque pisciculos, sic, ut diu nihil nisi molle et lene sumatur.

VIII. Alterius quoque visceris morbus, id est, jecinoris, æque modo longus, modo acutus esse consuevit: ἡπατικὸν Græci vocant. Dextra parte sub præcordiis vehemens dolor est; idemque ad latus dextrum, et ad jugulum, humerumque partis ejusdem pervenit: nonnunquam manus quoque dextra torquetur; horror validus est; ubi male est, bilis evomitur; interdum singultus prope strangulat. Et hæc quidem acuti morbi sunt. Longioris vero, ubi suppuratio in jecinore est; dolorque modo finitur, modo intenditur; dextra parte præcordia dura sunt, et tument; post cibum major spiritus difficultas est; accedit maxillarum quæ-

to use gestation, friction; to add to gruels and the former foods, of greens, leek, of flesh, heels, and tops of pettitoes, and little fishes, so that, for a time, nothing but what is soft and mild be taken.

VIII. Also the disease of another viscus, that is, of the liver, has been accustomed to be sometimes also chronic, sometimes acute; the Greeks call it hepatic. On the right side, under the præcordia, is a violent pain: and the same reaches to the right side, and to the clavicle, and shoulder of the same side: sometimes also the right hand is tormented; there is violent shivering: when it is severe, bile is vomited; sometimes hiccough almost suffocates. And these indeed are signs of an acute disease. But of a more chronic, when there is suppuration in the liver; and pain sometimes is ended, sometimes is increased; on the right side the præcordia are hard and swell: after food there is greater difficulty of breathing; some relaxation

dam resolutio. Ubi inveteravit malum, venter et crura pedesque intumescunt; pectus atque humeri, circaque jugulum utrumque extenuatur. Initio sanguinem mittere optimum est: tum venter solvendus est, si non potest aliter, per nigrum veratrum: imponenda extrinsecus cataplasmata, primum quæ reprimant, deinde calida, quæ diducant; quibus recte iris vel absinthium adjicitur: post hæc, malagma. Dandæ vero sorbitiones sunt, omnesque cibi, et calidi, et qui non multum alunt, et fere qui pulmonis quoque dolori conveniunt; præterque eos, qui urinam movent, potionesque ad id efficaces. Utilia in hoc morbo sunt thymum, satureia, hyssopum, nepeta, amyllum, sesamum, lauri baccæ, pini flos, herba sanguinalis, mentha, ex malo cotoneo medium, columbæ jecur recens et crudum: ex quibus quædam per se esse, quædam adjici-

maxillarum accedit. Ubimalum inveteravit, venter et cruraque pedes intumescunt; pectus atque humeri, que circa utrumque jugulum extenuatur. Initio est optimum mittere sanguinem: tum venter est solvendus, si potest non aliter, per nigrum veratrum; cataplasmata imponenda extrinsecus, primum quæ reprimant, deinde calida, quæ diducant: quibus iris vel absinthium recte adjicitur: post hæc, malagma. Verosorbitiones sunt dandæ, que omnes cibi, et calidi et qui alunt non multum, et fere qui quoque conveniunt dolori pulmonis; que præter eos, qui movent urinam, que potiones efficaces ad id. In hoc morbo, sunt utilia, thymum, satureia, hyssopum, nepeta, amyllum, sesamum, baccæ lauri, flos pini, sanguinalis herba, mentha, medium ex cotoneo malo, recens et crudum jecur columbæ; ex quibus licet esse quædam per se, adjicere quædam

of the jaws comes on. When the disease has grown old, the belly, and legs, and feet swell; the breast and shoulders, and about each clavicle, is reduced. In the beginning it is best to let blood: then the belly is to be loosened, if it cannot otherwise, by black hellebore; cataplasms are to be applied externally, first those which repress, then warm, which disperse; to which orris or wormwood properly is added: after these, a plaster. But gruels are to be given, and all foods, both warm and which nourish not much, and generally those which also are suitable to pain of the lungs; and besides these, those which excite the urine, and drinks efficacious for that. In this disease, (these) are useful, thyme, savoury, hyssop, catmint, starch, sesamum, the berries of laurel, flower of pine, blood-wort, mint, the inside (pulp) of a quince, the fresh and raw liver of a pigeon; of which things it is allowed to eat some by

sorbitioni vel potioni; sic tamen, ut assumantur parce. Neque est alienum quotidie devorare absinthium contritum ex melle et pipere, quæ catapotium ejus. Utique abstinendum est ab omnibus frigidis; neque ulla res lædit jecur magis, utendum frictionibus in extremis partibus; omnis labor vitandus, omnis vehementior motus: ne quidem spiritus continendus diutius. Ira, trepidatio, pondus, ictus, cursus sunt inimica. Multa perfusio corporis ex aquâ prodest, si est hiems, calidâ; si æstas, tepidâ: item liberalis unctio, et sudor in balneo. Vero si jecur laborat vomica, eadem sunt facienda, quæ in cæteris interioribus suppurationibus. Etiam quidam aperiunt scalpello contra id, et adurunt vomicam ipsam.

IX. *At ubi lienis est affectus, intumescit quæ simul cum eo sinistra pars; quæ ea est dura, et reni-*

cere vel sorbitioni vel potioni licet; sic tamen, ut parce assumantur. Neque alienum est, absinthium contritum ex melle et pipere, ejusque catapotium quotidie devorare. Abstinendum utique est ab omnibus frigidis: neque enim res ulla magis jecur lædit. Frictionibus utendum in extremis partibus: vitandus omnis labor, omnis vehementior motus: ne spiritus quidem diutius continendus est. Ira, trepidatio, pondus, ictus, cursus, inimica sunt. Perfusio corporis multa prodest ex aqua, si hiems est, calida; si æstas, tepida: item liberalis unctio, et in balneo sudor. Si vero jecur vomica laborat, eadem facienda sunt, quæ in ceteris interioribus suppurationibus. Quidam etiam contra id scalpello aperiunt, et ipsam vomicam adurunt.

IX. *At lienis ubi affectus est, intumescit, simulque cum eo pars sinistra; eaque dura est, et pre-*

themselves, to add some to gruel or drink; so, however, that they be taken sparingly. Nor is it improper daily to swallow wormwood bruised with honey and pepper, and a catapotium of it. Indeed we must abstain from all cold things; nor does any thing hurt the liver more. We must use frictions in the extreme parts; all labour is to be avoided, all violent motion: not even the breath is to be kept in long. Anger, trepidation, weight, a blow, running are injurious. Much bathing of the body in water is serviceable, if it is winter, warm; if summer, tepid: likewise plentiful anointing, and sweat in the bath. But if the liver suffers from a vomica, the same things are to be done, which (are to be done) in other internal suppurations. Also some men open with a lancet over it, and cauterise the vomica itself.

IX. But when the spleen is affected, it swells and at the same time with

menti renititur: venter intentus est: aliquis etiam cruribus tumor est: ulcera aut omnino non sanescunt, aut certe cicatricem vix recipiunt: in intenta ambulatione cursuque dolor et quædam difficultas est. Hoc vitium quies auget: itaque exercitatione et labore opus est; habita tamen ratione, ne febrem ista, si nimium processerint, excitent. Uctiones, frictionesque, et sudores necessarii sunt. Dulcia omnia inimica sunt; item lac et caseus: acida autem maxime conveniunt. Ergo acetum acre per se sorbere, et magis etiam, quod scilla conditum est, expedit. Edenda sunt salsamenta, vel oleæ ex muria dura; tinctæ in aceto lactucæ, intubique ex eodem, betæ ex sinapi asparagus, armoracia, pastinaca, ungulæ, rostra, aves macræ, ejusdem generis venatio. Potui vero jejuno dari debet absinthium incoc-tum: at post cibum aqua a ferrario

titur prementi: venter est intentus: est aliquis tumor etiam cruribus: ulcera aut sanescunt non omnino aut certe vix recipiunt cicatricem: in intentâ ambulatione que cursu, est dolor et quædam difficultas. Quies auget hoc vitium: itaque est opus exercitatione et labore; tamen ratione habitâ, ne ista excitent febrem, si processerint nimium. Uctiones que frictiones et sudores sunt necessarii. Omnia dulcia sunt inimica; item lac et caseus: autem acida conveniunt maxime. Ergo expedit sorbere acre acetum per se, et etiam magis quod est conditum scillâ. Salsamenta sunt edenda, vel oleæ in durâ muriâ; lactucæ tinctæ in aceto, que intubi ex eodem, betæ ex sinapi, asparagus, armoracia, pastinaca, ungulæ, rostra, macræ aves, venatio ejusdem generis. Vero potui, decoctum absinthium debet dari: at post cibum aqua, in quâ candens ferrum extinc-

it the left part; and it is hard, and resists one pressing it: the belly is tense: there is some swelling also in the legs: ulcers either heal not at all or at least scarcely admit a cicatrix: in sharp walking and running, there is pain and some difficulty. Rest increases this disorder: therefore there is need of exercise and labour; yet moderation being observed, lest they excite fever, if they have proceeded too far, Anointings, and frictions, and sweating are necessary. All sweet things are injurious; likewise milk and cheese: but acids suit most. Therefore it is expedient to swallow sharp vinegar by itself, and also more so that which is seasoned with squill. Salt foods are to be eaten, or olives in hard brine: lettuces dipped in vinegar, and endives in the same, beets with mustard, asparagus, horse-radish, parsnip, hoofs, cheeks, lean birds, venison of the same kind. But for drink, boiled wormwood ought to be given: but after food water, in which a hot iron has been extinguished frequently by an iron worker; for even that

tum sit subinde a ferrario fabro; enim vel hæc præcipue coercet lienem. Quod animadversum est in iis animalibus, quæ, educata apud hos fabros, habent exiguos lienes. Etiam tenue austerum vinum potest dari: quæ omnia in cibis et potionibus quæ sunt movendæ urinæ. Quæ vel semen trifolii, vel cuminum, vel apium, vel serpyllum, vel cytisus, vel portulaca, vel nepeta, vel thymum, vel hyssopum, vel satureia, præcipue valet ad id: enim hæc videntur commodissime educere humorem inde. Quoque bubulus lienis datur utiliter esui; quæ præcipue eruca et nasturtium extenuant lienem. Quoque quæ levent, sunt imponenda extrinsecus. Fit ex unguento ex palmulis, quod Græci vocant murobalanon; fit semine lini et nasturtii, quo vinum et oleum adjicitur; fit ex viridi cupresso, et arida ficu. Fit ex sinapi, cui

fabro, in qua candens ferrum subinde tinctum sit: hæc enim vel præcipue lienem coërcet. Quod animadversum est in iis animalibus, quæ apud hos fabros educata exiguos lienes habent. Potest etiam dari vinum tenue, austerum; omniaque in cibis et potionibus, quæ urinæ movendæ sunt. Præcipueque ad id valet vel trifolii semen, vel cuminum, vel apium, vel serpyllum, vel cytisus, vel portulaca, vel nepeta, vel thymum, vel hyssopum, vel satureia: hæc enim inde commodissime videntur humorem educere. Lienis quoque bubulus utiliter esui datur; præcipueque eruca et nasturtium lienem extenuant. Imponenda quoque extrinsecus sunt, quæ levent. Fit ex unguento et palmulis, quod *μυροβάλανον* Græci vocant: fit ex lini et nasturtii semine, quo vinum et oleum adjicitur: fit ex cupresso viridi, et arida ficu: fit ex sinapi,

especially contracts the spleen. Which has been observed in those animals, which, being bred among these workmen, have very small spleens. Also thin rough wine may be given; and all things in foods and drinks which are fit for promoting urine. And either the seed of trefoil, or cummin, or parsley, or wild thyme, or cytisus, or purslane, or catmint, or thyme, or hyssop, or savoury, especially is available for that: for these things appear most suitable to draw the humour thence. Also ox's spleen is given profitable for food; and especially rocket and cresses reduce the spleen. Also those things which ease, are to be applied externally. It is made of ointment and dates, which the Greeks call myrobalanus; it is made of linseed and cress seed, to which wine and oil are added; it is made of green cypress and dry figs. It is made from mustard, to which a fourth part of

cui sevi hircini a renibus quarta pars ponderis adjicitur, teriturque in sole, et protinus imponitur. Multisque modis huic rei cappari aptum est: nam et ipsum cum cido assumere, et muriam ejus cum aceto sorbere commodum est. Quin etiam extrinsecus radicem contritam, vel corticem ejus cum furfuribus, aut ipsum cappari cum melle contritum imponere expedit. Malagmata quoque huic rei aptantur.

x. At renes ubi affecti sunt, diu male habent. Pejus est, si frequens biliosus vomitus accedit. Oportet conquiescere: cubare molliter: solvere alvum; si aliter non respondet, etiam ducere; sæpe desiderare in aqua calida: neque cibum, neque potionem frigidam assumere: abstinere ab omnibus salsis, acribus, acidis, pomis: bibere liberaliter: adjicere modo cibo, modo potioni piper, porrum, ferulam, album

quarta pars ponderis hircini sevi a renibus adjicitur, que teritur in sole, et protinus imponitur. Que cappari est aptum huic rei multis modis: nam est commodum assumere et ipsum cum cibo, et sorbere ejus muriam cum aceto. Quin etiam expedit imponere extrinsecus ejus contritam radicem, vel corticem cum furfuribus, aut cappari ipsum contritum cum melle. Quoque malagmata aptantur huic rei.

x. At ubi renes sunt affecti, habent male diu. Est pejus, si frequens biliosus vomitus accedit. Oportet conquiescere: cubare molliter: solvere alvum; si non respondet aliter, etiam ducere: sæpe desiderare in calidâ aquâ: assumere neque cibum, neque frigidam potionem: abstinere ab omnibus salsis, acribus, acidis, pomis: bibere liberaliter: adjicere modo cibo, modo potioni, piper, porrum, feru-

weight of goat's suet from the kidneys is added, and is rubbed in the sun, and immediately is applied. And the caper is fitted for this purpose in many ways: for it is proper to take even this with food, and to swallow its pickle with vinegar. Moreover it is expedient to apply externally its bruised root, or bark with the bran, or the caper itself bruised with honey. Also plasters are fitted for this purpose.

x. But when the kidneys are affected, they are bad for a long time. It is worse, if frequent bilious vomiting comes on. It is necessary to rest: to lie softly: to loosen the bowels; if it does not answer otherwise, also to clyster: often to sit in warm water: to take neither food, nor cold drink: to abstain from all salted, sharp, acid things, from apples: to drink freely: to add sometimes to the food, sometimes to the drink, pepper, leek, ferula: white

lam, album papaver, quæ consuerunt maxime movere urinam inde. Quoque sexaginta semina cucumeris, corticibus detractis, duodecim nuclei ex sylvestri pinu, anisi quod possit sumi tribus digitis, paulum croci, contrita et divisa in duas potiones mulsi, sunt auxilio his exulceratis, si ulcera sunt adhuc purganda. Vero si dolor tantum est levandus, triginta semina ejusdem cucumeris, viginti iidem nuclei, quinque Græcæ nuces, paululum croci, contrita et data cum lacte potui. Ac super quoque quædam malagmata recte injiciuntur: que maxime ea quæ sunt extrahendo humori.

