Regimen sanitatis Salernitanum: a poem on the preservation of health in rhyming Latin verse / addressed by the school of Salerno to Robert of Normandy, son of William the Conqueror, with an ancient translation: and an introduction and notes by Sir Alexander Croke.

Contributors

Scuola medica salernitana. Croke, Alexander, Sir, 1758-1842. University of Glasgow. Library

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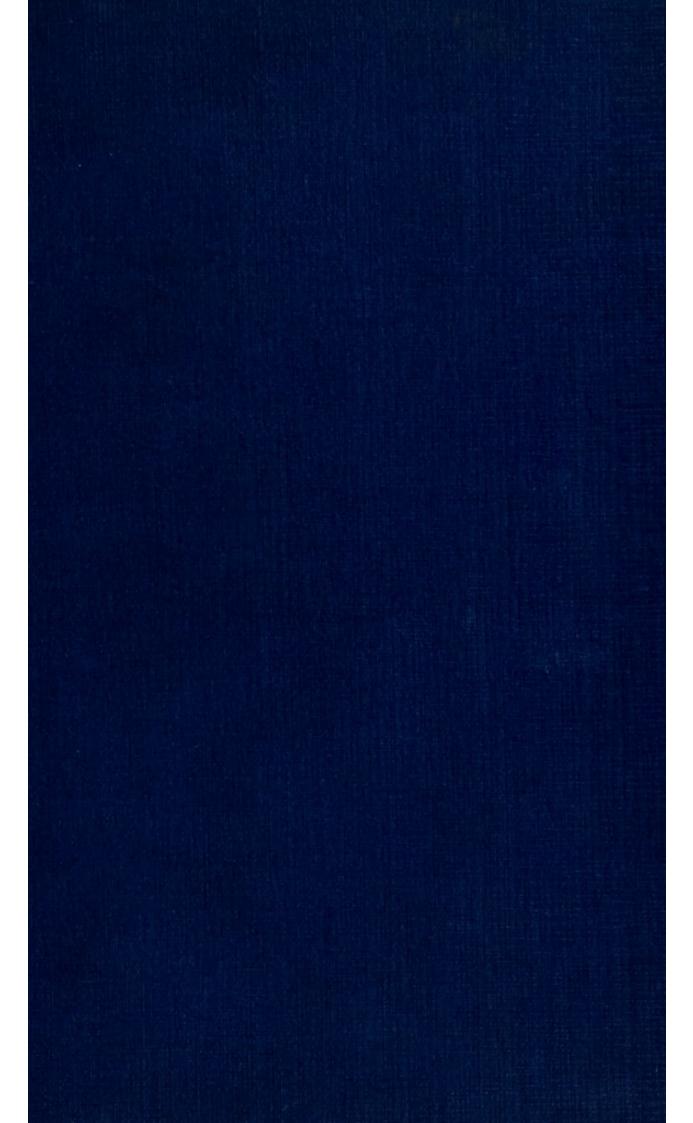
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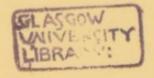








TALBOYS AND BROWNE PRINTERS, OXFORD.



PREFACE.

Above one hundred and sixty editions of the Schola Salernitana are proofs of its merit and popularity, and some stray verses from it are frequently quoted. But since all the editions are now become scarce, and few persons seem acquainted with the poem at large, it was thought that a new edition might not be unacceptable to the curious and literary world. The introduction and notes, it is hoped, will be found to comprehend whatever is known relating to the poem, or which may be useful for its elucidation.

Annexed is a scarce old English translation, which renders correctly the whole work, and may convey to the general reader a good idea of the original.

The etchings are taken from the old wooden cuts in the German editions of Curio, printed in 1559, 1568, and 1573.









or the syllable beyond the pause. Saltantes.

Rumpitur ipsa ferarum—machina facta rotarum, Deprimit agmen amarum—nobile fragmen earum.

The rhymes of a line in two parts were either limited to one line, or extended through two, which resolved the stanza into four short lines, giving room for many varieties.

1. The middles and ends rhymed alternately. Interlaqueati.

Plausus Græcorum,—lux cœcis et via claudis, Incola cœlorum—virgo dignissima laudis.

2. The first and fourth, the second and third. Cruciferi or Serpentini.

Cæsareos cultus—in spe ratâ mens tua sprevit, Dum Cæsar sævit—mansit stabilis tibi vultus.

3. All four parts rhymed. Duplices Leonini.

Artibus nitenta—tibi floruit alma juventa, Jungis non lenta—spontanea, non violenta.

or laceri dactylici.

Hic ululatus incitur—ibique dolor reperitur, Iste tremore feritur—et ille furore potitur, III. When the line was divided into three parts, more varieties were produced.

As to the *form* of the verse, each part consisted of 1. Two dactyls, except the last spondee. *Titu-bantes*.

- O fera tormina—fit tua machina—bis rota bina, Sed tibi gratia—cælica præmia—stat medicina.
 - 2. Of two spondees. Lentogradi.

Congaudentes—laudent gentes—munera Christi. Tu peccata—nobis nata—Christe, ademisti

3. Of one dactyl, and one spondee. Claudicantes Adonici.

Cæsar agonis—non rationis—vota gerebat, Dum sibi servos—ire protervos—præcipiebat.

4. Of a spondee and a dactyl, the reverse of the Adonic. Declinatorii.

Hic crus tangitur—hic os frangitur—ecce repentè Hic pes læditur—hic dens vellitur—ore patente.

In the application of the rhyme.

1. The beginning and middle rhymed, the ends of the two lines, as in the preceding examples, and

O miseratrix—O dominatrix—præcipe dictu, Ne devastemur—ne lapidemur—grandinis ictu^f.

2. The rhymes of the beginning and middle of one line were continued in the second.

Virgo beata—salusque parata—benigna precanti, Dona rogata—dabis cumulata—tibi fabulanti ^g.

3. The beginning, middle, and end of one line corresponded with the same parts of the second line.

Cellula mellis—fundis ardorem—virgo serena, Nescia fellis—cui dat honorem—nostra camena h.

4. All the parts rhymed. Adonici alternè relati.

Theca pudoris,—virgo decoris—gemma valoris, Omnibus horis—es decus oris—stella nitoris.

Adonici actu et casu intrinsicè clausulati.

Dirige fatum—funde precatum—tolle reatum, Erige stratum—terge ingratum—pende ducatum.

