

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ

I. Οἱ συγγράψαντες τὰς Κνιδίας καλεομένας γνώμας ὅποια μὲν πάσχουσιν οἱ κάμνοντες ἐν ἐκάστοισι τῶν νοσημάτων ὀρθῶς ἔγραψαν καὶ ὁποίως ἕνια ἀπέβαινεν· καὶ ἄχρι μὲν τούτων, καὶ ὁ μὴ ἱητρὸς δύναιτ' ἂν ὀρθῶς¹ συγγράψαι, εἰ εὖ παρὰ τῶν καμνόντων ἐκάστου πύθοιτο, ὅποια πάσχουσιν· ὅποσα δὲ προσκαταμαθεῖν δεῖ τὸν ἱητρὸν μὴ λέγοντος τοῦ κάμνοντος, τούτων πολλὰ παρῆται, ἄλλ' ἐν ἄλλοισιν καὶ ἐπίκαιρα
10 ἕνια ἔοντα ἐς τέκμαρσιν.

II. Ὅποταν δὲ ἐς τέκμαρσιν λέγεται, ὥς χρὴ ἕκαστα ἱητρεύειν, ἐν τούτοις πολλὰ ἑτεροίως γινώσκω ἢ ὥς κεῖνοι ἐπεξήρουν· καὶ οὐ μόνον διὰ τοῦτο οὐκ ἐπαινέω, ἀλλ' ὅτι καὶ ὀλίγοις τὸν ἀριθμὸν τοῖσιν ἄκεσιν ἐχρέοντο· τὰ γὰρ πλεῖστα αὐτοῖσιν εἴρηται, πλὴν τῶν ὀξειῶν ρούσων, φάρμακα ἐλατήρια διδόναι καὶ ὀρὸν καὶ γάλα τὴν
8 ὥρην πιπίσκειν.

III. Εἰ μὲν οὖν ταῦτα ἀγαθὰ ἦν καὶ ἀρμόζοντα τοῖσι νοσήμασιν, ἐφ' οἷσι παρήνεον διδόναι, πολὺ

¹ A has καὶ ἥν μὴ ἱητρὸς δύναιτ' ἂν ὀρθῶς. The other MSS. omit ἥν. R' has δύναιτό τις ἂν (with Galen). Kühlewein reads καὶ ἥν μὴ ἱητρός, δύναιτό τις ἂν ὀρθῶς. The reading in the text is that of Wilamowitz.

REGIMEN IN ACUTE DISEASES

I. THE authors of the work entitled *Cnidian Sentences* have correctly described the experiences of patients in individual diseases and the issues of some of them. So much even a layman could correctly describe by carefully inquiring from each patient the nature of his experiences. But much of what the physician should know besides, without the patient's telling him, they have omitted; this knowledge varies in varying circumstances, and in some cases is important for the interpretation of symptoms.

II. And whenever they interpret symptoms with a view to determining the right method of treatment in each case,¹ my judgment in these matters is in many things different from their exposition. And not only on this account do I censure them, but because too the remedies they used were few in number; for most of their prescriptions, except in the case of acute diseases, were to administer purges, and to give to drink, at the proper season, whey and milk.

III. Now were these remedies good, and suited to the diseases for which the Cnidians recommended

I take the *ὡς*-clause to be epexegetic of *τέκμαρσιν*.

- ἀν ἀξιώτερα ἢν ἐπαίνου, ὅτι ὀλίγα ἔοντα αὐτάρκεά
 ἔστιν· νῦν δὲ οὐχ οὕτως ἔχει. οἱ μέντοι ὕστερον
 ἐπιδιασκευάσαντες ἡγηρικώτερον δὴ τι ἐπῆλθον
 περὶ τῶν προσοιστέων ἐκάστοισιν. ἀτὰρ οὐδὲ
 περὶ διαίτης οἱ ἀρχαῖοι συνέγραψαν οὐδὲν ἄξιον
 λόγου· καὶ τοι μέγα τοῦτο παρήκαν. τὰς μέντοι
 πολυτροπίας τὰς ἐν ἐκάστη τῶν νούσων καὶ τὴν
 10 πολυσχιδίην οὐκ ἡγνόεον ἔνιοι· τοὺς δ' ἀριθμοὺς
 ἐκάστου τῶν νοσημάτων σάφα ἐθέλοντες φράζειν
 οὐκ ὀρθῶς ἔγραψαν· μὴ γὰρ οὐκ εὐαρίθμητον ἦ,
 εἰ τοῦτω τις σημαίνεται τὴν τῶν καμνόντων νοῦ-
 σον, τῷ¹ τὸ ἕτερον τοῦ ἑτέρου διαφέρειν τι, μὴ
 τωὐτὸ δὲ νόσημα δοκεῖ εἶναι, ἣν μὴ τωὐτὸ ὄνομα
 16 ἔχῃ.²

(2 L.) IV. Ἐμοὶ δὲ ἀνδάνει μὲν³ πάσῃ τῇ τέχνῃ
 προσέχειν τὸν νόον· καὶ γὰρ ὅπόσα ἔργα καλῶς
 ἔχει ἢ ὀρθῶς, καλῶς ἕκαστα χρή ποιεῖν καὶ
 ὀρθῶς, καὶ ὅπόσα ταχέως, ταχέως, καὶ ὅπόσα
 καθαρῶς, καθαρῶς, καὶ ὅπόσα ἀνωδύνως, δια-
 χειρίζεσθαι ὡς ἀνωδυνώτατα καὶ τᾶλλα πάντα
 τοιουτότροπα διαφερόντως τῶν πέλας ἐπὶ τὸ
 8 βέλτιον ποιεῖν χρή.

¹ τῷ is not in the MSS., but is added by Gomperz.

² Littré reads καὶ ἣν μὴ τωὐτὸ νόσημα δοκῇ εἶναι, μὴ τωὐτὸ
 ὄνομα ἔχειν.

³ The MSS. here have ἐν, which is deleted by Gomperz.

¹ The οὐδὲ in this sentence modifies in all probability from
 περὶ διαίτης to λόγου, and the whole from ἀτὰρ to παρήκαν is a
 parenthesis, referring incidentally to the ἀρχαῖοι as similar to
 the Cnidians in their neglect of regimen. Grammatically it
 is possible to take οὐδὲ closely with περὶ διαίτης, in which
 case οἱ ἀρχαῖοι would refer to the earlier Cnidian authors.
 The translation "Z" identifies the Cnidians and οἱ ἀρχαῖοι.

their use, they would be much more worthy of recommendation, in that though few they were sufficient. But as it is this is not the case. However, the later revisers have showed rather more scientific insight in their discussion of the remedies to be employed in each instance. But in fact regimen received no treatment worth mentioning from the ancient physicians, although this omission is a serious one.¹ Yet the many phases and subdivisions of each disease were not unknown to some; but though they wished clearly to set forth the number of each kind of illness their account was incorrect. For the number will be almost incalculable if a patient's disease be diagnosed as different whenever there is a difference in the symptoms, while a mere variety of name is supposed to constitute a variety of the illness.²

IV. The course I recommend is to pay attention to the whole of the medical art. Indeed all acts that are good or correct should be in all cases well or correctly performed; if they ought to be done quickly, they should be done quickly, if neatly, neatly, if painlessly, they should be managed with the minimum of pain; and all such acts ought to be performed excellently, in a manner better than that of one's own fellows.

This view is perhaps unlikely, but, if it be true, *οἱ ἀρχαῖοι* in Chapter V must also refer to the Cnidians, and to them must be attributed the names *πλευρίτις*, *περιπνευμονία*, *φρενίτις* and *καῦσος*. We do know that the Cnidians paid special attention to names of diseases.

² Littié's emendation would mean that the Cnidians refused to give a disease its usual name whenever a variation occurred in the symptoms. This only repeats the sense of the preceding clause, while H. means that giving a disease another name does not make it another disease.

V. Μάλιστα δ' ἂν ἐπαινέσαιμι ἱητρὸν, ὅστις ἐν τοῖσιν ὀξέσι νοσήμασι, ἃ τοὺς πλείστους τῶν ἀνθρώπων κτείνει, ἐν τούτοις διαφέρων τι τῶν ἄλλων εἶη ἐπὶ τὸ βέλτιον. ἔστιν δὲ ταῦτα ὀξέα, ὅποια ὠνόμασαν οἱ ἀρχαῖοι πλευρίτιν καὶ περιπνευμονίην καὶ φρενίτιν¹ καὶ καῦσον, καὶ τᾶλλα ὅσα τούτων ἐχόμενα, ὧν οἱ πυρετοὶ τὸ ἐπίπαν συνεχέες. ὅταν γὰρ μὴ λοιμώδεις νούσου τρόπος τις κοινὸς ἐπιδημήσῃ, ἀλλὰ σποράδες ἔωσιν αἱ
 10 νοῦσοι, καὶ πολλαπλάσιοι² ὑπὸ τούτων τῶν νοσημάτων ἀποθνήσκουσι³ ἢ ὑπὸ τῶν ἄλλων τῶν
 12 συμπάντων.

VI. Οἱ μὲν οὖν ἰδιῶται οὐ κάρτα γινώσκουσιν τοὺς ἐς ταῦτα διαφέροντας τῶν πέλας ἑτεροίων τε μᾶλλον ἐπαινέται ἱημάτων καὶ ψέκται εἰσὶν· ἐπεὶ τοι μέγα σημεῖον τόδε, ὅτι οἱ δημόται ἀσυνετώτατοι αὐτοὶ ἐωυτῶν περὶ τούτων τῶν νοσημάτων εἰσὶν, ὡς μελετητέα ἐστί· οἱ γὰρ μὴ ἱητροὶ ἱητροὶ δοκέουσιν εἶναι μάλιστα διὰ ταύτας τὰς νούσους· ῥήιδιον γὰρ τὰ ὀνόματα ἐκμαθεῖν, ὅποια νενόμισται προσφέρεσθαι πρὸς τοὺς τὰ τοιάδε κάμνοντας· ἦν
 10 γὰρ ὀνομάσῃ τις πτισάνης τε χυλὸν καὶ οἶνον τοῖον ἢ τοῖον καὶ μελίκρητον, πάντα τοῖσι ἰδιώτησι δοκέουσιν οἱ ἱητροὶ τὰ αὐτὰ λέγειν, οἳ τε βελτίους καὶ οἱ χείρους. τὰ δὲ οὐχ οὕτως ἔχει, ἀλλ' ἐν τούτοις καὶ πάνυ διαφέρουσιν ἔτεροι
 15 ἑτέρων.

(3 L.) VII. Δοκεῖ δέ μοι ἄξια γραφῆς εἶναι,

¹ After φρενίτιν M has καὶ λήθαργοι. The case and number seem to indicate a marginal note, and lethargus would certainly be included in ὅσα τούτων ἐχόμενα.

V. I should most commend a physician who in acute diseases, which kill the great majority of patients, shows some superiority. Now the acute diseases are those to which the ancients have given the names of pleurisy, pneumonia, phrenitis, and ardent fever,¹ and such as are akin to these, the fever of which is on the whole continuous. For whenever there is no general type of pestilence prevalent, but diseases are sporadic, acute diseases cause many times more deaths than all others put together.

VI. Now laymen do not accurately distinguish those who are excellent in this respect from their fellows, but rather praise or blame strange remedies. For in very truth there is strong evidence that it is in the proper treatment of these illnesses that ordinary folk show their most stupid side, in the fact that through these diseases chiefly quacks get the reputation of being physicians. For it is an easy matter to learn the names of the remedies usually given to patients in such diseases. If barley-water be mentioned, or such and such a wine, or hydromel,² laymen think that physicians, good and bad alike, prescribe all the same things. But it is not so, and there are great differences between physicians in these respects.

VII. And it seems to me worth while to write

¹ For φρενίτις and καῦσος see General Introduction to Vol. I, pp. lvii, lviii.

² A mixture of honey and water.

² πολλαπλάσιοι Gomperz. V has παραπλήσιοι and M μὴ παραπλήσιοι; A omits (with καὶ).

³ After ἀποθνήσκουσι the MSS. have πλείους (ΔV) or μᾶλλον (M). Deleted by Wilamowitz.

- ὅποσα τε ἀκαταμάθητά ἐστιν τοῖς ἱητροῖς ἐπί-
 καιρα εἶδέναι¹ καὶ μεγάλας ὠφελείας φέρει
 ἢ μεγάλας βλάβας. ἀκαταμάθητα οὖν καὶ τὰδ'
 ἐστίν, διὰ τί ἄρα ἐν τῇσιν ὀξείησι νούσοισιν οἱ μὲν
 τῶν ἱητρῶν πάντα τὸν αἰῶνα διατελέουσιν πτισάνας
 διδόντες ἀδιηθήτους καὶ νομίζουσιν ὀρθῶς ἱη-
 τρεύειν, οἱ δέ τινες περὶ παντὸς ποιοῦνται, ὅπως
 κριθὴν μηδεμίαν καταπίῃ ὁ κάμνων—μεγάλην
 10 γὰρ βλάβην ἡγεύνται εἶναι—ἀλλὰ δι' ὀθονίου
 τὸν χυλὸν διηθέοντες διδόασιν· οἱ δ' αὖ τινες
 αὐτῶν οὐτ' ἂν πτισάνην παχείαν δοίεν οὔτε
 χυλόν· οἱ μὲν μέχρι ἂν ἐβδομαῖος γένηται, οἱ
 14 δὲ καὶ διὰ τέλεος ἄχρι ἂν κριθῇ ἡ νοῦσος.

- VIII. Μάλα μὲν οὖν οὐδὲ προβύλλεσθαι τὰ
 τοιαῦτα ζητήματα εἰθισμένοι εἰσιν² οἱ ἱητροί.
 ἴσως δὲ οὐδὲ προβαλλόμενα γινώσκεται· καίτοι
 διαβολὴν γε ἔχει ὅλη ἡ τέχνη πρὸς τῶν δημοτέων
 μεγάλην, ὥς μὴ δοκεῖν ὅλως ἱητρικὴν εἶναι· ὥστ'
 εἰ ἔν γε τοῖσιν ὀξυτάτοισι τῶν νοσημάτων τοσόνδε
 διοίσουσιν ἀλλήλων οἱ χειρώνακτες, ὥστε ἂ ὁ
 ἕτερος προσφέρει ἡγεύμενος ἄριστα εἶναι, ταῦτα
 νομίζειν τὸν ἕτερον κακὰ εἶναι, σχεδὸν ἂν κατὰ
 10 γε τῶν τοιούτων τὴν τέχνην φαῖεν ὁμοιωσθαι
 μαντικῇ, ὅτι καὶ οἱ μάντιες τὸν αὐτὸν ὕμνισαν, εἰ
 μὲν ἄριστερός εἴη, ἀγαθὸν νομίζουσιν εἶναι, εἰ δὲ
 δεξιός, κακόν—καὶ ἐν ἱεροσκοπῇ δὲ τοιάδε, ἄλλα
 ἐπ' ἄλλοις—ἐνιοὶ δὲ τῶν μαντίων τὰ ἐναντία
 15 τούτων.

¹ After εἶδέναι the MSS. have ὁκόσα τε or καὶ ὁπόσα. I have deleted ὁπόσα, on the ground that there are not two classes of points ἀξία γραφῆς, but only one, which contains things that are both ἐπίκαιρα εἶδέναι and μεγάλας βλάβας φέροντα ἢ μεγάλας ὠφελείας.

on such matters as are not yet ascertained by physicians, though knowledge thereof is important, and on them depend great benefit or great harm. For instance, it has not been ascertained why in acute diseases some physicians think that the correct treatment is to give unstrained barley-gruel throughout the illness; while others consider it to be of first-rate importance for the patient to swallow no particle of barley, holding that to do so is very harmful, but strain the juice through a cloth before they give it. Others again will give neither thick gruel nor yet juice, some not before the seventh day, others at no time until the disease reaches a crisis.

VIII. Now certainly¹ physicians are not at all in the habit of even raising such questions; even when they are raised perhaps nothing is learned. Yet the art as a whole has a very bad name among laymen, so that there is thought to be no art of medicine at all. Accordingly, since among practitioners there will prove to be so much difference of opinion about acute diseases that the remedies which one physician gives in the belief that they are the best are considered by a second to be bad, laymen are likely to object to such that their art resembles divination; for diviners too think that the same bird, which they hold to be a happy omen on the left, is an unlucky one when on the right, while other diviners maintain the opposite. The inspection of entrails shows similar anomalies in its various departments.

¹ *μάλα μὲν οὖν* is a strange phrase with which to begin a sentence. It occurs again at the beginning of Chapter XVIII.

² *εἰθισμένοι εἰσὶν* MV: *εἴθισ(ται) τοῖς ἱητροῖς* A: *εἰθίδεται* Ilberg, followed by Kühlewein.

ΙΧ. Φημὶ δὲ πάγκαλον εἶναι τοῦτο τὸ σκέμμα καὶ ἡδελφισμένον τοῖσι πλείστοις τῶν ἐν τῇ τέχνῃ καὶ ἐπικαιροτάτοις· καὶ γὰρ τοῖσι νοσέουσιν πᾶσιν ἐς ὑγίειν μέγα τι δύναται καὶ τοῖσιν ὑγιαίνουσιν ἐς ἀσφάλειαν καὶ τοῖσιν ἀσκέουσιν
6 ἐς εὐεξίην καὶ ἐς ὃ τι ἕκαστος ἐθέλει.

(4 L.) Χ. Πτισάνη μὲν οὖν δοκεῖ ὀρθῶς προκεκρίσθαι τῶν σιτηρῶν γευμάτων ἐν τούτοις τοῖσι νοσήμασιν, καὶ ἐπαινέω τοὺς προκρίναντας. τὸ γὰρ γλίσχρασμα αὐτῆς λεῖον καὶ συνεχὲς καὶ προσηνὲς ἐστὶ καὶ ὀλισθηρὸν καὶ πλαδαρὸν μετρίως καὶ ἄδιψον καὶ εὐέκκριτον, εἴ τι καὶ τούτου προσδέοι, καὶ οὔτε στύψιν ἔχον οὔτε ἄραδον κακὸν οὔτε ἀνοιδίσκεται ἐν τῇ κοιλίῃ· ἀνῳόθηκε γὰρ ἐν τῇ ἐψήσει, ὅσον πλείστον ἐπεφύκει
10 διογκοῦσθαι.

ΧΙ. Ὅσοι μὲν πτισάνη χρέονται ἐν τούτοις τοῖσι νοσήμασι, οὐδεμιῇ ἡμέρῃ κενεαγγητέον, ὡς ἔπος εἰρήσθαι, ἀλλὰ χρηστέον καὶ οὐ διαλειπτέον, ἣν μὴ τι δέῃ ἢ διὰ φαρμακείην ἢ κλύσιν διαλείπειν. καὶ τοῖσι μὲν γε εἰθισμένοις δις σιτεῖσθαι τῆς ἡμέρης δις δοτέον· τοῖσι δὲ μονοσιτεῖν εἰθισμένοις ἅπαξ δοτέον τὴν πρώτην· ἐκ προσαγωγῆς¹ δ' ἐνδέχεται καὶ τούτοις δις διδόναι, ἣν δοκῇ προσδεῖν. πλήθος δὲ ἀρκεῖ κατ' ἀρχὰς διδόναι
10 μὴ πολὺ μηδὲ ὑπέρπαχυν, ἀλλ' ὅσον εἵνεκα τοῦ ἔθεος ἐσιέναι τι καὶ κενεαγγίην μὴ γενέσθαι
12 πολλήν.

ΧΙΙ. Περὶ δὲ τῆς ἐπιδόσιος ἐς πλήθος τοῦ ῥυφήματος, ἣν μὲν ξηρότερον ἢ τὸ νόσημα ἢ ὡς ἂν τις βούληται, οὐ χρὴ ἐπὶ πλέον διδόναι, ἀλλὰ προπίνειν πρὸ τοῦ ῥυφήματος ἢ μελίκρητον ἢ οἶνον, ὁπότερον

IX. But I am confident that this inquiry is wholly profitable, being bound up with most, and the most important, of the things embraced by the art. In fact, it has great power to bring health in all cases of sickness, preservation of health to those who are well, good condition to athletes in training, and in fact realization of each man's particular desire.

X. Now I think that gruel made from barley has rightly been preferred over other cereal foods in acute diseases, and I commend those who preferred it; for the gluten of it is smooth, consistent, soothing, lubricant, moderately soft, thirst-quenching, easy of evacuation, should this property too be valuable, and it neither has astringency nor causes disturbance in the bowels or swells up in them. During the boiling, in fact, it has expanded to the utmost of its capacity.

XI. Those who use this gruel in acute diseases must not fast, generally speaking, on any day, but they must use it without intermission unless some intermission be called for because of a purge or enema. Those who are wont to eat two meals a day should take gruel twice; those wont to have one meal only should have gruel once on the first day. Gradually, if it be thought that they need it, these also may take a second dose. At first it is sufficient to administer a small quantity, not over-thick, just enough, in fact, to satisfy habit and to prevent severe pangs of hunger.

XII. As to increasing the quantity of the gruel, if the disease be drier than one would wish, you ought not to increase the dose, but to give to drink before the gruel either hydromel or wine, whichever

¹ After *προσαγγῆς* the MSS. have *ῆν*. Deleted by Reinhold.

ἂν ἀρμόζη· τὸ δ' ἀρμόζον ἐφ' ἐκάστοισι τῶν
 τρόπων εἰρήσεται. ἣν δὲ ὑγραίνεται τὸ στόμα καὶ
 τὰ ἀπὸ τοῦ πνεύμονος ἴη ὅποια δεῖ, ἐπιδιδόναι
 χρὴ ἐς πλῆθος τοῦ ῥυφήματος, ὥς ἐν κεφαλαίῳ
 εἰρήσθαι· τὰ μὲν γὰρ θῦσσον καὶ μᾶλλον πλα-
 10 δῶντα ταχυτήτα σημαίνει κρίσιος, τὰ δὲ βραδύ-
 τερον πλαδῶντα καὶ ἦσσον βραδυτέρην σημαίνει
 τὴν κρίσιν. καὶ ταῦτα αὐτὰ μὲν καθ' ἑωυτὰ
 13 τοιάδε τὸ ἐπίπαν ἐστί.

XIII. Πολλὰ δὲ καὶ ἄλλα ἐπίκαιρα παρῆται,
 οἷσι προσημαίνεσθαι δεῖ, ἃ εἰρήσεται ὕστερον. καὶ
 ὅσῳ ἂν πλείων ἡ κάθαρσις γίνηται, τοσῶδε χρὴ
 πλείον διδόναι ἄχρι κρίσιος· μάλιστα δὲ κρίσιος
 ὑπερβολῆς δύο ἡμέρεων, οἷσί γε ἡ πεμπταίοισιν ἢ
 ἐβδομαίοισιν ἢ ἐναταίοισιν δοκεῖ κρίνειν, ὥς καὶ τὸ
 ἄρτιον καὶ τὸ περισσὸν προμηθήσῃ¹ μετὰ δὲ τῷ
 μὲν ῥυφήματι τὸ πρῶν χρηστέον, ὁψὲ δὲ ἐς σιτία
 9 μεταβάλλειν.

XIV. Συμφέρεи δὲ τὰ τοιάδε ὥς ἐπὶ τὸ πολὺ
 τοῖς οὐλῃσι πτισάνησιν αὐτίκα χρεωμένοις. αἶ
 τε γὰρ ὀδύναι ἐν τοῖσι πλευριτικοῖσιν αὐτίκα
 παύονται αὐτόματοι, ὅταν ἄρξωνται πτύειν τι
 ἄξιον λόγου καὶ ἐκκαθαίρεσθαι, αἶ τε καθάρσιες
 πολλὸν τελεώτεραί εἰσι, καὶ ἔμπυοι ἦσσον γίνον-
 ται, ἢ εἰ ἄλλοίως τις διαιτῶν, καὶ αἱ κρίσιες
 ἀπλούστεραι καὶ εὐκριτώτεραι καὶ ἦσσον ὑπο-
 9 στροφώδεις.

(5 L.) XV. Τὰς δὲ πτισάνας χρὴ ἐκ κριθέων
 ὥς βελτίστων εἶναι καὶ κάλλιστα ἐψῆσθαι, καὶ

¹ προμηθήσῃ Littré, the MSS. having προμηθῆς ῆ. The MS. reading can be kept only if προμηθῆς be given a passive

is suitable; it will be stated later what is suitable in each form of illness. Should the mouth be moist, and the sputa as they should be, increase as a general rule the quantity of the gruel; for early appearance of abundant moisture indicates an early crisis, while a later appearance of scanty moisture indicates a late crisis. In their essence the facts are on the whole as stated.