XI. A visceribus veniendum est ad intestina, quæ sunt obnoxia et acutis et longis morbis. Que primo mentio est faciendi cholerae; quia id potest videri vitium commune stomachi et intestinorum. Nam est dejectio et vomitus simul: que præter hæc est infla-

papaver, quæ maxime inde urinam movere consuerunt. Auxilio quoque his exulceratis sunt, si adhuc ulcera purganda sunt, cucumeris semina detractis corticibus sexaginta, nuclei ex pinu sylvestri duodecim, anisi quod tribus digitis sumi possit, croci paulum, contrita et in duas mulsi potiones divisa. Si vero dolor tantum levandus est, ejusdem cucumeris semina triginta, iidem nuclei viginti, nuces Græcæ quinque, croci paululum, contrita, et cum lacte potui data. Ac super quoque recte quædam malagmata injiciuntur; maximeque ea, quæ humori extrahendo sunt.

XI. A visceribus ad intestina veniendum est, quæ sunt et acutis et longis morbis obnoxia. Primoque facienda mentio est cholerae; quia commune id stomachi atque intestinorum vitium videri potest. Nam simul et dejectio et vomitus est: præterque hæc inflatio est,

poppy, which things have been wont chiefly to move the urine thence. Also sixty seeds of cucumber, the skins being taken off, twelve kernels of wild pine, of anise what can be taken with two fingers, a little saffron, bruised and divided into two draughts of mulse, are a remedy for these when ulcerated, if the ulcers are still to be cleansed. But, if pain only is to be relieved, thirty seeds of the same cucumber, twenty same kernels, five almonds, a very little saffron, bruised and given with milk for drink. And besides also some plasters properly are applied: and especially those which are fit for drawing out moisture.

XI. From the viscera we must pass to the intestines, which are liable both to acute and chronic diseases. And at first, mention is to be made of cholera; because that may seem a disease common to the stomach and intestines. For there is purging and vomiting together: and besides

intestina torquentur, bilis supra infraque erumpit, primum aquæ similis, deinde ut in ea recens caro lota esse videatur, interdum alba, nonnunquam nigra, vel varia. Ergo eo nomine morbum hunc *χολέραν* Græci nominarunt. Præter ea vero, quæ supra comprehensa sunt, sæpe etiam crura manusque contrahuntur, urget sitis, anima deficit: quibus concurrentibus, non mirum est, si subito quis moritur. Neque tamen ulli morbo minori momento succurritur. Protinus ergo, ubi ista cœperunt, aquæ tepidæ quam plurimum bibere oportet, et vomere. Vix unquam sic non vomitus sequitur; sed etiamsi non incidit, miscuisse tamen novam materiam corruptæ prodest; parsque sanitatis est, vomitum esse suppressum. Si id incidit, protinus ab omni potione abstinendum est. Si vero tormina sunt, oportet frigidis et humidis fomentis stoma-

tio, intestina torquentur, bilis erumpit supra que infra, primum similis aquæ, deinde ut recens caro videtur esse lota in eâ, interdum alba, nonnunquam nigra, vel varia. Ergo eo nomine Græci nominarunt hunc morbum cholera. Vero præter ea, quæ comprehensa sunt supra, sæpe etiam crura que manus contrahuntur, sitis urget, anima deficit: quibus concurrentibus, est non mirum, si quis moritur subito. Neque tamen succurritur ulli morbo minori momento. Ergo protinus, ubi ista cœperunt, oportet bibere quam plurimum tepidæ aquæ, et vomere. Sic vomitus vix unquam non sequitur; sed etiamsi non incidit, tamen prodest miscuisse novam materiam corruptæ; que est pars sanitatis, vomitum esse suppressum. Si id incidit, protinus abstinendum est ab omni potione. Vero si sunt tormina, oportet fovere stomachum frigidis et humidis fomentis; vel si

these there is flatulence, the intestines are racked, bile breaks out upwards and downwards, first like water, then so that fresh meat appears to have been washed in it, sometimes white, sometimes black, or varied. Therefore on this account the Greeks named this disease cholera. But besides those, which have been mentioned above, often also the legs and hands are contracted, thirst oppresses, the mind fails: which things concurring, it is not wonderful, if any one dies suddenly. Nor however is aid rendered to any disease with less trouble. Therefore immediately, when these begin, it is right to drink as much as possible of tepid water, and to vomit. Thus vomiting scarcely ever fails to follow; but even if it does not happen, yet it is serviceable to have mixed new matter to the corrupted; and it is part of recovery, for vomiting to have been suppressed. If that happens, immediately we must abstain from all drink. But if there be dysentery, it is necessary to foment the stomach with cold and moist fomentations; or if the belly pains, with the

venter dolet, iisdem egelidis, sic ut venter ipse juvetur mediocriter calentibus. Quod si et vomitus et dejectio et sitis vexant vehementer, et adhuc quæ vomuntur, sunt subcruda, est nondum maturum tempus vino; aqua est danda neque ea ipsa frigida, sed potius egelida: pulegium ex aceto est admovendum naribus, vel polenta aspersa vino, vel mentha est secundum naturam. At cum cruditas discussa est, tum verendum est magis, ne anima deficiat. Ergo tum confugiendum est ad vinum. Oportet id esse tenue, odoratum, mixtum cum frigida aqua; expedit assumere, polenta adjecta vel quoque melle: que quoties aut stomachus aut venter effudit aliquid, toties restituere vires per hæc. Erasistratus dixit potionem primo aspergendam esse tribus aut quinis guttis vini; deinde adjiciendum paulatim

chum fovere; vel, si venter dolet, iisdem egelidis, sic, ut venter ipse mediocriter calentibus juvetur. Quod si vehementer et vomitus, et dejectio, et sitis vexant, et adhuc subcruda sunt, quæ vomuntur nondum vino maturum tempus est: aqua, neque ea ipsa frigida, sed potius egelida danda est: admovendumque naribus est pulegium ex aceto, vel polenta vino aspersa, vel mentha secundum naturam est. At cum discussa cruditas est, tum magis verendum est, ne anima deficiat. Ergo tum confugiendum est ad vinum. Id esse oportet tenue, odoratum, cum aqua frigida mixtum; vel polenta adjecta, vel melle quoque assumere expedit: quotiesque aliquid aut stomachus, aut venter effudit, toties per hæc vires restituere. Erasistratus primo tribus vini guttis, aut quinis aspergendam potionem esse dixit; deinde paulatim merum adjiciendum.

same lukewarm, so that the belly itself may be assisted by moderately hot ones. But if both vomiting and purging and thirst trouble violently, and still the things which are vomited are rather crude, it is not yet the proper time for wine: water is to be given and that itself not cold, but rather lukewarm: pennyroyal in vinegar is to be applied to the nostrils, or polenta sprinkled in wine, or mint is according to nature. But when the crudity has been removed, then we must fear more, lest the mind fail. Therefore then we must have recourse to wine. It is necessary for that to be thin, aromatic, mixed with cold water; it is expedient to take it, polenta being added or also honey: and as often as either the stomach or belly has discharged anything, so often to restore the strength by these means. Erasistratus said that drink at first was to be sprinkled with three or five drops of wine; then wine was to be added gradually pure. He, if he also gave wine

Is, si et ab initio vinum dedit, et metum cruditatis secutus est, non sine causa fecit: si vehementem infirmitatem adjuvari posse tribus guttis putavit, erravit. At si inanis est homo, et crura ejus contrahuntur, interponenda potio absinthii est. Si extremæ partes corporis frigent, ungendæ sunt calido oleo, cui ceræ paulum sit adjectum, calidisque fomentis nutriendæ. Si ne sub his quidem quies facta est, extrinsecus contra ventriculum ipsum cucurbitula admovenda est, aut sinapi superimponendum. Ubi is constitit, dormire oportet: postero die utique a potione abstinere: die tertio in balneum ire: paulatim se cibo reficere: somno quisquis facile adquiescit; itemque lassitudine et frigore. Si post suppressam cholera febricula manet, alvum duci necessarium est: tum cibus vinoque utendum est.

XII. Sed hic quidem morbus et

merum. Is, si et dedit vinum ab initio et secutus est metum cruditatis, fecit non sine causâ: si putavit vehementem infirmitatem posse adjuvari tribus guttis, erravit. Et si homo est inanis, et ejus crura contrahuntur, potio absinthii est interponenda. Si extremæ partes corporis frigent, sunt ungendæ calido oleo, cui paulum ceræ sit adjectum, que nutriendæ calidis fomentis. Si ne quidem sub his quies facta est, cucurbitula est admovenda extrinsecus contra ventriculum ipsum, aut sinapi superimponendum. Ubi is constitit, oportet dormire; postero die utique abstinere a potione; tertio die ire in balneum: paulatim reficere se cibo: quisquis facile adquiescit, somno; que item lassitudine et frigore. Si post suppressam cholera febricula manet, est necessarium alvum duci: tum utendum est cibus que vino.

XII. Sed hic morbus

from the beginning and regarded the fear of crudity, did it not without cause: if he thought that very great weakness could be relieved by three drops, he was wrong. And if a man is empty, and his legs are contracted, a drink of wormwood is to be interposed. If the extreme parts of the body are cold, they are to be anointed with hot oil, to which a little wax has been added, and to be cherished by warm fomentations. If not even by these ease has been obtained, a cup is to be applied externally against the stomach itself, or mustard to be placed upon it. When that is composed, it is right to sleep; on the next day, especially, to abstain from drink; on the third day to go into the bath: gradually to refresh himself by food: whoever easily rests, by sleep: and likewise by lassitude and cold. If after the suppressed cholera feverishness remains, it is necessary for the bowels to be clystered: then we must use foods and wine.