- IV. Other varieties had more than three rhymes in each line.
- 1. Four rhymes. Hexametri extrinsicè retrogradi variè colorati. Sometimes alternate.

f From Everhardus. g Idem. h Idem.



Si fugis obscænas—pænas—ternas baratorum Quorum—pressuræ—duræ—fuerunt mihi curæ.

2. In a variety of these, the versus immediati decessii, the end of one rhyming word formed another word which rhymed of course with it.

Rumpas bellorum lorum, vim confert amorum Morum verorum, rorum tu plena polorum.

3. In the repetorii every final syllable was the beginning of the next word.

Pravi vitentur turbamen mente tenentes. Jure retractentur turgescere repetentes.

4. Versus capitati had the beginning of the first line at the end of the second, by the figure epanalepsis.

Fac Katerina pia, precibus pia corda juvari, Fædos purgari fac Katerina pia.

In this measure is a hymn of Cœlius Sedulius of 110 lines, one couplet is thus:

Sola fuit mulier patuit quâ Janua leto: Ex quâ vita redit sola fuit mulier.

5. The retrogradi reciproci repeated the first words of a line at the end of it, with other repetitions and transpositions.

Rectificare rea scis, vis rea rectificare, Pacificare fera vis, scis fera pacificare.

6. In the Leonini prosaici the rhyme was con-

Amoveas feritates, donans vivere vitales, Nos solitari fac pro cœlebe vita.

7. In the extrinsicè clausulati singula singulis, he words of the first line referred to the corresponding words of the second.

Consolare, preme, refove, convertere, deme, Tristes, bellantes, flentes, reprobos, cruciantes.

vith continued rhymes-

Egere, fugere—consere desere—quære medere Funera munera—prospera propera—vera severa.

8. The words were in pairs, versus bino verbo lausulati.

Lugeo, soleris: peto, des: premor, auxiliaris: Cædor, vivifices: cado, stes: inimicor, amicis.

9. The first word of an hexameter rhymed with the last of a pentameter. Hexametri adjuncti pentametris extrinsice retrogradi.



onastery with many books ²³. Amongst these were the Institute and Novels of Justinian, the Pandects of having yet been discovered at Amalfi ²⁴.

Such progress had the sciences made at Salerno, and in the monastery of mount Casino, when the rival of Constantine the African commenced a ew era of learning and fame. This celebrated an was born at Carthage. After thirty-nine years ent in study at Bagdad, and in travel, he returned his native country master of all the learning then rrent in the world, and particularly of medicine. is talents excited the jealousy of his rivals, he was liged to fly, and took refuge at Salerno in 1060. e was discovered by the brother of the khalif of abylon in Egypt, who happened to be in that city, d who recommended him to Robert Guiscard. y this prince he was patronised, and made his cretary. Having been converted to Christianity he came a monk, and retired to the monastery of bunt Casino, about the year 1075, when Desiderius as the abbot. He died in 1087; by his wonderful res, the multitude of books he wrote, and the

Chron. Cass. lib. iii. cap. vii. lxiii.; lib. i. cap. xxxiii. t. Diac. De viris ill. cap. xii. xix.

²⁴ Gian. vol. ii. p. 112. 118.; lib. x. cap. ii. Leo. p. 413. ta Desiderii.







regular university. Ruggiero king of Sicily, about the year 1137, enacted a law, that all who designed to practise medicine should be examined and approved by his officials and judges, under the penalty of the confiscation of all their goods. By officials it is supposed that the physicians of Salerno were understood, as he had lately given great privileges to that city. The emperor Frederic the second, having established likewise an university at Naples, published edicts for its government, which were finally promulgated in 1231. The study of physic, and lectures in that art, were restrained to those two universities. Students were to apply themselves to logic for three years before they commenced the study of medicine, which they were to pursue for five years. Nor were they then admitted till they had practised for one year under an expert physician. After a public examination the university of Salerno had full power to grant a license to practise, that of Naples could only certify the sufficiency of the canlidate to the king, or his chancellor, who granted the icence. The names of doctor and master were not then known as specific titles of honour, but were used in their original significations, for teachers, or persons skilled in their art. The licenced practitioners took an oath to observe the regulations respecting medicines, to inform the court if anothe-

caries did not prepare their drugs properly, and to give advice to the poor gratis. Every physician was to visit his patient at least twice a day, and once in the night if necessary, and was not to receive for his attendance more than half a golden tarena 32 daily, or, if called out of the city, three tarenæ and his expences, or four tarenæ to provide himself. He was not to undertake to cure a disorder for a specific sum, or to keep an apothecary's shop, or to be in partnership with an apothecary. Surgeons were to study for one year, and to be perfect in anatomy before they were admitted to practise. Apothecaries were to take an oath to compound their medicines according to the forms prescribed, and for a fixed price, which for simple drugs was three tarenæ an ounce. Such were the regulations of the emperor Frederic 33. The three professions appear to have

³² A gold coin which weighed twenty grains, and would now be worth four shillings and twopence. Quâlibet unciâ computatâ pro quinque florenis, et quolibet floreno pro sex tarenis, et quâlibet tarenâ pro duobus Carolinis, et quolibet Carolino pro decem granis. Ducange.

³³ Giannone, vol. ii. p. 387. The constitutions are in many collections, the last is F. Pauli Canciani Barbarorum Leges Antiqui, 3 vols. fol. Venice, 1781, in vol. i. p. 367. See the Epistles of Peter de Vineis, Frederici chancellar, lib. iii. epist. 10, 11. 13. The constitution is entitled De Probabili Experientia Medicorum.

been kept distinct as early as the time of Avenzoar, who flourished at Seville in 980, or even in the time of Celsus ³⁴.

These constitutions, and the privileges of the university of Salerno, were confirmed and extended by other princes, and were in force in modern times. They are the most ancient medical statutes in Europe, and are curious in showing the state of the medical professions in those early times. When fully established, the university consisted of ten doctors, of whom the eldest had the title of prior. Their common seal bore the image of saint Matthew, their patron saint, whose body had been given to them by Robert Guiscard 35, and the inscription of CIVITAS HIPPOCRATIS. Students were admitted to the doctorate by the solemn form of having a book but into their hands, a ring on their fingers, a crown of laurel on their heads, and a kiss on their cheeks 36.

The medical science of the Arabians, thus introluced into Salerno, was in substance that of the Greeks, from whom it was derived. In the theory

³⁴ Freind, Historia Medicinæ, edit. Paris, p. 253. Le Clerc, Hist. Med. p. 334.