XIII. Many other important points have been passed over which must be used in prognosis; these will be discussed later. The more complete the purging of the bowels the more the quantity of gruel administered should be increased until the crisis. In particular, proceed thus for two days after the crisis, in such cases as lead you to suppose that the crisis will be on the fifth, seventh or ninth day, so as to make sure of both the even and the odd day. Afterwards you must administer gruel in the morning, but you may change to solid food in the evening.

XIV. The above rules are on the whole useful to those who administer unstrained gruel from the outset. For in cases of pleurisy the pains at once cease of their own accord, as soon as sputa worth mentioning begin to be brought up and purgings begin to take place; while the purgings are much more complete, and empyema is less likely to occur, than if another regimen were adopted, and the crises are simpler, more decisive, and less liable to relapses.

XV. Gruel should be made from the finest barley, and boiled as well as possible, especially if more

meaning ("carefully guarded against"). Not finding a parallel to this I have adopted the reading of Littré.

ἄλλως ἦν μὴ τῷ χυλῷ μούνῳ μέλλης χρῆσθαι·
 μετὰ γὰρ τῆς ἄλλης ἀρετῆς τῆς πισιάνης τὸ
 ὀλισθηρὸν τὴν κριθὴν καταπινομένην ποιεῖ μὴ
 βλάπτειν· οὐδαμῇ γὰρ προσίσχει οὐδὲ μένει κατὰ
 τὴν τοῦ θώρηκος ἴξιν· ὀλισθηροτάτη δὲ καὶ ἀδι-
 ψοτάτη καὶ εὐπεπτοτάτη καὶ ἀσθενεστάτη ἐστὶν
 9 ἡ κάλλιστα ἐφθί· ὧν πάντων δεῖ.

XVI. Ἦν οὖν μὴ προστιμωρήσῃ τις ὅσων
 δεῖται αὐτάρκης εἶναι ὁ τρόπος τῆς τοιαύτης
 πισανορρυφίης, πολλαχῇ βεβλάψεται. οἷσι
 γὰρ σίτος αὐτίκα ἐγκατακέκλεισται, εἰ μὴ τις
 ὑποκενώσας δοίῃ τὸ ρύφημα, τὴν ὀδύνην ἐνεοῦσαν
 προσπαροξύνειεν ἂν καὶ μὴ ἐνεοῦσαν ἂν ἐμποι-
 ῇσειεν, καὶ πνεῦμα πυκνότερον γένοιτ' ἂν· κακὸν
 δὲ τοῦτο· ξηραντικόν τε γὰρ πνεῦμονος καὶ κο-
 πῶδες ὑποχονδρίων καὶ ἥτρου καὶ φρενῶν· τοῦτο
 10 δέ, ἦν ἔτι τοῦ πλευροῦ τῆς ὀδύνης συνεχέος ἐούσης
 καὶ πρὸς τὰ θερμάσματα μὴ χαλώσης καὶ τοῦ
 πτυάλου μὴ ἀνιόντος, ἀλλὰ καταγλισχραινομένου
 ἀσαπέως, ἦν μὴ λύσῃ τις τὴν ὀδύνην ἢ κοιλὴν
 μαλθάξας ἢ φλέβα ταμών, ὁπότερον ἂν τούτων
 σημήνῃ, τὰς δὲ πισιάνας ἦν οὕτως ἔχουσι διδῶ,
 16 ταχέες οἱ θάνατοι τῶν τοιούτων γίνονται.

XVII. Διὰ ταύτας οὖν τὰς προφάσις καὶ
 ἐτέρας τοιαύτας¹ οἱ οὕλησι πισιάνησι χρεώμενοι
 ἐβδομαῖοι καὶ ὀλιγημερώτεροι θνήσκουσιν, οἱ μὲν
 τι καὶ τὴν γνώμην βλαβέντες, οἱ δ' ὑπὸ τῆς
 ὀρθοπνοίης τε καὶ τοῦ ῥέγχεος ἀποπνιγέντες.
 μάλα δὲ τοὺς τοιούτους οἱ ἀρχαῖοι βλητοὺς ἐνό

¹ After τοιαύτας A has μάλλον and M ἔτι μάλλον.

¹ αὐτίκα seems to have this sense here.

than the pure juice is going to be used. For one of the virtues of gruel is its lubricant nature, which prevents the barley that is swallowed from doing any harm, since it clings nowhere and does not stick on its way through the chest. In addition to its excellent lubricating qualities the best boiled gruel quenches thirst the most, is the most easily digested, and the least disturbing. All these characteristics are needed.

XVI. The administration of this gruel requires certain aids, if it is to accomplish its purpose; and if they are not given manifold harm will result. When for instance food is at the time¹ confined in the bowels, should the gruel be given without first emptying them, it will increase any pain already existing or cause one if it does not exist already, and the respiration will become more rapid. This is harmful, in that it dries the lungs, besides causing discomfort in the hypochondria, the hypogastrium, and the diaphragm. Moreover, suppose the pain in the side continues and does not yield to the fomentations, while the sputum is not brought up, but becomes viscid without coction; should gruel be administered in these conditions without first relieving the pain, either by loosening the bowels or by venesection, whichever of these courses is indicated, a fatal termination will quickly follow.

XVII. For these reasons, as well as for others like them, those who take unstrained gruel die on the seventh day or earlier, some after being seized with delirium also, others being suffocated by orthopnoea and *râles*. The ancients² thought such sufferers "stricken," just because after death the

² For these see p. 64.

μιζον εἶναι διὰ τόδε οὐχ ἥκιστα, ὅτι ἀποθανόντων
 αὐτῶν ἡ πλευρὴ πελιδνὴ εὐρίσκεται, ἵκελόν τι
 πληγῇ. αἴτιον δὲ τούτου ἐστίν, ὅτι πρὶν λυθῆναι
 10 τὴν ὀδύνην θνήσκουσιν· ταχέως γὰρ πνευματαίαι
 γίνονται· ὑπὸ δὲ τοῦ πολλοῦ καὶ πυκνοῦ πνεύ-
 ματος, ὡς ἤδη εἴρηται, καταγλισχραινόμενον τὸ
 πτύαλον ἀπέπτως κωλύει τὴν ἐπάνοδον γίνεσθαι,
 ἀλλὰ τὴν ῥέγξιν ποιεῖ ἐνισχόμενον ἐν τοῖσι
 βρογχίοισι τοῦ πνεύμονος. καὶ ὅταν ἐς τοῦτο
 ἔλθῃ, θανατῶδες ἤδη ὡς ἐπὶ τὸ πολὺ ἐστι· καὶ
 γὰρ αὐτὸ τὸ πτύαλον ἐνισχόμενον κωλύει μὲν τὸ
 πνεῦμα ἔσω φέρεσθαι, ἀναγκάζει δὲ ταχέως ἔξω
 φέρεσθαι· καὶ οὕτως ἐς τὸ κακὸν ἀλλήλοισι συν-
 20 τιμωρεῖ. τό τε γὰρ πτύαλον ἐνισχόμενον πυκνὸν
 τὸ πνεῦμα ποιεῖ, τό τε πνεῦμα πυκνὸν ἐὼν ἐπι-
 γλισχραίνει τὸ πτύαλον καὶ κωλύει ἀπολισθάνειν.
 καταλαμβάνει δὲ ταῦτα οὐ μόνον ἦν πτισάνῃ
 ἀκαίρως χρέωνται, ἀλλὰ πολὺ μᾶλλον, ἦν τι ἄλλο
 25 φάγωσιν ἢ πίωσι πτισάνης ἀνεπιτηδειότερον.

(6 L.) XVIII. Μάλα μὲν οὖν τὰ πλεῖστα
 παραπλήσιοί εἰσιν αἱ τιμωρίαι τοῖσί τε οὕλῃσι
 πτισάνῃσι χρεωμένοισι τοῖσί τε χυλῶ αὐτῶ·
 τοῖσι δὲ μηδετέρῳ τούτων, ἀλλὰ ποτῶ μόνον,
 ἐστὶν ὅπῃ καὶ διαφερόντως τιμωρητέον. χρὴ δὲ
 6 τὸ πάμπαν οὕτω ποιεῖν·

XIX. Ἦν μὲν νεοβρώτῃ αὐτῶ εἰσὶ καὶ κοιλίης
 μὴ ὑποκεχωρηκυῖης ἄρξεται ὁ πυρετός, ἦν τε σὺν
 ὀδύνῃ ἦν τε ἄνευ ὀδύνης, ἐπισχεῖν τὴν δόσιν τοῦ
 ῥυφήματος, ἔστ' ἂν οἴηται κεχωρηκέναι ἐς τὸ
 κάτω μέρος τοῦ ἐντέρου τὸ σιτίον. χρῆσθαι δὲ
 ποτῶ, ἦν μὲν ἄλγημά τι ἔχῃ, ὀξυμέλιτι, χειμῶνος
 μὲν θερμῶ, θέρεος δὲ ψυχρῶ· ἦν δὲ πολλὴ δίψα
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side is found to be livid, as if a blow had been received. The reason for this appearance is that death occurs before the pain is relieved. For they quickly suffer from difficulty in breathing. The heavy and rapid respiration, as I have already said, makes the sputum become viscid without coction, and prevents its expulsion, so that it causes the *râles* by being confined in the bronchial passages. At this point death commonly occurs; the mere confinement of the sputum, in fact, while preventing the entrance of breath, forces it out quickly. So one mischief aggravates the other; the confinement of sputum renders respiration rapid, and the rapidity of the respiration makes the sputum viscid, preventing its slipping away. These attacks not only result from unseasonable administration of gruel, but are much more likely to occur if the patient has eaten or drunk something less suitable than gruel.

XVIII. Now the measures necessary to help the administration of the pure juice are practically the same as those required by unstrained gruel; but when neither is given, but only drink, they are in some ways different. In general terms the rules to be observed are the following.

XIX. Should the fever begin when the patient has recently taken food and the bowels have not been emptied, whether pain be present or not, refrain from giving gruel until he thinks that the food has descended to the lower part of the bowel. The drink to be employed, should there be any pain, is oxymel,¹ warm in winter and cold in summer. If there be great thirst, give hydromel

¹ A mixture of vinegar and honey.

ἢ, καὶ μελικρήτῳ καὶ ὕδατι. ἔπειτα, ἣν μὲν
 ἄλγημα ἐνῇ ἢ τῶν ἐπικινδύνων τι ἐμφαίνεται,
 10 διδόναι τὸ ῥύφημα μήτε πολὺ μήτε παχύ, μετὰ
 δὲ τὴν ἐβδόμην, ἣν ἰσχύη. ἣν δὲ μὴ ὑπεληλύθῃ
 ὁ παλαιότερος σῖτος νεοβρῶτι ἐόντι, ἣν μὲν ἰσχύη
 τε καὶ ἀκμάζῃ τῇ ἡλικίῃ, κλύσαι, ἣν δὲ ἀσθε-
 νέστερος ἢ, βαλάνῳ προσχρήσασθαι, ἣν μὴ
 15 αὐτόματα διεξίη καλῶς.

XX. Καιρὸν δὲ τῆς δόσιος τοῦ ῥυφήματος
 τόνδε μάλιστα φυλάσσεσθαι κατ' ἀρχὰς καὶ διὰ
 παντὸς τοῦ νοσήματος· ὅταν μὲν οἱ πόδες ψυχροὶ
 ἔωσιν, ἐπισχεῖν χρὴ τοῦ ῥυφήματος τὴν δόσιν,
 μάλιστα δὲ καὶ τοῦ ποτοῦ ἀπέχεσθαι· ὅταν δὲ
 ἡ θερμὴ καταβῇ ἐς τοὺς πόδας, τότε διδόναι·
 καὶ νομίζειν μέγα δύνασθαι τὸν καιρὸν τοῦτον
 ἐν πάσῃσι τῇσι νούσοισιν, οὐχ ἥκιστα δὲ ἐν
 τῇσιν ὀξείησιν, μάλιστα δ' ἐν τῇσι μᾶλλον πυρε-
 10 τώδεσιν καὶ ἐπικινδυνωτάτησιν.¹ χρῆσθαι δὲ
 πρῶτον² μὲν χυλῷ, ἔπειτα δὲ πτισάνῃ, κατὰ τὰ
 12 τεκμήρια τὰ προγεγραμμένα ἀκριβέως θεωρέων.

(7 L.) XXI. Ὀδύνην δὲ πλευροῦ, ἣν τε κατ'
 ἀρχὰς γίνηται ἢν θ' ὕστερον, θερμίσμασι μὲν
 πρῶτον οὐκ ἀπὸ τρόπου χρῆσάμενον πειρηθῆναι
 διαλῦσαι. θερμασμάτων δὲ κράτιστον μὲν ὕδωρ
 θερμὸν ἐν ἀσκῷ ἢ ἐν κύστει ἢ ἐν χαλκῷ ἀγγεῖῳ
 ἢ ἐν ὀστρακίνῳ. προὔποτιθέναι δὲ χρὴ μαλθακόν
 τι πρὸς τὴν πλευρὴν προσηνείης εἵνεκεν. ἀγαθὸν
 δὲ καὶ σπόγγος μαλθακὸς μέγας ἐξ ὕδατος θερμοῦ
 ἐκπεπιεσμένος προστίθεσθαι· περιστέγειν δὲ ἄνω

¹ MV have ἐπικινδυνωτάτησι. A omits καὶ ἐπικιν. altogether. Possibly the words are a gloss.

and water. Later, should there be any pain or should any dangerous symptom appear, let the gruel given be neither much nor thick, and give it only after the seventh day, and if the strength be maintained. If the previous food which the patient has recently eaten should not have gone down, give an enema if the patient be strong and in the prime of life, but if he be too weak use a suppository, should the bowels be not well moved of their own accord.

XX. This is the time for administering gruel that must be most carefully observed both at the beginning of the illness and throughout its course. When the feet are cold you must refrain from giving gruel, and especially from giving drinks; give the gruel when the heat descends to the feet. Consider this time of great importance in all diseases, particularly in acute diseases, and most of all in those where the fever is high and the danger very great. Use first the pure juice, then the gruel, keeping a sharp eye for the signs already described.

XXI. When there is pain in the side, whether at the beginning or later, it is not amiss to try to dissipate it first by hot fomentations. The best fomentation is hot water in a skin, or bladder, or bronze or earthen vessel. Apply something soft to the side first to prevent discomfort. A good thing also to apply is a big, soft sponge dipped in hot water and squeezed out. You must, however, cover up the heat on the upper part,¹ for doing so will

¹ *I. e.* on the part of the sponge not next to the skin.

² *πρῶτον* is my reading. MV have *πρῶτον μάλιστα μὲν* and A has *μάλιστα μὲν* only. *μάλιστα* is omitted by the Paris MS. 2276 (S').

- 10 τὴν θάλψιν χρή. πλείω τε γὰρ χρόνον ἀρκέσει καὶ παραμενεῖ, καὶ ἅμα ὥς μὴ ἡ ἀτμὶς πρὸς τὸ πνεῦμα τοῦ κύμνοντος φέρεται, ἣν ἄρα μὴ δοκῇ καὶ τοῦτο χρήσιμον πρὸς τι εἶναι· ἔστι γὰρ ὅτε δεῖ πρὸς τι. ἔτι δὲ καὶ κριθαὶ ἢ ὄροβοι· ἐν ὅξει κεκρημένῳ σμικρῷ ὀξυτέρῳ ἢ ὥς ἂν πίοι τις διέντα καὶ ἀναξέσαντα ἐς μαρσίππια καταρράψαντα προστιθέναι. καὶ πίτυρα τὸν αὐτὸν τρόπον. ξηραὶ δὲ πυρίαι, ἅλεις, κέγχροι πεφρυγμένοι ἐν εἰρινέοισι μαρσιππίοισιν ἐπιτηδειότατοι·
- 20 καὶ γὰρ κοῦφον καὶ προσηγνὲς ὁ κέγχρος.

XXII. Λύει δὲ μάλθαξις ἢ τοιήδε καὶ τὰς πρὸς κληῖδα περαινούσας ἀλγηδόνας· τομὴ μέντοι οὐχ ὁμοίως λύει ὀδύνην, ἣν μὴ πρὸς τὴν κληῖδα περαίνει ἢ ὀδύνῃ· ἣν δὲ μὴ λύεται πρὸς τὰ θερμάσματα ὁ πόνος, οὐ χρή πολὺν χρόνον θερμαίνειν· καὶ γὰρ ξηραντικὸν τοῦ πνεύμονος τοῦτο καὶ ἐμπυητικόν· ἀλλ' ἣν μὲν σημαίνει ἢ ὀδύνῃ ἐς κληῖδα ἢ ἐς βραχίονα βάρος ἢ περὶ μαζὸν ἢ ὑπὲρ τῶν φρενῶν, τάμνειν χρή τὴν ἐν τῷ ἀγκῶνι φλέβα τὴν ἔσω

10 καὶ μὴ ὀκνεῖν συχνὸν ἀφαιρεῖν, ἔστ' ἂν ἐρυθρότερον πολλῷ ῥυῇ ἢ ἀντὶ καθαροῦ τε καὶ ἐρυθροῦ

12 πελιδνόν· ἀμφοτέρα γὰρ γίνεται.

XXIII. Ἦν δ' ὑπὸ φρένας ἢ τὸ ἄλγημα, ἐς δὲ τὴν κληῖδα μὴ σημαίνει, μαλθάσσειν χρή τὴν κοιλίνην ἢ μέλανι ἐλλεβόρῳ ἢ πεπλίῳ, μέλανι μὲν δαῦκος ἢ σέσελι ἢ κύμινον ἢ ἄνησον ἢ ἄλλο τι τῶν εὐωδέων μίσγοντα, πεπλίῳ δὲ ὁπὸν σιλφίου. ἀτὰρ καὶ μισγόμενα ἀλληλοισιν ὁμοιότροπα ταῦτ'

¹ *Helleborus niger.*

³ *Athamanta cretensis.*

² *Euphorbia peplus.*

⁴ *Laserpitium latitolium.*

make it hold out and last for a longer time ; besides, it will prevent the steam being carried towards the breath of the patient—unless indeed the patient's breathing it be considered an advantage, as in fact it occasionally is. Barley too or vetches : soak in vinegar that is slightly stronger than could be drunk, boil, sew up in bags and then apply. Bran may be used in like manner. For dry fomentations, salt or toasted millet in woollen bags is most suitable ; millet is also light and soothing.

XXII. A soft fomentation like this relieves the pains too that extend to the collar-bone. Venesection, however, does not relieve the pain so well unless it extends to the collar-bone. If the pain does not give way before the hot applications, do not continue them for long ; continued heat dries the lungs and is apt to cause empyema. Should, however, the pain show signs of extending to the collar-bone, or should there be a weight in the fore-arm, or in the region of the breast, or above the diaphragm, you must open the inner vein at the elbow, and not hesitate to take away much blood until it flows much redder, or until it becomes livid instead of clear and red. Either of these changes may occur.

XXIII. If the pain be under the diaphragm, and does not declare itself towards the collar-bone, soften the bowels with black hellebore¹ or peplium,² mixing with the black hellebore daucus,³ seseli,⁴ cumin, anise or some other fragrant herb, and with the peplium juice of silphium.⁵ In fact the blending

⁵ A sort of assafoetida,

ἐστίν. ἄγει δὲ μέλας μὲν καλλίῳ καὶ κρισιμώτερα
 πεπλίον, πέπλιον δὲ μέλαιος φυσέων καταρρηκτι-
 κιώτερόν ἐστιν. ἄμφω δὲ ταῦτα ὀδύνην παύει·
 10 παύει δὲ καὶ ἄλλα συχνὰ τῶν ὑψηλίων· κρά-
 τιστα δὲ ταῦτα ὦν ἐγὼ οἶδα ἐστίν· ἐπεὶ καὶ τὰ
 ἐν τοῖσι ῥυφήμασι διδόμενα ὑπήλατα ἀρήγει,
 ὅσα μὴ ἄγαν ἐστὶν ἀηδέα ἢ διὰ πικρότητα ἢ δι'
 ἄλλην τινὰ ἀηδίην, ἢ διὰ πλῆθος ἢ διὰ χροίην ἢ
 15 ὑποψίην τινά.

XXIV. Τῆς μέντοι πτισάνης, ὅταν πῆν τὸ
 φάρμακον, ἐπιρρυφεῖν αὐτίκα χρή διδόναι μηδὲν
 ἔλασσον ἀξίως λόγου ἢ ὅσον εἴθιστο· ἐπεὶ καὶ
 κατὰ λόγον ἐστὶ μεσηγὺ τῆς καθάρσιος μὴ διδόναι
 ῥυφεῖν· ὅταν δὲ λήξῃ ἡ κάθαρσις, τότε ἔλασσον
 ῥυφεῖτω ἢ ὅσον εἴθιστο. μετὰ δὲ ταῦτα ἀναγέτω
 ἐπὶ τὸ πλεῖον, ἣν ἢ τε ὀδύνη πεπαυμένη ἢ καὶ
 8 μηδὲν ἄλλο ἐναντιῶται.

XXV. Οὗτος δέ μοι λόγος ἐστίν, κῆν χυλῶ
 δέη πτισάνης χρῆσθαι. φημὶ γὰρ ἄμεινον εἶναι
 αὐτίκα ἄρξασθαι ῥυφεῖν τὸ ἐπίπαν μᾶλλον ἢ
 προκενεαγγήσαντα ἄρξασθαι τοῦ ῥυφήματος τρι-
 ταῖον ἢ τεταρταῖον ἢ πεμπταῖον ἢ ἑκταῖον ἢ
 ἑβδομαῖον, ἣν γε μὴ προκριθῇ ἡ νοῦσος ἐν τούτῳ
 τῷ χρόνῳ. αἱ δὲ προπαρασκευαὶ καὶ τούτοισι
 8 παραπλήσιοι ποιηταί, ὅποιαί εἵρηνται.

(8 L.) XXVI. Περὶ μὲν οὖν ῥυφήματος προσ-
 ἄρσιος οὕτω γινώσκω. ἀτὰρ καὶ περὶ ποτοῦ,
 ὅποιον ἂν τις μέλλῃ πίνειν, τῶν προσγραφησο-
 μένων οὗτος λόγος τὸ ἐπίπαν ἐστίν. οἶδα δὲ
 τοὺς ἱητροὺς τὰ ἐναντιώτατα ἢ ὥς δεῖ ποιέοντας·
 βούλονται γὰρ πάντες ὑπὸ τὰς ἀρχὰς τῶν νοῦσων
 προταριχεύσαντες τοὺς ἀνθρώπους ἢ δύο ἢ τρεῖς

of these constituents gives a harmonious compound. Black hellebore causes evacuations that are better and more favourable to the crisis than does peplium; but peplium breaks flatulence better than black hellebore. Both, however, stop pain, as do also many other evacuants; but these are the best I know of, though evacuants given in the gruel help, if they are not too unpleasant owing to bitterness or other unpleasant taste, or owing to quantity, colour, or some quality that arouses the patient's suspicion.

XXIV. Immediately after he has taken the purge, give the patient a quantity of gruel not appreciably less than usual, though it is reasonable to suspend giving it while the purge is acting. When the purging has ceased, give less gruel than usual, afterwards increasing it gradually, if the pain have ceased and nothing else indicate the contrary.

XXV. I recommend the same rule if it be necessary to use the pure juice of barley. For I hold it to be better on the whole to begin giving it at once rather than to starve the patient and then to begin giving the gruel on the third, fourth, fifth, sixth or seventh day, should the disease not reach a crisis in the interval. In this case too the preparations to be made are similar to those I have described.

XXVI. Such are my recommendations for the administration of gruel; and as to drink, whatever be the nature of that to be given, the directions that I shall set forth are in general the same. I am convinced that the practice of physicians is the exact opposite of what it should be; for they all wish at the beginning of a disease to reduce the patient by

ἡ καὶ πλείους ἡμέρας οὕτω προσφέρειν τὰ ῥυφή-
ματα καὶ τὰ πόματα· καὶ ἴσως τι καὶ εἰκὸς δοκεῖ
10 αὐτοῖσι εἶναι μεγάλης μεταβολῆς γινομένης¹ τῷ
11 σώματι μέγα τι κάρτα καὶ ἀντιμεταβάλλειν.