XII. But this disease indeed is both acute, and thus exists between

quidem est et acutus et sic versatur inter intestina que stomachum ut possit non facile dici, cujus partis sit potissimum. Vero is consistit in portâ ventriculi ipsius, qui et consuevit esse longus: nominatur a Græcis koiliakos. Sub hoc venter indurescit, que est dolor ejus: alvus reddit nihil ac ne quidem transmittit spiritum: extremæ partes frigescunt: spiritus redditur difficulter. Est commodissimum inter initia imponere calida cataplasmata toti ventri, ut leniant dolorem: post cibum vomere atque ita exinanire ventrem: deinde proximis diebus admoveere cucurbitulas sine ferro ventri et coxis: liquare ventrem ipsum lacte dato et frigido salso vino; si tempus anni patitur, etiam viridibus ficis, sic tamen ne aut quis cibis aut humor detur universus, sed paulatim. Ergo per intervalla temporis est sat sumere binos vel ternos cyathos et cibum

acutus est, et inter intestina stomachumque versatur sic, ut, cujus potissimum partis sit, non facile dici possit. In ipsius vero ventriculi porta consistit is, qui et longus esse consuevit: κοιλιακὸς a Græcis nominatur. Sub hoc venter indurescit, dolorque ejus est: alvus nihil reddit, ac ne spiritum quidem transmittit: extremæ partes frigescunt: difficulter spiritus redditur. Commodissimum est inter initia calida cataplasmata toti ventri imponere, ut dolorem leniant: post cibum vomere, atque ita ventrem exinanire: proximis deinde diebus cucurbitulas sine ferro ventri et coxis admoveere: ventrem ipsum liquare dato lacte, et vino salso, frigido; si tempus anni patitur, etiam viridibus ficis; sic tamen, ne quis aut cibis, aut humor universus detur, sed paulatim. Ergo per intervalla temporis sat est cyathos binos ternosve sumere, et cibum pro por-

the intestines and stomach, so that it cannot easily be said of what part it is in particular. But that exists at the entrance of the stomach itself, which also has been accustomed to be chronic: it is named by the Greeks cœliacus. Under this the belly becomes hard, and there is pain of it: the belly voids nothing and not even passes wind: the extreme parts become cold: the breath is drawn difficultly. It is most suitable at the beginning to apply warm cataplasms to the whole belly, that they may relieve the pain: after food to vomit, and thus to empty the belly: then on the next day to apply cups without the sacrificator to the belly and hips: to loosen the belly itself by milk being given and cold salt wine; if the time of the year allows, also with green figs, so however that neither any food or moisture may be given all at once, but gradually. Therefore during the intervals of time it is enough to take two or three glasses and food according to the quantity of

tione hujus: commodeque facit cyatho lactis cyathus aquæ mixtus, et sic datus: cibique inflantes et acres utiliores sunt; adeo ut lacti quoque recte contritum allium adjiciatur. Procedente vero tempore, opus est gestari; maximeque navigare; perfricari ter aut quater die, sic, ut nitrum oleo adjiciatur; perfundi aqua calida post cibum: deinde sinapi imponere per omnia membra, excepto capite, donec arrodatur et rubeat; maximeque si corpus durum et virile est: paulatim deinde faciendus est transitus ad ea, quæ ventrem comprimunt. Assa caro danda, valens, et quæ non facile corrumpatur; potui vero, pluvialis aqua decocta, sed quæ per binos ternosve cyathos bibatur. Si vetus vitium est, oportet laser quam optimum ad piperis magnitudinem devorare: altero quoque die vinum vel aquam bibere: interdum interposito cibo,

pro portione ejus: que cyathus aquæ mixtus cyatho lactis et sic datus facit commode, que inflantes et acrescibi sunt utiliores; adeo ut contritum allium quoque adjiciatur recte lacti. Vero procedente tempore, est opus gestari; que maxime navigare: perfricari ter aut quater die, sic ut nitrum adjiciatur oleo; perfundi calidâ aquâ post cibum; deinde imponere sinapi per omnia membra, capite excepto, donec arrodatur et rubeat; que maxime si corpus est durum et virile; deinde paulatim transitus est faciendus ad ea quæ comprimunt ventrem. Assa caro danda, valens, et quæ non corrumpatur facile; veropotui, decocta pluvialis aqua, sed quæ bibatur per binos vel ternos cyathos. Si vitium est vetus, oportet devorare quam optimum laser ad magnitudinem piperis; quoque altero die bibere vinum vel aquam; interdum cibo interpositio, sorbere

that: and a cup of water mixed with a cup of milk and thus given does well, and inflating and sharp foods are more useful; so that bruised garlic also may be added properly to the milk. But in the succeeding time, it is necessary to be carried; and especially to sail; to be rubbed three or four times a day, so that nitre be added to the oil: to be bathed with warm water after food; then to apply mustard over all the limbs, the head excepted, until it is eroded and is red; and especially if the body is hard and strong; then gradually a change is to be made to those things which bind the belly. Roasted meat is to be given, strong, and which is not corrupted easily; but for drink, boiled rain water, but which may be drunk by two or three glasses. If the disease is old, it is right to swallow the very best laser to the size of a peppercorn; on every other day to drink wine or water; sometimes food being interposed,

singulos cyathos vini : infundere ex inferiori parte egelidam pluvialem aquam, que maxime si dolor remanet in imis partibus.

XIII. Vero inter intestina ipsa duo morbi consistunt : alter quorum est in tenuiore, alter in pleniore. Prior est acutus; insequens potest esse longus. Diocles Carystius nominavit morbum tenuioris intestini chordapson, plenioris eileon. Video nunc illum priorem, nominari plerisque eileon, hunc kolikon. Sed prior modo movet dolorem supra umbilicum, modo sub umbilico. Inflammatio fit in alterutro loco: nec alvus, nec spiritus transmittitur infra: si superior pars affecta est, cibus, si inferior, stercus redditur per os; si utrumlibet, est vetus. Biliosus vomitus mali odoris, aut varius aut niger adjicit periculo. Mittere sanguinem est remedium; vel admoveere cucurbitulas pluribus locis, cute incisâ

singulos vini cyathos sorbere : ex inferiori parte infundere pluviatilem egelidam aquam; maximeque, si dolor in imis partibus remanet.

XIII. Inter ipsa vero intestina consistunt duo morbi; quorum alter in tenuiore, alter in pleniore est. Prior acutus est; insequens esse longus potest. Diocles Carystius tenuioris intestini morbum χόρδαψον, plenioris εἰλεὸν nominavit. A plerisque video nunc illum priorem εἰλεδν, hunc κολικὸν nominari. Sed prior modo supra umbilicum, modo sub umbilico dolorem movet. Fit in alterutro loco inflammatio: nec alvus, nec spiritus infra transmittitur: si superior pars affecta est, cibus, si inferior, stercus per os redditur; si utrumlibet vetus est. Adjicit periculo vomitus biliosus, mali odoris, aut varius, aut niger. Remedium est, sanguinem mittere: vel cucurbitulas pluribus locis admoveere, non

to swallow single cups of wine; to inject by the lower part lukewarm rain water, and especially if the pain continues in the lower parts.

XIII. But among the intestines themselves two diseases exist; the one of which is in the thinner, the other in the fuller intestine. The former is acute: the following one may be chronic. Diocles the Carystian named the disease of the thinner intestine chordapsus, of the fuller, ileus. I see now that the former is named by most men ileus, the latter colic. But the former sometimes excites pain above the navel, sometimes below the navel. Inflammation occurs in either place: nor is the stool, nor wind passed downwards; if the upper part has been affected, food, if the lower, excrement is returned by the mouth; if both, it is chronic. Bilious vomiting of bad smell, or varied or black adds to the danger. To let blood is a remedy; or to apply the cups to many places, the skin being cut not every where; for that

ubique cute incisa : id enim duobus aut tribus locis satis est : ex ceteris spiritum evocare abunde est. Tum animadvertere oportet, quo loco malum sit : solet enim contra id tumere. Et si supra umbilicum est, alvi ductio utilis non est : si infra est, alvum ducere, ut Erasistrato placuit, optimum est ; et sæpe id auxilii satis est. Ducitur autem percolato ptisanæ cremore, cum oleo et melle, sic, ut præterea nihil adjiciatur. Si nihil tumet, duas manus imponere oportet supra summum ventrem, paulatimque deducere : invenietur enim mali locus, qui necesse est renitatur ; et ex eo deliberari poterit, ducenda, necne, alvus sit. Illa communia sunt : calida cataplasmata admove, eaque imponere a mammis usque ad inguina et spinam, ac sæpe mutare : brachia cruraque perfricare : demittere totum hominem in calidum oleum : si dolor

non ubique ; enim id est satis duobus aut tribus locis ; est abunde evocare spiritum ex cæteris. Tum oportet animadvertere quo loco malum sit ; enim solet tumere contra id. Et si est supra umbilicum, ductio alvi est non utilis ; si est infra, ducere alvum est optimum, ut placuit Erasistrato ; et sæpe id est satis auxilii. Autem ducitur percolato cremore ptisanæ, cum oleo et melle, sic ut nihil præterea adjiciatur. Si nihil tumet, oportet imponere duas manus supra summum ventrem, que paulatim deducere : enim locus mali invenietur, qui est necesse renitatur ; et ex eo poterit deliberari, necne alvus sit ducenda. Illa sunt communia ; admove calida cataplasmata, que imponere ea a mammis usque ad inguina et spinam, ac sæpemutare : perfricare brachia que crura : demittere totum hominem in calidum oleum : si dolor non

is sufficient in two or three places ; it is enough to evacuate air from the rest. Then it is necessary to consider in what place the disease may be : for it is wont to swell over it. And if it is above the navel, clystering of the bowels is not useful ; if it is below, to clyster the bowels is best, as pleased Erasistratus ; and often that is of sufficient service. But it is clystered by strained cream of ptisan, with oil and honey, so, that nothing besides be added. If nothing swells, it is necessary to apply the two hands above the top of the belly, and gradually to bring them down ; for the place of the disease will be discovered, which it is necessary must resist (the pressure) ; and from that, it will be able to be determined whether or no the bowels are to be clystered. These things are common ; to apply warm cataplasms, and to place them from the breasts even down to the groins and spine, and often to change them : to rub the arms and legs : to lower the whole man into warm

quiescit, etiam dare in alvum ex inferiore parte tres aut quatuor cyathos calidi olei. Ubi per hæc consecuti sumus, ut jam ex inferiore parte spiritus transmittatur, offerre potui non multum tepidum mulsum, nam ante vitandum est magnâ curâ, ne bibat quid. Si id cessit commode, adjicere sorbitionem. Ubi dolor et febricula quierunt, tum demum uti pleniore cibo; sed neque inflante, neque duro, neque valido, ne intestina adhuc imbecilla lædantur. Vero potui nihil, præterquam puram aquam. Nam sive quid est vinolentum, sive acidum, id est alienum huic morbo. Ac postea quoque oportet vitare balneum, ambulationem, gestationem, que cæteros motus corporis. Nam id malum consuevit facile redire; et sive cum frigus subit, sive aliqua jactatio, nisi intestinis jam bene confirmatis, revertitur.

non quiescit, etiam in alvum ex parte inferiore tres aut quatuor cyathos calidi olei dare. Ubi per hæc consecuti sumus, ut jam ex inferiore parte spiritus transmittatur, offerre potui mulsum tepidum non multum: nam ante magna cura vitandum est, ne quid bibat. Si id commode cessit, adjicere sorbitionem. Ubi dolor et febricula quierunt, tum demum uti cibo pleniore; sed neque inflante, neque duro, neque valido, ne intestina adhuc imbecilla lædantur. Potui vero nihil, præterquam puram aquam. Nam sive quid vinolentum sive acidum est, id huic morbo alienum est. Ac postea quoque vitare oportet balneum, ambulationem, gestationem, ceterosque corporis motus. Nam facile id malum redire consuevit; et sive cum frigus subit, sive aliqua jactatio, nisi bene jam confirmatis intestinis, revertitur.

oil: if the pain does not abate, also to introduce into the bowels from the lower part three or four cups of warm oil. When by these we have effected, that already from the lower part wind is passed, to offer for drink not much tepid mulse, for before we must avoid with great care, lest he drink anything. If that has succeeded properly, to add gruel. When the pain and feverishness have abated, then at length to use fuller diet; but neither inflating, nor hard, nor strong, lest the intestines as yet weak be injured. But for drink nothing, except pure water. For either whatever is vinous, or acid, that is improper for this disease. And afterwards also it is necessary to avoid the bath, walking, gestation, and other motions of the body. For that disease has been wont easily to return; and either when cold exists, or any tossing, unless the intestines already being well strengthened, it returns.

XIV. Is autem morbus, qui in intestino pleniore est, in ea maxime parte est, quam cæcam esse proposui. Vehemens fit inflatio, vehementes dolores, dextra magis parte: intestinum, quod verti videtur, prope spiritum elidit. In plerisque post frigora cruditatesque oritur, deinde quiescit; et per ætatem sæpe repetens sic cruciat, ut vitæ spatio nihil demat. Ubi is dolor cœpit, admoveere sicca et calida fomenta oportet; sed primo lenta, deinde validiora; simulque frictione ad extremas partes, id est, crura brachiaque materiam evocare: si discussus non est, qua dolet, cucurbitulas sine ferro defigere. Est etiam medicamentum ejus rei causa comparatum, quod *κολικὸν* nominatur. Id se reperisse Cassius gloriabatur. Magis prodest potui datum: sed impositum quoque extrinsecus, digerendo spiritum, dolorem levat. Nisi finito

XIV. *Autem is morbus, qui est in pleniore intestino, est maxime in eâ parte, quam proposui esse cæcam. Vehemens inflatio fit, vehementes dolores, magis dextrâ parte: intestinum quod videtur verti, prope elidit spiritum. Oritur in plerisque post frigora que cruditates, deinde quiescit; et per ætatem sæpe repetens sic cruciat, ut demat nihil spatio vitæ. Ubi is dolor cœpit, oportet admoveere sicca et calida fomenta; sed primo lenta, deinde validiora; que simul frictione evocare materiam ad extremas partes, id est, crura que brachia: si est non discussus, qua dolet defigere cucurbitulas sine ferro. Est etiam medicamentum comparatum causâ ejus rei, quod nominatur kolikon. Cassius gloriabatur se reperisse id. Prodest magis datum potui: sed quoque impositum extrinsecus digerendo spiritum, levat dolorem. Vero*

XIV. But that disease, which is in the fuller intestine, is especially in that part, which I have stated to be blind (the cæcum). Violent flatulence occurs, violent pains, more in the right side: the intestine which seems to be turned, almost forces out the wind. It arises in most cases after colds and crudities, then abates; and during lifetime often recurring, so torments, that it takes away nothing from the duration of life. When that pain begins, it is necessary to apply dry and hot fomentations; but at first mild, then stronger; and at the same time by friction to draw the matter to the extreme parts, that is, the legs and arms: if it has not been removed, where there is pain to apply the cups without the scarificator. There is also a medicine prepared for the sake of this thing, which is named colic. Cassius boasted that he discovered it. It is more serviceable given as drink: but also applied externally by dispersing the wind, it relieves the pain. But unless the pain being

nisi tormento finito, neque cibis neque potio assumitur recte. Quo victu utendum sit iis qui tentantur hoc genere, jam dictum est mihi. [Confectio medicamenti quod nominatur kolikon constat ex his. Costi, anisi, castorei, singulorum p. ʒ. III. petroselini, p. den. III. longi piperis et rotundi, singulorum p. ʒ. II. lacrimæ papaveris, rotundi junci, myrrhæ, nardi, singulorum p. ʒ. VI. quæ excipiuntur melle. Autem id potest et devorari et sumi ex calidâ aquâ.]