³⁵ Leo. Ast. lib. iii. cap. xlv. p. 461.

³⁶ Anton. Mazza, cap. ix. Freind, Hist. Med.















He was king de jure, if not de facto. And it is plain from the ancient writers that he was so styled and considered 46. Peter Diaconus, whose work was taken from the records of the abbey of mount Casino, expressly calls him king of England, Rodbertus rex Anglorum, and relates, that he sent ambassadors to the monastery, with the present of a golden cup to saint Benedict, requesting the monks to pray for the good estate of his kingdom 47.

3. There is the internal evidence arising from the recipe for the cure of a fistula, the only prescription of a very professional nature contained in the poem, and for which it would be difficult to assign a reason unless it were written for the use of a person who laboured under that complaint.

In some of the copies of the Regimen Sanitatis it is dedicated to a king of France:

⁴⁶ Pagi in Ann. Baron. vol. vi. p. 298, follows Muratori, without assigning any reasons.

Regnum Angliæ ipsi Roberto duci contingebat, tam jure naturæ, quam regni consuetudine. Bernardus Thesaurarius. In Muratori, vol. vii. cap. lxxxi. p. 728.—His porrô diebus Rodertus rex Anglorum legatos ad hoc monasterium direxit, petens it pro se atque pro statu regni sui domini clementiam exorarent, ralicemque aureum, quantitatis non modicæ, beato Benedicto per cos dirigere studuit. Pet. Diaconus, lib. iv. cap. lxiii. p. 529.



tions, Regimen Sanitatis Salernitanum, or Flos Medicinæ, though written in the name of the whole School of Salerno, is usually attributed to John de Milano. His name is affixed to it in many manuscripts, one as old as 141850, but whether it occurs in any which are antecedent to the fifteenth century is doubtful, nor is it to be found in the earliest printed editions. Arnaldus de Villa Nova, the first commentator on the work, and who died in 1363, states only that it was published by the doctors of Salerno. The name of John de Milano does not appear in the catalogues of the learned men of that university, in the Chronicle of Casino, or the Continuation by Peter Diaconus. Nor is he mentioned by Ægidius Corboliensis, who enumerates the most celebrated physicians of that place at that period. Yet that it should be so generally ascribed, in later times, to a person whose very name is not elsewhere to be found, unless it were known from undisputed and undeviating tradition, and ancient authorities, it is difficult to conceive.

Who he was, where he lived, or what share he had in the poem, are equally unknown. There was indeed a John, a monk of mount Casino, said

⁵⁰ Codex Tullovianus, and Codex Altorfianus vel Trewianus. See Catalogue of MSS.

















ninus, or Magnus, a physician of Milan, having made some additions and alterations, put his own name to it, and it has since been attributed to him. There is a work of Arnaldus, De Conservandâ Juventute, et Retardandâ Senectute, and another de Regimine Castra Sequentium, of the same class 56.

Villa Nova's commentary is succinct, clear, and to the purpose. It well explains the precepts according to the system of physic then received, and confirms them by the authorities of Aristotle, Hippocrates, Galen, Avicenna, Rases, Averroes, and other eminent writers, who were the genuine sources from whence they were derived. From its first appearance this commentary always accompanied the text, and it was printed with it in the earliest editions. The fame of Arnald was inseparably connected with that of the poem, which was even sometimes attributed to him. Though subsequent editions may have refined the language, and multiplied authorities and illustrations, the original work of Villa Nova

For Magninus, or Magnus's, plagiarism, see Arnaldi Opera, Lugd. 1509, folio 59.

⁵⁶ Arnaldi vita â Campegio, prefixed to his works. Basil, 1585. Fabric. Bib. Med. Lat. vol. i. p. 358. Freind's Hist. Med. Shaw's Notes to Boerhaave's Chemistry. Bibliotheca Hispana â Nicholao Antonio Hispalensi, 1788, vol. ii. p. 112. Niceron, Memoires des Hommes illustres, vol. xxxiv. p. 8.













hundred lines. The vanity of dedicating the poem to Charlemagne, the allusion to the victory at Ronçevaux, and the medical learning displayed in it, prove it to have been the work of some French physician. There are copies in the Ashmolean, and Bodleian libraries; from which the following extracts will fully describe their character and contents. They are headed—

Alter usus versuum Salernitanorum. Incipiunt versus medicinales editi à magistris et doctoribus Salernitanis in Apuliâ, scripti Karolo magno Francorum Regi gloriosissimo. Quorum opusculum in quinque partes dividitur. Quarum prima est de rebus homini naturalibus. Secunda, de rebus homini non naturalibus. Tertia, de rebus contra hominis naturam (i. e. diseases). Quarta, de medicinis simplicibus et compositis. Quinta de curis ægritudinum.

The plants and other simple medicines, are arranged alphabetically.

Incipit primo prologus.

Francorum Regi scripsit tota Schola Salerni,
In metro pauca, mox commemorantia multa,
Quo phisis regimine stanti compendio scitur,
Cura subest prompta, languor quâ tollitur æger.
Metra juvant animos, comprendunt plurima paucis,
Pristina commemorant, quæ sunt tibi grata legenti.
Hæc benè servando vitam longam tibi mando.
Herbas in terris, cælo quot sidera cernis,
A me tot mille verba salutis habe.





The following prudential advice enters too deeply into the mysteries of the profession to have been designed for the use of the profane:

De prudentià Medici sumentis pro labore.

Mon didici gratis, nec sagax Musa Hippocratis
Ægris in stratis serviet absque datis.
Sumpta solet carè multum medicina juvare,
Si quæ datur gratis nil habet utilitatis.
Res dare pro rebus, pro verbis verba solemus.
Pro vanis verbis montanis utimur herbis,
Pro caris rebus, pigmentis et speciebus.
Est medicinalis medicis data regula talis:
Ut dicatur, da, da, dum profert languidus, ha, ha.
Da medicis primo medium, medio, nihil imo.
Dum dolet infirmus medicus sit pignore firmus.
Instantèr quære nummos, ut pignus, habere.
Fædus et antiquum conservat pignus amicum,
Nam si post quæris quærens semper eris 64.

In the epilogue he speaks of the medical authors of Salerno:

Maurus, Mattheus Salomon, Petrus Urso, moderni Sunt medici, per quos regnat medicina Salerni⁶⁵.

⁶⁴ Aliter, injuriosus haberis.