XXVII. Τὸ δὲ μεταβάλλειν μὲν εὖ ἔχει μὴ
ὀλίγον· ὀρθῶς μέντοι ποιητὴ καὶ βεβαίως ἡ
μεταβολὴ καὶ ἔκ γε τῆς μεταβολῆς ἡ πρόσαρσις
τῶν γευμάτων ἔτι μᾶλλον. μάλιστα μὲν οὖν ἂν
βλάπτοντο, εἰ μὴ ὀρθῶς μεταβάλλοιεν, οἱ οὕλησι
τῇσι πτισάνησι χρεώμενοι· βλάπτοντο δ' ἂν καὶ
οἱ μούνῳ τῷ ποτῷ χρεώμενοι, βλάπτοντο δ' ἂν
καὶ οἱ μούνῳ τῷ χυλῷ χρεώμενοι,² ἥκιστα δ' ἂν
9 οὔτοι.

(9 L.) XXVIII. Χρὴ δὲ καὶ τὰ μαθήματα
ποιεῖσθαι ἐν τῇ διαίτῃ τῶν ἀνθρώπων ἔτι ὑγιαί-
νόντων, οἷα συμφέροι.³ εἰ γὰρ δὴ τοῖσί γε
ὑγιαίνουνσι φαίνεται διαφέροντα μεγάλα τὰ τοῖα
ἢ τοῖα διαιτήματα καὶ ἐν ἄλλῳ τινὶ καὶ ἐν τῇσι
μεταβολῇσι, πῶς οὐχὶ καὶ ἐν τῇσι νούσοισι
διαφέρει μέγα καὶ τούτων ἐν τῇσιν ὀξυτάτησι
μέγιστα ; ἀλλὰ μὴν εὐκαταμάθητόν γέ ἐστιν, ὅτι
φαύλη δίαίτα βρώσιος καὶ πόσιος αὐτὴ ἐωυτῇ
10 ἐμφορῆς αἰεὶ ἀσφαλεστέρη ἐστὶν τὸ ἐπίπαν ἐς
ὑγίειν, ἢ εἴ τις ἐξαπίνης μέγα μεταβάλλοι ἐς
ἄλλα. ἐπεὶ καὶ τοῖσι δις σιτεομένοισι τῆς ἡμέρας
καὶ τοῖσι μονοσιτεύουσιν αἱ ἐξαπιναῖοι μεταβολαὶ
βλάβας καὶ ἀρρωστίην παρέχουσιν. καὶ τοὺς

¹ MV read *γενομένης*.

² A omits the second clause (*βλάπτοντο . . . χρεώμενοι*).

³ *συμφέροι* A: *συμφέρει* other MSS. I have kept the reading of A, as the "vague" optative without *ἂν* is common in the *Corpus*. See Vol. I., p. 59 (footnote).

starvation for two, three, or even more days before administering gruel and drink. Perhaps they consider it natural, when a violent change is taking place¹ in the body, to counteract it by another violent change.

XXVII. Now to bring about a change is no small gain, but the change must be carried out correctly and surely, a remark which applies even more to the administration of food after the change. Now those will be most harmed, should the change not be correct, who take unstrained gruel. Those too will be harmed who take drink only, as well as those who take the juice of barley only, but the last least of all.

XXVIII. A physician's studies should include a consideration of what is beneficial in a patient's regimen while he is yet in health. For surely, if men in health find that one regimen produces very different results from another, especially when the regimen is changed, in disease too there will be great differences, and the greatest in acute diseases. But it is easily discovered that a simple² diet of food and drink, if it be persevered in without a break, is on the whole safer for health than a sudden, violent change. For example, sudden changes cause harm and weakness, both to those who take one, and to those who take two full meals a day. Those too who are not in the habit of lunching, if they have taken lunch, immediately become feeble, heavy in all

¹ Or, reading γενομένης, "has taken place."

² So apparently is the meaning of φαῦλος here; Galen comments on its meaning. See *e. g.* xv. 341. But it may be "bad," "poor."

μέν γε μὴ μεμαθηκότας ἀριστᾶν, ἣν ἀριστήσωσιν,
 εὐθέως ἀρρώστους ποιεῖ καὶ βαρέως ὅλον τὸ σῶμα
 καὶ ἀσθενέας καὶ ὀκνηρούς· ἣν δὲ καὶ ἐπιδειπνή-
 σωσιν, ὄξυρεγμιώδεις. ἐνίοισι δ' ἂν καὶ σπατίλη
 γένοιτο, ὅτι παρὰ τὸ ἔθος ἡχθοφόρηκεν ἡ κοιλίη
 20 εἰθισμένη ἐπιξηραίνεσθαι καὶ μὴ δις διογκοῦσθαι
 21 μὴδὲ δις ἔψειν τὰ σιτία.

XXIX. Ἀρήγει οὖν τούτοισιν ἀνασηκῶσαι τὴν
 μεταβολήν· ἐγκοιμηθῆναι γὰρ χρή, ὥσπερ νύκτα
 ἄγοντα μετὰ τὸ δεῖπνον, τοῦ μὲν χειμῶνος ἀρ-
 ριγέως, τοῦ δὲ θέρεος ἀθαλπέως· ἣν δὲ καθεύδειν
 μὴ δύνηται, βραδείαν, συχνὴν ὁδὸν περιπλανη-
 θέντα, μὴ στασίμως, δειπνήσαι μηδὲν ἢ ὀλίγα
 μὴδὲ βλαβερά· ἔτι δὲ ἔλασσον πιεῖν καὶ μὴ
 ἰδαρές. ἔτι δὲ μᾶλλον ἂν πονήσειεν ὁ τοιοῦτος,
 εἰ τρὶς φάγοι τῆς ἡμέρης ἐς κόρον· ἔτι δὲ μᾶλλον,
 10 εἰ πλεονάκεις· καίτοι γε πολλοὶ εἰσιν οἱ εὐφύως
 φέρουσι τρὶς σιτεόμενοι τῆς ἡμέρης ἐς πλήθος,
 12 οἱ ἂν οὕτως ἐθισθῶσιν.

XXX. Ἀλλὰ μὴν καὶ οἱ μεμαθηκότες δις
 σιτεῖσθαι τῆς ἡμέρης, ἣν μὴ ἀριστήσωσιν, ἀσθε-
 νέες καὶ ἀρρωστοὶ εἰσιν καὶ δειλοὶ ἐς πᾶν ἔργον
 καὶ καρδιαλγέες· κρέμασθαι γὰρ αὐτοῖσι δοκεῖ
 τὰ σπλάγχνα, καὶ οὐρέουσι θερμὸν καὶ χλωρόν,
 καὶ ἡ ἄφοδος συγκαίεται. ἔστι δ' οἷσι καὶ τὸ
 στόμα πικραίνεται καὶ οἱ ὀφθαλμοὶ κοιλαίνονται
 καὶ οἱ κρόταφοι πάλλονται καὶ τὰ ἄκρα διαψύ-
 χεται,¹ καὶ οἱ μὲν πλεῖστοι ἀνηριστηκότες² οὐ

¹ διαψύχονται MSS. : διαψύχεται Galen.

² A has πλεῖστοι οἱ ἂν ἡριστηκότες, M πλεῖστοι τῶν ἀνηρισ-
 τηκόντων οὐ δύνανται τὸ δεῖπνον, V πλεῖστοι τῶν ἀνηριστηκόντων
 οὐ δύνανται κατεσθῆναι τὸ δεῖπνον. I read (with Kühlewein)

the body, weak and sluggish. Should they also dine, they suffer from acid eructations. Diarrhœa too may occur in some cases, because the digestive organs have been loaded, contrary to habit, when they are accustomed to a period of dryness, and not to be twice distended with food and to digest food twice.

XXIX. It is beneficial, then, in these cases to counterbalance the change. Thus one should sleep off the meal,¹ as one passes the night after dinner,² avoiding cold in winter and heat in summer. If sleep be impossible, a slow, long walk should be taken, without stopping; then no dinner should be eaten, or at least only a little light food; still less should be drunk, and that not diluted. Such a man will suffer yet more if he eat three times a day to surfeit, and still more if he eat more often. Yet there are many who, if accustomed to it, can easily bear three full meals a day.

XXX. But, indeed, those too who have the habit of taking two meals a day, should they omit lunch, find themselves weak, feeble, averse to all exertion, and the victims of heart-burn. Their bowels seem to hang, the urine is hot and yellow, and the stools are parched. In some cases the mouth is bitter, the eyes are hollow, the temples throb, and the extremities are chilled; most men who have missed

¹ Such I take to be the force of the preposition in ἐγκοιμηθῆναι.

² Galen says that we must either change τὸ δεῖπνον to τὸν ἄριστον, or understand μετὰ τὸν ἄριστον after χρή. The latter suggestion is the simpler. The text of Galen appears to be corrupt, but the drift of the passage is clear.

ἀνηρισθηκότες from A, and omit the οἱ of A as a repetition of the preceding syllable. Kühlewein puts ἀνηρισθηκότες after κατεσθίειν.

10 δύνανται κατεσθίειν τὸ δεῖπνον, δειπνήσαντες δὲ
 βαρύνουσι τὴν κοιλίην καὶ δυσκοιτεύουσι πολὺν
 12 μᾶλλον ἢ εἰ προηριστήκεσαν.

XXXI. Ὅποτε οὖν ταῦτα τοιαῦτα γίνεται
 τοῖσιν ὑγιαίνουσιν εἵνεκεν ἡμίσεος ἡμέρης διαίτης
 μεταβολῆς, παρὰ τὸ ἔθος οὔτε προσθεῖναι λυσι-
 4 τελεῖν φαίνεται οὔτε ἀφελεῖν.

XXXII. Εἰ τοίνυν οὗτος ὁ παρὰ τὸ ἔθος μο-
 νοσιτήσας ὅλην τὴν ἡμέρην κενεαγγήσας δει-
 πνήσειεν ὅποσον εἴθιστο, εἰκὸς αὐτόν, εἰ τότε
 ἀνάριστος ἐὼν ἐπόνει καὶ ἡρρώσται, δειπνήσας
 δὲ τότε βαρὺς ἦν, πολὺν μᾶλλον βαρύνεσθαι· εἰ
 δέ γε ἔτι πλείω χρόνον κενεαγγήσας ἐξαπίνης
 7 μεταδειπνήσειεν, ἔτι μᾶλλον βαρυνεῖται.¹

XXXIII. Τὸν οὖν παρὰ τὸ ἔθος κενεαγγήσαντα
 συμφέρει ταύτην τὴν ἡμέρην ἀντισηκῶσαι ὥδε·
 ἀρριγέως καὶ ἀθαλπέως καὶ ἀταλαιπώρως—ταῦτα
 γὰρ πάντα βαρέως ἂν ἐιέγκαι—τὸ δὲ δεῖπνον

¹ In this chapter there are two noticeable variants. MV omit τὴν after ὅλην, and A for εἰ τότε ἀνάριστος reads εἰ ὅτε ἀνάριστος. Littré, however, building on Galen's comment (ὃ λέγει τοιοῦτον ἐστίν· εἰ ὁ παρὰ τὸ ἔθος ἀναρίστητος μέινας, εἴτα δειπνήσας τῶν εἰθισμένων ἐλάττω, τῆς νυκτὸς ἐθαυρύνθη, πολὺν μεζόνως βαρυνθήσεται ὁ πλείω ἢ ὅσα εἴθιστο δειπνήσας) reads as follows: εἰ τοίνυν οὗτος . . . ὅλην ἡμέρην κενεαγγήσας, δειπνήσειεν ὁκόσον εἴθιστο, δειπνήσας δέ, τότε βαρὺς ἦν, εἰκὸς αὐτόν, εἰ, ὅτι ἀνάριστος ἐὼν ἐπόνει καὶ ἡρρώσται, δειπνήσειε πλείω ἢ ὁκόσον εἴθιστο, πολὺν μᾶλλον βαρύνεσθαι.

¹ There is a remarkable likeness between Chapters XXVIII–XXX and *Ancient Medicine*, Chapters X–XII. The similarity is verbal, and can hardly be due to chance. Littré thinks the likeness proves that the author of *Ancient Medicine* was Hippocrates. I confess that I feel the force of his argument more now than I did when I was translating

lunch cannot eat their dinner; and if they do dine their bowels are heavy, and they sleep much worse than if they had previously taken lunch.¹

XXXI. Since then men in health suffer in this way through a change in regimen for half a day, it is plainly beneficial neither to increase nor yet to decrease what is customary.

XXXII. If then this man, who contrary to custom took only one meal, should fast strictly the whole day and then eat his usual quantity of dinner, it is likely that—since on the other occasion he suffered from pain and weakness after taking no lunch, and was heavy after dinner—he will feel much heavier. And if he keep a strict fast for a still longer period, and then suddenly eat a dinner, he will feel heavier still.²

XXXIII. He therefore who has fasted strictly contrary to his custom is benefited if he compensate for the day of starvation in the following manner. He should avoid cold, heat and fatigue—all of which will distress him—and his dinner should be consider-

Ancient Medicine, but one treatise may contain a passage appearing in another without the author of the two being the same. One may be copying the other, or both may be copying a third. The truth probably is that the writer of *Regimen in Acute Diseases* imitated *Ancient Medicine*.

² In this chapter I follow Kühlewein, but with no confidence. Our MS. tradition seems to make the severity of the change depend upon the length of the fast (*ἡμίσεος ἡμέρης, ὅλην τὴν ἡμέρην, ἔτι πλείω χρόνον*). Furthermore, the grammatical confusion of Ch. XXXII, with its strange *τότε* before *βαρύνει*, suggests corruption. Galen's comment points to a text now lost, although *ὅποσον εἴθιστο* is a part of it, in which the severity of the change was made to depend upon the quantity of food taken. It is easy to suggest possible restorations, but none are likely.

συχνῶ ἔλασσον ποιήσασθαι ἢ ὅσον εἴθιστο καὶ μὴ ξηρόν, ἀλλὰ τοῦ πλαδαρωτέρου τρόπου· καὶ πιεῖν μὴ ὑδαρὲς μηδὲ ἔλασσον ἢ κατὰ λόγον τοῦ βρώματος· καὶ τῇ ὑστεραίῃ ὀλίγα ἀριστήσαι, ὥς
 9 ἐκ προσαγωγῆς ἀφίκηται ἐς τὸ ἔθος.

XXXIV. Αὐτοὶ μέντοι σφέων αὐτῶν δυσφορώτερον δὴ τὰ τοιαῦτα φέρουσιν οἱ πικρόχολοι τὰ ἄνω· τὴν δέ γε ἀσιτίην τὴν παρὰ τὸ ἔθος οἱ φλεγματίαι τὰ ἄνω εὐφορώτερον τὸ ἐπίπαν, ὥστε καὶ τὴν μονοσιτίην τὴν παρὰ τὸ ἔθος εὐφορώτερον
 6 ἂν οὗτοι ἐνέγκαιεν.

XXXV. Ἰκανὸν μὲν οὖν καὶ τοῦτο σημεῖον, ὅτι αἱ μέγιστα μεταβολαὶ τῶν περὶ τὰς φύσεις ἡμέων καὶ τὰς ἑξίας συμβαινόντων μάλιστα νοσοποιέουσιν. οὐ δὴ οἷόν τε παρὰ καιρὸν οὔτε σφοδρὰς τὰς κενεαγγίας ποιεῖν οὔτε ἄκμαζόντων τῶν νοσημάτων καὶ ἐν φλεγμασίῃ ἑόντων προσφέρειν οὔτε ἐξαπίνης οἷόν τε ὅλῳ τῷ πρήγματι
 8 μεταβάλλειν οὔτε ἐπὶ τὰ οὔτε ἐπὶ τὰ.

(10 L.) XXXVI. Πολλὰ δ' ἂν τις ἠδελφισμένα τούτοισι τῶν ἐς κοιλίην καὶ ἄλλα εἴποι, ὥς εὐφόρως μὲν φέρουσι τὰ βρώματα, ἂ εἰθίδαται, ἢ καὶ μὴ ἀγαθὰ ἢ φύσει· ὡσαύτως δὲ καὶ τὰ ποτά· δυσφόρως δὲ φέρουσι τὰ βρώματα, ἂ μὴ εἰθίδαται, κῆν μὴ κακὰ ἢ· ὡσαύτως δὲ καὶ τὰ
 7 ποτά.

XXXVII. Καὶ ὅσα μὲν κρηφαγίῃ πολλὴ παρὰ τὸ ἔθος βρωθεῖσα ποιεῖ ἢ σκόροδα ἢ σίλφιον ἢ ὁπὸς ἢ καυλὸς ἢ ἄλλα ὅσα τοιουτότροπα μεγάλας δυνάμειας ἰδίας ἔχοντα, ἦσσαν ἂν τις θαυμάσειεν, εἰ τὰ τοιαῦτα πόνους ἐμποιεῖ ἐν τῇσι κοιλίῃσι μᾶλλον ἄλλων· ἀλλὰ εἰ δὴ καταμάθῃ, ὅσον μᾶζα

ably less than usual, not dry but of rather a liquid character. His drink must not be watery nor out of proportion to the quantity of the food. On the next day he should take a light lunch, and so by degrees return to his usual practice.

XXXIV. The people who bear these changes with more than usual distress are those who are bilious in the upper digestive tract. Those who bear unaccustomed fasting better are generally the phlegmatic in the upper tract, so that these will also bear better the unaccustomed taking of one meal only.

XXXV. Now this too is adequate proof that the chief causes of diseases are the most violent changes in what concerns our constitutions and habits. Therefore it is not possible unseasonably to produce utter starvation, nor to give food while a disease is at its height and an inflammation remains, nor is it possible suddenly to make a complete change either in this direction or in that.

XXXVI. There are many other things akin to these that one might say about the digestive organs, to show that people readily bear the food to which they are accustomed, even though it be not naturally good. It is the same also with drinks. Men with difficulty bear the food to which they are unaccustomed, even though it be not bad. It is the same also with drinks.

XXXVII. If it were a question of eating much meat contrary to custom, or garlic, or silphium, juice or stalk, or anything else of the same kind possessing powerful qualities of its own, one would be less surprised at its producing more pains in the bowels than do other things. But it is surprising to learn

- ὄχλον καὶ ὄγκον καὶ φύσαν καὶ στρόφον κοιλίῃ
 παρέχει παρὰ τὸ ἔθος βρωθεῖσα τῷ ἄρτοφαγεῖν
 εἰθισμένῳ ἢ οἶον ἄρτος βάρος καὶ στάσιν κοιλίης
 10 τῷ μαζοφαγεῖν εἰθισμένῳ ἢ αὐτός γε ὁ ἄρτος
 θερμὸς βρωθεὶς οἶον δίψαν παρέχει καὶ ἑξαπι-
 ναίην πληθώρην διὰ τὸ ξηραντικόν τε καὶ βραδύ-
 πορον, καὶ οἱ ἄγαν καθαροί τε καὶ συγκομιστοὶ
 παρὰ τὸ ἔθος βρωθέντες οἶα διαφέροντα ἀλλήλων
 ποιεῦσι καὶ μᾶζά γε ξηρὴ παρὰ τὸ ἔθος ἢ ὑγρὴ ἢ
 γλίσχρη, καὶ τὰ ἄλφιστα οἶόν τι ποιεῖ τὰ ποταίνια
 τοῖσι μὴ εἰωθόσι καὶ τὰ ἑτεροῖα τοῖσι τὰ ποταίνια
 εἰωθόσι· καὶ οἶνοποσίῃ καὶ ὕδροποσίῃ παρὰ τὸ
 ἔθος ἐς θύτερα μεταβληθέντα ἑξαπίνης καὶ ὕδαρής
 20 τε οἶνος καὶ ἄκρητος παρὰ τὸ ἔθος ἑξαπίνης
 ποθείς—ὁ μὲν γὰρ πλάδον τε ἐν τῇ ἄνω κοιλίῃ
 ἐμποιήσει καὶ φύσαν ἐν τῇ κίτῳ, ὁ δὲ παλμόν
 τε φλεβῶν καὶ καρηβαρίην καὶ δίψαν—καὶ λευκός
 τε καὶ μέλας παρὰ τὸ ἔθος μεταβάλλουσιν,¹ εἰ
 καὶ ἄμφω οἰνώδεες εἶεν, ὅμως πολλὰ ἂν ἑτεροι-
 ώσειαν κατὰ τὸ σῶμα· ὥς δὴ γλυκύν τε καὶ
 οἰνώδεα ἦσσαν ἂν τις φαίη θαυμαστὸν εἶναι μὴ
 28 τῷ τὸ δύνασθαι ἑξαπίνης μεταβληθέντα.

(11 L.) Τιμωρητέον μὲν δὴ τοιόνδε τι μέρος τῷ
 ἐναντίῳ λόγῳ· ὅτι ἡ μεταβολὴ τῆς διαίτης τού-
 τοισιν ἐγένετο οὐ μεταβάλλοντος τοῦ σώματος
 οὗτ' ἐπὶ τὴν ῥώμην, ὥστε προσθέσθαι δεῖν σιτία,
 5 οὗτ' ἐπὶ τὴν ἀρρωστίην, ὥστ' ἀφαιρεθῆναι.

XXXVIII. Προστεκμαρτέα δὴ καὶ ἡ ἰσχὺς καὶ
 ὁ τρόπος τοῦ νοσήματος ἐκάστου καὶ τῆς φύσεως

¹ μεταβάλλουσι A (A² adding -ν): μεταβάλλοντι MV:
 μεταβληθεῖς Kühlewein. I retain the reading of A, taking
 it to be a dative of disadvantage.

the trouble, distension, flatulence and tormina produced in the digestive organs by barley-cake eaten by one used to eating bread, or the heaviness and stagnation in digestive organs caused by bread eaten by one accustomed to eat barley-cake, or the thirst and sudden fulness produced by bread itself, when eaten hot, because of its drying and indigestible qualities; and the different effects caused by over-fine and over-coarse bread when partaken of contrary to custom; and by barley-cake unusually dry, or moist, or viscid; the effect of new barley-bread on those not used to it, and of old on those accustomed to new. Again, the drinking of wine or the drinking of water, when one habit is suddenly changed to the other, diluted wine or neat wine drunk with a sudden break of habit; the former produces water-brash in the upper bowels and flatulence in the lower, while the second causes throbbing of the veins, heaviness of the head, and thirst. Again, an exchange of white and dark wine, although both are vinous, if contrary to habit will cause many alterations in the body. So that one should express less surprise that the sudden exchange of a sweet wine for a vinous, and of a vinous for a sweet, should have the same effect.

Let me now say what may be said in favour of the opposite reasoning; in these cases the change of regimen took place without any change in the body, either towards strength, so as to render necessary an increase of food, or towards weakness, so as to require a diminution of it.

XXXVIII. Account too must certainly be taken of the strength and character of each illness, of the

τοῦ¹ ἀνθρώπου καὶ τοῦ ἔθεος τῆς διαίτης τοῦ
 κάμνοντος, οὐ μόνον σιτίων, ἀλλὰ καὶ ποτῶν.
 πολλῶ δ' ἦσσαν ἐπὶ τὴν πρόσθεσιν ἰτέον· ἐπεὶ
 γε τὴν ἀφαίρεσιν ὅλως ἀφελεῖν πολλαχοῦ λυσι-
 τελεῖ, ὅπου διαρκεῖν μέλλει ὁ κάμνων, μέχρι ἂν
 τῆς νούσου ἢ ἀκμῇ πεπανθῇ. ἐν ὁποίοισι δὲ τὸ
 9 τοιόνδε ποιητέον, γεγράφεται.

XXXIX. Πολλὰ δ' ἂν τις καὶ ἄλλα ἡδελφι-
 σμένα τοῖς εἰρημένοισι γράφοι· τόδε γε μὴν
 κρέσσον μαρτύριον· οὐ γὰρ ἡδελφισμένον μόνον
 ἐστι τῷ πρήγματι, περὶ οὗ μοι ὁ πλείστος λόγος
 εἴρηται, ἀλλ' αὐτὸ τὸ πρήγμα ἐπικαιρότατόν
 ἐστὶν διδακτήριον· οἱ γὰρ ἀρχόμενοι τῶν ὁξέων
 νοσημάτων ἐστὶν ὅτε οἱ μὲν σιτία ἔφαγον αὐθη-
 μερὸν ἡργμένοι ἤδη, οἱ δὲ καὶ τῇ ὑστεραίῃ, οἱ δὲ
 καὶ ἐρρύφεον τὸ προστυχόν, οἱ δὲ καὶ κυκεῶνα
 10 ἔπιον. ἅπαντα δὲ ταῦτα κακίῳ μὲν ἐστὶν, ἢ εἰ
 ἑτεροίως διαιτηθεῖη· πολλῶ μέντοι ἐλάσσῃ βλά-
 βην φέρει ἐν τούτῳ τῷ χρόνῳ ἀμαρτηθέντα, ἢ εἰ
 τὰς μὲν πρώτας δύο ἡμέρας ἢ τρεῖς κενεαγγήσειε
 τελέως, τεταρταῖος δὲ ἔων τοιάδε διαιτηθεῖη ἢ
 πεμπταῖος· ἔτι μέντοι κάκιον, εἰ ταύτας πάσας
 τὰς ἡμέρας προκενεαγγήσας ἐν τῇσιν ὕστερον
 ἡμέρησιν οὕτω διαιτηθεῖη, πρὶν ἢ πέπειρον τὴν
 νοῦσον γενέσθαι· οὕτω μὲν γὰρ θάνατον φέρει
 φανερώς τοῖς πλείστοις, εἰ μὴ πάμπαν ἢ νοῦσος
 20 εὐήθης εἴη. αἱ δὲ κατ' ἀρχὰς ἀμαρτάδες οὐχ
 ὁμοίως ταύτησιν ἀνήκεστοι, ἀλλὰ πολλῶ εὐακε-

¹ After τοῦ the MSS. have τε. It is omitted by Littré after Galen.

constitution of the individual, and of the habitual regimen of the patient, of his drink as well as of his food. Much the greater caution should be shown in increasing the quantities, since it is often beneficial to enforce total abstinence until the disease reaches its height and coction has taken place, should the patient be likely to hold out. The circumstances in which such a course ought to be adopted I shall state later.