XV. Tormina consueverunt esse proxima his inter mala intestinorum; vocatur Græce dysenteria. Intestina exulcerantur intus: cruor manat ex his: que is excernitur modo cum aliquo stercore semper liquido, modo cum quibusdam quasi mucosis: interdum simul quædam carnosa descendunt: est frequens cupiditas dejiciendi, que dolor in ano: cum eodem

vero tormento, recte neque cibis neque potio assumitur. Quo victu sit utendum iis, qui hoc genere tentantur, jam mihi dictum est. [Confectio medicamenti, quod κολικὸν nominatur, ex his constat. Costi, anisi, castorei, singulorum p. ʒ. III. petroselini p. den. III. piperis longi, et rotundi, singulorum p. ʒ. II. papaveris lacrimæ, junci rotundi, myrrhæ, nardi, singulorum p. ʒ. VI. quæ melle excipiuntur. Id autem et devorari potest, et ex aqua calida sumi.]

XV. Proxima his inter intestinorum mala tormina esse consueverunt: δυσεντερία Græce vocatur. Intus intestina exulcerantur: ex his cruor manat: isque modo cum stercore aliquo semper liquido, modo cum quibusdam quasi mucosis excernitur: interdum simul quædam carnosa descendunt: frequens dejiciendi cupiditas, dolorque in ano est: cum eodem dolore

finished, neither food nor drink is taken properly. What diet we must use for those who are attacked with this kind, already has been stated by me. [The composition of the medicine which is named colic consists of these. Of costus, of anise, of castor, of each, p. ʒ. III. of parsley; p. den. III. of long pepper and round, of each, p. ʒ. II. of the tears of poppy, of the round bulrush, of myrrh, of spikenard, of each, p. ʒ. VI. which are taken in honey. But that both may be swallowed and taken in warm water.]

XV. Tormina have been accustomed to be the next to these among the diseases of the intestines: it is called in Greek dysentery. The intestines are ulcerated within; blood flows from them; and it is excreted sometimes with some fæces also liquid, sometimes with some things as it were mucous: sometimes along with it some fleshy things descend: there is a frequent desire of evacuating, and pain in the anus: with the

exiguum aliquid emittitur: atque eo quoque tormentum intenditur; idque post tempus aliquod levatur; exiguaque requies est: somnus interpellatur: febricula oritur: longoque tempore id malum, cum inveteravit, aut tollit hominem, aut, etiamsi finitur, excruciat. Oportet in primis conquiescere; siquidem omnis agitatio exulcerat: deinde jejunum sorbere vini cyathum, cui contrita radix quinquefolii sit adjecta: imponere cataplasmata super ventrem, quæ reprimunt; quod in superioribus ventris morbis non expedit: quotiesque desidit, subluere aqua calida, in qua decoctæ verbenæ sint: portulacam vel coctam, vel ex dura muria edisse; cibos potionesque eas, quæ adstringunt alvum. Si vetustior morbus est, ex inferioribus partibus tepidum infundere vel ptisanæ cremorem, vel lac, vel adipem liquatam, vel medullam cer-

dolore aliquid emittitur: atque eo quoque tormentum intenditur, quæ id post aliquod tempus levatur; quæ est exigua requies: somnus interpellatur: febricula oritur; quæ longo tempore id malum, cum inveteravit aut tollit hominem, aut, etiamsi finitur, excruciat. Oportet in primis conquiescere; siquidem omnis agitatio exulcerat: deinde jejunum sorbere cyathum vini, cui contrita radix quinquefolii sit adjectum; imponere cataplasmata super ventrem, quæ reprimunt; quod non expedit in superioribus morbis ventris; quæ quoties desidit, subluere calidâ aquâ in quâ verbenæ decoctæ sint: edisse portulacam vel coctam, vel ex durâ muriâ; cibos quæ eas potiones quæ adstringunt alvum. Si morbus est vetustior, infundere ex inferioribus partibus vel tepidum cremorem ptisanæ, vel lac, vel liquatam adipem, vel cervinam medullam,

same pain something is discharged: and by that also the pain is increased; and that after some time, is abated; and there is little rest: sleep is interrupted: feverishness arises: and by long duration that disease, when it has become inveterate, either destroys the man, or, even if it is terminated, tortures. It is necessary in the first place to rest; since all agitation ulcerates; then fasting to swallow a cup of wine, to which the bruised root of cinquefoil has been added; to apply cataplasms upon the belly, which repress; which is not expedient in the above diseases of the belly; and as often as he goes to stool, to wash with warm water, in which vervains have been boiled; to have eaten purslane either boiled, or in hard brine; foods and those drinks which bind the bowels. If the disease is older, to inject by the lower parts either tepid cream of ptisan, or milk, or melted fat, or deer's marrow, or oil, or butter with rose oil, or the raw

vel oleum, vel butyrum cum rosâ vel crudum album ex ovis cum eâdem, vel aquam in quâ semen lini decoctum sit; vel, si somnus non accedit, vitellos cum aquâ, in quâ folia floris rosæ cocta sint. Enim hæc levant dolorem et efficiunt ulcera mitiora; que sunt maxime utilia, si quoque fastidium cibi secutum est. Themison prodidit memoriæ utendum sic durâ muriâ quam asperrimâ. Vero cibi debent esse, qui adstringant ventrem leniter. At ea quæ movent urinam, si consecuta sunt id, avertendo humorem in aliam partem, prosunt; si non consecuta sunt, augent noxam: itaque sunt non adhibenda, nisi in quibus consuerunt facere id prompte. Si est febricula, pura aqua calida, vel ea quæ ipsa quoque adstringat, debet dari potui; si non est, leve austerum vinum. Si alia remedia juverunt nihil pluribus diebus, que jam vitium est

vinam, vel oleum, vel cum rosa butyrum, vel cum eadem album crudum ex ovis, vel aquam, in qua lini semen decoctum sit; vel, si somnus non accedit, vitellos cum aqua, in qua rosæ floris folia cocta sint. Levant enim dolorem hæc, et mitiora ulcera efficiunt; maximeque utilia sunt, si cibi quoque secutum fastidium est. Themison muria dura quam asperrima sic utendum memoriæ prodidit. Cibi vero esse debent, qui leniter ventrem adstringant. At ea, quæ urinam movent, si id consecuta sunt, in aliam partem humorem avertendo, prosunt; si non sunt consecuta, noxam augent: itaque nisi in quibus pompte id facere consueverunt, non sunt adhibenda. Potui, si febricula est, aqua pura calida, vel ea, quæ ipsa quoque adstringat, dari debet; si non est, vinum leve, austerum. Si pluribus diebus nihil remedia alia juverunt, vetus-

white of eggs with the same, or water in which linseed has been boiled; or, if sleep does not come on, the yolks with water, in which the leaves of the flower of the rose have been boiled. For these ease the pain and render the ulcers milder; and are especially useful, if also loathing of food has followed. Themison has handed down to memory that we should use thus hard brine as rough as possible. But foods ought to be, those which bind the belly slightly. But those things which excite the urine, if they have effected that, by removing the urine to another part, are serviceable; if they have not effected it, they increase the evil; therefore they are not to be employed, except in which they are wont to do that quickly. If there is feverishness, pure water warm, or that which itself also binds, ought to be given for drink: if there is not that, light rough wine. If other remedies have aided nothing for several days, and

que jam vitium est, aquæ bene frigidæ potio assumta ulcera adstringit, et initium secundæ valetudinis facit. Sed ubi venter suppressus est, protinus ad calidam potionem revertendum est. Solet autem interdum etiam putris sanies, pessimique odoris descendere; solet purus sanguis profluere. Si superius vitium est, alvus aqua mulsa duci debet; tum deinde eadem infundi, quæ supra comprehensa sunt. Valensque est etiam adversus cancerem intestinorum, minii gleba cum salis hemina contrita, si mixta his aqua in alvum datur. At si sanguis profluit, cibi potionesque esse debent, quæ adstringant.

XVI. Ex torminibus interdum intestinorum lævitas oritur; qua continere nihil possunt, et quidquid assumptum est, imperfectum protinus reddunt. Id interdum ægros trahit, interdum præcipitat. In

vetus, potio bene frigida aquæ assumta adstringit ulcera, et facit initium secundæ valetudinis. Sed ubi venter suppressus est, protinus revertendum est ad calidam potionem. Autem interdum etiam putris sanies, que pessimi odoris, solet descendere, purus sanguis solet profluere. Si est superius vitium, alvus debet duci mulsâ aquâ; tum deinde eadem infundi, quæ comprehensa sunt supra. Que etiam gleba minii, contrita cum hemina salis, est valens adversus cancerem intestinorem, si aqua mixta his datur in alvum. At si sanguis profluit, cibi que potiones debent esse quæ adstringant.

XVI. *Et torminibus intestinorum interdum lævitas oritur; quâ possunt continere nihil, et quidquid assumptum est, reddunt protinus imperfectum. Id interdum trahit ægros, interdum præcipitat.*

now the disorder is old, a drink of very cold water taken binds the ulcers, and makes a beginning of good health. But when the belly has been bound, immediately we must return to warm drink. But sometimes also putrid sanies, and of a very bad odour, is wont to descend, pure blood is wont to flow. If there is the former disease, the bowels ought to be clystered by hydromel; then afterwards the same things to be injected, which have been mentioned above. And also a piece of minium, bruised with a hemina of salt, is powerful against gangrene of the intestines, if water mixed with these is given into the bowels. But if blood flows, foods and drinks ought to be those things which bind.

XVI. From tormina of the intestines sometimes lientery arises; in which they can retain nothing, and whatever has been taken they void immediately undigested. That sometimes drags on patients, sometimes hurries them off. In this especially it is necessary to apply astringents:

In hoc utique oportet adhibere comprimentia: quo facilius sit intestinis vis tenendi aliquid. Ergo et sinapi ponatur super pectus: quæ cute exulceratâ, malagma quod erocet humorem: et desidat in aquâ decoctâ ex verbenis; et assumat cibos et potiones, quæ adstringunt alvum; et utatur frigidis perfusionibus. Tamen oportet prospicere ne, omnibus his admotis simul, contrarium vitium oriatum per immodicas inflationes. Ergo intestina debebunt firmari paulatim, aliquibus adjectis quotidie. Et cum in omni fluore ventris tum præcipue in hoc est necessarium, non desiderare quoties libet, sed quoties est necesse; ut hæc mora ipsa deducat intestina in consuetudinem ferendi oneris. Alterum quoque, quod æque pertinet ad omnes similes affectus, est servandum maxime in hoc; ut cum pleraque utilia sunt insuavia, qualis est

hoc utique adhibere oportet comprimentia; quo facilius tenendi aliquid intestinis vis sit. Ergo et super pectus ponatur sinapi; exulcerataque cute, malagma, quod humorem evocet; et ex verbenis decocta in aqua desidat; et cibos potionesque assumat, quæ alvum adstringunt; et frigidis utatur perfusionibus. Oportet tamen prospicere, ne, simul his omnibus admotis, vitium contrarium per immodicas inflationes oriatum. Paulatim ergo firmari intestina debebunt, aliquibus quotidie adjectis. Et cum in omni fluore ventris, tum in hoc præcipue necessarium est, non quoties libet desiderare, sed quoties necesse est; ut hæc ipsa mora in consuetudinem ferendi oneris intestina deducat. Alterum quoque, quod æque ad omnes similes affectus pertinet, in hoc maxime servandum est; ut, cum pleraque utilia insuavia sint, qualis est plan-

whereby more easily there may be in the intestines the power of retaining something. Therefore even mustard may be applied upon the breast; and the skin being ulcerated, a plaster which draws the humour: and let him sit down in water boiled with vervains; and let him take foods and drinks, which bind the belly; and let him use cold perfusions. However it is necessary to observe lest, all these being applied at once, the contrary disease may arise by immoderate flatulences. Therefore the intestines ought to be strengthened gradually, some things being added daily. And as in every flux of the belly so especially in this it is necessary, not to go to stool as often as it pleases him, but as often as it is necessary; that this delay itself may bring the intestines into the habit of bearing their burden. Another thing also, which equally pertains to all similar affections, is to be observed especially in this; that as most useful things are unpleasant, such as is plantain, and brambles,

tago, et rubi, et quidquid malicorio mixtum est, ea potissimum ex his dentur, quæ maxime æger volet: deinde, si omnia ista fastidiet, ad excitandam cibi cupiditatem, interponatur aliquid minus utile, sed magis gratum. Exercitationes et frictiones huic quoque morbo necessariae sunt; et cum his sol, ignis, balneum, vomitus, ut Hippocrati visum est, etiam albo veratro, si cætera parum proficient evocatus.