⁶⁵ See an account of the particular MSS. in the catalogue hereafter given.















five hundred and sixty-two lines. It was printed by Leyser, from a manuscript in the Wolfenbuttel library, but with many errors 77. And it professes to be an exposition of the Antidotarium of Nicholaus, and the commentary of Platearius upon it 78. It is in four books, with a prologue to each, and what he styles prologus finalis at the end. Above seventy medicines are treated of, in alphabetical order. Without stating the materials of which they are composed, he describes their various virtues, the cases and circumstances in which they are applicable, the dose, the mode of giving them, and whether alone or in composition with other medicines, and he concludes each article with the information of how long it will keep good. The recipes for the medicines themselves are to be found in his original authors, Nicholaus, and Platearius: and in Myrepsius de Compositis Medicaminibus, and Actuarius, on the same subjects. They are mostly very complex, and the ingredients are frequently very costly: as diamar-

 ⁷⁷ Liber de Virtutibus et Laudibus Compositorum Medicaminum, metricè compositus, editus à Magistro Ægidio Corboilensi
—In Leyser's Historia poetarum et poematum Medii Ævi.
Halæ, 1721, p. 500.

⁷⁸ Antidotarium Nicholai, cum expositione Jo. Platearii, was printed, with the works of Mesua, at Venice in 1589. It is alphabetical.













Et quæ delicti præco solet esse, pudoris Nulla tibi teneras suffundat purpura vultus.

He speaks thus of his masters:

— Tibi defensacula ponet Musandinus apex, quo tanquam sole nitenti Et nitet, et nituit illustris fama Salerni. Cujus si fuerit resolutum funere corpus, Spiritus exultat, et magni pectora Mauri Tota replet. Maurus redimit damnumque rependit, Prima quod in Petro passa est, et perdidit ætas. Qui tanquam nanus, humeris colloque gigantis Desuper incumbens, ipso fortasse tuetur Longius, et summo superaddit culmina monti. O utinam Musandinus nunc viveret auctor! Ille meos versus digno celebraret honore-Ille meis scriptis signum punctumque favoris Imprimeret, placido legeret mea carmina vultu, Et, quod in irriguis illius creverat hortis, Ipse meum sentiret olus, gustuque probaret Ex proprio sale doctrinæ traxisse saporem, Suppliat et Petri Maurus mihi damna reformet. Pastor ovem, membrumque caput, famulumque patronus, Doctor discipulum, noscat sua mater alumnum. Vellem quod medicæ doctor Platerius artis Munere divino vitales carperet auras, Ganderet metricis pedibus sua scripta ligari, Et numeris parere meis-Urso suum te concivem gaudebit adesse,











A CATALOGUE

OF

THE PRINTED EDITIONS

OF THE

SCHOLA SALERNI.

Those which I have seen and collated are marked with an asterisk.

They may be divided into nine classes.

- 1. The Regimen, with Arnaldus de Villà Novà's commentary in its original state, and printed separately.
- 2. The editions of Villa Nova's works, in which the Regimen and commentary are introduced.
- 3. The Regimen, with Villa Nova's commentary, corrected and improved by Curio and Crellius.
 - 4. As farther altered and perfected by Curio.
- 5. The editions by Moreau, which have Curio's commentary, with Moreau's animadversions.
- 6. The editions by Zacharius Sylvius, which have only Curio's commentary.
- 7. The editions of the usual text only without the commentary.
- 8. Editions without the commentary, in which the text is altered.
 - 9. Translations.







Arnaldo de Villa Nova Cathologo omnium viventium medicorum viventium gemmâ. Without name, place, or date 1. Panzer.

PRINTED IN THE SIXTEENTH CENTURY.

1502. Strasburg, per Matthiam Brant, 4to. Gothic letters.

BRUNET.

About the beginning of this century was published in quarto, in black letter, Le tresor des poures selon, Maistre Arnaudt de Ville Nove, et Maistre Girard de Sollo, Docteur in Medicine de Montpellier, translate du Latin en François pour l'amour de Dieu. The first is a translation of Villa Nova's Treatise de Regimine Sanitatis.

- 1503. Argentorati, per John Priis, 4to. Schuster.
- 1505. Paris, per R. Ledru, 4to. BRUNET.
- 1507. Coloniæ, per Cornelium de Zyryckzee. PANZER.
- 1409. Liptzk, per Melchiorem Lotter. PANZER.
- 1513. Bonæ valetudinis cura, seu Regimen Sanitatis Salernitanum. Liptzk per Johan Thanner. PANZER.
- 1514. Lugduni, per Gibertum Villiers, folio.

SCHUSTER. ACKERMAN.

519. Nurembergæ per Jodoc Gutknecht. PANZER.

Some of the editions without name, place, or date, are robably duplicates, but they are not sufficiently described to scertain this point.







1557 Francof. apud hæredes Chr. Egenolphi, 16mo.

CONR. GESNER.

- 1559. Francof. apud hæredes Chr. Egenolphi. * Bibl. Bodl. Paris.
- 1562. Antwerpiæ, apud Jo. Withagium, 12mo. MANGET.
- 1568. Conservandæ bonæ valetudinis præcepta integritati restituta et rhytmis Germanicis illustrata, cum Arnoldi, exegesi per J. Curionem. Berchensem cel: Erphordianæ Reipublicæ Medicum Physicum. Francof. apud hæredes Christ. Egenolphi. Six short works at the end. Commendatory verses to Curio, a Greek acrostic, M. Suffridi Petri Leovardiensis Frisii ακροσιχις. This is dedicated to Dominus Henning Hopff. *

 Bibl. Bodl. and British Museum.

1573. ——Apud hæredes Christ. Egenolph. 8vo.

1577. ——Lugduni, apud Jo. Lertout, 12mo.

1580. Paris, apud Hieronymum de Marnef, 12mo.

1582. Frankfort, apud hæred. Christ. Egenolph. 8vo.

1587. Venetiis, 8vo. ACKERMANN.

1591. Genevæ, 8vo. HALLER.

1594. Francof. hæred. Egenolphi. Schuster.

1594. Coloniæ, 16mo. HALLER.

- Ibid. 8vo. HALLER.