XXXIX. There are many other remarks, closely related to what has been already said, that might be made; the following, however, is a stronger piece of evidence, for it is not merely closely related to the matter which I have mostly been discussing, but it is the matter itself, and so its teaching is of the first importance. Cases have occurred where patients at the beginning of acute diseases have eaten solid food on the very first day when the onset has already taken place, others on the next day; others again have taken the first gruel that came to hand, while some have even drunk cyceon.¹ Another regimen, no doubt, would have been an improvement on any of these courses; yet mistakes at this time cause much less harm than if the patient had completely starved for the first two or three days, and then adopted this regimen on the fourth or fifth. It would be still worse, however, if he were first to starve for all these days and then to adopt such a regimen in the following days, before the disease became concocted. The consequence is plainly death in most cases, unless the disease be very mild indeed. But mistakes at the beginning are not so irremediable,

¹ A mixed food, usually containing cheese, honey and wine.

στώτεραι. τοῦτο οὖν ἡγεῦμαι μέγιστον διδακτήριον, ὅτι οὐ στερητέαι αἱ πρῶται ἡμέραι τοῦ ῥυφήματος ἢ τοίου ἢ τοίου τοῖσι μέλλουσιν ὀλίγον
 25 ὕστερον ῥυφήμασιν ἢ σιτίοισι χρῆσθαι.

XL. Πυθμενόθεν μὲν οὖν οὐκ ἴσασιν οὔθ' οἱ τῇσι κριθώδεσι πτισάνησι χρεώμενοι, ὅτι αὐτῇσι κακοῦνται, ὅταν ῥυφεῖν ἄρξωνται, ἣν προκενε αγγήσωσιν δύο ἢ τρεῖς ἡμέρας ἢ πλείους, οὔτ' αὖ οἱ τῷ χυλῷ χρεώμενοι γινώσκουσιν ὅτι τοιούτοις βλάπτονται ῥυφέοντες, ὅταν μὴ ὀρθῶς ἄρξωνται τοῦ ῥυφήματος. τόδε γε μὴν καὶ φυλάσσουσι καὶ γινώσκουσιν, ὅτι μεγάλην τὴν βλάβην φέρει, ἣν, πρὶν πέπειρον τὴν νοῦσον γενέσθαι, κριθώδεα
 10 πτισάνην ῥυφῇ ὁ κάμνων, εἰθισμένος χυλῷ
 11 χρῆσθαι.

XLI. Πάντα οὖν ταῦτα μεγάλα μαρτύρια, ὅτι οὐκ ὀρθῶς ἄγουσιν ἐς τὰ διαιτήματα οἱ ἱητροὶ τοὺς κάμνοντας· ἀλλ' ἐν ἧσὶ τε νοῦσοισιν οὐ χρὴ κενααγγεῖν τοὺς μέλλοντας ῥυφήμασι διαιτᾶσθαι, κενααγγέουσιν, ἐν ἧσὶ τε οὐ χρὴ μεταβάλλειν ἐκ κενααγγίης ἐς ῥυφήματα, ἐν ταύτῃσι μεταβάλλουσι. καὶ ὥς ἐπὶ τὸ πολὺ ἀπαρτὶ¹ ἐν τούτοις τοῖσι καιροῖσι μεταβάλλουσιν ἐς τὰ ῥυφήματα ἐκ τῆς κενααγγίης, ἐν οἷσι πολλάκις ἀρήγει ἐκ
 10 τῶν ῥυφημάτων πλησιάζειν τῇ κενααγγίῃ, ἣν οὕτω
 11 τύχῃ παροξυνομένη ἢ νοῦσος.

¹ ἀπαρτὶ is the reading of Littré, found in Galen and also in R'. A has ἀμαρτάνει, M and V have ἀμαρτάνουσιν, followed by ὅτε δ' in A and by ἐνίοτε in M and V. A² changed ἀμαρτάνει to ἀμαρταίνει, and Littré thinks that ἀπαρτὶ ἐν became ἀμαρτηνη and ἀμαρταίνει, which was corrected to ἐμπαρτάνει and ἀμαρτάνουσιν.

but are much more easy to counteract. This fact, then, I consider to be very strong testimony that during the first days there should not be abstinence from gruel of one kind or another, if the patient is going to be given gruel or solid food a little later on.

XL. So there is radical ignorance among both those who use unstrained gruel and those who use only the juice; the former do not know that injury is done if a fast of two, three, or more days precede the commencement of taking gruel, the latter do not know that harm comes from taking their gruel when the commencement is not correctly made.¹ They do know, however, and regulate the treatment accordingly, that great injury is done if a patient, used to taking barley-water, take unstrained gruel before the disease is concocted.

XLI. All these things are strong testimony that physicians do not correctly guide their patients in the matter of regimen. They make them fast when the disease is one where fasting before taking gruel is wrong, and they change from fasting to gruel when the disease is one where such a change is wrong. And generally they make the change from fasting to gruel exactly at those times at which often it is profitable to exchange gruel for what is virtually fasting, should for instance an exacerbation of the disease occur during a gruel diet.

¹ There is some confusion in this sentence owing to the grammatical subject being uncertain. What is the subject of *ἴσασιν*, the physicians or the patients? The sense requires the former, but *χρεώμενοι*, *βλάπτονται* and other words point to the latter. Perhaps the explanation is that the true subject is an indefinite "they," a blank cheque to be filled up by "physicians" in some cases and by "patients" in others.

XLII. Ἐνίοτε δὲ καὶ ὠμὰ ἐπισπῶνται ἀπὸ τῆς κεφαλῆς καὶ τοῦ περὶ θώρηκα τόπου χολώδεα· ὑγρυνίαι τε συνεμπίπτουσιν αὐτοῖσι, δι' ἧς οὐ πέσσειται ἡ νοῦσος, περίλυποι δὲ καὶ πικροὶ γίνονται καὶ παραφρονέουσι, καὶ μαρμαρυγώδεα σφεων τὰ ὄμματα καὶ αἱ ἀκοαὶ ἤχου μεστὰ καὶ τὰ ἀκρωτήρια κατεψυγμένα καὶ οὖρα ἄπεπτα καὶ πτύσματα λεπτά καὶ ἄλυκά καὶ κεχρωσμένα ἀκρήτῳ χρώματι σμικρὰ καὶ ἰδρώτες περὶ τράχη-
 10 λον καὶ διαπορήματα καὶ πνεῦμα προσπταῖον ἐν τῇ ἄνω φορῇ πυκνὸν ἢ μέγα λίην, ὀφρύνες δεινώσιος μετέχουσai, λειποψυχώδεα πονηρὰ καὶ τῶν ἱματίων ἀπορρίψεις ἀπὸ τοῦ στήθεος καὶ χεῖρες τρομώδεις, ἐνίοτε δὲ καὶ χεῖλος τὸ κάτω σείεται. ταῦτα δ' ἐν ἀρχῇσι παραφαινόμενα παραφροσύνης δηλωτικά ἐστι σφοδρῆς, καὶ ὥς ἐπὶ τὸ πολὺ θνήσκουσιν· οἱ δὲ διαφεύγοντες ἢ μετὰ ἀποστή-
 19 ματος ἢ αἵματος ῥύσιος ἐκ τῆς ῥινὸς ἢ πῦον παχὺ πτύσαντες διαφεύγουσιν, ἄλλως δὲ οὔ.

XLIII. Οὐδὲ γὰρ τῶν τοιούτων ὀρῶ ἐμπείρους τοὺς ἰητρούς, ὥς χρὴ διαγινώσκειν τὰς ἀσθενείας ἐν τῇσι νοῦσοισιν, αἷ τε διὰ κενεαγγίην ἀσθενεύνται, αἷ τε δι' ἄλλον τινὰ ἐρεθισμόν, αἷ τε διὰ πόνον καὶ ὑπὸ ὀξύτητος τῆς νοῦσου, ὅσα τε ἡμέων ἢ φύσις καὶ ἡ ἑξίς ἐκάστοισιν ἐκτεκνοῖ πάθεα καὶ εἶδεα παντοῖα· καίτοι σωτηρίην ἢ θάνατον φέρει
 8 γινωσκόμενα καὶ ἀγνοεύμενα τὰ τοιάδε.

XLIV. Μέζον μὲν γὰρ κακὸν ἐστίν, ἣν διὰ τὸν πόνον καὶ τὴν ὀξύτητα τῆς νοῦσου ἀσθενέοντι

¹ "Unrelieved," "pure."

REGIMEN IN ACUTE DISEASES, XLII—XLIV.

XLII. Sometimes such treatment draws crude matters from the head and bilious matters from the region of the chest. The patient is afflicted with sleeplessness, in consequence of which the disease is not concocted, and he becomes depressed, peevish and delirious; flashes of light come to the eyes; the ears are full of noise; the extremities are chilled; urine is unconcocted; sputa thin, salt, slightly tinged with an unmixed¹ colour; sweats about the neck; disquietude²; respiration, interrupted in the ascent of the breath, rapid or very deep; eye-brows dreadful³; distressing faints; casting away of the clothes from the chest; trembling of the hands; in some cases there is also shaking of the lower lip. These symptoms, when manifesting themselves at the beginning, are indications of violent delirium, and usually the patient dies. Those who recover do so with an abscession, or a flow of blood from the nose, or by expectoration of thick pus; otherwise they do not recover at all.

XLIII. Nor indeed do I see that physicians are experienced in the proper way to distinguish the kinds of weakness that occur in diseases, whether it be caused by starving, or by some other irritation, or by pain, or by the acuteness of the disease; the affections again, with their manifold forms, that our individual constitution and habit engender—and that though a knowledge of such things brings safety and ignorance brings death.

XLIV. For example, it is one of the more serious blunders, when the patient is weak through the pain

² Restlessness; the patient “does not know what to do with himself.”

³ Probably “frowning.”

προσαίρη τις ποτὸν ἢ ρύφημα πλέον ἢ σιτίον, οἴόμενος διὰ κενεαγλίην ἀσθενεῖν. αἰκὲς δὲ καὶ διὰ κενεαγλίην ἀσθενέοντα μὴ γινῶναι καὶ πιέζειν τῇ διαίτῃ· φέρεται μὲν γάρ τινα κίνδυνον καὶ αὕτη ἢ ἁμαρτὰς, πολλῶ δὲ ἤσσονα τῆς ἐτέρης· καταγελαστοτέρῃ δὲ πολλῶ αὕτη μᾶλλον ἢ ἁμαρτὰς τῆς ἐτέρης· εἰ γὰρ ἄλλος ἱητρὸς ἢ καὶ δημότης
 10 ἐσελθὼν καὶ γρούς τὰ συμβεβηκότα δοίῃ καὶ φαγεῖν καὶ πιεῖν, ἃ ὁ ἕτερος ἐκώλυεν, ἐπιδιήλως ἂν δοκέοι ὠφελῆκεναι. τὰ δὲ τοιαῦτα μάλιστα καθυβρίζεται τῶν χειρωνακτέων ὑπὸ τῶν ἰνθρώπων· δοκεῖ γὰρ αὐτοῖσιν ὁ ἐπεσελθὼν ἱητρὸς ἢ ἰδιώτης ὥσπερ τεθνεῶτα ἀναστῆσαι. γεγρίψεται οὖν καὶ περὶ τούτων σημεῖα, οἷσι χρὴ ἕκαστα
 17 τούτων διαγιγνώσκειν.

(12 L.) XLV. Παραπλήσια μέντοι τοῖσι κατὰ κοιλίην ἐστὶ καὶ ταῦτα· καὶ γὰρ ἦν ὅλον τὸ σῶμα ἀναπαύσεται πολὺ παρὰ τὸ ἔθος, οὐκ αὐτίκα ἔρρωται μᾶλλον· ἦν δὲ δὴ καὶ πλείω χρόνον διελινύσαν ἐξαπίνης ἐς τοὺς πόνοους ἔλθῃ, φαῦλόν τι πρήξει ἐπιδιήλως. οὕτω δὲ καὶ ἐν ἕκαστον τοῦ σώματος· καὶ γὰρ οἱ πόδες τοιόνδε τι πρήξειαν¹ καὶ ἄλλα ἄρθρα, μὴ εἰθισμένα πονεῖν, ἦν διὰ χρόνου ἐξαπίνης ἐς τὸ πονεῖν ἔλθῃ· ταῦτά δ' ἂν
 10 καὶ οἱ ὀδόντες καὶ οἱ ὀφθαλμοὶ πάθοιεν, καὶ οὐδὲν ὅ τι οὐ·² ἐπεὶ καὶ κοίτη παρὰ τὸ ἔθος μαλθακή

¹ Gomperz here adds ἂν, which might easily fall out after πρήξειαν. The scribe of A has πρήξει. Gomperz is probably right, but the optative without ἂν is often found in the Hippocratic writings where we should expect the ἂν to be added.

² οὐδὲν ὅ τι οὐ Cobet: οὐδὲν ὅτιαν A¹ (A² changes -αν to -ουν): οὐδὲν ὅτιουν MV. Littré reads πάν ὅτιουν (B has πάν).

or the acuteness of the disease, to administer drink, or more gruel, or food, under the impression that the weakness is due to want of nourishment. It is a shame too not to recognise weakness that is due to such want, and to aggravate it by the regimen; for this mistake too carries with it some danger, though far less than the other mistake. It is, however, much more likely to make the physician a laughing-stock; for if another physician or a layman were to come in, and, recognising what had taken place, were to give to eat and drink things contrary to the doctor's orders, he would show himself a manifest helper of the patient. It is especially such mistakes of practitioners that are regarded with contempt by the public¹; for they think that the physician or layman who came in later raised up the patient as it were from the dead. So the symptoms in these cases also shall be described, whereby each kind can be discriminated.

XLV. I will now give some facts that are analogous to those already given about the bowels. If the whole body have a long and unusual rest, it does not gain strength all at once; and should it have a yet longer period of idleness, and then suddenly undergo fatigue, it will manifestly fare somewhat badly. Similarly too with the several parts of the body; the feet, and the other limbs, will suffer in a like manner, if, when not accustomed to fatigue for a long time, they suddenly undergo it. The teeth too, the eyes, and everything else would fare in the same way. For even a bed that is soft, or

¹ Possibly; "by their patients."

πόνον ἐμποιεῖ καὶ σκληρὴν παρὰ τὸ ἔθος, καὶ
 ὑπαίθριος κοίτη¹ παρὰ τὸ ἔθος σκληρύνει τὸ
 14 σῶμα.

XLVI. Ἀτὰρ τῶν τοιῶνδε πάντων ἀρκέσει
 παράδειγμά τι γράψαι· εἰ γάρ τις ἔλκος λαβὼν
 ἐν κνήμῃ μήτε λήην ἐπὶ καιρον μήτε λήην εὖηθες,
 μήτε ἄγαν εὐελκῆς ἐὼν μήτε ἄγαν δυσελκῆς,
 αὐτίκα ἀρξάμενος ἐκ πρώτης κατακείμενος ἡτρεύ-
 οῖτο καὶ μηδαμῇ μετεωρίζοι τὸ σκέλος, ἀφλέγ-
 μαντος μὲν ἂν εἴη οὗτος μᾶλλον καὶ ὑγιῆς πολλῶ
 θᾶσσον ἂν γένοιτο, ἢ εἰ περιπλανώμενος ἡτρεύ-
 οῖτο· εἰ μέντοι πεμπταῖος ἢ ἐκταῖος ἐὼν, ἢ καὶ
 10 ἔτι ἀνωτέρω, ἀναστὰς ἐθέλοι προβαίνειν, μᾶλλον
 ἂν πονέοι τότε, ἢ εἰ αὐτίκα ἐξ ἀρχῆς πλανώμενος
 ἡτρευόιτο· εἰ δὲ καὶ πολλὰ ταλαιπωρήσειεν
 ἐξαπίνης, πολλῶ ἂν μᾶλλον πονήσειεν, ἢ εἰ κείνως
 ἡτρευόμενος τὰ αὐτὰ ταῦτα ταλαιπωρήσειεν ἐν
 ταύτησιν τῇσιν ἡμέρησιν. διὰ τέλεος οὖν μαρτυρεῖ
 ταῦτα πάντα ἀλλήλοισιν, ὅτι πάντα ἐξαπίνης
 μέζον πολλῶ τοῦ μετρίου μεταβαλλόμενα καὶ
 18 ἐπὶ τὰ καὶ ἐπὶ τὰ βλάπτει.

XLVII. Πολλαπλασίη μὲν οὖν κατὰ κοιλίην
 ἡ βλάβη ἐστίν, ἣν ἐκ πολλῆς κενεαγγίης ἐξαπίνης
 πλέον τοῦ μετρίου προσαίρηται—καὶ κατὰ τὸ
 ἄλλο σῶμα, ἣν ἐκ πολλῆς ἡσυχίης ἐξαίφνης ἐς
 πλείω πόνον ἔλθῃ, πολλῶ πλείω βλάψει—ἢ εἰ
 ἐκ πολλῆς ἐδωδῆς ἐς κενεαγγίην μεταβάλλοι· δεῖ
 μέντοι καὶ τὸ σῶμα τούτοις ἐλινύειν· κῆν ἐκ
 πολλῆς ταλαιπωρίας ἐξαπίνης ἐς σχολήν τε καὶ
 ῥαθυμίην ἐμπέσῃ, δεῖ δὲ καὶ τούτοις τὴν κοιλίην

¹ κοίτη: Gomperz would delete.

hard, contrary to what a man is used to, produces fatigue, and sleeping contrary to habit in the open air stiffens the body.

XLVI. A single example of all these things will suffice. Take the case of a man on whose leg appears a sore that is neither very serious nor very slight, and suppose he is neither a very good nor a very bad subject. If from the very first day he undergo treatment while lying on his back and never raise his leg at all, he will suffer less from inflammation, and will recover much more quickly than if he walk about while being treated. If, however, on the fifth or sixth day, or later still, he were to get up and move about, he would then suffer more pain¹ than if he were to walk about under treatment from the very first. And if he should suddenly undertake many exertions, he would suffer much more pain¹ than it with the other treatment he undertook the same exertions on these days. So in all cases all the evidence concurs in proving that all sudden changes, that depart widely from the mean in either direction, are injurious.

XLVII. So the harm to the bowels, if the patient after long fasting suddenly take more than a moderate quantity—the body too in general, if after long rest it suddenly undergo an extra amount of fatigue, will receive far greater harm therefrom—is many times greater than that which results from a change from full diet to strict fasting. However, the body also must rest in this case; and if after great exertion the body suddenly indulge in idleness and ease, the bowels in this case too must

¹ πόνος is "pain" here, but "fatigue," "tired aches," in the preceding chapter.

10 ἐλινύειν ἐκ πλήθους βρώμης· εἰ δὲ μή, πόνον ἐν
τῷ σώματι ἐμποιήσει καὶ βάρος ὅλου τοῦ
12 σώματος.

(13 L.) XLVIII. Ὁ οὖν πλείστος μοι λόγος
γέγονεν περὶ τῆς μεταβολῆς τῆς ἐπὶ τὰ καὶ ἐπὶ
τά. ἐς πάντα μὲν οὖν εὐχρηστον ταῦτ' εἰδέναι·
ἀτὰρ καί, περὶ οὗ ὁ λόγος ἦν, ὅτι ἐν τῇσιν ὀξείησι
νούσοισιν ἐς τὰ ῥυφήματα μεταβάλλουσιν ἐκ τῆς
κενεαγγίης· μεταβλητέον γὰρ ὡς ἐγὼ κελεύω·
ἔπειτα οὐ χρυστέον ῥυφήμασιν, πρὶν ἢ νοῦσος
πεπανθῇ ἢ ἄλλο τι σημείον φανῇ ἢ κατὰ ἔντερον,
κενεαγγικὸν ἢ ἐρεθιστικόν, ἢ κατὰ τὰ ὑποχόνδρια,
10 οἷα γεγράφεται.

XLIX. Ἀγρυπνίη ἰσχυρὴ πόμα καὶ σιτίον
ἀπεπτότερα ποιεῖ, καὶ ἡ ἐπὶ θάτερα αὐτὴ μεταβολὴ
λύει τὸ σῶμα καὶ ἐφθόγητα καὶ καρηβαρίην
4 ἐμποιεῖ.

(14 L.) L. Γλυκὺν δὲ οἶνον καὶ οἰνώδεα, καὶ
λευκὸν καὶ μέλανα, καὶ μελίκρητον καὶ ὕδωρ καὶ
ὀξύμελι τοισίδε σημαινόμενον χρὴ διορίζειν ἐν
τῇσιν ὀξείησι νούσοισι· ὁ μὲν γλυκὺς ἡσσόν ἐστιν
καρηβαρικὸς τοῦ οἰνώδους καὶ ἡσσον φρενῶν
ἀπτόμενος καὶ διαχωρητικώτερος δὴ τι τοῦ ἑτέρου
κατὰ ἔντερον, μεγαλόσπλαγχνος δὲ σπληνὸς καὶ
ἥπατος· οὐκ ἐπιτήδειος δὲ οὐδὲ τοῖσι πικροχό-
λοισι· καὶ γὰρ οὖν καὶ διψώδης τοῖσί γε τοιού-
10 τοις· ἀτὰρ καὶ φυσώδης τοῦ ἐντέρου τοῦ ἄνω, οὐ
μὴν πολέμιός γε τῷ ἐντέρῳ τῷ κάτω κατὰ λόγον.

¹ According to Galen, ἐφθότης means here a heated state connected with the humours, a sort of flabbiness akin to the condition produced by boiling.

rest from abundance of food, otherwise pain will occur in the body and heaviness in every part of it.

XLVIII. So most of my account has dealt with change in one direction or another. Now while this knowledge is useful for all purposes, it is especially important because in acute diseases there is a change, the subject of our discussion, from strict fasting to gruels. This change should be made in accordance with my instructions; and then gruels must not be employed before the disease is concocted, or some other symptom, either of inanition or of irritation, appear in the intestine, or in the hypochondria, according to the description I shall give later.

XLIX. Obstinate sleeplessness makes food and drink less digestible, while a change to the opposite extreme relaxes the body, and causes flabbiness¹ and heaviness of the head.

L. The following criteria enable us to decide when in acute diseases we should administer sweet wine, vinous wine, white wine and dark wine, hydromel, water and oxymel.² Sweet wine causes less heaviness in the head than the vinous, goes to the brain less,³ evacuates the bowels more than the other, but causes swelling of the spleen and liver. It is not suited either to the bilious⁴; in fact it also makes them thirsty. Moreover it causes flatulence in the upper intestine, without, however, disagreeing with the lower intestine proportionately to the

² Hydromel (honey and water) and oxymel (honey and vinegar) were, with wine, the chief drinks given in serious diseases.

³ Is less apt to cause delirium, or (perhaps) semi-intoxication.

⁴ See Vol. I, p. 255, note 2.

τῆς φύσης· καίτοι οὐ πᾶν πορίμη ἐστὶν ἢ ἀπὸ τοῦ γλυκέος οἴνου φύσα, ἀλλ' ἐγχρονίζει περὶ ὑποχόνδριον. καὶ γὰρ οὖν οὗτος ἡσσον διουρητικός ἐστὶν τὸ ἐπίπαν τοῦ οἰνώδους λευκοῦ· πτυάλου δὲ μᾶλλον ἀναγωγὸς τοῦ ἐτέρου ὁ γλυκὺς. καὶ οἷσι μὲν διψώδης ἐστὶν πινόμενος, ἡσσον ἂν τούτοις ἀνάγοι ἢ ὁ ἕτερος οἶνος, οἷσι δὲ μὴ διψώδης, μᾶλλον ἀνάγοι ἂν τοῦ
20 ἐτέρου.