XVII. Nonnunquam autem lumbrici quoque occupant alvum; hique modo ex inferioribus partibus, modo fœdius ore redduntur: atque interdum latos eos, qui, pejores sunt, interdum teretes videmus. Si lati sunt, aqua potui dari debet, in qua lupinum, aut cortex mori decoctus sit; aut cui adjectum sit contritum vel hyssopum, vel piperis acetabulum, vel scammoniæ paulum. Vel etiam pridie, cum multum allium

plantago, et rubi et quidquid mixtum est malicorio, ea ex his quæ æger maxime volet, dentur potissimum: deinde si fastidiet omnia ista, aliquid minus utile sed magis gratum interponatur ad excitandam cupiditatem cibi. Exercitationes et frictiones sunt necessariae quoque huic morbo: et cum his sol, ignis, balneum, vomitus, ut visum est Hippocrati, evocatus etiam albo veratro, si cætera proficient parum.

XVII. *Autem lumbrici nonnunquam quoque occupant alvum; que hi redduntur modo ex inferioribus partibus, modo fœdius ex ore: atque interdum videmus eos latos, qui sunt pejores, interdum teretes. Si sunt lati, aqua debet dari potui, in quâ lupinum, aut cortex mori decoctus sit; aut cui vel contritum hyssopum, vel acetabulum piperis vel paulum scammoniæ sit adjectum. Vel etiam pridie, cum ederit multum alli-*

and whatever is mixed with pomegranate bark, those out of them which the patient especially shall desire, may be given especially: then if he loathes all these, any thing less useful but more pleasant should be interposed to excite a desire for food. Exercises and frictions are necessary also in this disease; and with these the sun, fire, the bath, vomiting, as appeared right to Hippocrates, produced even by white hellebore, if other things benefit little.

XVII. But worms sometimes also occupy the belly; and these are voided sometimes from the lower parts, sometimes more foully from the mouth: and sometimes we see them broad, which are worse, sometimes round. If they are broad, water ought to be given for drink, in which lupine, or the bark of mulberry has been boiled; or to which either bruised hyssop, or an acetabulum of pepper or a little scammony has been added. Or also on the former day, when he has

um, vomat, que postero die colligat tenues radículas Punici mali, quantum comprehendet manu; decoquat eas contusas in tribus sextariis aquæ, donec tertia pars supersit; huic adjiciat paulum nitri, et jejunos bibat. Deinde, tribus horis interpositis, sumat duas potiones aut aquæ aut duræ muriæ sic adjectæ; tum desidat, calidâ aquâ subjecta in pelve. Vero si sunt teretes, qui maxime exercent pueros, et eadem possunt dari, et quædam leviora; ut contritum semen urticæ, aut brassicæ, aut cumini cum aquâ, vel mentha cum eadem, vel decoctum absinthium, vel hyssopum ex mulsâ aquâ, vel semen nasturtii contritum cum aceto. Etiam prodest edisse et lupinum et allium; vel subter dedisse oleum in alvum.

XVIII. Autem est aliud levius omnibus proximis, de quibus dictum est supra, quod Græci vocant teinesmon. Id

ederit, vomat: posteroque die mali Punici tenues radículas colligat, quantum manu comprehendet; eas contusas in aquæ tribus sextariis decoquat, donec tertia pars supersit; huc adjiciat nitri paulum, et jejunos bibat. Interpositis deinde tribus horis, duas potiones sumat, aut aquæ, vel muriæ duræ sic adjectæ: tum desidat, subjecta calida aqua in pelve. Si vero teretes sunt, qui pueros maxime exercent, et eadem dari possunt, et quædam leviora; ut contritum semen urticæ, aut brassicæ, aut cumini cum aqua, vel mentha cum eadem, vel absinthium decoctum, vel hyssopum ex aqua mulsa, vel nasturtii semen cum aceto contritum. Edisse etiam et lupinum, et allium prodest; vel in alvum oleum subter dedisse.

XVIII. Est autem aliud levius omnibus proximis, de quibus supradictum est, quod τεῖνεςμόν Græci vocant. Id neque acutis neque

eaten much garlic, let him vomit, and on the following day let him collect thin small roots of pomegranate, as much as he can hold in his hand; let him boil them bruised in three sextarii of water, until a third part remains; to this let him add a little nitre, and fasting let him drink. Then, three hours intervening, let him take two draughts either of water or of hard brine thus added; then let him go to stool, warm water being placed under in the utensil. But if they are round, which chiefly trouble children, also the same things may be given, and some milder ones; as the bruised seed of nettles, or of cabbage, or cummin with water, or mint with the same, or boiled wormwood, or hyssop in hydromel, or the seed of cresses bruised with vinegar. Also it is serviceable to eat both lupine and garlic; or to have introduced oil into the bowels.

XVIII. But there is another disease milder than all the last, of which

longis morbis adnumerari debet, cum et facile tollatur, neque unquam per se jugulet. In hoc æque atque in torminibus frequens desidendi cupiditas est; æque dolor, ubi aliquid excernitur. Descendunt autem pituitæ mucisque similia, interdum etiam leviter subcruenta: sed his interponuntur nonnunquam ex cibo quoque recte coacta. Desidere oportet in aqua calida; sæpiusque ipsum anum nutrire; cui plura medicamenta idonea sunt: butyrum cum rosa; acacia ex aceto liquata; emplastrum id, quod τετραφάρμακον Græci vocant, rosa liquatum; alumen lana circumdatum, et ita appositum; eademque ex inferiore parte indita, quæ torminum auxiliasunt; eadem verbenæ decoctæ, ut inferiores partes foveantur. Alternis vero diebus aqua, alternis leve et austerum vinum bibendum est. Potio esse debet egelida et frigidæ propior;

debet adnumerari neque acutis neque longis morbis, cum et facile tollatur, neque unquam jugulet per se. In hoc æque atque in torminibus est frequens cupiditas desidendi: æque dolor ubi aliquid excernitur. Autem similia pituitæ que mucis descendunt, etiam interdum leviter subcruenta sed his nonnunquam quoque recte interponuntur coacta ex cibo. Oportet desiderare in calidâ aquâ; que sæpius nutrire anum ipsum; cui plura medicamenta sunt idonea: butyrum cum rosâ; acacia liquata ex aceto; id emplastrum quod Græci vocant tetrapharmakon liquatum rosâ: alumen circumdatum lanâ et ita appositum, que eadem indita ex inferiore parte, quæ sunt auxilia torminum: eadem verbenæ decoctæ, ut inferiores partes foveantur. Vero alternis diebus aqua, alternis leve et austerum vinum est bibendum. Potio debet esse egelida et propior frigidæ: ratio vic-

we have spoken above, which the Greeks call tenesmus. That ought to be reckoned neither with acute nor with chronic diseases, since it is both easily removed, nor ever kills by itself. In this as well as in dysentery, there is frequent desire of going to stool; also pain when anything is excreted. But things like phlegm and slime descend, also sometimes slightly tinged with blood: but to these sometimes also are properly mixed things formed from food. It is necessary to sit down in warm water; and oftener to foment the anus itself; for which many medicines are suitable: butter with rose-oil; acacia dissolved in vinegar; that plaster which the Greeks call tetrapharmacum melted with rose-oil; alum wrapped up in wool and thus applied, and the same things injected by the lower part, which are remedies for tormina; the same vervains boiled, that the lower parts may be fomented. But on alternate days water, on the others light and rough wines, is to be drunk.

tus talis, qualem præcipimus supra ad tormina.

XIX. *Etiam dejectio est levior, dum recens, ubi et alvus liquida et fertur sæpiusquam ex consuetudine: atque interdum dolor est tolerabilis, interdum gravissimus: que id est pejus. Sed alvum fluere uno die est pro valetudine; atque etiam pluribus dum febris absit, et id conquiescat intra septimum diem. Enim corpus purgatur, et quod erat læsurum intus, effunditur utiliter. Verum spatium est periculosum: enim interdum excitat tormina ac febriculas, que consumit vires. Primo die est satis quiescere: que ne prohibere impetum ventris. Si desiit per se, uti balneo, capere paulum cibi; si mansit, abstinere non solum a cibo sed etiam a potione. Postero die, si nihilominus alvus est liquida, conquiescere etiam; sumere paulum adstringentis cibi. Tertio die ire*

ratio victus talis, qualem ad tormina supra præcepimus.

XIX. Levior etiam, dum recens, dejectio est, ubi et liquida alvus, et sæpius, quam ex consuetudine, fertur: atque interdum tolerabilis dolor est, interdum gravissimus; idque pejus est. Sed uno die fluere alvum sæpe pro valetudine est; atque etiam pluribus, dum febris absit, et intra septimum diem id conquiescat. Purgatur enim corpus, et, quod intus læsurum erat, utiliter effunditur. Verum spatium periculosum est: interdum enim tormina ac febriculas excitat, viresque consumit. Primo die quiescere satis est; neque impetum ventris prohibere. Si per se desiit, balneo uti, paulum cibi capere: si mansit, abstinere non solum a cibo, sed etiam a potione. Postero die, si nihilominus liquida alvus est, æque conquiescere; paulum adstringentis cibi sumere. Tertio die in

Drink ought to be lukewarm and nearer cold; the rule of food such as we have directed above for tormina.

XIX. Also purging is lighter, while recent, when both the belly is relaxed and is discharged oftener than usual: and sometimes pain is tolerable, sometimes very severe; and that is worse. But for the belly to be relaxed for one day is good for the health; and also for several provided the fever is absent, and that ceases within the seventh day. For the body is cleansed, and what was about to injure within, is poured forth advantageously. But the continuance of it is dangerous; for sometimes it excites tormina and small fevers, and wastes the strength. On the first day it is sufficient to rest; and not to stop the violence of the belly. If it has ceased by itself, to use the bath, to take a little food; if it has remained, to abstain not only from food but also from drink. On the next day, if nevertheless the bowels are relaxed, to rest also; to take a little astringent food. On the third day to go into the bath

balneum ire: vehementer omnia præter ventrem perfricare: ad ignem lumbos, scapulasque admovere: cibis uti, sed ventrem contrahentibus; vino non multo, meraco. Si postero quoque die fluet, plus edisse, sed vomere etiam. Ex toto, donec conquiescat, contra siti, fame, vomitu niti. Vix enim fieri potest, ut, post hanc animadversionem, alvus non contrahitur. Alia via est, ubi velis suppressere: cœnare, deinde vomere: postero die in lecto conquiescere; vespere ungi, sed leniter: deinde panis circa selibram ex vino Aminæo mero sumere; tum assum aliquid, maximeque avem; et postea vinum idem bibere aqua pluviali mixtum: idque usque quintum diem facere, iterumque vomere. Frigidam autem assidue potionem esse debere, contra priores auctores Asclepiades affirmavit, et quidem quam frigidissimam. Ego experimentis quem-

in balneum: perfricare vehementer omnia præter ventrem: admovere lumbos que scapulas ad ignem: uti cibis sed contrahentibus ventrem; non multo meraco vino. Si quoque postero die fluet, edisse plus, sed etiam vomere. Ex toto niti contra siti, fame, vomitu, donec conquiescat. Enim potest vix fieri, ut, post hanc animadversionem, alvus non contrahitur. Est alia via, ubi velis suppressere: cœnare, deinde vomere: postero die conquiescere in lecto; vespere ungi, sed leniter: deinde sumere circa selibram panis ex mero Aminæo vino; tum aliquid assum, que maxime avem, et postea bibere idem vinum mixtum pluviali aquâ: que facere id usque quintum diem, que iterum vomere. Autem Asclepiades affirmavit, contra priores auctores, potionem debere esse assidue frigidam, et quidem quam frigidissimam. Ego exis-

to rub violently all parts except the belly: to apply the loins and shoulders to the fire: to use foods but those binding the belly; not much pure wine. If also on the next day it is relaxed, to have eaten more, but also to vomit. Altogether to strive against it by thirst, by fasting, by vomiting, until it be at rest. For it can scarcely happen, that, after this observation, the bowels be not bound. There is another way, when you wish to suppress it: to sup, then vomit: on the next day to rest in bed; in the evening to be anointed, but gently: then to take about half a pound of bread out of pure Aminæan wine; then something roasted, and especially a bird, and afterwards to drink the same wine mixed with rain water: and to do that until the fifth day, and again to vomit. But Asclepiades has affirmed, contrary to former authors, that drink ought to be constantly cold, and indeed as cold as possible. I

timo quemque debere credere experimentis in se (an) utatur calidâ potius, an frigidâ. Autem interdum evenit, ut id neglectum pluribus diebus possit curari difficilius. Oportet incipere a vomitu: deinde postero die vespere ungi tepido loco: assumere modicum cibum, meracum vinum quam asperrium; habere rutam cum cerato impositam super ventrem. Autem in hoc affectu corporis, est opus neque ambulatione, neque frictione: sedisse vehiculo, vel magis etiam equo, prodest; neque enim ulla res confirmat intestina magis. Vero si utendum est medicamentis etiam, id est aptissimum, quod fit ex pomis. Tempore vindemiæ, silvestria pira atque poma sunt conjicienda in grande vas; si sunt non ea, viridia Tarentina pira, vel Signina, Scandiana vel Amerina mala, myrapia; que his sunt adjicienda cotonea (mala) et