1598. Genevæ, apud Jacob Stoer, 8vo. Ackermann.

1599. Absque loco, 12mo. Haller.

1605. Francof. 12mo. Bibl. Frilleri. Ackermann.

1606. Coloniæ, in folio. Ackermann.

1611. Francof. apud Johannem Saurium, 8vo. Ackermann.

1612. Francof. apud Vinc. Steinmeyer. Ackermann.

1615. Romæ, apud Andream Phacum. in folio patente. Ack.

1617. Roterodami, 12mo. Ackermann.



- VI. THE EDITION BY ZACHARIAS SYLVIUS, which has only Curio's commentary, and a preface extracted from Moreau's prolegomena. The dedication is dated 1648.
- 1649. Schola Salernitana, sive de conservandà valetudine præcepta metrica. Autore Joanne de Mediolano, hactenus ignoti. Cum luculentà et succinctà Arnoldi Villanovani in singula capita exegesi. Ex recensione Zachariæ Sylvii, Medici Roterodamensis. Hagæ.**
- 1657. Roterodami ex off. Arnold. Leers.
- Hagæ, in off. Arnold. Leers.
- 1660. Aquisgrani, 12mo.
- 1667. Roterodami.
- 1683. Hagæ. Leers.
- 1711. Ratisbonæ.
- 1712. Argentorati.
- 1713. Argentorati.
- 1714. Lipsiæ.
- 1722. Ratisbonæ, sump. Jo. Zach. Seidelii.
- 1753. Augustæ Vindelicorum.

VII. EDITIONS WITHOUT THE COMMENTARY.

1511. 4to. Marsilius Ficinus de triplici vitâ: scilicèt sanâ, longâ, et cælitùs, una cum textu seu Regimine Sanitatis Salerni. The poem begins, Regimen Sanitatis Salernitanum, nec non et Magistri Arnoldi de Novâ Villâ, felicitèr incipit. Ex officina Johannis Schotti, Argen. It is the mere text of Arnaldus's edition.*

















la scovrimento del vero e del falso, del utile e del inutile, di questa stimatissima opera, per sapersi conservar sano, e prolungare la vita, spiegandosi tutto sul buon gusto moderno. Opera di Fulvio Gherli, Cittadino Modonese, ed al presente Proto-Medico dell' Altezza Sereniss. del Sig. Duca di Guastalla. In Venezia presso Giuseppe Corona. It is in dialogue, and without the original text. Ackermann.

DUTCH TRANSLATION.

1658. At Amsterdam, by J. G. Ackermann.

BOHEMIAN TRANSLATION.

1721. Posonii Regimen Sanitatis Salernitanum, in Latin and Bohemian. Ackermann.

POLISH TRANSLATION.

- 1532. Regimen Sanitatis Medicorum Parisiensium pro tuendâ Sanitate Regis Angliæ conscriptum. Magistri Franc. Mymerii Silesii rythmis German. et Polonicis. Cracov. per Mat. Scharffenberg (before mentioned). Panzer.
- An Hiberno-Celtic translation is mentioned by M'Cullock in his Highlands of Scotland, 1824, vol. ii. p. 196.

ENGLISH TRANSLATIONS.

1530. Regimen Sanitatis Salerni. This boke techynge all people to governe them in helthe, is translated out of the Latin tounge, by Thomas Paynel, dedicated to Jhon,

earl of Oxford. The verses are not translated, only the commentary. Printed for Berthèlet.*

British Museum.

- 1541. Again.
- 1557. Again, in St. Paul's churchyard, at the sign of the Lamb, by Abraham Vele. Dedicated to William Paulet, marquis of Winchester.* British Museum.
- 1575. Again.
- 1607. The Englishman's Docter, or the Schoole of Salerne, or physical observations for the perfect preserving of the body of man in constant health. London, printed for J. Helme, and J. Busby. The printer says the author is unknown to him. This is a translation in English verse, without the original, and the commentary. It is in stanzas of ten lines each, and contains seventy stanzas.* Bibl. Bodl. and British Museum.

It is reprinted in this edition.

- 1609. Again.
- 1617. For the widow Helme, with precepts for the preservation of health, by Ronsovius, without date; printed at Gateshead, with the Latin Text.

British Museum. *

1617. Regimen Sanitatis Salerni. The Schoole of Salernes most learned and juditious Directorie, or Methodical Instructions for the guide and governing the health of men. Imprinted by Barnard Alsop. Dedicated to Master Joseph Fenton, Esquire—by Anonymous. The commentary is a translation of the original commentary of Villa Nova. From the beginning it will appear, upon comparison, that it is inferior in poetry and spirit

to the last. By a subsequent edition, it appears to have been written by Doctor Philemon Holland. Penes me.*

All Salerne Schoole thus write to England's king,
And for men's health these fit advises bring.
Shunne busic cares, rash angers, which displease;
Light supping, little drinke, doe cause great ease.
Rise after meate, sleepe not at afternoone,
Urine and nature's neede, expell them soone.
Long shall thou live if all these well be done.

When phisicke needes, let these thy doctors be, Good diet, quiet thoughts, heart mirthful, free.

Sleepe not too long in mornings, early rise,
And with coole water wash both hands and eyes.
Walke gently forth, and stretch out every limbe:
Combe head, rub teeth, to make them cleane and trim.
The braine and every member else these doe relieve,
And to all parts continuall comfort give.
Bathing, keepe warm, walke after food, or stand,
Complexions cold doe gentle warmth command.

OF SAGE.

Why should man dye (so doth the sentence say)
When sage grows in his garden day by day.
And yet all garden physicke not prevailes,
When death's sterne power our chiefest health assailes.
Sage comforteth the nerves both sweete and kindly,
The palsie-shaking hands it helpeth friendly,
His power is soveraigne gainst an ague fit.
Sage and the beaver-stone (by learned writ)



When physicke harde is to be hadd, Three things may be in steede.

The minde in noe wise must be sadde, Meane reste, and diette muste thee feede.

In morne, as sone as thou mayst rise,
Withe watrye handes make cleane thy eyes,
Then walke a littel here and there,
Stretch oute thy limbes, and combe thy here,
Then rubbe thy teethe; herbye the braine,
And members all grete comforte gaine.
In fine, washe well, then warme, then eate,
And stande a littel after meate,
Or eles goe walke an easye pase.
Coole, faire, and softe, in anye case.

Alias-

Washe, warme, and eat; goe or stande; Wexe not colde out of hande.

The addition, Fons, speculum, gramen, etc.

The gazinge glasse, and colors greene, Such thinges maye pleasantlye be seene, The silver stremes bringe grete delight, Besides all this they mend our sight, The mountaines in the morninge fine, The fountaines after none be thine.

Different metres are used, as

Non sit acetosa cerevisia.