LI. Ὁ δὲ λευκὸς οἰνώδης οἶνος ἐπὶήνηται μὲν καὶ ἔψεκται τὰ πλεῖστα καὶ τὰ μέγιστα ἐν τῇ τοῦ γλυκέος οἴνου διηγῆσει· ἐς δὲ κύστιν μᾶλλον πόριμος ἐὼν τοῦ ἐτέρου καὶ διουρητικὸς καὶ καταρρηκτικὸς ἐὼν αἰεὶ πολλὰ προσωφελεῖ ἐν ταύτησι τῇσι νούσοισιν· καὶ γὰρ εἰ πρὸς ἄλλα ἀνεπιτηδειότερος τοῦ ἐτέρου πέφυκεν, ἀλλ' ὅμως κατὰ κύστιν ἢ κάθαρσις ὑπ' αὐτοῦ γινομένη ῥύεται, ἣν προτρέπηται ὅποια δεῖ. καλὰ δὲ ταῦτα
10 τεκμήρια¹ περὶ τοῦ οἴνου καὶ ὠφελείης καὶ βλάβης· ἅσσα ἀκαταμάθητα ἦν τοῖσιν ἐμεῦ
12 γεραιτέροισιν.

LII. Κιρρῶ δ' αὖ² οἶνω καὶ μέλανι αὐστηρῶ ἐν ταύτησι τῇσι νούσοισιν ἐς τὰδε ἂν χρήσαιτο· εἰ καρηβαρίη μὲν μὴ ἐνείη μηδὲ φρενῶν ἄψις μηδὲ τὸ πτύαλον κωλύοιτο τῆς ἀνόδου μηδὲ τὸ οὖρον ἴσχοιτο, διαχωρήματα δὲ πλαδαρώτερα καὶ ξυσματωδέστερα εἴη, ἐν δὴ τοῖσι τοιούτοισι πρέποι ἂν μάλιστα μεταβάλλειν ἐκ τοῦ λευκοῦ καὶ ὅσα

¹ V has here τῆς, the other MSS. τὰ. Omitted by Kühlewein.

² αὖ Reinhold and Kühlewein: ἂν A. Omitted by MV.

flatulence produced. And yet flatulence from sweet wine is not at all transient,¹ but stays in the region of the hypochondrium. In fact it is on the whole less diuretic than vinous white wine; but sweet wine is more expectorant than the other. In persons who are made thirsty by drinking it, it proves less expectorant than the other; but when it does not produce thirst it is the more expectorant.

LI. As to white vinous wine, most and the most important of its virtues and bad effects have already been given in my account of sweet wine. Passing more readily than the other into the bladder, being diuretic and laxative, it always is in many ways beneficial in acute diseases. For although in some respects its nature is less suitable than the other, nevertheless the purging through the bladder that it causes is helpful, if it be administered² as it should be. These are good testimonies to the advantages and disadvantages of the wine, and they were left undetermined by my predecessors.

LII. A pale wine, again, and an astringent, dark wine, may be used in acute diseases for the following purposes. If there be no heaviness of the head, if the brain be not affected,³ nor the sputum checked, nor the urine stopped, and if the stools be rather loose and like shavings, in these and in similar circumstances it will be very suitable to change

¹ *πορίμη* is a most difficult word to translate. "Transient" is the translation of Adams, and is only partially satisfactory. The word means "easily moving itself," "apt to shift."

² *προτρεπεται* is a difficult word. It suggests that the *λευκὸς οἰνώδης οἶνος* must be "encouraged" by careful precautions in administering it, if the effects are to be the best.

³ See note on p. 105.

τούτοισιν ἐμφερέα. προσσυνιέναι δὲ χρὴ ὅτι τὰ
 μὲν ἄνω πάντα καὶ τὰ κατὰ κύστιν ἦσσον βλάβει,
 10 ἣν ὑδαρέστερος ἦ, τὰ δὲ κατ' ἔντερον μᾶλλον
 11 ὀνήσει, ἣν ἄκρητέστερος ἦ.

(15 L.) LIII. Μελίκρητον δὲ πινόμενον διὰ
 πάσης τῆς νούσου ἐν τῇσιν ὀξείησι νούσοισιν τὸ
 ἐπίπαν μὲν τοῖσι πικροχόλοισι καὶ μεγαλο-
 σπλιάγχνοις ἦσσον ἐπιτήδειον ἢ τοῖσι μὴ τοιού-
 τοισι· διψῶδές γε μὴν ἦσσον τοῦ γλυκέος οἴνου·
 πνεύμονός τε γὰρ μαλθακτικόν ἐστιν καὶ πτυάλου
 ἀναγωγὸν μετρίως καὶ βηχὸς παρηγορικόν· ἔχει
 γὰρ σμηγματῶδές τι, ὃ οὐ μᾶλλον τοῦ καιροῦ¹
 καταγλισχραίνει τὸ πτύαλον. ἔστι δὲ καὶ
 10 διουρητικὸν μελίκρητον ἱκανῶς, ἣν μή τι τῶν ἀπὸ
 σπλιάγχνων κωλύη· καὶ διαχωρητικὸν δὲ κάτω
 χολωδέων, ἔστι μὲν ὅτε καλῶν, ἔστι δ' ὅτε κατα-
 κορεστέρων μᾶλλον τοῦ καιροῦ καὶ ἀφρωδε-
 στέρων. μᾶλλον δὲ τὸ τοιοῦτο τοῖσι χολώδεσί
 15 τε καὶ μεγαλοσπλιάγχνοισι γίνεται.

LIV. Πτυάλου μὲν οὖν ἀναγωγὴν καὶ πνεύ-
 μονος μάλθαξιν τὸ ὑδαρέστερον μελίκρητον ποιεῖ
 μᾶλλον· τὰ μέντοι ἀφρώδεα διαχωρήματα καὶ
 μᾶλλον τοῦ καιροῦ κατακορέως χολώδεα καὶ
 μᾶλλον θερμὰ τὸ ἄκρητον μᾶλλον τοῦ ὑδαρέος
 ἄγει· τὸ δὲ τοιόνδε διαχώρημα ἔχει μὲν καὶ ἄλλα
 σίτεια μεγάλα· οὔτε γὰρ ἐξ ὑποχονδρίου καῦμα
 σβειννύει, ἀλλ' ὄρμιζ, δυσφορίην τε καὶ ῥιπτασμὸν

¹ Coray was the first to give a simple explanation of this difficult passage by adding οὐ before μᾶλλον. See the note of Littré for the views of earlier commentators.

¹ The phrase μᾶλλον τοῦ καιροῦ occurs several times in this
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from white wine. It must further be understood that the wine under consideration will do less harm to all the upper parts and to the bladder, if it be more diluted, but will benefit the bowels the more if it be less so.

LIII. Hydromel, drunk throughout the course of an acute disease, is less suited on the whole to the bilious, and to those with enlarged bellies, than to those who are not such. It causes less thirst than does sweet wine, for it softens the lungs, is mildly expectorant, and relieves a cough. It has, in fact, a detergent quality, which makes the sputum viscid, but not more so than is seasonable.¹ Hydromel is also considerably diuretic, unless some condition of the bowels prove a hindrance. It also promotes the evacuation downwards of bilious matters, that are sometimes favourable, sometimes more intense and frothy than is seasonable. This effect, however, happens rather to those who are bilious and have enlarged bellies.

LIV. Now the bringing up of sputum, and the softening of the lungs, are effected rather by hydromel which has been considerably diluted with water. Frothy stools, however, that are more intensely bilious, and hotter, than is seasonable,² are more provoked by neat hydromel than by that which is diluted. Such stools cause besides serious mischiefs; they intensify, rather than extinguish, the heat in the hypochondrium, cause distress and

part of the book—a good instance of the psychological truth that a phrase once used is apt to suggest itself sub-consciously. It means “abnormal,” “more than is usual in the circumstances.”

² See previous note.

τῶν μελέων ἐμποιεῖ ἐλκῶδές τ' ἐστὶ καὶ ἐντέρου
10 καὶ ἔδρης· ἀλεξητήρια δὲ τούτων γεγράψεται.

LV. Ἄνευ μὲν ῥυφήμάτων μελικρήτῳ χρεώ-
μενος ἀντ' ἄλλου ποτοῦ ἐν ταύτησι τῇσι νούσοισι
πολλὰ ἂν εὐτυχοίης καὶ οὐκ ἂν πολλὰ ἀτυχοίης·
οἷσι δὲ δοτέον καὶ οἷσιν οὐ δοτέον, τὰ μέγιστα
5 εἴρηται, καὶ δι' ὃ οὐ δοτέον.

LVI. Κατέγνωσται δὲ μελίκρητον ὑπὸ τῶν
ἀνθρώπων, ὥς καταγυιοῖ τοὺς πίνοντας, καὶ διὰ
τοῦτο ταχυθάνατον εἶναι νενόμισται. ἐκλήθη
δὲ τοῦτο διὰ τοὺς ἀποκαρτερέοντας· ἔνιοι γὰρ
μελικρήτῳ ποτῷ χρέονται ὥς τοιούτῳ δῆθεν ἐόντι.
τὸ δὲ οὐ παντάπασιν ὧδε ἔχει, ἀλλὰ ὕδατος μὲν
πολλῷ ἰσχυρότερόν ἐστιν πινόμενον μούνον, εἰ μὴ
ταράσσοι τὴν κοιλίην· ἀτὰρ καὶ οἶνου λεπτοῦ
καὶ ὀλιγοφόρου καὶ ἀνόδμου ἢ μὲν ἰσχυρότερον,
10 ἢ¹ δὲ ἀσθενέστερον. μέγα μὲν διαφέρει καὶ
οἶνου καὶ μέλιτος ἀκρητότης ἐς ἰσχύν· ἀμφοτέρων
δ' ὅμως τούτων, εἰ καὶ διπλάσιον μέτρον οἶνου
ἀκρήτου πῖνοι τις, ἢ ὅσον μέλι ἐκλείχοι, πολλὸν
ἂν δήπου ἰσχυρότερος εἴη ὑπὸ τοῦ μέλιτος, εἰ
μούνον μὴ ταράσσοιτο τὴν κοιλίην· πολλαπλά-
σιοι γὰρ ἂν καὶ τὸ κόπριον διεξίοι ἂν αὐτῷ. εἰ
μέντοι ῥυφήματι χρέοιτο πτισάνῃ, ἐπιπῖνοι δὲ
μελίκρητον, ἄγαν πλησμονῶδες ἂν εἴη καὶ
φυσῶδες καὶ τοῖσι κατὰ ὑποχόνδριον σπλάγχνοις
20 ἀσύμφορον· προπινόμενον μέντοι πρὸ ῥυφήμάτων

¹ ἢ A: ἐνείη MV (V has also ἐνείη for the former ἢ). Galen recognises two readings, ἢ and ἐνείη.

¹ I cannot make sense out of this passage if διαφέρει means "is different," as Littré and Adams take it. The word *δύως*

REGIMEN IN ACUTE DISEASES, LIV.—LVI.

agitation of the limbs, and ulcerate the intestines and the seat. I shall, however, write afterwards remedies for these troubles.

LIV. The use of hydromel, without gruel, instead of other drink in acute diseases will cause many successes and few failures. I have already given the most important directions as to whom it should, and to whom it should not, be administered, as well as the reason why it should not be administered.

LVI. Hydromel has been condemned by the public on the ground that it weakens those who drink it, and for this reason it has the reputation of hastening death. This reputation it has won through those who starve themselves to death, some of whom use hydromel as a drink, under the impression that it will hasten their end. But it by no means has this character, being much more nutritive, when drunk alone, than water is, unless it deranges the digestive organs. Moreover, it is in some respects more, and in some respects less nourishing than wine that is thin, weak and odourless. Both neat wine and neat honey are indeed strong¹ in nutritive power, but if a man were to take both, even though he took twice as much neat wine as he swallowed honey, he would, I think, get from the honey much more strength, if only his digestive organs were not disordered, as the quantity of the stools also would be multiplied. If, however, he use barley gruel, and then drink hydromel, it will cause fullness, flatulence, and trouble in the bowels about the hypochondrium. Drunk before the gruel,

in the next sentence suggests that though both honey and wine are nutritive, yet honey is much more so. Hence I take *διαφέρει* to mean "is pre-eminent."

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ

μελίκρητον οὐ βλάπτει ὡς μεταπινόμενον, ἀλλὰ
22 τι καὶ ὠφέλει.

LVII. Ἐξέθον δὲ μελίκρητον ἐσιδεῖν μὲν πολλῶ
καλλίον τοῦ ὤμου· λαμπρόν τε γὰρ καὶ λεπτόν
καὶ λευκόν καὶ διαβαίῃς γίνεται. ἀρετὴν δὲ
ἦντινα αὐτῷ προστέω διαφέρουσάν τι τοῦ ὤμου
οὐκ ἔχω· οἶδε γὰρ ἡδεῖον ἔστιν τοῦ ὤμοι, ἦν
τυγχάνῃ γε καλὸν τὸ μέλι ἐόν· ἀσθενέστερον
μέντοι τοῦ ὤμου καὶ ἀκοπωδέστερόν ἐστιν· ὦν
οὐδετέρας τιμωρίας προσδεῖται μελίκρητον. ἀγ-
χιστα δὲ χρηστέον αὐτῷ τοιῶδε εἰσιν, εἰ τὸ μέλι
10 τυγχάνοι πονηρὸν ἐόν καὶ ἀκαθάρτον καὶ μέλαν
καὶ μὴ εἰῶδες· ἀφέλοιτο γὰρ ἂν ἡ εὔφησις τῶν
12 κακοτήτων αὐτοῦ το πλεῖον τοῦ αἵσχεος.

16 L. LVIII. Το δὲ ὄξιμελι καλεούμενον
ποτόν πολλαχού εὐχρηστον ἐν ταύτησι τῇσι
ροισοῖσιν εἶσαι· εἰς ἐόν πτυάλου γὰρ ἀναγωγόν
ἐστὶν καὶ εἵπτοον· καιροῖς μέντοι τοιούσδε ἔχει
τὸ μὲν κῶστα ὄξι οἶδεν ἂν μέσοι¹ ποιήσκειν πρὸς
τὰ πτύαλα τὰ μὴ ὀηδῖως ἀιόντα· εἰ γὰρ ἀνα-
γαγοὶ μὲν τὰ ἐγκερχίοντα καὶ ὀλισθόν ἐμποιή-
σκειν καὶ ὥσπερ διαπτερῶσαι τὸν θρόγγον.
παρηγορησκειν ἂν τι τὸν πεινῶντα· μαλθακτικὸν
10 γὰρ· καὶ εἰ μὲν ταῦτα συγκυρήσειε, μεγάλην
ὠφέλειν ἐμποιήσει. ἔστι δ' ὅτε τὸ κῶστα ὄξι
οἷς ἐκράτησε τῆς ἀναγωγῆς τοῦ πτυάλου, ἀλλὰ
προτεγλίσχοντε καὶ ἐβλάψεν· μάλιστα δὲ τοῦτο
πασχουσι οἷοι καὶ ἄλλως ὀλέθριοι εἰσι καὶ
ἀδύνατοι θύσκειν τε καὶ ἀποχρέμπεσθαι τὰ
ἐνεχόμενα· ἐς μὲν οὖν τὸδε προστεκμαίρεσθαι.
χρὴ τὴν ἐρώτη· τοῦ ἀνθρώπου καί, ἦν ἐλπίδα ἔχει,
εἰδῆται· εἰδῆται δέ, ἦν διδῶς, ἀκοσχλίσσον καὶ
10 κατ' ὀλίγον τοιοῦδε καὶ μὴ λίσσας.

however, it does not harm as it does if drunk after—
 nay, it is even somewhat beneficial.

LVII. Boiled hydromel is much more beautiful in appearance than is unboiled, being bright, thin, white and transparent, but I know of no virtue to attribute to it which the unboiled does not possess equally. It is not more pleasant either, provided that the honey be good. It is, however, less nutritious than the unboiled, and causes less bulky stools, neither of which properties are of any use to hydromel. Boil it by all means before use if the honey should be bad, impure, black and not fragrant, as the boiling will take away most of the unpleasantness of these defects.

LVIII. You will find the drink called oxymel often useful in acute diseases, as it brings up sputum and eases respiration. The occasions, however, for it are the following. When very acid it has no slight effect on sputum that will not easily come up; for if it will bring up the sputa that cause hawking, promote lubrication, and so to speak sweep out the windpipe, it will cause some relief to the lungs by softening them. If it succeed in effecting these things it will prove very beneficial. But occasionally the very acid does not succeed in bringing up the sputum, but merely makes it viscid, so causing harm. It is most likely to produce this result in those who are mortally stricken, and have not the strength to cough and bring up the sputa that block the passages. So with an eye to this take into consideration the patient's strength, and give acid oxymel only if there be hope. If you do give it, give it tepid and in small doses, never much at one time.

¹ μέσον A and some other MSS. : μέζον M. Galen refers to both readings.

- LIX. Τὸ μέντοι ὀλίγον ὕποξυ ὑγραίνει μὲν στόμα καὶ φάρυγγα ἀναγωγόν τε πτυάλου ἐστὶ καὶ ἄδιψον· ὑποχονδρίῳ δὲ καὶ σπλάγχνοισιν τοῖσι ταύτῃ εὐμενές· καὶ τὰς ἀπὸ μέλιτος βλάβας κωλύει· τὸ γὰρ ἐν μέλιτι χολῶδες κολλάζεται. ἔστι δὲ καὶ φυσέων καταρρηκτικὸν καὶ ἐς οὖρησιν προτρεπτικόν· ἐντέρου μέντοι τῷ κάτω μέρει πλαδαρώτερον καὶ ξύσματα ἐμποιεῖ· ἔστι δ' ὅτε καὶ φλαῦρον τοῦτο ἐν τῇσιν ὀξειῇσιν
- 10 τῶν νούσων γίνεται, μάλιστα μὲν ὅτι φύσας κωλύει περαιοῦσθαι, ἀλλὰ παλινδρομεῖν ποιεῖ. ἔτι δὲ καὶ ἄλλως γυιοῖ καὶ ἀκρωτήρια ψύχει· ταύτην καὶ οἶδα μούνην τὴν βλάβην δι' ὅξυ-
- 14 μέλιτος γινομένην, ἣτις ἀξίη γραφῆς.

- LX. Ὀλίγον δὲ τὸ τοιόνδε ποτὸν νυκτὸς μὲν καὶ νήστει πρὸ ῥυφήματος ἐπιτήδειον προπίνεσθαι· ἀτὰρ καὶ ὅταν πολὺ μετὰ ῥύφημα ᾖ, οὐδὲν κωλύει πίνειν. τοῖσι δὲ ποτῷ μούνον διαιτωμένοισιν ἄνευ ῥυφημάτων διὰ τόδε οὐκ ἐπιτήδειόν ἐστιν αἰεὶ διὰ παντός¹ χρῆσθαι τούτῳ. μάλιστα μὲν διὰ ξύσιν καὶ τρηχυσμὸν τοῦ ἐντέρου· ἀκόπρῳ γὰρ ἐόντι μᾶλλον ἐμποιοίῃ ἂν ταῦτα κενεαγγίης παρεούσης· ἔπειτα δὲ καὶ τὸ
- 10 μελίκρητον τῆς ἰσχύος ἀφαιρέοιτ' ἂν. ἣν μέντοι ἀρήγειν φαίνεται πρὸς τὴν σύμπασαν νοῦσον πολλῷ ποτῷ τούτῳ χρῆσθαι, ὀλίγον χρὴ τὸ ὄξος παραχεῖν, ὅσον μούνον γινώσκεσθαι· οὕτω γὰρ καὶ ἂ φιλεῖ βλάπτειν, ἥκιστα ἂν βλάπτοι, καὶ ἂ
- 15 δεῖται ὠφελεῖν, προσωφελοίῃ ἂν.

¹ διὰ παντός MV : μούνον A.

¹ Oxymel in general, not the particular kind discussed in the previous chapter.

LIX. But slightly acid oxymel moistens the mouth and throat, brings up sputum and quenches thirst. It is soothing to the hypochondrium and to the bowels in that region. It counteracts the ill effects of honey, by checking its bilious character. It also breaks flatulence and encourages the passing of urine. In the lower part of the intestines, however, it tends to produce moisture in excess and discharges like shavings. Occasionally in acute diseases this character does mischief, especially because it prevents flatulence from passing along, forcing it to go back. It has other weakening effects as well, and chills the extremities. This is the only ill effect worth writing about that I know can be produced by this oxymel.

LX. It is beneficial to give a little drink of this kind¹ at night and when the patient is fasting before taking gruel. Moreover, there is nothing to prevent its being drunk a long time after the gruel. But those who are restricted to drink alone without gruels are harmed by a constant use of it throughout the illness for the following reasons. The chief is that it scrapes and roughens² the intestine, which effects are intensified by the absence of excreta due to the fasting. Then it will also take away from the hydromel its nutritive power. If, however, it appear helpful to the disease as a whole to use this drink in large quantity, reduce the amount of the vinegar so that it can just be tasted. In this way the usual bad effects of oxymel will be reduced to a minimum, and the help required will also be rendered.

² Or, as we should say, "irritates."

LXI. Ἐν κεφαλαίῳ δὲ εἰρήσθαι, αἱ ἀπὸ ὀξεος ὀξύτητες πικροχόλοισι μᾶλλον ἢ μελαγχολικοῖσι συμφέρουσι· τὰ μὲν γὰρ πικρὰ διαλύεται καὶ ἐκφλεγματοῦται ὑπ' αὐτοῦ οὐ μετεωρίζόμενα¹ τὰ δὲ μέλανα ζυμοῦται καὶ μετεωρίζεται² καὶ πολλαπλασιοῦνται· ἀναγωγὸν γὰρ μελάνων ὄξος· γυναιξὶ δὲ τὸ ἐπίπαν πρᾶξιμώτερον ἢ ἀνδράσιν
8 ὄξος· ὑστεραλγὲς γὰρ ἐστίν.

(17 L.) LXII. Ὑδατι δὲ ποτῶ ἐν τῇσιν ὀξεύησιν νοῦσοισιν ἄλλο μὲν οὐδὲν ἔχω ἔργον ὃ τι προσθέω· οὔτε γὰρ βηχὸς παρηγορικός ἐστιν ἐν τοῖσι περιπνευμονικοῖσιν οὔτε πτυάλου ἀναγωγόν, ἀλλ' ἦσσον τῶν ἄλλων, εἴ τις διὰ παντὸς ποτῶ ὕδατι χρέοιτο· μεσηγὺ μέντοι ὀξυμέλιτος καὶ μελικρήτου ὕδωρ ἐπιρρυφεόμενον ὀλίγον πτυάλου ἀναγωγόν ἐστι διὰ τὴν μεταβολὴν τῆς ποιότητος τῶν ποτῶν· πλημμυρίδα γάρ τινα ἐμποιεῖ. ἄλλως
10 δὲ οὐδὲ δίψαν παύει, ἀλλ' ἐπιπικραίνει· χολῶδες

¹ ὑπ' αὐτοῦ οὐ μετεωρίζόμενα is my conjecture: μετεωρίζόμενα ὑπ' αὐτοῦ all MSS.

² μετεωρίζεται MV: μερίζεται A.

¹ This sentence is a puzzle, owing to the difficulty of getting the required contrast between μετεωρίζόμενα and μετεωρίζεται if the MS. reading be retained. Littré translates the former "met en mouvement," the latter "soulève." Adams has "suspended" and "swells up." The translations are plainly impossible; surely μετεωρίζομαι must mean the same thing in both clauses. The verb μετεωρίζω ("I raise," "lift up") is mostly used of fermenting food inflating the bowels. It is therefore just possible that μετεωρίζόμενα should be transposed, and placed after πικρά. "Bitter humours, when inflated, are dissolved by it into phlegm; black humours are fermented, inflated and multiplied." The chief objection to this version is that ἀναγωγὸν γὰρ μελάνων ὄξος is pointless,

LXI. To put it briefly, acidities from vinegar benefit those who suffer from bitter bile more than those who suffer from black. For the bitter humours are dissolved and turned into phlegm by it, not being brought up;¹ but the black are fermented, brought up and multiplied, vinegar being apt to raise black humours. Women on the whole are more liable to be hurt by vinegar than are men, as it causes pain in the womb.