que in se credere debere existimo, calida potius, an frigida utatur. Interdum autem evenit, ut id pluribus diebus neglectum, curari difficilius possit. A vomitu oportet incipere: deinde postero die vespere tepido loco ungi; cibum modicum assumere, vinum meracum quam asperrium; impositam super ventrem habere cum cerato rutam. In hoc autem affectu corporis, neque ambulatione, neque frictione opus est: vehiculo sedisse, vel magis etiam equo, prodest: neque enim ulla res magis intestina confirmat. Si vero etiam medicamentis utendum est, aptissimum est id, quod ex pomis fit. Vindemiæ tempore in grande vas conjicienda sunt pira atque mala silvestria: si ea non sunt, pira Tarentina viridia, vel Signina, mala Scandiana, vel Amerina, myrapia; hisque adjicienda sunt cotonea, et cum ipsis cortici-

think that every one ought to trust experiments made on himself whether he should use it warm in preference, or cold. But sometimes it happens, that that being neglected for several days can be cured more difficultly. It is necessary to begin by vomiting: then on the next day in the evening to be anointed in a tepid place; to take moderate food, pure wine as rough as possible; to have rue with cerate applied upon the belly. But in this affection of body, there is need neither of walking, nor friction: to have sat in a carriage, or more even on a horse, is serviceable: nor indeed does anything strengthen the intestines more. But if we must use medicines also, that is most proper, which is made from orchard fruit. At the time of vintage, wild pears and apples are to be thrown into a large vessel: if there are not those, green Tarentine pears, or Signine, Scandian or Amerinian apples, musk-pears; and to these

bus suis Punica, sorba, et, quibus magis utimur, etiam torminalia; sic, ut hæc tertiam ollæ partem teneant: tum deinde ea musto implenda est; conquendumque id, donec omnia, quæ indita sunt, liquata, in unitatem quandam coëant. Id gustui non insuave est; et, quandocunque opus est, assumtum leniter, sine ulla stomachi noxa, ventrem tenet. Duo aut tria cochlearia uno die sumsisse, satis est. Alterum valentius genus: myrti baccas legere, ex his vinum exprimere, id decoquere, ut decima pars remaneat, ejusque cyathum sorbere. Tertium, quod quandocunque fieri potest: malum Punicum excavare, exemptisque omnibus seminibus, membranas, quæ inter ea fuerunt, iterum conjicere: tum infundere cruda ova, rudiculaque miscere; deinde malum ipsum super prunam imponere; quod, dum humor intus est, non aduritur: ubi

Punica (mala) cum suis corticibus ipsis, sorba, et etiam torminalia, quibus utimur magis; sic ut hæc teneant tertiam partem ollæ: tum deinde ea est implenda musto: que id coquendum, donec omnia quæ indita sunt, liquata, coëant in quandam unitatem. Id est non insuave gustui; et, quandocunque est opus, assumtum leniter, tenet ventrem sine ullâ noxâ stomachi. Est satis sumsisse duo aut tria cochlearia uno die. Alterum valentius genus: legere baccas myrti, exprimere vinum ex his, decoquere id, ut decima pars remaneat, que sorbere cyathum ejus. Tertium quod potest fieri quandocunque, excavare Punicum malum, que omnibus seminibus exemptis, conjicere iterum membranas quæ fuerunt inter ea: tum infundere cruda ova, que miscere rudiculâ: deinde imponere malum ipsum super prunam; quod dum est humor

are to be added quinces and pomegranates with their barks themselves, service fruits, and also torminalia, which we use more; so that these may occupy the third part of the jar: then afterwards that is to be filled with must: and that is to be boiled, until all things which have been put in, being melted, may unite into a certain mass. That is not unpleasant to the taste; and, whenever there is need, if taken gently, represses the belly without any injury to the stomach. It is sufficient to have taken two or three spoonfuls in one day. There is another stronger kind: to collect the berries of myrtle, to press out the juice from them, to boil it, that a tenth part may remain, and to swallow a cup of it. There is a third which may be done at any time, to scoop a pomegranate, and all the seeds being taken out, to put in again the membranes which were between them; then to put in raw eggs, and to mix with a spatula: then to place the pomegranate itself upon a clear

intus, non aduritur; ubi cœpit esse siccum, oportet remove quæ edisse quod est intus extractum cochleari. Aliquibus adjectis, habet majus momentum: itaque conjicitur etiam in piperatum, quæ miscetur cum sale et pipere et quid ex his edendum est. Etiam pulticula cum quâ paulum ex vetere favo coctum sit et lenticula cocta cum malicorio, quæ cacumina rubi decocta in aquâ et assumpta ex oleo atque aceto, sunt efficacia: atque ea aqua in quâ vel palmulæ vel cotoneum malum vel arida sorba, vel rubi decocti sunt, potata; quod genus significo, quoties dico potionem esse dandam, quæ adstringat. Quoque hemina tritici decoquitur in austero Aminæo vino; quæ id triticum datur jejuno ac sitiienti quæ super id vinum sorbetur, quod potest jure adnumerari valentissimis medicamentis. Atque etiam Signinum vinum

siccum esse cœpit, remove oportet, extractumque cochleari, quod intus est, edisse. Aliquibus adjectis, majus momentum habet: itaque etiam in piperatum conjicitur, misceturque cum sale et pipere, et quid ex his edendum est. Pulticula etiam, cum qua paulum ex favo vetere coctum sit, et lenticula cum malicorio cocta, rubique cacumina in aqua decocta, et ex oleo atque aceto assumpta, efficacia sunt: atque ea aqua, in qua vel palmulæ, vel malum cotoneum, vel arida sorba, vel rubi decocti sunt, potata: quod genus significo, quoties potionem dandam esse dico, quæ adstringat. Tritici quoque hemina in vino Aminæo austero decoquitur; idque triticum jejuno ac sitiienti datur; superque id vinum id sorbetur: quod jure valentissimis medicamentis adnumerari potest. Atque etiam potui datur vinum Signinum, vel resinatum

fire; which, while there is moisture within, does not burn; when it begins to be dry, it is necessary to remove and to eat what is within taken out with a spoon. Some things being added, it has greater efficacy: therefore it is put even into peppered (vinegar), and is mixed with salt and pepper, and any of these is to be eaten. Also pulse with which a little of old honeycomb has been boiled, and lentils boiled with pomegranate bark, and the tops of brambles boiled in water and taken in oil and vinegar, are efficacious: and that water in which either dates, or quince, or dried service fruit, or brambles, have been boiled, being drunk; which kind I mean, whenever I say that drink is to be given, which may bind. Also a hemina of wheat is boiled in pure Aminæan wine; and that wheat is given to the patient fasting and thirsting, and beyond that wine is sipped, which may by right be reckoned among the more powerful medicines. And also Signine wine is given for drink,

austerum, vel quodlibet austerum. Contunditurque cum corticibus, seminibusque suis Punicum malum, vinoque tali miscetur: idque vel merum sorbet aliquis, vel bibit mixtum. Sed medicamentis uti, nisi in vehementibus malis, supervacuum est.

xx. 1. Ex vulva quoque feminis vehemens malum nascitur: proximeque ab stomacho, vel afficitur hæc, vel corpus afficit. Interdum etiam sic exanimat, ut tanquam comitiali morbo prosternat. Distat tamen hic casus, eo quod neque oculi vertuntur, nec spumæ profluunt, nec nervi distenduntur: sopor tantum est. Idque quibusdam feminis crebro revertens perpetuum est. Ubi incidit, si satis virium est, sanguis missus adjuvat: si parum est, cucurbitulæ tamen defigendæ sunt in inguinibus. Si diutius aut jacet aut alioqui jacere consuevit, admoveere oportet nari-

atur potui, vel austerum resinatum, vel quodlibet austerum. Que Punicum malum contunditur cum suis corticibus que seminibus, que miscetur tali vino: que aliquis sorbet id vel merum vel bibit mixtum. Sed est supervacuum uti medicamentis nisi in vehementibus malis.

xx. 1. Quoque vehemens malum nascitur feminis ex vulva: que proxime ab stomacho, hæc vel afficitur vel afficit corpus. Interdum etiam sic exanimat, ut prosternat tanquam comitiali morbo. Tamen hic casus distat, eo quod neque oculi vertuntur, nec spumæ profluunt, nec nervi distenduntur: est tantum sopor. Que id revertens crebro quibusdam feminis est perpetuum. Ubi incidit, si est satis virium, sanguis missus adjuvat: si est parum, tamen cucurbitulæ sunt defigendæ in inguinibus. Si jacet aut diutius aut consuevit jacere alioqui, oportet

as rough resinated, or any rough wine. And pomegranate is bruised with its own barks and seeds, and is mixed with such wine: and any one sips that either pure or drinks it mixed. But it is unnecessary to use medicines except in violent diseases.

xx. 1. Also a violent disease arises to women from the womb: and next to the stomach, this either is affected or affects the body. Sometimes also it so destroys the senses, that it prostrates as if by the comitial disease (epilepsy). Yet this accident differs in this, that neither the eyes are turned, nor do foams flow out, nor are the nerves distended: there is only deep sleep. And that returning often in some women is lasting. When it happens, if there is sufficient strength, blood being discharged relieves: if there is but little, yet cups are to be fixed in the groins. If she lies either a long time or has been wont to lie otherwise, it is necessary to apply to the

*admove*re naribus linamentum extinctum ex lucerna, vel aliud ex iis, quæ retuli esse fœdioris odoris, quod excitet mulierem. Que perfusio frigidaë aquæ efficit idem. Que ruta contrita ex melle, vel ceratum ex cyprino, vel quodlibet calidum et humidum cataplasma, impositum naturalibus tenus pube, adjuvat. Inter hæc, oportet etiam perfricare coxas et poplites. Deinde, ubi rediit ad se, vinum est circumcidendum in totum annum, etiamsi idem casus non revertitur: utendum quotidie frictione quidem totius corporis vero præcipue ventris et poplitum; cibus dandus ex mediâ materiâ: sinapi imponendum superimum ventrem quoque tertio aut quarto die, donec corpus rubeat. Si durities manet, solanum demissum in lac, deinde contritum, videtur commode mollire; et alba cera atque cervina medulla cum irino, aut taurinum vel

bus extinctum ex lucerna linamentum, vel aliud ex iis, quæ fœdioris esse odoris retuli, quod mulierem excitet. Idemque aquæ quoque frigidaë perfusio efficit. Adjuvatque ruta contrita cum melle, vel ex cyprino ceratum, vel quodlibet calidum et humidum cataplasma, naturalibus pube tenus impositum. Inter hæc etiam perfricare coxas et poplites oportet. Deinde, ubi ad se rediit, circumcidendum vinum est in totum annum, etiamsi casus idem non revertitur; frictione quotidie utendum totius quidem corporis, præcipue vero ventris, et poplitum: cibus ex mediâ materia dandus: sinapi superimum ventrem tertio quoque aut quarto die imponendum, donec corpus rubeat. Si durities manet, mollire commode videtur solanum in lac demissum, deinde contritum; et cera alba atque medulla cervina cum irino, aut sebum taurinum vel

nostrils the extinguished wick of a lamp, or another of those things which I have stated to be of a fouler smell, which may excite the woman. And a perfusion of cold water has the same effect. And rue bruised with honey, or a cerate of cyprine oil, or any hot and moist cataplasm, applied to the private parts as far as the pubes, assists. During these, it is necessary also to rub the hips and hams. Then, when she has come to herself, wine is to be forbidden for a whole year, even if the same accident does not return: we must use daily friction indeed of the whole body, but especially of the belly and hams: food is to be given of the middle material: mustard is to be applied upon the lowest part of the belly, also on the third or fourth day, until the body is red. If hardness continues, the nightshade dipped in milk, then bruised, appears properly to soften; and white wax and deer's marrow with orris ointment, or bull's or goat's suet mixed with rose oil. Also either

caprinum cum rosa mixtum. Dandum etiam potui vel castoreum est, vel gith, vel anethum. Si parum pura est, purgetur junco quadrato. Si vero vulva exulcerata est, ceratum ex rosa fiat, et recens suilla adeps, et ex ovis album misceatur, idque apponatur; vel album ex ovo cum rosa mixtum, adjecto, quo facilius consistat, contritæ rosæ pulvere. Dolens vero ea sulphure suffumigari debet. At si purgatio nimia mulieri nocet, remedio sunt cucurbitulæ, cute incisa, inguinibus vel etiam sub mammis admotæ. Si maligna purgatio est, subjicienda sunt coeuntia. Id faciunt etiam albæ olivæ, et nigrum papaver cum melle assumptum, et gummi cum trito semine apii liquatum, et cum cyatho passi datum. Præter hæc, in omnibus vesicæ doloribus idoneæ potiones sunt, quæ ex odoribus fiunt, id est, spica nardi, croco, cinnamo, cassia, similibusque :

caprinum seum mixtum cum rosâ. Etiam vel castoreum, vel gith, vel anethum est dandum potui. Si est parum pura, purgetur quadrato junco. Vero si vulva est exulcerata, ceratum fiat ex rosâ, et recens suilla adeps et album ex ovis misceatur que id apponatur; vel album ex ovo mixtum cum rosâ, pulvere contritæ rosæ adjecto, quo consistat facilius. Vero ea dolens debet suffumigari sulphure. At si nimia purgatio nocet mulieri, cucurbitulæ sunt remedio, cute incisâ, admotæ inguinibus et etiam sub mammis. Si est maligna purgatio, coeuntia sunt subjicienda.