The passingste ale is very cleare, And beste of all when it is olde;

















- 12. Regimen Sanitatis Salernitanum. Franc. Bernard, catalogue No. 3669.
- 13. Doctorum Salernitanorum Versus Medicinales ad Carolum Magnum. Ibid, catalogue No. 3681. This is evidently of the third class of manuscripts.
- 14. Scholæ Salernitanæ Versus Medicinales inscripti Carolo Magno Francorum Regi—Quorum opusculum in quinque partes dividitur. John Hoby, Esq. No. 3806. Of the third class.
- 15. Versus Salernitani. Car. Thyere, No. 6645.
- 16. Schola Salerni. Ibid. No. 6681.







REGIMEN SANITATIS SALERNITANUM.

Anglorum Regi scripsit schola tota Salerni.
Si vis incolumem, si vis te reddere sanum,
Curas tolle graves, irasci crede profanum,
Parce mero, cœnato parum, non sit tibi vanum
Surgere post epulas, somnum fuge meridianum,
Non mictum retine, nec comprime fortiter anum:
Hæc benè si serves, tu longo tempore vives.

Si tibi deficiant medici, medici tibi fiant Hæc tria, mens læta, requies, moderata diæta. 9

Lumina manè manus surgens gelidâ lavet aquâ,
Hàc illàc modicum pergat, modicumque sua membra
Extendat, crines pectat, dentes fricet. Ista
Confortant cerebrum, confortant cætera membra.
Lote, cale: sta, pranse, vel i; frigesce, minute.

Sit brevis aut nullus tibi somnus meridianus. 15 Febris, pigrities, capitis dolor, atque catarrhus, Hæc tibi proveniunt ex somno meridiano.

Quatuor ex vento veniunt in ventre retento,



55

Horâ matutinâ rebibas, et erit medicina.

Gignit et humores meliùs vinum meliores.

Si fuerit nigrum, corpus reddet tibi pigrum.

Vinum sit clarumque, vetus, subtile, maturum, 49

Ac benè lymphatum, saliens, moderamine sumptum.

Non sit acetosa cervisia, sed benè clara, De validis cocta granis, satis ac veterata. De quâ potetur stomachus non indè gravetur.

Temporibus veris modicum prandere juberis,
Sed calor æstatis dapibus nocet immoderatis.
Autumni fructus caveas; ne sint tibi luctus.
De mensâ sume quantum vis tempore brumæ.
Salvia cum rutâ faciunt tibi pocula tuta.
Adde rosæ florem minuit potentèr amorem.

(De Absynthio 1.)

Nausea non poterit quemquam vexare marina, 60
Anteà cum vino mixtam si sumpserit illam.
Salvia, sal, vinum, piper, allia, petroselinum,
Ex his fit salsa, nisi sit commixtio falsa.
Si fore vis sanus ablue sæpè manus.
Lotio post mensam tibi confert munera bina,
Mundificat palmas, et lumina reddit acuta.
Panis non calidus, nec sit nimìs inveteratus,

1 Not in the original. See note.

Sed fermentatus, oculatus sit, benè coctus,



Lac ethicis sanum, caprinum post camelinum: Ac nutritivum plus omnibus est asininum. Plus nutritivum vaccinum, sic et ovinum. Si febriat caput et doleat non est benè sanum.

Lenit et humectat, solvit sine febre butyrum. 100 Incidit, atque lavat, penetrat, mundat quoque, serum.

Caseus est frigidus, stipans, grossus, quoque durus. Caseus et panis, bonus est cibus hic benè sanis. Si non sunt sani tunc hunc non jungito pani.

Ignari medici me dicunt esse nocivum,

Sed tamen ignorant cur nocumenta feram.

Languenti stomacho caseus addit opem,

Si post sumatur terminat ille dapes.

Qui physicam non ignorant hæc testificantur.

109

Inter prandendum sit sæpè parùmque bibendum.
Ut minùs ægrotes non inter fercula potes.
Ut vites pænam de potibus incipe cænam,
Singula post ova pocula sume nova.

Post pisces nux sit, post carnes caseus adsit. Unica nux prodest, nocet altera, tertia mors est. 115

Adde potum pyro, nux est medicina veneno.

Fert pyra nostra pyrus, sine vino sunt pyra virus.

Si pyra sunt virus sit meledicta pyrus.

Si coquas, antidotum pyra sunt, sed cruda venenum.

Cruda gravant stomachum, relevant pyra cocta gravatum















IN LAUDEM OPERIS.

The gods vpon a time in council sitting, (To rule the world) what creature was most fitting, At length from god to god this sentence ran, To forme a creature like themselues (cald man). Being made, the world was given him (built so rarely), No workemen can come neere it; hung so fairely, That the gods viewing it, were ouer-ioyed, Yet greeu'd that it should one day be destroyed. Gardens had man to walke in, set with trees That still were bearing; but (neglecting these), He long'd for fruites vnlawfull, fell to riots, Wasted his goodly body by ill dyets, Spent (what was left him) like a prodigall heyre, And had of earth, of hell, or heaven no care, For which the earth was curst, and brought forth weeds, Poyson euen lurking in our fayrest seeds, Halfe heauen was hid, and did in darkness mourn, Whilst hell kept fires continual, that should burne His very soule, if still it went awry, And give it torments that should never die, Yet loe! How blest is man! the deities, Built vp this Schoole of Health, to make him wise.

THE

SALERNE SCHOOLE.

The Salerne Schoole doth by these lines impart, All health to England's king, and doth aduise From care his head to keepe, from wrath his harte. Drinke not much wine, sup light, and soone arise, When meat is gone long sitting breedeth smart: And after noone still waking keepe your eies, When mou'd you find your selfe to nature's need Forbeare them not, for that much danger breeds, Vse three physitians still, first doctor Quiet, Next doctor Mery-man, and doctor Dyet.

Rise early in the morne, and straight remember
With water cold to wash your hands and eyes,
In gentle fashion retching euery member,
And to refresh your braine when as you rise,
In heat, in cold, in July, and December,
Both comb your head, and rub your teeth likewise:
If bled you haue, keepe coole, if bath'd, keepe warm,
If din'd, to stand or walke will do no harme.
Three things preserve ye sight, glasse, grasse, and fountains:
At eue'n springs, at morning visit mountaines.















Eat Medlars if you have a looseness gotten,
They bind, and yet your vrine they augment,
They have one name more fit to be forgotten,
While hard and sound they be they be not spent,
Good Medlars are not ripe till seeming rotten,
For meddling much with Medlars some are shent.