LXII. Water as a drink in acute diseases has no particular quality I can attribute to it, as it neither soothes a cough in pneumonia nor brings up sputum, having in these respects less effect than other things, if it be used throughout as a drink. If however it be swallowed between the giving of oxymel and that of hydromel it slightly² favours the bringing up of sputum, owing to the change in the quality of the drinks, as it causes a kind of flood. Apart from this it is of no use, not even quenching thirst, but adding a bitterness to it; for it increases the

for ἀναγωγὸν must mean “bring up into the mouth,” as this is the sense of ἀναγωγὸς throughout this treatise. The same objection applies to the otherwise attractive reading of A, *μερίζεται* for *μετεωρίζεται*.

I once thought that *μετεωρίζεται* had displaced some verb of the opposite meaning to *μετεωρίζομενα*, but once more ἀναγωγὸν γὰρ μελάνων ἕξις is against this. I therefore suggest the reading in the text, though with no great confidence. It allows ἀναγωγὸν γὰρ κ.τ.λ. to have its full and proper meaning, but it gives a rare meaning to *μετεωρίζω* as used in the medical writers. Still in *Regimen in Health* 5 (Littre VI. 78), τὰ μετεωρίζομενα κάτω ὑπάγειν, it almost certainly has the sense of movement towards the mouth from the stomach.

² ὀλίγον is perhaps an adjective agreeing with ὕδωρ, “A little water favours, etc.”

γὰρ φύσει χολώδει καὶ ὑποχονδρίῳ κακόν. κάκι-
 στον δ' ἑωυτοῦ καὶ χολωδέστατον καὶ φιλα-
 δυναμώτατον, ὅταν ἐς κενεότητα ἐσέλθῃ. καὶ
 σπληνὸς δὲ αὐξητικὸν καὶ ἥπατός ἐστιν, ὅποταν
 πεπυρωμένον ᾗ, καὶ ἐγκλυδαστικὸν τε καὶ
 ἐπιπολαστικόν· βραδύπορον γὰρ διὰ τὸ ὑπό-
 ψυχρον εἶναι καὶ ἄπεπτον, καὶ οὔτε διαχωρητικὸν
 οὔτε διουρητικόν. προσβλάπτει δέ τι¹ καὶ διὰ
 τόδε, ὅτι ἄκοπρόν ἐστι φύσει. ἦν δὲ δὴ καὶ
 20 ποδῶν ποτε ψυχρῶν ἐόντων ποθῇ, πάντα ταῦτα
 πολλαπλασίως βλάπτει, ἐς ὃ τι ἂν αὐτῶν
 22 ὀρμήσῃ.

LXIII. Ὑποπτεύσαντι μέντοι ἐν ταύτησι τῇσι
 νοῦσοισι καρηβαρίην ἰσχυρὴν ἢ φρενῶν ἄψιν
 παντάπασιν οἴνου ἀποσχετέον. ὕδατι δ' ἐν τῷ
 τοιῷδε χρηστέον ἢ ὕδαρέα καὶ κιρρὸν οἶνον παν-
 τελῶς δοτέον καὶ ἄνοδμον παντάπασι, καὶ μετὰ
 τὴν πόσιν αὐτοῦ ὕδωρ μεταποτέον ὀλίγον· ἦσσον
 γὰρ ἂν οὕτω τὸ ἀπὸ τοῦ οἴνου μένος ἄπτοιτο
 κεφαλῆς καὶ γνώμης. ἐν οἷσι δὲ μάλιστα αὐτῷ
 ὕδατι ποτῶ χρηστέον καὶ ὅποτε πολλῶ κάρτα
 10 καὶ ὅπου μετρίῳ, καὶ ὅπου θερμῷ καὶ ὅπου
 ψυχρῷ, τὰ μὲν που πρόσθεν εἴρηται, τὰ δ' ἐν
 12 αὐτοῖσι τοῖσι καιροῖσι ῥηθήσεται.

LXIV. Κατὰ ταῦτα δὲ καὶ περὶ τῶν ἄλλων
 ποτῶν, οἶον κρίθινον καὶ τὰ ἀπὸ χλοιῆς ποιούμενα
 καὶ τὰ ἀπὸ σταφίδος καὶ στεμφύλων καὶ πυρῶν
 καὶ κνήκων καὶ μύρτων καὶ ῥοιῆς καὶ τῶν ἄλλων,
 ὅταν τινὸς αὐτῶν καιρὸς ᾗ χρῆσθαι, γεγράψεται

¹ δέ τι MSS. : δ' ἔτι Coray and Reinhold.

bile of the naturally bilious and is injurious to the hypochondrium. Its bad qualities are at their worst, it is most bilious, and most weakening, when it is drunk during a fast. It enlarges the spleen, and the liver, when inflamed; it causes a gurgling inside without penetrating downwards.¹ For it travels slowly owing to its being cool and difficult of digestion, while it is neither laxative nor diuretic. It also causes some harm because by nature it does nothing to increase faeces. If furthermore it be drunk while the feet are cold, all its harmful effects are multiplied, no matter which of them it happens to aggravate.

LXIII. Should you suspect, however, in these diseases an overpowering heaviness of the head, or that the brain is affected, there must be a total abstinence from wine. In such cases use water, or at most give a pale-yellow wine, diluted and entirely without odour. After each draft of it give a little water to drink, for so the strength of the wine will affect less the head and the reason. As to the principal cases in which water alone must be employed as a drink, when it should be used in abundance and when in moderation, when it should be warm and when cold, I have in part discussed these things already, and shall do so further when the occasions arise.

LXIV. Similarly with the other kinds of drink, barley-water for instance, herbal drinks, those made from raisins, grape-skins, wheat, bastard saffron, myrtle, pomegranates and so forth, along with the proper times for their use, a discussion will be

¹ ἐπιπολαστικὸν means literally "remaining on the surface"; hence "not going downwards."

παρ' αὐτῷ τῷ νοσήματι ὅπως περ καὶ τᾶλλα τῶν
7 συνθέτων φαρμάκων.

- (18 L.) LXV. Λουτρὸν δὲ συχνοῖσι τῶν νοση-
μάτων¹ ἀρήγοι ἂν χρεωμένοισιν ἐς τὰ μὲν συνε-
χέως, ἐς τὰ δ' οὐ. ἔστι δ' ὅτε ἦσσαν χρηστέον
διὰ τὴν ἀπαρασκευασίην τῶν ἀνθρώπων· ἐν
ὀλίγησι γὰρ οἰκίῃσι παρεσκευάσται τὰ ἄρμενα
καὶ οἱ θεραπεύσοντες² ὥς δεῖ. εἰ δὲ μὴ παγκάλως
λούοιτο, βλάβητο ἂν οὐ σμικρά· καὶ γὰρ σκέπης
ἀκάπνου δεῖ καὶ ὕδατος δαψιλέος καὶ τοῦ λου-
τροῦ συχνοῦ καὶ μὴ λίην λάβρου, ἣν μὴ οὕτω
10 δέη. καὶ μᾶλλον μὲν μὴ σμήχεσθαι· ἣν δὲ σμή-
χεται, θερμῷ χρῆσθαι αὐτῷ καὶ πολλαπλασίῳ
ἢ ὥς νομίζεται σμήγματι, καὶ προσκαταχεῖσθαι
μὴ ὀλίγω, καὶ ταχέως μετακαταχεῖσθαι. δεῖ δὲ
καὶ τῆς ὁδοῦ βραχείης ἐς τὴν πύαλον, καὶ ἐς
εὐέμβατόν τε καὶ εὐέκβατον. εἶναι δὲ καὶ τὸν
λουόμενον κόσμιον καὶ σιγηλὸν καὶ μηδὲν αὐτὸν
προσεργάζεσθαι, ἀλλ' ἄλλους καὶ καταχεῖν καὶ
σμήχειν· καὶ μετακέρασμα πολλὸν ἡτοιμάσθαι
καὶ τὰς ἐπαιτλήσιας ταχείας ποιεῖσθαι· καὶ
20 σπόγγοις χρῆσθαι ἀντὶ στεγγίδος, καὶ μὴ ἄγαν
ξηρὸν χρίεσθαι τὸ σῶμα. κεφαλὴν μέντοι ἀνε-
ξηράνθαι χρὴ ὥς οἶόν τε μάλιστα ὑπὸ σπόγγου

¹ νοσημάτων MSS.: νοσούντων Kühlewein.

² θεραπεύσοντες my suggestion: θεραπεύσαντες A: θερα-
πέοντες V.

¹ It should be noticed that these promises are not fulfilled. Perhaps the author wrote, or intended to write, a book on particular diseases to supplement his "general" pathology.

given together with the particular disease in question;¹ similarly too with the rest of the compound medicines.

LXV. The bath will be beneficial to many patients, sometimes when used continuously, sometimes at intervals. Occasionally its use must be restricted, because the patients have not the necessary accommodation, for few houses have suitable apparatus and attendants to manage the bath properly. Now if the bath be not carried out thoroughly well, no little harm will be done. The necessary things include a covered place free from smoke, and an abundant supply of water, permitting bathings that are frequent but not violent, unless violence is necessary.

If rubbing with soap be avoided, so much the better; but if the patient be rubbed, let it be with soap² that is warm, and many times greater in amount than is usual, while an abundant affusion should be used both at the time and immediately afterwards. A further necessity is that the passage to the basin should be short, and that the basin should be easy to enter and to leave. The bather must be quiet and silent; he should do nothing himself, but leave the pouring of water and the rubbing to others. Prepare a copious supply of tepid³ water, and let the affusions be rapidly made. Use sponges instead of a scraper, and anoint the body before it is quite dry. The head, however, should be rubbed with a sponge until it is as dry

² *σμηγμα*, the Greek equivalent for soap, usually consisted of olive oil and an alkali mixed into a paste.

³ *μετακέρασμα*, a mixture of hot and cold water, to enable the bather to "cool down" by degrees.

ἐκμασσομένην. καὶ μὴ διαψύχεσθαι τὰ ἄκρα
μηδὲ τὴν κεφαλὴν μηδὲ τὸ ἄλλο σῶμα· καὶ μήτε
νεορρύφητον μήτε νεόποτον λούεσθαι μηδὲ ῥυφεῖν
26 μηδὲ πίνειν ταχὺ μετὰ τὸ λουτρόν.

LXVI. Μέγα μὲν δὴ μέρος χρὴ νέμειν τῷ
κάμνοντι, ἢν ὑγιαίνων ἢ φιλόλουτρος ἄγαν καὶ
εἰθισμένος λούεσθαι· καὶ γὰρ ποθέουσι μᾶλλον οἱ
τοιοῖδε καὶ ὠφελέονται λουσάμενοι καὶ βλάπτον-
ται μὴ λουσάμενοι. ἀρμόζει δ' ἐν περιπνευμο-
νίῃσι μᾶλλον ἢ ἐν καύσοις τὸ ἐπίπαν· καὶ γὰρ
ὁδύνῃς τῆς κατὰ πλευρῶν καὶ στήθεος καὶ μετὰ-
φρένου παρηγορικόν ἐστιν λουτρόν καὶ πτυάλου
10 πεπαντικὸν καὶ ἀναγωγὸν καὶ εὖπνοον καὶ ἄκο-
πον· μαλθακτικὸν γὰρ καὶ ἄρθρων καὶ τοῦ
ἐπιπολαίου δέρματος· καὶ οὖρητικὸν δὲ καὶ
12 κάρηβαρίην λύει καὶ ῥίνας ὑγραίνει.

LXVII. Ἀγαθὰ μὲν οὖν λουτρῷ τοσαῦτα πάρε-
στιν, ὧν πάντων δεῖ. εἰ μέντοι τῆς παρασκευῆς
ἐνδεία τις ἔσται ἐνὸς ἢ πλειόνων, κίνδυνος μὴ
λυσιτελεῖν τὸ λουτρόν, ἀλλὰ μᾶλλον βλάπτειν·
ἐν γὰρ ἕκαστον αὐτῶν μεγάλην φέρει βλάβην μὴ
προπαρασκευασθὲν ὑπὸ τῶν ὑπουργῶν ὡς δεῖ.
ἤκιστα δὲ λούειν καιρὸς τούτους, οἷσιν ἡ κοιλίη
ὑγροτέρῃ τοῦ καιροῦ ἐν τῇσι νούσοιςιν· ἀτὰρ οὐδ'
οἷσιν ἔστηκε μᾶλλον τοῦ καιροῦ καὶ μὴ προδιελή-
10 λυθεν. οὐδὲ δὴ τοὺς γεγυιωμένους χρὴ λούειν
οὐδὲ τοὺς ἀσώδεας ἢ ἐμετικούς οὐδὲ τοὺς ἐπαιε-
ρευγομένους χολῶδες οὐδὲ τοὺς αἰμορραγέοντας
ἐκ ῥινῶν, εἰ μὴ ἔλασσον τοῦ καιροῦ ῥέοι· τοὺς δὲ
καιροὺς οἶδας. εἰ δὲ ἔλασσον τοῦ καιροῦ ῥέοι,
λούειν, ἢν τε ὅλον τὸ σῶμα πρὸς τὰ ἄλλα ἀρήγη,
16 ἢν τε τὴν κεφαλὴν μούνον.

as possible. Keep chill from the extremities and the head, as well as from the body generally. The bath must not be given soon after gruel or drink has been taken, nor must these be taken soon after a bath.

LXVI. Let the habits of the patient carry great weight—whether he is very fond of his bath when in health, or is in the habit of bathing. Such people feel the need of a bath more, are more benefited by its use and more harmed by its omission. On the whole, bathing suits pneumonia rather than ardent fevers, for it soothes pain in the sides, chest and back; besides, it concocts and brings up sputum, eases respiration, and removes fatigue, as it softens the joints and the surface of the skin. It is diuretic, relieves heaviness of the head, and moistens the nostrils.

LXVII. Such are the benefits from bathing, and they are all needed. If, however, one or more requisites be wanting, there is a danger that the bath will do no good, but rather harm. For each neglect of the attendants to make proper preparations brings great harm. It is a very bad time to bathe when the bowels are looser than they ought to be¹ in acute diseases, likewise too when they are more costive than they ought to be, and have not previously been moved. Do not bathe the debilitated, those affected by nausea or vomiting, those who belch up bile, nor yet those who bleed from the nose, unless the hemorrhage be less than normal, and you know what the normal is. If the hemorrhage be less than normal, bathe either the whole body, if that be desirable for other considerations, or else the head only.

¹ Or, “normal”; see note on p. 108

LXVIII. *Ἦν οὖν αἵ τε παρασκευαὶ ἕωσιν ἐπι-
 τήδαιοι καὶ ὁ κάμνων μέλλῃ εὖ δέξασθαι τὸ
 λουτρόν, λούειν χρὴ ἐκάστης ἡμέρης· τοὺς δὲ
 φιλολουτρέοντας, οὐδ' εἰ δις τῆς ἡμέρης λούοις,
 οὐδὲν ἂν βλάβῃ. χρῆσθαι δὲ λουτροῖσι τοῖσι
 οὐλῃσι πτισάνῃσι χρεωμένοισι παρὰ πολὺ μᾶλλον
 ἐνδέχεται, ἢ τοῖσι χυλῷ μούρῳ χρεωμένοισιν·
 ἐνδέχεται δὲ καὶ τούτοισιν ἐνίοτε· ἥκιστα δὲ¹
 τοῖσι ποτῷ μούρῳ χρεωμένοις· ἔστι δ' οἷσι καὶ
 10 τούτων ἐνδέχεται. τεκμαίρεσθαι δὲ χρὴ τοῖσι
 προγεγραμμένοισιν, οὓς τε μέλλει λουτρόν ὠφε-
 λεῖν ἐν ἐκάστοισι τῶν τρόπων τῆς διαίτης οὓς
 τε μή· οἷσι μὲν γὰρ προσδεῖ² τινος κάρτα τού-
 των, ὅσα λουτρόν ἀγαθὰ ποιεῖ, λούειν καθ'³ ὅσα
 ἂν λουτρῷ ὠφελῇται· οἷσι δὲ τούτων μηδενὸς
 προσδεῖ καὶ πρόσεστιν αὐτοῖσί τι τῶν σημείων,
 17 ἐφ' οἷς λούεσθαι οὐ συμφέρει, οὐ δεῖ λούειν.

¹ After δὲ the MSS have καὶ which Ermerins deletes.

² προσδεῖ Kühlewein for προσδεῖται (A) or προσδεεται (MV) of the MSS.

LXVIII. If the preparations be adequate, and the patient likely to benefit by the bath, bathe every day. Those who are fond of bathing will not be harmed even by two baths a day. Patients taking unstrained gruel are much more capable of using the bath than those taking juice only, though these too can use it sometimes. Those taking nothing but drink are the least capable, though some even of these can bathe. Judge by means of the principles given above who are likely and who are unlikely to profit by the bath in each kind of regimen. Those who really need one of the benefits given by the bath you should bathe as far as they are profited by the bath. Those should not be bathed who have no need of these benefits, and who furthermore show one of the symptoms that bathing is not suitable.

³ καθ Kühlewein : καὶ MSS.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ (ΝΟΘΑ)

II 394
Littre

1. Καῦσος γίνεται, ὁπότεν ἀναξηρανθέντα τὰ φλέβια ἐν θερινῇ ὥρῃ ἐπισπάζεται δριμέας καὶ χολώδεας ἰχῶρας ἐφ'¹ ἑωυτά· καὶ πυρετὸς πολὺς ἴσχει, τό τε σῶμα ὥς ὑπὸ κόπου² ἐχόμενον κοπιᾷ καὶ ἀλγέει. γίνεται δὲ ὥς ἐπὶ τὸ πολὺ καὶ ἐκ πορείης μακρῆς καὶ δίψης μακροῦ, ὁπότεν ἀναξηρανθέντα τὰ φλέβια δριμέα καὶ θερμὰ ρεύματα ἐπισπάζεται. γίνεται δ' ἡ γλῶσσα τρηχεΐη καὶ ξηρὴ καὶ μέλαινα, καὶ τὰ περὶ τὴν νηδὺν δακνόμενος ἀλγέει, τά τε ὑποχωρήματα ἔξυγρα καὶ ὠχρὰ γίνεται καὶ δίψαι σφοδραὶ ἔνεισι, καὶ ἀγρυπνίη, ἐνίοτε δὲ καὶ | παραλλάξεις φρενῶν.

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Τῷ τοιῷδε πίνειν μὲν ὕδωρ τε καὶ μελίκρητον δίδου ἐφθὸν ὕδαρές, ὅπόσον ἐθέλει. καὶ ἦν πικρὸν τὸ στόμα γίνηται, ἐμέειν συμφέρεи καὶ τὴν κοιλίην ὑποκλύσαι ἦν δὲ μὴ πρὸς ταῦτα λύηται, γάλακτι ὄνου ἀφεψήσας κάθαιρε. ἄλμυρὸν δὲ μηδὲν μηδὲ δριμὺ προσφέρειν, οὐ γὰρ ὑποίσει ρύφημα δέ, ἔστ' ἂν ἔξω τῶν κρίσεων³ γίνηται, μὴ δίδου. καὶ ἦν αἷμα ἐκ τῆς ῥινὸς ῥυῆ, λύεται τὸ πάθος.

¹ A: ἐς MV.

² A: ὀστεοκόπου MV.

³ A: κρίσιμων MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)¹

1. Ardent fever occurs when the small vessels are dried up in summer, and attract sharp bilious sera; there is great fever, and the body, as if from toil, suffers weariness and pain. This disease usually follows a long journey and prolonged thirst, when the vessels, being dried up, attract sharp hot fluxes. The tongue becomes rough, dry and dark, the patient has a gnawing pain about the belly, and his evacuations are watery and pale yellow; great thirst is present, sleeplessness, and sometimes also aberrations of the mind.

Give such a patient water and dilute boiled melicrat to drink, as much as he wants. If his mouth is bitter, it helps to have him vomit, and to clean out his cavity by means of an enema; if, with this, the cavity is not opened, clean it with boiled-down ass's milk. Administer nothing salty or sharp, for the patient will not tolerate it; do not give gruels until he is beyond his crises. If blood flows from the

¹ Literally NOΘA means "spurious".

καὶ ἦν ἰδρῶτες ἐπιγένωνται¹ κριτικοὶ γνήσιοι μετ' οὔρων παχέων, λευκῶν καὶ λείων ὑφισταμένων, καὶ ἦν ἀπόστημά που γένηται. ἦν δ' ἄνευ τούτων λυθῇ, ὑποστροφή πάλιν ἔσται τῆς² ἀρρωστίης ἢ ἰσχίου³ ἢ σκελέων ἄλγημα συμβήσεται. καὶ πτύσεται παχέα, ἦν μέλλη ὑγιῆς ἔσεσθαι.

398 2. Καύσου γένος ἄλλο. κοιλίη ὑπάγουσα δίψεος μεστή, γλῶσσα τρηχεΐη, ξηρή, ἄλυ|κώδης, οὔρων ἀπόληψις, ἀγωνίη,⁴ ἀκρωτήρια ἐψυγμένα. τῷ τοιούτῳ ἦν μὴ αἷμα ἐκ ῥινὸς ῥυῇ ἢ ἀπόστημα περὶ τράχηλον γένηται ἢ σκελέων ἄλγημα καὶ πτύσματα παχέα πτύση—ταῦτα δὲ συστάσης τῆς κοιλίης γίνεται—ἢ ἰσχύων⁵ ὀδύνη ἢ αἰδοίων⁵ πελῖωμα, οὐ κρίνεται· καὶ ὄρχις ἐνταθεὶς κριτικόν. ῥυφήματα ἐπισπαστικὰ δίδου.

3. (2 L.) Τὰ ὀξέα πάθεα φλεβοτομήσεις, ἦν ἰσχυρὸν φαίνεται τὸ νόσημα καὶ οἱ ἔχοντες ἀκμάζωσι τῇ ἡλικίᾳ καὶ ῥώμῃ. ἦν μὲν οὖν σύναγχος ἦ, ἐκλεικτῷ ἀνακάθαιρε, ἦν δὲ ἄλλο τι, τῷ πλευριτικῷ ἦν δὲ ἀσθενέστεροι φαίνωνται ἢ καὶ πλεόν τοῦ αἵματος ἀφέλης, κλυσμῷ κατὰ⁶ κοιλίην χρῆσθαι διὰ τρίτης ἡμέρης, ἕως ἂν ἐν ἀσφαλείᾳ γένηται ὁ νοσέων, καὶ λιμῷ εἰ χρήζοι.⁷

¹ MV: -γεννῶνται A.

² τῆς om. A.

³ A: -ων MV.

⁴ A: ἀγρυπνίη MV.

⁵ A: -ου MV.

⁶ MV: κάτω A.

⁷ Littre: λιμῷ εἰ χ. A: λιμοῦ χρήζοι MV: λιμῷ χρήζη Joly.

REGIMEN IN ACUTE DISEASES (APPENDIX)

nose, the affection is resolved; also if true critical sweats supervene, accompanied by thick white urines having a fine sediment, and also if an abscess forms anywhere. If it is resolved without these, there will be a recurrence of the ailment, or pain in the hip or legs will follow. If a patient is going to recover, he will also expectorate thick sputa.

2. Another kind of ardent fever: the cavity in downward motion, full of thirst; tongue rough, dry, salty; stoppage of urine; distress; extremities cold. In such a patient, unless blood flows from the nose, or an abscess forms about the neck, or there is pain in the legs, and he expectorates thick sputa—these things happen when the cavity is contracted—or unless pain arises in the hips, or there is lividness of the genital organs, the disease does not reach a crisis; a testicle being stretched tight is also an indication of crisis. Give gruels that attract.¹

3. The acute affections you treat with phlebotomy, if the disease seems to be severe, and patients are at the height of their youth and strength. If it is a case of angina, clean upwards with a lozenge, if some other disease, employ the treatment used in pleurisy.² If patients appear too weak, or you have drawn much blood, use an enema for the cavity every other day until the patient reaches safety, and fasting if he should require it.

¹ I.e. that attract and eliminate the peccant material.

² Perhaps a reference to chapter 31 below.

400 4. (3 L.) Φλεγμαίνοντα ὑποχόνδρια, τῇ¹ πνευ-
μάτων ἀπολήψει φρενῶν ἐντάσεις, πνευμάτων
προστάσεις ὀρθοπνοίης ξηρῆς—οἷσι μὴ πύον
ὔπεστιν, ἀλλὰ ὑπὸ πνευμάτων ἀπολήψιος τὰ
πάθεα ταῦτα ὑπογίνεται²—καὶ ἥπατος περιωδυ-
νίαι καὶ σπληνὸς βάρεια καὶ ἄλλαι φλεγμασίαι τε
καὶ ὑπὲρ φρενῶν περιωδυνίαι καὶ συστροφαι νοση-
μάτων³ οὐ δύνανται λύεσθαι, ἣν τις πρῶτον ἐπι-
χειρέη φαρμακεύειν ἀλλὰ φλεβοτομίῃ τῶν τοιῶν-
δε ἡγεμονικόν ἐστιν. ἔπειτα δὲ ἐπὶ κλυσμόν, ἣν
402 μὴ μέγα καὶ ἰσχυρόν | τὸ νόσημα ἦ· εἰ δὲ μὴ καὶ
ὔστερον φαρμακεύης δεῖ· δεῖται δὲ ἀσφαλείης καὶ
μετριότητος μετὰ φλεβοτομίην φαρμακείη.