Etiam albæ olivæ et nigrum papaver, assumptum cum melle et gummi, liquatum cum trito semine apii, et datum cum cyatho passi, faciunt id. Præter hæc, in omnibus doloribus vesicæ, potiones sunt idoneæ, quæ fiunt ex odoribus, id est spicâ nardi, croco, cinnamo,

castor, or git, or dill is to be given for drink. If she is not pure she may be purged with square bulrush. But if the womb is ulcerated, a cerate may be made of rose oil, and fresh hog's lard and the white of eggs may be mixed and that may be applied; or the white of an egg mixed with rose oil, the powder of bruised rose being added, whereby it may hold together more easily. But that being in pain it ought to be fumigated with sulphur. But if too great cleansing hurts the woman, the cups are a remedy (the skin being incised,) applied to the groins and also under the breasts. If there is a malignant purging, restringents are to be added.

Also white olives and black poppy, taken with honey and gum, dissolved with the bruised seed of parsley, and given with a cup of passum, effect this. Besides these, in all pains of the bladder, those drinks are proper which are made from aromatics, that is, from spikenard, saffron, cin-

cassidæque similibus: quæ etiam decocta lentiscus præstat idem. Si tamen est intolerabilis dolor et sanguis profluit, etiam detractio sanguinis est apta: aut certe cucurbitulæ admotæ coxis, cute incisâ.

2. *At cum urina profluens super modum potionum, et jam sine dolore, facit maciem et periculum, si est tenuis, opus exercitatione et frictione, quæ maxime in sole vel ad ignem. Balneum debet esse rarum, neque mora in eo longa: comprimens cibus, meracum austerum vinum per æstatem frigidum, per hiemem egelidum, sed tantum minimum quantum sit. Quoque infima alvus est vel ducenda vel purganda lacte. Si urina est crassa, debet esse et vehementior exercitatio et frictio, longior mora in balneo: est opus teneris cibus: idem vinum. In utroque morbo omnia sunt vitanda, quæ consuerunt movere urinam.*

idemque etiam decocta lentiscus præstat. Si tamen intolerabilis dolor est, et sanguis profluit, etiam sanguinis detractio apta est; aut certe coxis admotæ cucurbitulæ cute incisa.

2. At cum urina super potionum modum etiam sine dolore profluens maciem et periculum facit, si tenuis est, opus est exercitatione et frictione, maximeque in sole, vel ad ignem: balneum rarum esse debet, neque longa in eo mora: cibus comprimens: vinum austerum meracum, per æstatem, frigidum, per hiemem, egelidum; sed tantum, quantum minimum sit. Infima alvus quoque vel ducenda, vel lacte purganda est. Si crassa urina est, vehementior esse debet et exercitatio, et frictio: longior in balneo mora: cibus opus est teneris: vinum idem. In utroque morbo vitanda omnia sunt, quæ urinam movere consuerunt.

namon, cassia, and the like: and also boiled mastich produces the same effect. If however there is intolerable pain and blood flows, also abstraction of blood is proper; or certainly the cups applied to the hips, the skin being incised.

2. But when the urine flowing beyond the measure of drinks, and now without pain, causes emaciation and danger, if it is thin, there is need of exercise and friction, and especially in the sun or at the fire. The bath ought to be seldom, nor the stay in it long: binding food, pure rough wine during the summer cold, during the winter lukewarm, but as little as may be. Also the lowest belly is either to be clystered or to be purged by milk. If the urine is thick, there ought to be both more violent exercise and friction, longer stay in the bath: there is need of tender foods: the same wine. In each disease all things are to be avoided, which have been accustomed to excite the urine.

XXI. Est etiam circa naturalia vitium, nimia profusio seminis, quod sine venere, sine nocturnis imaginibus sic fertur, ut, interposito spatio, tabe hominem consumat. In hoc affectu salutare sunt vehementes frictiones, perfusiones, natationesque quam frigidissimæ: neque cibi, nec potio, nisi frigida assumpta. Vitare autem oportet cruditates, et omnia infantia: nihil ex iis assumere, quæ contrahere semen videntur; qualia sunt, siligo, simila, ova, alica, amyllum, omnis caro glutinosa, piper, eruca, bulbi, nuclei pinei. Neque alienum est, fovere inferiores partes aqua decocta ex verbenis comprimentibus: ex iisdem aliqua cataplasmata imo ventri inguinibusque circumdare; præcipueque ex aceto rutam: vitare et ne supinus obdormiat.

XXII. Superest, ut ad extremas partes corporis veniam, quæ articulis inter se conseruntur. Initium

XXI. *Est etiam vitium circa naturalia, nimia profusio seminis: quod, sine venere, sine nocturnis imaginibus, sic fertur, ut spatio interposito, consumat hominem tabe. In hoc affectu, vehementes frictiones, perfusiones, que natationes, quam frigidissimæ, sunt salutare; neque cibi, nec potio assumpta nisi frigida. Autem oportet vitare cruditates et omnia infantia: assumere nihil ex his quæ videntur contrahere semen: qualia sunt siligo, simila, ova, alica, amyllum, omnis glutinosa caro, piper, eruca, bulbi, pinei nuclei. Neque est alienum fovere inferiores partes aquâ decoctâ ex comprimentibus verbenis, circumdare imo ventri que inguinibus aliqua cataplasmata ex iisdem; præcipue rutam ex aceto: vitare et ne obdormiat supinus.*

XXII. *Superest ut veniam ad extremas partes corporis, quæ conseruntur inter se articulis: faciam*

XXI. There is also a disease about the genitals, too great flow of semen: which, without venery, without nightly images, is so discharged, that a period intervening, it wastes the man by consumption. In this affection, violent frictions, perfusions, and swimmings, as cold as possible, are salutary: neither foods, nor drink taken except cold. But it is necessary to avoid crudities and all inflating things: to take nothing of those which appear to contract semen; such as are siligo, fine flour, eggs, maize, starch, all glutinous flesh, pepper, rocket, bulbs, pine-nuts. Nor is it improper to foment the lower parts with water boiled with repressing vervains, to bind round the lowest part of the belly and groins some cataplasms of the same; especially rue in vinegar: to avoid even lest he sleep supine.

XXII. It remains that I come to the extreme parts of the body, which are connected together by joints: I shall make a beginning from the hips.

initium a coxis. Dolor harum consuevit esse vehemens, quæ is sæpe debilitat hominem et non dimittit quosdam. Quæ eo id genus curatur difficillime quod fere post longos morbos pestifera vis inclinatur se huc : quæ ut liberat alias partes, sicprehendit hanc ipsam quoque affectam. Primum fovendum est calidâ aquâ ; deinde utendum calidis cataplasmatibus. Cortex capparis, concisus mixtus aut cum hordeaceâ farinâ aut cum ficu decoctâ ex aquâ, videtur maxime prodesse: vel farina lolii cocta ex diluto vino, et mixta cum aridâ fæce : quæ quia refrigerescunt, est commodius imponere malagmata noctu. Quoque radix inulæ contusa, et postea cocta ex austero vino, et imposita late super coxam, est inter valentissima auxilia. Si ista non solverunt, utendum est calido et humido sale. Si ne quidem sic dolor finitus est, aut tumor

a coxis faciam. Harum ingens dolor esse consuevit : isque hominem sæpe debilitat, et quosdam non dimittit. Eoque id genus difficillime curatur, quod fere post longos morbos vis pestifera huc se inclinatur : quæ ut alias partes liberat, sic hanc ipsam quoque affectamprehendit. Fovendum primum aqua calida est : deinde utendum calidis cataplasmatibus. Maxime prodesse videtur, aut cum hordeacea farina, aut cum ficu ex aqua decocta mixtus capparis cortex concisus : vel lolii farina ex vino diluto cocta, et mixta cum arida fæce : quæ quia refrigerescunt, imponere noctu malagmata commodius est. Inulæ quoque radix contusa, et postea ex vino austero cocta, et late super coxam imposita, inter valentissima auxilia est. Si ista non solverunt, sale calido et humido utendum est. Si ne quidem finitus dolor est, aut tumor ei

Pain of these has been wont to be violent, and that often weakens a man and does not leave some. And on that account that kind is cured very difficultly, because generally after long diseases the pestiferous force inclines itself thither : which as it relieves some parts, so it seizes this itself also being affected. First we must foment with hot water : then we must use hot cataplasms. The bark of capers, cut and mixed either with barley meal or with a fig boiled in water, appears especially to benefit ; or the meal of darnel boiled with diluted wine, and mixed with the dry lees : which because they grow cold, it is more convenient to apply the plasters by night. Also the root of elecampane bruised, and afterwards boiled in rough wine, and applied extensively upon the hip, is among the most powerful remedies. If these have not removed it, we must use warm and moist salt. If not even thus the pain has been ended, or tumour succeeds it, the skin being incised,

accedit, incisa cute admovendæ sunt cucurbitulæ ; movenda urina ; alvus, si compressa est, ducenda. Ultimum est, et in veteribus quoque morbis efficacissimum, tribus aut quatuor locis super coxam, cutem candentibus ferramentis exulcerare. Frictione quoque utendum est, maxime in sole, et eodem die sæpius ; quo facilius ea, quæ coëundo nocuerunt, digerantur : eaque si nulla exulceratio est, etiam ipsis coxis ; si est, ceteris partibus adhibenda est. Cum vero sæpe aliquid exulcerandum candenti ferramento sit, ut materia inutilis evocetur, illud perpetuum est, non, ut primum fieri potest, hujus generis ulcera sanare : sed ea trahere, donec id vitium, cui per hæc opitulamur, conquiescat.

XXIII. Coxis proxima genua sunt : in quibus ipsis nonnunquam dolor esse consuevit. In iisdem autem cataplasmatibus cucurbitulis-

accedit ei, cute incisâ, cucurbitulæ sunt admovendæ ; urina movenda ; alvus, si compressa est, ducenda. Ultimum et efficacissimum quoque in veteribus morbis est, exulcerare candentibus ferramentis cutem, tribus aut quatuor locis super coxam. Quoque utendum est frictione, maxime in sole, et sæpius eodem die ; quo ea, quæ nocuerunt coëundo, digerantur facilius : quæ ea est adhibenda etiam coxis ipsis, si est nulla exulceratio ; si est, cæteris partibus. Vero cum aliquid est sæpe exulcerandum candenti ferramento, ut inutilis materia evocetur, illud est perpetuum, non sanare ulcera hujus generis, primum ut potest fieri, sed trahere ea donec id vitium cui opitulamur per hæc conquiescat.

XXIII. Genua sunt proxima coxis : in quibus ipsis nonnunquam dolor consuevit esse. Autem est præsidium in iisdem cataplasma-

the cups are to be applied ; the urine is to be excited ; the bowels, if they are bound, to be relaxed. The last (remedy) and most efficacious also in old diseases is, to ulcerate with hot irons the skin, in three or four places above the hip. Also we must use friction, especially in the sun, and oftener on the same day ; whereby those things, which have hurt by collecting, may be dispersed more easily : and that is to be applied also to the hips themselves, if there is no ulceration ; if there is, to the other parts. But as something is often to be ulcerated with a hot iron, that the injurious matter may be drawn away, that is general, not to heal ulcers of this kind, as soon as can be done, but to protract them until that disease which we are relieving by these means may cease.

XXIII. The knees are next to the hips : in which themselves sometimes pain has happened to be. But there is a remedy in the same cata-

tibus que cucurbitulis: sicut etiam, cum aliquis dolor exortus est in humerisve aliis commissuris. Est inimicissimum ei, cui genua dolent, equitare. Autem omnes dolores ejusmodi, ubi inveteraverunt, finiuntur vix citra ustionem.

XXIV. *In manibus que pedibus, vitia articulorum sunt frequentiora que longiora; quæ consuerunt esse in podagrisve chiragris. Ea raro tentant vel castratos, vel pueros ante coitum feminæ, vel mulieres, nisi quibus menstrua suppressa sunt. Ubi cæperunt sentiri, sanguis est mittendus: enim id factum statim inter initia, sæpe præstat annuam nonnunquam perpetuam bonam valetudinem. Etiam quidam cum eluissent sese asinino lacte epoto, evaserunt hoc malum in perpetuum. Quidam, cum temperassent sibi toto anno a vino, mulso, venere, consecuti sunt securitatem totius vitæ. Que id est ser-*

que præsidium est: sicut etiam, cum in humeris, aliisve commissuris dolor aliquis exortus est. Equitare ei, cui genua dolent, inimicissimum est. Omnes autem ejusmodi dolores, ubi inveteraverunt, vix citra ustionem finiuntur.

XXIV. In manibus pedibusque articulorum vitia frequentiora longioraque sunt; quæ in podagris chiragrisve esse consuerunt. Ea raro vel castratos, vel pueros ante feminæ coitum, vel mulieres, nisi quibus menstrua suppressa sunt, tentant. Ubi sentiri cæperunt, sanguis mittendus est: id enim inter initia statim factum, sæpe annuam, nonnunquam perpetuam valetudinem bonam præstat. Quidam etiam, cum asinino lacte epoto sese eluissent, in perpetuum hoc malum evaserunt. Quidam, cum toto anno a vino, mulso, venere sibi temperassent, securitatem totius vitæ consecuti sunt. Idque utique

plasms and cups: as also, when any pain has arisen in the shoulders or in the other joints. It is very injurious to him whose knees pain, to ride. But all pains of this kind, when they have grown old, are terminated hardly without cauterization.