New Rhennish-wine stirs vrine, doeth not binde, But rather loose the belly, breeding wind, Ale, humours breeds, it addes both flesh and force, Tis loosing, coole, and vrine doth inforce.

Sharpe Vinegar doth coole, withall it dries,
And gives to some ill humour good correction:
It makes one melancholy, hurts their eyes,
Nor making fat, nor mending their complection:
It lessens sperm, makes appetite to rise:
Both taste and scent is good against infection.

¶ The Turnep hurts the stomacke, wind it breedeth Stirs vrine, hurts his teeth thereon that feedeth: Who much thereof will feed, may wish our nation Would well allow of Claudius' proclamation.

It follows now what part of euery beast
Is best to eat: first, know the heart is ill,
It is both hard, and heavy to disgest,
The Tripe, with no good inice our flesh doth fill:
The Lites, are light, yet but in small request:
But outer parts are best in Physicke's skill.

¶ If any braines be good (which is a question), Hennes braine is best, and lightest of disgestion:

¶ In Fennell-seed this vertue you shall find, Forth of your lower parts to drive the wind.











To tell all Cresses' virtues long it were,
But divers patients vnto that are debter,
It helpes the teeth, it gives to bald men haire,
With Honey mixt, it Ringworme kills and Tettar:
But let not women that would children beare,
Feed much thereof, for they to fast were better.

An herbe there is takes of the Swallowes name, And by the Swallowes gets no little fame, For *Pliny* writes (tho some thereof make doubt), It helps young Swallowes eies when they are out.

Greene Willow though in scorne it oft is vs'd,
Yet some there are in it not scornfull parts,
It killeth wormes, the iuice in eares infus'd,
With Vinegar: the barke destroyeth warts.
But at one quality I much haue mus'd,
That addes and bates much of his good desertes,
For writers old and new, both ours and forren,
Affirme the seed make women chaste and barren.
Take Saffron if your heart make glad you will,
But not too much, for that the heart may kill.

Greene Leekes are good as some Physitians saie, Yet would I choose, how ere I them belieue, To weare Leekes rather on Saint Dauid's day, Than eat the Leekes vpon Saint Dauid's Eue. The bleeding at the nose Leeke's iuice will stay, And women bearing children, much releeue.

¶ Blacke Pepper beaten grosse you good shall find If cold your stomacke be, or full of wind: White Pepper helps the cough, and flegme it riddeth, And Ague's fit to come it oft forbiddeth.







If Choller do exceed, as may sometime,
Your eares will ring and make you to be wakefull,
Your tongue will seeme all rough, and oftentimes
Cause vomits, vnaccustomed and hatefull,
Great thirst, your excrements are full of slime,
The stomacke squeamish, sustenance vngratefull,
Your appetite will seeme in nought delighting,
Your heart still greeued with continuall byting,
The pulse beat hard and swift, all hot, extreame,
Your spittle soure, of fire-worke oft you dreame.

If Flegme abundance haue due limits past,
These signes are here set downe will plainly shew,
The mouth will seeme to you quite out of taste,
And apt with moisture still to ouerflow,
Your sides will seeme all sore downe to the waist,
Your meat wax loathsome, your disgestion slow,
Your head and stomacke both in so ill taking,
One seeming euer griping, tother aking:
With empty veynes, the pulse beat slow and soft,
In sleepe, of seas, and ryuers dreaming oft.

But if that dangerous humour ouer-raigne,
Of Melancholy, sometime making mad,
These tokens then will be appearing plaine,
The pulse beat hard, the colour darke and bad:
The water thin, a weake fantasticke braine,
False-grounded ioy, or else perpetuall sad,
Affrighted oftentimes with dreames like visions,
Presenting to the thought ill apparitions,
Of bitter belches from the stomacke comming,
His eare (the left especiall) euer humming.





Against these seuerall humours overflowing,
As severall kinds of physicke may be good,
As diet-drink, hot-baths, whence sweat is growing,
With purging, vomiting, and letting blood:
Which taken in due time, nor overflowing,
Each maladies infection is withstood.
The last of these is best, if skill and reason,
Respect age, strength, quantity, and season;
Of seventy from seventeene, if blood abound,
The opening of a veyne is healthfull found.

Of Bleeding many profits grow, and great,
The spirits and sences are renewed thereby,
Though these mend slowly by the strength of meat,
But these with wine restor'd are by and by:
By bleeding, to the marrow commeth heat,
It maketh cleane your braine, releeues your eie,
It mends your appetite, restoreth sleepe,
Correcting humours that do waking keepe:
All inward parts and sences also clearing,
It mends the voyce, touch, smell, taste, and hearing.

Three speciall months, September, April, May,
There are in which tis good to ope a veyne,
In these three months the moon bears greatest sway,
Then old or young, that store of blood containe,
May bleed now, though some elder wizards say,
Some daies are ill in these, I hold it vaine:
September, April, May, have daies a peece,
That bleeding do forbid and eating Geese,
And those are they forsooth of May the first,
Of tother two the last of each are worst.









ADDITIONS

TO THE

SCHOLA SALERNI.

I. VERSES QUOTED BY VILLA NOVA IN HIS COMMENTARY, AS NOT MAKING PART OF THE POEM, BUT OF ANOTHER ORIGIN, AND WHICH WERE AFTERWARDS TAKEN INTO THE TEXT.

To line 26. After salsa.

Caseus ille bonus quem dat avara manus.

1. 30. After valitura, introduced by undè.

Filia presbyteri jubet hoc pro lege teneri: Quod bona sunt ova hæc, candida, longa, nova.

1. 42. Venenum, juxta illud metricum.

Allìa qui manè jejuno sumpserit ore, Hunc ignotarum non lædet potus aquarum, Nec diversorum mutatio facta locorum.

5



Furfur, farina.

Est cortex per se sicut furfura, mixta farinæ Grossior est simulâ, subtilior ipsâ farinâ.

155

1. 58. Post.

Salvia cum rutá faciunt tibi pocula tuta.

Fortificatur opus si conjungatur hyssopus; Adde rosæ florem gratum præstabit odorem.

Grawatum.

Sudorem profert granatum, lenit et alget. Præsidia granati cortex, balaustia flos est.

Glans et Castanea.

Antè cibum stringunt, post, glans castanea, solvunt.

Olera veris.