5. Ὅπόσοι δὲ τὰ φλεγμαίνοντα ἐν ἀρχῇ τῶν
νούσων ἐπιχειροῦσιν λύειν φαρμακείη, τοῦ μὲν συν-
τεταμένου καὶ φλεγμαίνοντος οὐδὲν ἀφαιρέου-
σιν—οὐ γὰρ διαδιδοῖ ὥμὸν ἐὼν τὸ πάθος—τὰ δ' ἀν-
τέχοντα τῷ νοσήματι καὶ ὑγιεινὰ συντήκουσιν.
ἀσθενέος δὲ τοῦ σώματος γινομένου τὸ νόσημα ἐπι-
κρατέει· ὅταν δὲ τὸ νόσημα ἐπικρατήσῃ τοῦ σώμα-
τος, τὸ τοιόνδε ἀνιήτως ἔχει.

404 6. (4 L.) Τὸ δὲ ἄφωνον ἐξαίφνης γενέσθαι,
φλεβῶν ἀπολήψιες λυπέουσιν, ἣν ὑγιαίνουντι τόδε
συμβῇ ἄνευ προφάσιος ἢ ἄλλης αἰτίας ἰσχυρῆς.
φλεβοτομέειν οὖν τὸν βραχίονα τὸν δεξιὸν τὴν

¹ Potter: μὴ AMV: ἐπὶ Reinhold. ² MV add μάλιστα δέ.

³ A adds α.

REGIMEN IN ACUTE DISEASES (APPENDIX)

4. Swelling of the hypochondrium, tension of the diaphragm from the stoppage of air, blockage of air in dry orthopnoea—in patients without suppuration, but in whom these affections are due to a stoppage of air—severe pains in the liver, heaviness of the spleen and other phlegmasias, and severe pains and disease complexes above the diaphragm can all not be resolved if a person undertakes first to treat with medications; but phlebotomy is the master of such things. Then an enema, unless the disease is great and severe; if it is great and severe, the patient must employ a medication later as well; the use of medications after phlebotomy requires caution and moderation.

5. Those who undertake to resolve swellings at the beginning of diseases, by using medications, draw off nothing of what is stretched and swollen—for the affection does not go away as long as it is unmaturing—but consume the healthy elements that are resisting the disease. The body weakens and the disease is victorious, and when the disease wins out over the body, such a thing is incurable.

6. Suddenly becoming speechless: stoppage of the vessels produces this evil, if it befalls a healthy person without any antecedent condition or other potent cause. Phlebotomize the inner vessel of the

ἔσω φλέβα καὶ ἀφαιρέειν τοῦ αἵματος κατὰ τὴν ἕξιν καὶ τὴν ἡλικίην διαλογιζόμενον τὸ πλεῖον καὶ τὸ ἔλασσον. συμπίπτει δὲ τοῖσι πλείστοις τοιάδε· ἐρυθήματα προσώπου, καὶ ὀμμάτων στάσιες, καὶ διαστάσιες χειρῶν, τρισμοὶ ὀδόντων, σφυγμοί, σιαγόνων συναγωγή, καὶ κατάψυξις ἀκρωτηρίων.

406 7. (5 L.) Πνευμάτων ἀπολήψεις ἀνὰ φλέβας. ὁπότεν ἀλγήματα προσγένηται, μελαίνης χολῆς | καὶ δριμέων ρευμάτων ἐπιρρύσιες γίνονται ἀλγεί¹ δὲ τὰ ἐντὸς δακνόμενος· δηχθεῖσαι δὲ καὶ λίην ξηραὶ γενόμεναι αἱ φλέβες ἐντείνονται τε καὶ φλεγμαίνουσαι ἐπισπῶνται τὰ ἐπιρρέοντα ὅθεν διαφθαρέντος τοῦ αἵματος καὶ τῶν πνευμάτων οὐ δυναμένων ἐν αὐτῷ τὰς κατὰ φύσιν ὁδοὺς βαδίζειν καταψύξιές τε γίνονται ὑπὸ τῆς στάσιος καὶ σκοτώσιες καὶ ἀφωνίη καὶ καρηβαρίη ἢ καὶ σπασμοί, ἣν ἤδη ἐπὶ τὴν καρδίην ἢ τὸ ἥπαρ ἢ ἐπὶ τὴν φλέβα ἔλθῃ ὅθεν ἐπίληπτοι γίνονται ἢ παραπληγες, ἣν ἐς τοὺς περιέχοντας τόπους ἐμπέσῃ τὰ ρεύματα καὶ ὑπὸ τῶν πνευμάτων οὐ δυναμένων διεξιέναι καταξηρανθῇ.

408 8. Ἀλλὰ χρὴ τοὺς | τοιούτους προπυριῶντα φλεβοτομέειν ἐν ἀρχῇ εὐθέως μετεώρων ἐόντων πάντων τῶν λυπεόντων ρευμάτων.² εὐβοθητό-

¹ MV: ἀλγεῖται A.
καὶ ρευμάτων MV.

² Kuehlewein: πνευμάτων A: πνευμάτων

REGIMEN IN ACUTE DISEASES (APPENDIX)

right arm and draw blood, reckoning whether more or less according to the patient's condition and age. The following occur in most cases: red patches on the face, fixation of the eyes, spreading of the fingers, grinding of the teeth, throbbing, closing of the jaws, and coldness of the extremities.

7. Stoppage of air through the vessels: when pains come on, affluxes of dark bile and sharp fluids are occurring; the patient suffers gnawing pains in his inward parts. The vessels, being irritated and too dry, stretch tight, swell up, and attract the fluxes; from this, since the blood becomes disordered and the air is no longer able to follow its normal paths through the blood, chills occur as a result of stasis, along with darkening of the vision, loss of speech, heaviness of the head, and even convulsions, if the fluxes have already reached the heart, liver, or vessel¹; from this, patients become epileptic or are paralysed, if the fluxes invade the surrounding parts and are dried up because air cannot pass through.

8. After first subjecting such patients to a vapour-bath, you must phlebotomize right at the onset, while all the injurious fluids are unsettled;

¹ Presumably one of the large vessels such as the aorta or the vena cava.

τερα γάρ ἐστιν καὶ ἀναλαμβάνοντα καὶ τὰς κρίσιας ἐπιθεωρόντα φαρμακεύειν, ἣν μὴ κουφίζεται, ἄνω τὴν δὲ κάτω κοιλίην, ἣν μὴ ὑποχωρή κλυσμῶ, ὄνου γάλα ἐφθὸν δίδου, καὶ πινέτω μὴ ἔλασσον δώδεκα κοτυλῶν ἣν δὲ ῥώμη περιέχῃ, πλείω [ἐκκαίδεκα].¹

9. (6 L.) Σύναγχος δὲ γίνεται, ὁπότεν ἐκ τῆς κεφαλῆς ῥεῦμα πολὺ καὶ κολλῶδες ὥρην χειμερινὴν ἢ ἔαριν² ἐς τὰς σφαγίτιδας φλέβας ἐπιρ-
 410 ρυῖ, καὶ τὸ ῥεῦμα³ πλέον | διὰ τὴν εὐρύτητα ἐπι-
 σπάσωνται. ὅταν δὲ ψυχρὸν τε ἔον καὶ κολλῶδες ἐμφράξῃ τοῦ τε πνεύματος τὰς διεξόδους καὶ τοῦ αἵματος ἀποφράσσουν, πῆγνυσι τὰ σύνεγγυς τοῦ αἵματος καὶ ἀκίνητον καὶ στάσιμον ποιεῖ φύσει ψυχρὸν ἔον καὶ ἐμφρακτικόν. διὰ τοῦτο πνίγονται τῆς γλώσσης ἀποπελιουμένης καὶ στρογγυλουμένης καὶ ἀνακαμπτομένης διὰ τὰς φλέβας τὰς ὑπὸ τὴν γλῶσσαν τῆς γὰρ ὑποτεινομένης⁴ σταφυλῆς—οἱ δὲ κιονίδα καλεῦσιν—ἐκατέρωθεν
 412 φλέψ παχείη. ὁπότεν οὖν | πλήρεις αὗται ἐοῦσαι ἐς τὴν γλῶσσαν ἐναποστηρίζωνται ἀραιὴν ἐοῦσαν καὶ σπογγώδεα, διὰ τὴν ξηρασίην ὑπὸ βίης τὸ ἐκ τῶν φλεβῶν δεχομένη ὑγρὸν ἐκ πλατεΐης μὲν στρογγύλῃ γίνεται, ἐξ εὐχρόου δὲ πελιδνῇ, ἐκ μαλθακῆς δὲ σκληρῇ, ἐξ εὐκάμπτου δὲ ἄκαμπτος

¹ Del. Kuehlewein.

² ἢ ἔαριν om. A.

³ A: πνεῦμα

MV. ⁴ Reinhold: ἀποταμν- A: ὑποτεμν- MV.

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for in this state the condition is more easily helped. Then restore the patient and, paying attention to his crises, employ a medication to clean him upwards, unless he has already been lightened. For the lower cavity, unless it has been evacuated by means of an enema, give boiled ass's milk; let the patient drink not less than twelve cotylai; if he is quite strong, even more.

9. Angina arises when, in winter or spring, a massive viscid flux occurs from the head into the jugular vessels, and these, because of their wideness, attract the increased flow. When the flux, which is cold and viscid, stops up the passage-ways that carry air and blood by blocking them, being by nature cold and obstructive it coagulates whatever blood is nearby, making it fixed and still. Because of this, choking occurs, as the tongue becomes livid, globular, and rigid from the vessels underneath it; for on each side of the pendant uvula, which they call the little pillar, there is a wide vessel; when these vessels become filled, they fix themselves in the spongy rarified tongue, and it, being dry, accepts the moisture coming to it under force from the vessels: from flat, it becomes globular, from normal-coloured, livid, from soft, hard, and from flexible, rigid. Thus patients rapidly suffocate,

ὥστε ταχέως ἀποπνίγεσθαι, ἣν μὴ τις ταχέως
βοηθῇ φλεβοτομήν τε ποιεύμενος ἀπὸ βραχιόνων
καὶ τὰς ὑπὸ τὴν γλῶσσαν φλέβας ὑποτάμνων καὶ
φαρμακεύων τοῖσιν ἐκλεικτοῖσι καὶ ἀναγαργαρί-
ζων θερμοῖσι καὶ κεφαλὴν ξυρῶν. καὶ κήρωμα¹
τραχήλῳ περιτιθέναι καὶ εἰρίοισι περιελίσσειν καὶ
σπόγγοισι μαλθακοῖσιν ἐν ὕδατι θερμῷ ἐκπиеζέον-
τα πυριᾶν. πίνειν δὲ ὕδωρ καὶ μελίκρητον μὴ
414 ψυχρά· | χυλὸν δὲ προσφέρειν, ὁπότεν ἐκ κρίσιος
ἐν ἀσφαλείῃ ἤδη ᾗ.

10. Ἄλλο εἶδος συνάγχου ὅταν ἐν θερυνῇ ἢ
μετοπωρινῇ ὥρῃ ἐκ κεφαλῆς θερμὸν τὸ ρεῦμα
καταρρυῇ καὶ νιτρῶδες ᾗ,² ἅτε ὑπὸ τῆς ὥρης δρι-
μὺ καὶ θερμὸν γεγεννημένον, δάκνει τοιόνδε ἐὼν
καὶ ἐλκοῖ καὶ πνεύματος ἐμπίπλησι, καὶ ὀρθό-
πνοια παραγίνεται καὶ ξηρασίη πολλή, καὶ τὰ
δρώμενα³ ἰσχνὰ φαίνεται καὶ τοὺς ὀπισθεν τένον-
τας ἐν τῷ τραχήλῳ συντείνεται, καὶ δοκέει οἱ
τέτανος ἐντετάσθαι, καὶ ἡ φωνὴ ἀπέρρωγε καὶ τὸ
416 πνεῦμα σμικρὸν καὶ ἡ ἀντίσπασις τοῦ | πνεύμα-
τος πυκνὴ καὶ βιαίη παραγίνεται. οἱ τοιοῖδε τὴν
ἀρτηρίην ἐλκοῦνται καὶ τὸν πνεύμονα πίμπραν-
ται οὐ δυνάμενοι τὸ ἔξωθεν πνεῦμα ἐπάγεσθαι.
τοῖσι τοιούτοις δὲ ἦν μὴ ἐς τὰ ἔξω μέρη τοῦ τρα-
χήλου ἐκουσίῃ ἀποφέρηται, δεινότερα καὶ ἀφυκ-

¹ MV add κεφαλῇ καὶ.

² ᾗ om. MV.

³ A: θεωρούμενα MV.

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unless someone quickly helps them by phlebotomizing from their arms, by cutting the vessels under their tongue, by administering medications in the form of lozenges, by having them gargle hot liquids, and by shaving their head. Also apply wax-salves around the neck, and wrap it with wool; foment the patient with soft sponges dipped in warm water and squeezed out. Have him drink warm water and melicrat. When he is safely past the crisis, administer barley-water.

10. Another form of angina: when, in summer or fall, a hot flux descends from the head, and it is like soda, being sharp and hot like this because of the season, it irritates, produces ulceration, and inflates; orthopnoea and great dryness prevail; the visible part of the neck does not appear swollen; the posterior tendons of the neck are pulled tight, the person seems to be convulsed, his voice is broken off, his breath is slight, and the ebb and flow of air is frequent and laborious. Such patients become ulcerated in the bronchial tube, inflated in the lung, and are incapable of drawing in air from the outside. Unless this condition moves spontaneously into the outer parts of the neck, it is quite terrible and difficult to get rid of, because of the

τότερά ἐστι διὰ τὴν ὥρην καὶ ὅτι ἀπὸ θερμῶν καὶ δριμέων.

11. (7 L.) Ἦν πυρετὸς λάβῃ, παλαιῆς κόπρου
 418 ὑπεούσης νεο|βρωτί ἐόντι, ἦν τε σὺν ὀδύνη πλευ-
 ροῦ, ἦν τε μή, ἡσυχίην ἄγειν μέχρι οὗ καταβῇ τὰ
 σιτία πρῶτον ἐς τὴν κάτω κοιλίην. πόματι δὲ
 χρῆσθαι ὀξύμελιτι. ὁπότεν δὲ ἐς τὴν ὀσφύν βάρος
 ἦκη, κάτω κλύσαι κλυσμῶ ἢ καθᾶραι¹ φαρμάκω.
 ὅταν δὲ καθαρθῇ, διαιτᾶν ῥυφήματι πρῶτον καὶ
 πόματι μελικρήτῳ, ἔπειτα σιτίοις καὶ ἰχθύσιν
 ἐφθοῖσι καὶ οἴνω ὕδαρεῖ ἐς νύκτα ὀλίγῳ, ἡμέρης
 δὲ ὕδαρες μελίκρητον. ὁπότεν δὲ αἱ φῦσαι δυσ-
 ῶδες ἔωσιν, οὕτως ἢ βαλάνῳ ἢ κλυσμῶ εἰ δὲ μή,
 ἐπισχεῖν ὀξύμελι πίνοντα, ἕως ἂν ἐς τὴν κάτω
 κοιλίην καταβῇ, εἴθ' οὕτω κλυσμῶ ὑπαγαγεῖν.

12. Ἦν δὲ λαπαρῶ ἐόντι καῦσος ἐπιγένηται,
 ἦν σοι δοκῇ φαρμακεύειν ἐπιτηδείως ἔχειν, ἔσω
 τριῶν ἡμερέων μὴ φαρμακεύειν|, ἀλλ' ἢ τεταρ-
 420 ταῖον|² ὁπότεν δὲ φαρμακεύσης, | τοῖσι ῥυφήμασι
 χρέω, φυλάσσων τοὺς παροξυσμοὺς τῶν πυρετῶν,
 ὅκως μηδέποτε προσοίσεις³ μελλόντων ἔσεσθαι
 τῶν πυρετῶν,⁴ ἀλλὰ ληγόντων ἢ παυσαμένων
 καὶ ὡς προσωτάτῳ⁵ ἀπὸ τῆς ἀρχῆς.

¹ καθᾶραι om. A.

² MV: del. Reinhold: μὴ δὲ τ. A.

³ MV add ἐόντων μηδέ.

⁴ τῶν πυρετῶν om. MV.

⁵ A: πορρ- MV.

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season, and because it arises from hot sharp substances.

11. If fever occurs in a person that has just eaten, while old fecal material was still present in his body, whether there is pain in the side or not, have him rest until the food first passes down into his lower cavity; as drink give oxymel. When a heaviness arrives in the loins, clean him downwards with an enema or medication. After the patient has been cleaned, first employ a regimen of gruel and, as drink, melicrat, then cereals and boiled fish, and towards night a little dilute wine; during the day give dilute melicrat. If the flatus is foul-smelling, employ a suppository or an enema; if not, have the patient continue to drink oxymel until the food descends into his lower cavity, and then evacuate it with an enema.

12. If, on the other hand, ardent fever attacks a person that is in a state of emptiness, and it seems suitable to you to administer a medication, do not do so for three days; after you have given the medication, employ gruels; be careful to avoid the paroxysms of fever, so as never to make administrations when fevers are incipient, but only when they are declining or stopped, and as far as possible from their onset.

13. Ποδῶν δὲ ψυχρῶν ἐόντων μήτε ποτὸν μή-
 τε ρύφημα μήτε ἄλλο μηδὲν δίδου τοιόνδε, ἀλλὰ
 μέγιστον ἡγέου τοῦτ' εἶναι, διαφυλάσσεσθαι, ἕως
 ἂν διάθερμοι γένωνται σφόδρα· εἴθ' οὕτω τὸ συμ-
 φέρον πρόσφερε. ὥς γὰρ ἐπὶ τὸ πολὺ σημεῖόν
 ἐστι μέλλοντος παροξύνεσθαι τοῦ πυρετοῦ ψύξις
 ποδῶν. εἰ δ' ἐν τοιούτῳ καιρῷ προσοίσεις, ἅπαν-
 τα τὰ μέγιστα ἐξαμαρτήσεις· τὸ γὰρ νόσημα
 αὐξήσεις οὐ σμικρῶς. ὅταν δὲ ὁ πυρετὸς λήγῃ,
 τοῦναντίον θερμότεροι οἱ πόδες γίνονται τοῦ ἄλ-
 λου σώματος· αὖξεται μὲν γὰρ ψύχων τοὺς πόδας,
 ἐξαπτόμενος ἀπὸ¹ τοῦ θώρηκος καὶ ἐς τὴν κεφα-
 λὴν ἀναπέμπων τὴν φλόγα. συνδεδραμηκότος δὲ
 ἀλέος τοῦ θερμοῦ ἅπαντος ἄνω καὶ ἀναθυμιωμέ-
 422 νου ἐς | τὴν κεφαλὴν, εἰκότως οἱ πόδες ψυχροὶ
 γίνονται, ἄσαρκοι καὶ νευρώδεις φύσει ἐόντες.
 ἔτι δὲ πολὺ ἀπέχοντες τῶν θερμοτάτων τόπων
 ψύχονται, συναθροίζομένου τοῦ θερμοῦ ἐς τὸν θώ-
 ρηκα· καὶ πάλιν ἀνὰ λόγον λυομένου τοῦ πυρετοῦ
 καὶ κατακερματιζομένου ἐς τοὺς πόδας κατα-
 βαίνει· κατὰ δὲ τὸν χρόνον τοῦτον ἡ κεφαλὴ καὶ ὁ
 θώρηξ κατέψυκται.

14. Τοῦ δ' εἵνεκα τότε οὐ προσαρτέον, ὅτι,
 ὅταν οἱ πόδες ψυχροὶ ἔωσιν, θερμὴν ἀνάγκη τὴν
 ἄνω² κοιλίην εἶναι καὶ πολλῆς ἄσης μεστήν καὶ

¹ A: ἐκ MV.

² Ermerins after Galen: κάτω A: om. MV.

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13. When the feet are cold, do not give drink, gruel, or anything else of the sort, but consider it most important to pay heed until they become quite warm; only then apply the fitting treatment; for usually coldness of the feet indicates that the fever is about to grow virulent, and if you make an administration at that moment, you will be committing all the greatest mistakes, since you will increase the disease by no small measure. When the fever diminishes, the opposite happens, and the feet become hotter than the rest of the body. For fever increases by cooling the feet, by being kindled from the thorax, and by sending its flame up into the head; when the heat has all collected together into one mass above, and steamed up into the head, the feet naturally become cold, since they have but little flesh and are cord-like in structure. They are chilled even more by being far away from the hottest area, since the heat is collected in the thorax. Conversely, when a fever is resolved and gradually diminishes, heat descends into the feet; about that time, the head and thorax cool down.

14. For this reason food is not to be given at that time, for when the feet are cold, it necessarily follows that the upper cavity is hot and much filled

424 ὑπο|χόνδριον ἐντεταμένον καὶ ῥιπτασμὸν τοῦ σώ-
ματος διὰ τὴν ἔνδον ταραχὴν καὶ μετεωρισμὸν¹
καὶ ἀλγήματα· καὶ ἔλκεται καὶ ἐμέειν ἐθέλει, καὶ
ἦν πονηρὰ ἐμέη, ὀδυνᾶται. θερμῆς δὲ καταβάσης
ἐς τοὺς πόδας καὶ οὔρου διελθόντος, κῆν μὴ ἰδρώ-
ση, πάντα λωφᾶ. κατὰ τόνδε οὖν τὸν καιρὸν² τὸ
ῥύφημα διδόναι· τότε δὲ ὀλεθρος.

15. (8 L.) Οἷσι δὲ³ διὰ τέλεος ἡ κοιλίη ἐν τοῖσι
πυρετοῖσιν ὑγρῇ, τούτοις διαφερόντως τοὺς
πόδας θερμαίνων καὶ περιστέλλων κηρώμασι καὶ
ταινιδίοις περιελίσσων πρόσεχε, ὥς μὴ ἔσονται
ψυχρότεροι τοῦ ἄλλου σώματος. θερμοῖσι δ' ἐοῦσι
θέρμασμα μηδὲν πρόσφερε, ἀλλὰ παρατήρει,
ὅπως μὴ ψυχθῇσονται. πόματι δὲ χρῆσθαι ὥς
ἐλαχίστῳ ψυχρῷ ὕδατι ἢ μελικρήτῳ.

16. Ὅποσοις δὲ⁴ κοιλίη ὑγρῇ καὶ γνώμη |
426 τεταραγμένη, οἱ πολλοὶ τῶν τοιούτων τὰς κροκύ-
δας ἀφαιρέουσι καὶ τὰς ῥίνας σκάλλουσι καὶ κατὰ
βραχὺ μὲν ἀποκρίνονται τὸ ἐρωτώμενον, αὐτοὶ δὲ
ἀφ' ἐωυτῶν οὐδὲν λέγουσιν κατηρητημένον· δοκέει
οὖν μοι τὰ τοιάδε μελαγχολικὰ εἶναι. ἦν δὲ
τοιῶνδε ἐόντων ἡ κοιλίη ὑγρῇ ἢ,⁵ δοκέει μοι τὰ
ῥυφήματα ψυχρότερα καὶ παχύτερα προσφέρειν,
καὶ τὰ πόματα στατικά, καὶ οἰνωδέστερα ἢ καὶ⁶
στυπτικώτερα.

¹ MV add γνώμης.

² MV add δεῖ.

³ δὲ om. A.

⁴ MV add ἐν πυρετοῖς.

⁵ MV add καὶ συντήκη.

⁶ καὶ om. MV.

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with nausea, the hypochondrium stretched, and the body restless because of its internal upheaval, swelling, and pain; the patient retches and wants to vomit, and if he vomits up things that are injurious, he suffers pain. When, however, the heat descends into the patient's feet, and he passes urine, even if he does not sweat he recovers from everything. Take this opportunity to give gruel; before then it would be fatal.

15. In patients whose cavity remains moist all through their fevers, attend especially to the feet by warming them, by wrapping them in wax-salves, and by winding them with strips of linen so that they will not be colder than the rest of the body. If they are warm, do not employ any measures to warm them, but take care of them in order that they do not become cold. As drink, use a very little cold water or melicrat.