XXIV. In the hands and feet, diseases of the joints are more frequent and longer; which have been wont to exist in foot-gouts or hand-gouts. These seldom attack either the castrated, or boys before connection with the female, or women, except those in whom the monthly courses have been stopped. When they have begun to be felt, blood is to be let: for that being done immediately at the beginning, often affords health for a year, sometimes lasting good health. Also some when they have cleansed themselves by asses' milk being drunk, have avoided this disease for ever. Some, when they have restrained themselves for a whole year from wine, mulse, venery,

post primum dolorem servandum est, etiamsi quievit. Quod si jam consuetudo ejus facta est, potest quidem aliquis esse securior iis temporibus, quibus dolor se remisit: majorem vero curam adhibere debet iis, quibus id revertitur; quod fere vere autumnove fieri solet. Cum vero dolor non urget, manere gestari debet; deinde ferri, inambulatione leni se dimovere, et, si podagra est, interpositis temporibus exiguis, invicem modo sedere, modo ingredi; tum, antequam cibum capiat, sine balneo, loco calido leniter perfricari, sudare, perfundi aqua egelida: deinde cibum sumere ex media materia, interpositis rebus urinam moventibus; quotiesque plenior est, evomere. Ubi dolor vehemens urget, interest, sine tumore is sit, an tumor cum calore, an tumor jam etiam obcalluerit. Nam si tumor nullus est, calidis fomentis opus est.

vandum utique post primum dolorem, etiamsi quievit. Quod si jam consuetudo ejus facta est, quidem aliquis potest esse securior iis temporibus quibus dolor remisit se; vero iis, quibus id revertitur, debet adhibere majorem curam; quod fere solet fieri vere vel autumnove. Vero cum dolor non urget, debet gestari manere, deinde ferri, aut dimovere se leni inambulatione; et si est podagra, exiguis temporibus interpositis, invicem modo sedere, modo ingredi; tum antequam capiat cibum, perfricari leniter calido loco sine balneo, sudare, perfundi egelidâ aquâ; deinde sumere cibum ex mediâ materiâ, rebus moventibus urinam interpositis; que quoties est plenior, evomere. Ubi vehemens dolor urget, interest is sit sine tumore, an tumor cum calore, an etiam tumor jam obcalluerit. Nam si est nullus tumor, est opus calidis fomentis. Oportet fer-

have obtained security of the whole life. And that it is to be observed especially after the first pain, even if it has abated. Which, if already a custom of it has been made, indeed any one can be safer in those times in which pain has abated: but in those in whom it returns we ought to employ greater care; which generally is wont to happen in spring or in autumn. But when pain does not oppress, he ought to be carried in the morning, then to be borne, or to move himself by gentle walking; and if there is foot-gout, small periods intervening, in turn sometimes to sit, sometimes to walk out; then before he takes food, to be rubbed gently in a hot place without the bath, to sweat, to be bathed with luke-warm water; then to take food of the middle material, things exciting the urine being interposed; and as often as he is fuller to vomit. When violent pain oppresses, it is important whether it be without swelling, or swelling with heat, or even a swelling already has grown callous. For if there is no swelling, there is need of hot fomentations. It is

vefacere marinam aquam vel duram muriam, deinde conjicere in pelvem et cum homo jam potest pati, demittere pedes eo, que dare pallam super et tegere vestimento; deinde paulatim infundere ex eâdem aquâ leniter juxta labrum ipsum, ne calor intus destituat; ac deinde noctu imponere calefacientia cataplasmata, que maxime radicem hibisci coctam ex vino.

Vero si est tumor que calor, refrigerantia sunt utiliora, que articuli continentur recte in aquâ quam frigidissimâ; sed neque quotidie neque diu, ne nervi lædantur. Vero cataplasma est imponendum, quod refrigeret: tamen neque permanendum in hoc ipso diu; sed transeundum ad ea, quæ sic reprimunt, ut emolliant. Si dolor est major, cortices papaveris, sunt coquendi in vino, que miscendi cum cerato, quod factum est ex rosâ; vel tantundem ceræ et suillæ adipis liquandum

Aquam marinam, vel muriam duram fervefacere oportet, deinde in pelvem conjicere, et, cum jam homo pati potest, pedes demittere, superque pallam dare, et vestimento tegere; paulatim deinde juxta labrum ipsum ex eadem aqua leniter infundere, ne calor intus destituat; ac deinde noctu cataplasmata calefacientia imponere, maximeque hibisci radicem ex vino coctam.

Si vero tumor calorque est, utiliora sunt refrigerantia, recteque in aqua quam frigidissima articuli continentur: sed neque quotidie, neque diu, ne nervi lædantur. Imponendum vero est cataplasma; quod refrigeret: neque tamen in hoc ipso diu permanendum; sed ad ea transeundum, quæ sic reprimunt, ut emolliant. Si major est dolor, papaveris cortices in vino coquendi, miscendique cum cerato sunt, quod ex rosa factum sit: vel ceræ et adipis suillæ tantundem

necessary to heat sea water or hard brine, then to throw into a basin, and when the man now can bear it, to dip his feet into it, and put his cloak over it and cover it with clothing; then gradually to pour in some of the same water gently near the brim itself, lest the heat within may fail; and then by night to apply calefacient cataplasms, and especially the root of the mallow boiled with wine.

But if there is a swelling and heat, cooling things are more useful and the joints are kept rightly in water as cold as possible; but neither daily nor long, lest the nerves be injured. But a cataplasm is to be applied, which may cool: yet neither must we continue in this itself long; but we must pass to those things which so repress, that they soften. If pain is greater, the barks of poppy are to be boiled in wine, and to be mixed with a cerate which has been made of rose-oil; or just as much of wax and hog's lard to be

una liquandum, deinde his vinum miscendum, atque ubi, quod ex eo impositum est, incaluit, detrahendum, et subinde aliud imponendum est. Si vero tumores etiam obcalluerunt, et dolent, levat spongia imposita, quæ subinde ex oleo, et aceto, vel aqua frigida exprimitur; aut pari portione inter se mixta pix, cera, alumen. Sunt etiam plura idonea manibus pedibusque malagmata. Quod si nihil superimponi dolor patitur, id, quod sine tumore est, fovere oportet spongia, quæ in aquam calidam demittatur, in qua vel papaveris cortices, vel cucumeris silvestris radix decocta sit; tum inducere articulis crocum cum succo papaveris et ovillo lacte. At si tumor est, fovere quidem debet aqua egelida, in qua lentiscus, aliave verbena ex reprimmentibus decocta sit: induci vero medicamentum ex nucibus amaris cum aceto tritis; aut ex cerussa, cui

una, deinde vinum miscendum his, atque ubi quod impositum est ex eo incaluit, est detrahendum et subinde aliud imponendum. Vero si tumores etiam obcalluerunt, et dolent, spongia imposita levat, quæ exprimitur subinde ex oleo; et aceto, vel frigida aqua; aut pix, cera, alumen, mixta inter se pari portione. Sunt etiam plura malagmata idonea manibus que pedibus. Quod si dolor patitur nihil superimponi, oportet fovere id quod est sine tumore, spongiâ, quæ demittatur in calidam aquam in quâ vel cortices papaveris vel radix silvestris cucumeris decocta sit; tum inducere articulis crocum cum succo papaveris et ovillo lacte. At si est tumor, quidem, fovere egelidâ aquâ, in quâ lentiscus vel alia verbena ex reprimmentibus decocta sit; vero medicamentum induci ex amaris nucibus tritis cum aceto: aut ex cerussâ,

dissolved together, then wine to be mixed with them, and when whatever has been applied out of it has grown hot, it is to be withdrawn, and frequently another is to be applied. But if the swellings also have grown callous, and are in pain, a sponge applied relieves, which is squeezed occasionally out of oil, and vinegar, or cold water; or pitch, wax, alum, mixed together in equal parts. There are also many plasters proper for the hands and feet. But if pain allows nothing to be laid on, it is necessary to foment that which is without swelling, with a sponge, which is dipped into warm water, in which either barks of poppy or the root of the wild cucumber has been boiled: then to apply to the joints saffron with the juice of poppy and ewe's milk. But if there is swelling, indeed, to bathe with luke-warm water, in which the mastich-tree or another vervain of the repressing (kinds) has been boiled; but a medicine ought to be applied made of bitter nuts bruised with vinegar, or of white lead, to which the juice of bruised wall-wort has

cui succus contritæ muralis herbæ adjectus sit. Etiam lapis qui exedit carnem, quem Græci vocant sarkophagon, excisus sic ut capiat pedes, consuevit levare eos demissos, cum dolent, que retentos ibi. Ex quo in Asiâ est gratia Asio lapidi. Ubi dolor et inflammatio remiserunt se (quod fit intra quadraginta dies nisi vitium hominis accessit) utendum est modicis exercitationibus, abstinentiâ, lenibus unctionibus, sit ut articuli perfricentur etiam acopo, vel liquido cyprino cerato. Equitare quoque est alienum podagricis. Vero oportet hos quibus dolor articulorum revertitur certis temporibus cavere ante et curioso victu et crebriore vomitu ne inutilis materia supersit corpori; et si ex corpore est quis metus, vel uti ductione alvi vel purgari lacte. Quod Erasistratus expulit in podagricis, ne cursus factus in inferiores partes repleret pedes: cum sit evidens

contritæ herbæ muralis succus sit adjectus. Lapis etiam, qui carnem exedit, quem σαρκοφάγον Græci vocant, excisus, sic ut pedes capiat demissos eos, cum dolent, retentosque ibi levare consuevit. Ex quo in Asia lapidi Asio gratia est. Ubi dolor et inflammatio se remiserunt, (quod intra dies quadraginta fit, nisi vitium hominis accessit) modicis exercitationibus, abstinentia, unctionibus lenibus utendum est, sic, ut etiam acopo, vel liquido cerato cyprino articuli perfricentur. Equitare podagricis quoque alienum est. Quibus vero articulorum dolor certis temporibus revertitur, hos ante et curioso victu cavere oportet, ne inutilis materia corpori supersit, et crebriore vomitu; et, si quis ex corpore metus est, vel alvi ductione uti, vel lacte purgari. Quod Erasistratus in podagricis expulit, ne in inferiores partes factus cursus pedes replet: cum

been added. Also the stone which eats out the flesh, which the Greeks call sarcophagus, cut out so that it may receive the feet, has been wont to relieve them, being lowered into it, when they are in pain, and kept there. From which, in Asia, there is favour to the Asian stone. When the pain and inflammation have abated themselves (which happens within forty days, unless the fault of the man has happened,) we must use moderate exercises, abstinence, gentle anointings, so that the joints be rubbed also with an acopum, or liquid cyprine cerate. To ride also is improper for foot-gouty people. But it behoves those to whom pain of the joints returns at certain periods to beware previously both by strict diet and more frequent vomiting, lest injurious matter be abundant in the body: and if from the body there is any fear, either to use clystering of the bowels or to be purged with milk. Which Erasistratus expelled in the foot-gouty, lest the course being made towards

evidens sit, omni purgatione non superiora tantummodo, sed etiam inferiora exinaniri.

xxv. Ex quocunque autem morbo quis convalescit, si tarde confirmatur, vigilare prima luce debet; nihilominus in lecto conquiescere; circa tertiam horam leniter unctis manibus corpus permulcere: deinde delectationis causa, quantum juvat, ambulare, circumcisa omni negotiosa actione: tum gestari diu: multa frictione uti; loca, cœlum, cibos sæpe mutare: ubi triduo quatrduove vinum bibit, uno aut etiam altero die interponere aquam. Per hæc enim fiet, ne in vitia tabem inferentia incidat, et ut mature vires suas recipiat. Cum vero ex toto convaluerit, periculose vitæ genus subito mutabit, et inordinate aget. Paulatim ergo debebit, omissis his legibus, eo transire, ut arbitrio suo vivat.

omni purgatione non tantummodo superiora sed etiam inferiora exinaniri.

xxv. *Autem ex quocunque morbo quis convalescit, si confirmatur tarde, debet vigilare primâ luce; nihilominus conquiescere in lecto; circa tertiam horam permulcere corpus leniter manibus unctis; deinde causâ delectationis, ambulare quantum juvat, omni negotiosâ actione circumcisâ; tum gestari diu, uti multâ frictione; sæpe mutare loca, cœlum, cibos; ubi bibit vinum triduo vel quatrduo, interponere aquam uno aut etiam altero die. Enim per hæc fiet ne incidat in vitia inferentia tabem et ut recipiat suas vires mature. Vero cum convaluerit ex toto, mutabit genus vitæ subito, et aget inordinate periculose. Ergo debebit paulatim, his legibus omissis, transire eo, ut vivat suo arbitrio.*

the lower parts should fill the feet; whereas it is evident in every purgation that not only the upper but also the lower parts are emptied.

xxv. But from whatever disease any one is recovering, if he is strengthened slowly, he ought to be awake at the first light of day; nevertheless to lie still in bed: about the third hour to rub the body gently with his hands anointed: then, for the sake of amusement, to walk as much as he pleases, all business-like action being forbidden: then to be carried for a long time; to use much friction; often to change his situation, air, foods; when he has drunk wine for three days or four days, to interpose water for one or even another day. For by these means it will happen that he may not fall into diseases bringing on consumption, and that he may recover his strength early. But when he has recovered entirely, he will change his kind of life suddenly, and will act irregularly, dangerously. Therefore he ought gradually, these rules being laid aside, to pass over to that state, that he may live at his own will.

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