Omne virens veris tibi dicitur esse salubre, Et magis betonica, spinachia, brancaque radix, Lupilus et caules, petrocillæ junge lapaces.















NOTES

TO THE

SCHOLA SALERNI.

Line 9. Requies. Some copies read labor, but this is evidently wrong. It has often been observed, that rest and abstinence had cured many a fever before Hippocrates.

1. 14. Lote, cale: sta, pranse, vel i: frisgesce minute.

This line is not without its difficulties. Lote and pranse are vocative cases, "after bathing keep yourself warm; after dinner stand or walk gently," that the food may descend. The latter part has received three different interpretations.

I. Taking minutè for an adverb, equivalent to paulatim, "When you are heated cool yourself gradually." It was thus understood by Villa Nova, though he has expressed it by the converse rule. Homo frigidus debet cavere ne subitò se califaciat, sed paulatim, mutationes enim subitæ naturam lædunt.

II. Considering minute still as an adverb, and synonomous with parum or paulisper, and referring to what precedes, it is translated, "after dinner keep yourself cool," that the natural heat may be repelled from the external to the internal parts of the body, to facilitate digestion.

III. "After bleeding keep yourself cool." Minute is then the vocative case of the participle of the verb minuo used by the medical writers, and the Schola for to bleed. In confirmation of this meaning some of the commentators have quoted Johannes Fernelius de vacuandi ratione, cap. ix. Neque protinùs loca















1. 176. Lumbricosque modo depellere fertur eodem.

MACER, No. 25.

1. 177. Our ancestors highly esteemed the virtues of sage. Chaucer in the Knight's Tale says,

Sundry (had) fermacis of hearbes, and eke save They dronken, for they would her lives have.

Fermacis, i. e. pharmacies, medicines-Save, salvia, sage.

- 1. 181. Premula veris, the primrose.
- 1. 182. Nastur: for nasturtium.
- 1. 187. Astum, that is, astutiam.
- 1. 189. Galenus, lib. ii. De aliment. facultat, ch. 71, Περι κρομμυων, σκοροδων, κ. τ. λ. θερμαινει δε το σωμα, και λεπτυνει τους εν αυτφ παχεις χυμους, και τεμνει τους γλισχρους.

De cepis medici non consentire videntur,

Namque Dioscorides inflare, caputque gravare,

Atque sitim cepas dicit succendere mansas.

Fellitis non esse bonas, ait ipse Galenus,

Phlegmaticis verò multùm putat esse salubres.

Non modicùm sanas, Asclepius i asserit illas,

Præsertìm stomacho, pulchrumque creare colorem

Affirmat——

Contritis cepis, loca denudata capillis

Sæpè fricans poteris capitis reparare decorem.

Macer, No. 26.

1. 195. Sinapi.

Quartus ei gradus est in vi siccâ, calidâque.

MACER, No. 27.

Asclepiades in Pliny, lib. xx. cap. v.

1. 197. Viola.

Crapula discutitur bibitu, capitisque gravedo Olfactu solo-Purpuream dicunt violam curare caducos.

MACER, No. 33.

1. 199. Urtica.

Illius semen colicis cum melle medetur, Et tussim veterem curat si sæpè bibatur. Frigus pulmonis pellit, ventrisque tumorem, Omnibus et morbis sic subvenit articulorum.

MACER, No. 4.

1. 205. Hyssopus.

Vultibus eximium fertur præstare colorem.

MACER, No. 21.

1. 206. Cerefolium. Chervil. Ital. Cerfoglio.

Appositum cancris tritum cum melle medetur. Cum vino bibitum lateris sedare dolorem Sæpè solet----Sæpe solet vomitum, ventremque tenere solutum.

MACER, No. 30.

1. 209. Enula campana, elicampane.

Cum succo rutæ si succus sumitur ejus, Affirmant ruptis quod prosit potio talis.

MACER, No. 20.

1. 212. Pulegium, penny royal.

Cum vino nigram choleram potata repellit.— Appositum viridem dicunt sedare podagram.

MACER, No. 13.

1. 214. Nasturtium, water cresses.

Illius succus crines retinere fluentes Allitus asseritur, dentisque levare dolorem. Lichenas succus purgat cum melle perunctus.

MACER, No. 65.

1. 217. Cheledonia, celandine.

Cæcatis pullis hâc lumina mater hirundo (Plinius ut scribit) quamvis sint eruta reddit.

MACER, No. 56.

Pliny, lib. 25. cap. 1. Animalia quoque invenire herbas, imprimisque chelidoniam. Hâc enim hirundines oculis pullorum in nidis restituunt visum, ut quidam volunt, etiam erutis oculis.

1. 219. Auribus infusus vermes succus necat ejus.

This line is in Macer, applied to Fæniculum, fennel; and again to Hyoscyomus, Henbane, Nos. 14. and 68.

1. 221. Pomorum. Villa Nova explains it, that the juice of the fruit, and the flowers of the sallow, are injurious to child-birth, which they render difficult by their styptic and drying qualities. But see the additions, 1. 149, which form part of the text in Moreau, Silvius, etc.

1. 224. Porrum.



Villa Nova says, Secundum tamen solennes medicinæ doctores, ut Hippocrates, Galenus, Rasis, Averroes, et Avicenna, ossa hominis sunt ducenta et quadraginta octo, licèt in particulari enumeratione ossium disconveniant, et istud vult ille communis versus,

Ossa ducentena sunt atque quater duodena.

1. 259. Terra melan: aq: phleg: et aër sanguis: cole: ignis.
 The words of this line are apocopized to bring them into the verse, and must thus be scanned,

Terra me-lan: aq:-phleg: et a-ër san-guis: cole:-ignis,

for terra melancholicis, aqua phlegmaticis, et aër sanguineis, colericis ignis (comparatur).

This contracted line was expanded into

Terra melancholicis, aqua confertur pituitæ, Aër sanguineis, ignea vis choleræ.

The difference in colour between venal and arterial blood is mentioned by Villa Nova. Color est rubeus; scilicèt, venalis rubeus obscurus, et arterialis rubeus clarus.

- 1. 266. The number here changes from the plural to the singular, but this nothing in such inaccurate writers. So in the three following paragraphs.
- 1. 304. This passage would be perfectly plain if the two lines, Hi sunt and In quibus, were placed at the beginning before Tres insunt istis—"those three months are good for bleeding, except three days, which are as destructive as a serpent, and neither bleeding, or eating a goose, is proper." Why either these months, or days, are called lunar is not explained. As





















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