16. Cases in which the cavity is moist and the mind disturbed: most of these patients pluck off bits of wool, pick their noses, answer shortly whatever is asked, but of their own accord say nothing sensible; such things seem to me to be due to dark bile. If, in such patients, the cavity is moist, I hold it advisable to administer gruels that are very cold and thick, and drinks that tend to constipate, both the more vinous or even the more astringent.

17. Ὅπόσοισι δὲ τῶν πυρετῶν δῖνοί τε ἀπ' ἀρχῆς καὶ σφυγμοὶ τῆς κεφαλῆς εἰσι καὶ οὔρον λεπτόν, τούτοισι προσδέχεσθαι πρὸς τὰς κρίσιαις παροξυνθησόμενον τὸν πυρετόν· οὐ θαυμάσαιμι δ' ἂν οὐδ' εἰ παραφρονήσειαν. οἷσι δὲ ἐν ἀρχῇ τὰ
 428 οὔρα νεφελοειδέα καὶ παχέα, τοὺς | τοιούσδε ὑποκαθαίρειν, ἣν καὶ τὰ ἄλλα συμφέρη. ὅπόσοισι δὲ ἐν ἀρχῇ τὰ οὔρα λεπτά, μὴ φαρμάκευε τοὺς τοιούσδε, ἀλλ' ἣν δοκέη, κλύσαι. τοὺς τοιούτους συμφέρει οὕτω θεραπεύεσθαι· τῷ σώματι ἡσυχίην ἄγοντας ἀλείφοντά τε καὶ περιστέλλοντα ὁμαλῶς· ποτῶ δὲ χρῆσθαι μελικρήτῳ ὕδαρὲ καὶ ῥυφήματι χυλῶ πτισάνης ἐς ἐσπέρην. κοιλὴν δὲ ὕπαγε κατ' ἀρχὰς κλυσμῶ φάρμακα δὲ μὴ
 430 πρόσαιγε | τούτοισιν ἣν γάρ τι κινήσης κατὰ κοιλὴν, τὸ οὔρον οὐ πεπαίνεται, ἀλλ' ἀνιδρός τε καὶ ἄκριτος ὁ πυρετὸς ἐπὶ πολὺν χρόνον ἔσται. τὰ δὲ ῥυφήματα, τῶν κρισίων ὁπόταν ἐγγὺς ᾖ, μὴ δίδου ἣν θορυβῇται, ἣν δὲ ἀνῇ καὶ ἐπιδιδῶ ἐπὶ τὸ βέλτιον. φυλάσσεσθαι δὲ δεῖ καὶ τῶν ἄλλων πυρετῶν τὰς κρίσιαις καὶ ἀφαιρεῖν τὰ ῥυφήματα κατὰ τοῦτον τὸν καιρόν. μεμαθήκασι δὲ μακροὶ οἱ
 432 πυρετοὶ οἱ τοιοῖδε γί|νεσθαι καὶ ἀποστήματα ἴσχειν, ἣν μὲν τὰ κάτω ψυχρὰ ᾖ, περὶ ὦτα καὶ τράχηλον ἣν δὲ μὴ ψυχρὰ ᾖ, ἄλλας ἴσχει¹ μετα-

¹ MV: -ειν A.

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17. In fevers accompanied from the beginning by vertigo, throbbing in the head, and thin urine, wait for the crises when the fever has its paroxysm; it would come as no surprise if such patients even lose their wits. In those whose urines are cloudy and thick at the beginning, clean downwards if the other signs are propitious. In those whose urines are thin at the beginning, do not employ medications but, if it seems advisable, an enema. It benefits such patients to treat them as follows: have them keep their bodies at rest, and anoint and wrap them carefully. As drink give dilute melicrat, and as gruel barley-water, towards evening. Evacuate the cavity at the beginning with an enema, but do not administer medications to these patients, for if you set anything in motion through the cavity, the urine does not become mature, and the fever will continue without any sweating or crisis for a long time. When the patient is close to his crises, do not give gruels if he is troubled, but only if the fever is remitting and he is changing for the better. You must also pay attention to the crises in other fevers, and discontinue gruels at those times. Fevers of this sort tend to become long and, if the lower regions are cold, to include abscesses about the ears and neck; if the lower regions are not cold, other resolutions occur: blood

βολάς. ῥεῖ δὲ καὶ αἷμα ἐκ ῥινῶν καὶ κοιλίῃ τοιούτοισιν ἐκταράσσεται.

434 18. Ὅποσοι δὲ ἐν πυρετοῖσιν¹ ἀσώδεές εἰσι καὶ ὑποχόνδρια συντείνουσι, καὶ κεκλιμένοι οὐκ ἀνέχονται ἐν τῷ αὐτῷ, καὶ τὰ ἄκρεα ψύχονται πάντα, πλείστης ἐπιμελείας καὶ φυλακῆς δέονται. διάγειν δὲ τούτοις προσφέροντα μηδὲν ἄλλο ἢ ὀξύμελι ὑδαρές, | ἕως ἂν λήξῃ καὶ οὖρον πεπανθῇ. κατακλίνειν δὲ ἐς ζοφερά οἰκήματα, καὶ κεκλίσθαι ὥς ἐπὶ μαλθακωτάτοις στρώμασι πολὺν χρόνον ἐπὶ ταῦτα καρτερέοντα καὶ ὥς ἥκιστα ῥιπτάζειν· μάλιστα γὰρ τοῦτο τοὺς τοιούτους ὠφέλεια. ἐπὶ δὲ τὸ ὑποχόνδριον λίνου σπέρμα ἐγχρίων ἐπιτίθει, φυλασσόμενος ὅπως μὴ φρίξῃ προστιθέμενον· ἔστω δὲ ἀκροχλίарον, ἐφθὼν ἐν ὕδατι καὶ ἐλαίῳ.

19. Τεκμαίρεσθαι δὲ ἐκ τῶν οὖρων τὸ μέλλον ἔσεσθαι· ἦν μὲν γὰρ παχύτερα καὶ ὠχρότερα ᾗ, βελτίω· ἦν δὲ λεπτότερα καὶ μελάντερα, πονηρότερα·² ἦν δὲ μεταβολὰς ἔχῃ, χρόνον τε σημαίνει, καὶ ἀνάγκη τῷ νοσέοντι³ μεταβάλλειν καὶ ἐπὶ τὰ χεῖρω καὶ ἐπὶ τὰ βελτίω τὴν ἀνωμαλίην.

20. Τοὺς δὲ ἀκαταστάτους τῶν πυρετῶν ἔαν, μέχρι ἂν στῶσιν· ὁπότεν δὲ στῶσιν, ἀπαντῆσαι διαίτη καὶ θεραπείῃ τῇ προσηκούσῃ, κατὰ φύσιν θεωρέων.

¹ Α: Ὅποσοι δὲ πυρετοὶ MV.
ματι MV.

² MV: πονηρά Α.

³ Α: νοσή-

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flows from the nose of such patients, and the cavity is set in motion.

18. Those who, during fevers, suffer from nausea and draw their hypochondrium tight, who on lying down cannot keep still, and whose extremities are all cold, require the greatest care and attention. Proceed with such patients by giving them nothing but dilute melicrat until the fever remits and the urine becomes mature. Put the person to bed in a dark room; let him lie on the softest bed-clothes, remain in the same position for a long time, and throw himself about as little as possible, for these things, especially, help such patients. Anoint the hypochondrium with an application of linseed, taking care that the patient does not have a chill as a result of the application; let the linseed be luke-warm and boiled in water and oil.

19. Judge from urines what is about to happen, for if thicker and more pale yellow, they are more favourable, but if thinner and darker, more grievous; if they undergo changes, this indicates chronicity, and that the patient will experience changes both for the worse and for the better.

20. Leave unsettled fevers alone until they settle; when they do, counter them with regimen and suitable treatment, taking the patient's constitution into consideration.

21. (9 L.) Εἰσὶ δὲ ὄψεις πολλαὶ τῶν καμ-
 436 νόντων· διὸ προσεκτέον τῷ | ἰωμένῳ ὅπως μὴ
 διαλήσει τι¹ τῶν προφασίων μήτε τῶν κατὰ
 λογισμὸν ὅσα τ'² ἐς ἀριθμὸν ἄρτιον ἢ περισσὸν
 δεῖ φανῆναι. μάλιστα μὲν οὖν δεῖ τὸν περισσὸν
 ἀριθμὸν εὐλαβεῖσθαι, ὥς αἶδε αἱ ἡμέραι ἑτερορρε-
 πέας ποιέουσιν τοὺς κάμνοντας.

22. Φυλάσσεσθαι οὖν δεῖ τὴν πρώτην ἡμέρην,
 ἣ ἥρκται ἀσθενεῖν ὁ κάμνων, ἰδόντα τὴν ἀρχὴν ἐξ
 438 οὗτου καὶ δι' ὅτι ἡγείται γὰρ τοῦτο πρῶτον εἰδῆ-
 σαι. ὁπόταν δὲ ἔρῃ αὐτὸν καὶ διασκέψῃ | πάντα,
 πρῶτον μὲν κεφαλὴν ὅπως ἔχει, εἰ ἀνάλγητος
 καὶ μὴ βάρος ἔχει ἐν ἑωυτῇ· ἔπειτα ὑποχόνδρια
 καὶ πλευρά, εἰ ἀνάλγητα·³ ὑποχόνδριον μὲν γὰρ
 ἦν ἐπίπονον ἢ ἢ ἐπηρμένον⁴ ἔχῃ τινὰ σκολιότητα
 ἢ κόρον, ἢ πλευροῦ ἀλγηδὼν ἐνῇ καὶ ἅμα τῷ ἀλ-
 γήματι βηχίον ἢ στρόφος ἢ πόνος κοιλίης· ὅταν
 τι τούτων παρῇ, ὑποχονδρίων μὲν μάλιστα, λύειν
 κοιλίην κλυσμοῖσιν· πινέτω δὲ μελίκρητον θερμὸν
 ἀφειψημένον. καταμανθάνειν δὲ καὶ ἐν τῇσιν
 ἐξαναστάσεσιν, εἰ λειποθυμέει ἢ⁵ εἰ τοῦ πνεύμα-
 τος εὐφορίῃ αὐτὸν ἔχει. ἰδεῖν⁶ δὲ τὴν διαχώ-
 ρησιν, μὴ τι μέλαν διεχώρησεν ἰσχυρῶς⁷ χρῶμα ἢ
 εἰ⁸ καθαρὸν, ὅποια ὑγιαίνοντος ἂν εἴη διαχωρήμα-

¹ Reinhold: διαλύσεται A: διαλήσεται τις MV. ² A: μήτε ὁκόσα
 MV. ³ MV: -αλγῇ A. ⁴ MV add ἢ. ⁵ Ermerins: καὶ AMV.
⁶ Later mss: ἰδὼν AMV. ⁷ A adds πάνν. ⁸ εἰ om. A.

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21. Patients have many aspects. Therefore, the person treating must pay attention to see that none of the immediate signs escape his notice, nor any of those that you know by reckoning must come to light on an even- or an odd-numbered day. Actually, the odd-numbered, especially, must be observed, since on them patients tend to incline in one direction or the other.

22. Now, you must mark well the first day on which any patient began to be ill, observing whence and why the disease starts; for it is of the utmost importance to first learn this. When you question the patient and examine each thing carefully, do so first with regard to the state of his head, whether it is free of pain and has no heaviness in it; then the hypochondrium and the sides, whether they are free of pain; for if the hypochondrium is painful or swollen with some unevenness or over-fullness, or if pain of the side is present, and with the pain a mild cough, colic or pain in the cavity—if any of these things is present, especially in the hypochondrium, open the cavity with enemas; also have the patient drink hot boiled-down melicrat; observe carefully when the patient rises, too, whether he faints, or whether his breathing is adequate; observe the stools, whether anything dark is passed, of a vivid colour, or whether they are clean, like those of a healthy person; and the fever,

τα· καὶ ὁ πυρετὸς <εἰ>¹ ἐς τὴν τρίτην ἐπιπαροξυ-
 440 νόμενος· | κατιδὼν δὲ εὖ μάλα τοὺς τοιούσδε ἐν
 ταύτῃσι τῇσι νούσοισι τριταίους, πρὸς ταύτην
 ἤδη καὶ τᾶλλα συνορᾶν καὶ ἦν ἡ τετάρτη τῇ τρίτῃ
 ἡμέρῃ ὁμοῖόν τι ἔχῃ τῶν αὐτῶν τούτων, κινδυνώ-
 δης ὁ κάμνων γίνεται.

23. Τὰ δὲ σημεῖα· ἡ μὲν μέλαινα διαχώρησις
 θάνατον σημαίνει, ἡ δὲ ὁμοίῃ τῷ ὑγιαίνοντι,
 ὁπότεν ἀπάσας τὰς ἡμέρας φαίνεται, σωτήριον·
 ὁπότεν δὲ μὴ ὑπακούῃ τῇ βαλάνῳ, ἐπῇ² δὲ καὶ³
 τοῦ πνεύματος ἀπορίῃ,⁴ ἢ διαναστὰς ἐπὶ θρόνον ἢ
 αὐτοῦ ἐν τῇ κλίνῃ, ἢν ἀψυχίῃ ἐγγένηται, ταῦτα
 ὁπότεν προσῇ τῷ κάμνοντι ἢ τῇ καμνούσῃ,⁵
 παραφροσύνην ἐσομένην προσδέχου. προσέχειν δὲ
 442 χρῇ καὶ τῇσι | χερσίν ἦν γὰρ τρομεραὶ ἔωσιν,
 προσδέχου τῷ τοιῷδε ἀπόσταξιν αἵματος ἐκ ῥινῶν
 ἐσομένην. ὁρᾶν δὲ χρῇ τοὺς μυκτῆρας ἀμφοτέ-
 ρους ἦν γὰρ⁶ ὁμοίως τὸ πνεῦμα δι' ἀμφοῖν ἔλκη-
 ται καὶ πολὺ φέρηται διὰ τῶν μυκτῆρων, φιλέει
 γίνεσθαι σπασμός· ἦν δὲ σπασμός ἐγγένηται τῷ
 τοιῷδε, θάνατος προσδόκιμος, καὶ καλῶς ἔχει
 προλέγειν.

24. (10 L.) Ἦν δὲ ἐν πυρετῷ χειμερινῷ ἡ
 γλῶσσα τρηχέη γένηται καὶ ἀψυχίαι ἐνέωσιν,
 φιλέει τῷ τοιῷδε καὶ ἐπάνεσις εἶναι τοῦ πυρετοῦ·

¹ Ermerins. ² Kuchlewein: ἐπὴν A: ἐνῇ MV. ³ καὶ om.

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whether it has another access on the third day. Observing such fevers very closely on the third day in these diseases, from that day on pay attention to other things as well, and if the fourth day brings some of these same things the third one did, the patient is in danger.

23. Signs: dark stools indicate death, whereas those like a healthy person's, when they have this appearance every day, betoken recovery. But when a patient fails to have a movement after he has received a suppository, and there is also difficulty in breathing, or if either on getting up into a chair or right in his bed he loses consciousness—when these things happen to the patient, either male or female, expect derangement. You must also pay attention to the hands, for if they tremble, expect such a patient to have a flow of blood from his nostrils. You must look at both nostrils, for if the air is drawn equally through them both, and much is carried through, a convulsion is likely; if a convulsion does occur in such a patient, death is to be expected, and it is good to predict this.¹

24. If, in a winter fever, the tongue becomes rough and the patient loses consciousness, there is likely to be an abatement of the fever. But all the

¹ For the special significance of prognosis in Hippocratic medicine see e.g. *Prognostic* ch. 1 (Loeb *Hippocrates* vol. II, 7).

MV. ⁴ V: εὐφορίῃ AM. ⁵ MV add κατ' ἀρχὰς. ⁶ γὰρ om. MV.

ἀλλ' ὅμως τὸν τοιόνδε παραφυλάσσειν τῇ λιμο-
κτονίῃ καὶ ὕδατοποσίῃ¹ καὶ μελικρήτου πόσει· καὶ
χυλοῖσι παραφύλασσε μηδὲν πιστεύων τῇ ἀνέσει
τῶν πυρετῶν, ὥς οἱ τοιάδε ἔχοντες σημεῖα ἐπι-
κίνδυνοί εἰσι θνήσκειν. ὁπόταν δὲ ταῦτα συνίδῃς,
444 οὕτω προλέγειν, ἦν | σοι ἀρκέσῃ θεωρήσας εὖ
μάλα.

25. Ὅταν δ' ἐν² πυρετοῖσι φοβερὸν τι γένηται
πεμπταίοις ἐοῦσιν—<ἦν>³ ἢ κοιλίῃ ἐξαίφνης
ὑγρὰ διαχωρήσῃ καὶ ἀψυχίῃ ἐγγένηται ἢ ἀφωνίῃ
ὑπολάβῃ ἢ σπασμώδης γένηται ἢ λυγμώδης—
ἐπὶ τούτοισιν ἀσώδεα φιλέει γίνεσθαι καὶ περὶ
ὑπορρίνιον καὶ μέτωπον ἰδρῶτες καὶ αὐχένα ὀπι-
σθεν τῆς κεφαλῆς· οἱ δὲ ταῦτα πάσχοντες θνή-
σκουσιν πνευματωθέντες οὐκ ἐς μακρόν.

26. Οἷσι δ' ἐν πυρετοῖσι τὰ σκέλεα γίνεται
φυματώδεα καὶ ἐγχρονιζόμενα μὴ ἐκπεπαίνεται,
έόντος ἐν πυρετοῖσιν, ἦν καὶ προσπέσῃ πνιγμὸς
φάρυγγι ἰσχνῶν έόντων τῶν περὶ τὴν φάρυγγα
446 καὶ μὴ πεπαίνεται, ἀλλὰ⁴ | σβεσθῇ, φιλέει τῷ
τοιῷδε αἶμα ῥεῖν ἐκ ῥινῶν· καὶ ἦν μὲν πολὺ ῥυῇ,
λύσιν σημαίνει τῆς νούσου· ἦν δὲ μὴ, μακρὴν·
ὁπόσω δ' ἂν ἔλασσον ῥυῇ, τοσῷδε χεῖρον κατὰ⁵

¹ Papyrus (see p. xi f.), MV: ὕδατος πόσει ἢ A. ² ἐν om. A.

³ Later mss. ⁴ MV: μῆδὲ A.

⁵ Kuehlewein: καὶ AMV.

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same, protect him by having him avoid food, and drink water and melicrat; also protect him by using juices; put no trust in the disappearance of the fever, for patients with signs like these are in mortal danger. When you see these signs, you should give your prognosis, if after thinking it over it seems a good idea.

25. When, in fevers, something terrible befalls patients on the fifth day—if, for example, the cavity suddenly passes watery stools and the patient loses consciousness, or speechlessness occurs, or he becomes convulsive, or develops hiccups—nausea is likely to come over such patients, and sweating under the nose, between the eyes, and in the neck at the back of the head. Patients that suffer these things become suffocated and before long die.

26. Fevers in which the legs are covered with tubercles that persist and do not come to maturity: while the patient is in such fevers, if, in addition, choking befalls his throat, even though the region about the throat is not swollen, and if it¹ does not come to maturity but instead subsides, it is likely in such a patient for blood to flow from the nostrils. If much flows, this indicates resolution of the disease; if not much, that it will be long; the less that flows, the worse it is for the length of the con-

¹ The syntax of this sentence is unclear. The traditional interpretation has been to understand "tubercles" as the subject of *πεπαίνηται* and *σβεσθῇ*. Adams, whom I follow, provides a vague "it" as subject. I also see no compelling reason why *τὰ περὶ τὴν φάρυγγα* could not be taken as subject.

μῆκος. ἦν δὲ τὰ ἄλλα ῥῆϊστα γένηται, προσδέχε-
σθαι τῷ τοιῷδε ἐς πόδας ἀλγήματα ἦν δὲ ἄψηται
τοῦ ποδὸς καὶ ἐπώδυνος γενόμενος παραμένη πυ-
ριφλεγῆς [γενόμενος]¹ καὶ μὴ λυθῇ, κατὰ σμι-
κρὸν ἥξει καὶ ἐς αὐχένα ἀλγήματα καὶ ἐς κληΐδα
καὶ ἐς ὤμον καὶ ἐς στῆθος καὶ ἐς ἄρθρον, καὶ
τοῦτο δεήσει φυματῶδες γενέσθαι σβεννυμένων
δὲ τούτων ἦν αἱ χεῖρες ἐφέλκωνται ἢ τρομεραὶ
γένωνται, σπασμὸς τὸν τοιόνδε ἐπιλαμβάνει καὶ
παραφροσύνη καὶ φλυζάκια ἐπὶ τὴν ὀφρὺν καὶ
ἐρυθήματα ἴσχει, καὶ τὸ² βλέφαρον τὸ ἕτερον
παρὰ τὸ ἕτερον παραβλαστάνει, καὶ σκληρὴν
448 φλεγ|μονὴν κατέχει, καὶ οἰδέει ἰσχυρῶς ὁ ὀφθαλ-
μός, καὶ ἡ παραφροσύνη μέγα τι ἐπιδιδοῖ αἱ δὲ
νύκτες μᾶλλον σημαίνουσιν ἢ αἱ ἡμέραι τὰ περὶ
τὴν παραφροσύνην.³ τὰ δὲ σημεῖα μάλιστα γίνε-
ται ἐπὶ τὸν περισσὸν ἀριθμὸν ἢ ἐπὶ τὸν ἄρτιον ἐν
ὁποτέρῳ δ' ἂν τῶν ἀριθμῶν τούτων γίνηται, ὅλε-
θροι ἐπιγίνονται.

27. Τοὺς τοιούσδε ἦν μὲν ἐξ ἀρχῆς φαρμακεύ-
ειν προαιρῇ, πρὸ τῆς πέμπτης, ἦν βορβορύζη ἡ
κοιλίη· εἰ δὲ μή, ἔαν ἀφαρμάκευτον εἶναι ἦν δὲ
διαβορβορύζη καὶ τὰ ὑποχωρήματα χολώδεα ἦ,
σκαμμωνίῃ ὑποκάθαιρε μετρίως· ἐν δὲ τῇ ἄλλῃ
θεραπείῃ ὥς ἐλάχιστα προσφέρειν ποτὰ καὶ

¹ Del. Ermerins.² τὸ om. MV.³ Papyrus, MV: ἀφρ- A.

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dition. If the other symptoms diminish, expect pains in such a person's feet. If these attack the foot, and it becomes painful and violently inflamed, and remains that way without any resolution, then little by little pains will spread to the neck, collar-bone, shoulder, chest and joints, and this spread will inevitably be accompanied by tubercles. If, when these go down, the hands are dragged behind¹ or tremble, convulsions and derangement befall such a patient; blisters and red patches form on the eyebrow, the one eye-lid sends forth shoots over the other one,² a stubborn inflammation prevails, the eye swells massively, and the derangement increases greatly; nights give more evidence of the derangement than do days. These signs occur more on odd-numbered days than on even-numbered ones, but on whichever of these numbers they occur, death follows.

27. If you prefer to give medications to such patients right from the beginning, give them before the fifth day if the cavity rumbles; if it does not rumble, leave the patient without a medication. If the rumbling continues and the stools passed are bilious, clean the patient moderately downwards with scammony. As far as the rest of his treatment is concerned, offer as few drinks and gruels as

¹ I.e. there is a palsy.

² No satisfactory interpretation of this passage has yet been given.

ρύφήματα ἕως¹ βελτιόνως ἔχη, ἣν μὴ ὑπερβῶσι
τὴν τεσσαρεσκαίδεκάτην ἐπανέντες.

28. Ὅποταν πυρέσσοντι τεσσαρεσκαίδεκα-
ταίῳ ἐόντι ἀφωνίη παραγένηται, οὐ φιλέει λύσις
ταχείη οὐδ' ἀπαλλαγὴ τοῦ νοσήματος γίνεσθαι,
ἀλλὰ χρόνον τῷ τοιῷδε σημαίνει· ὅποταν γὰρ
φανῇ ἐπὶ τῇ ἡμέρῃ ταύτῃ, μακρότερον συμπίπτει.
450 ὅταν πυρέσσοντι τεταρταίῳ γλῶσσα | ἐκτεταραγ-
μένα διαλέγεται καὶ ἡ κοιλίη χολώδεα διαχωρῇ
ὑγρά, φιλέει παραληρεῖν ὁ τοιόσδε· ἀλλὰ χρὴ παρα-
φυλάσσειν παρεπόμενον τοῖσιν ἀποβαίνουσιν.

29. Θερινῆς καὶ μετοπωρινῆς ὥρης ἐπὶ τῶν
ὀξέων αἵματος ἀπόστασις ἐξαπίνης συντονίην καὶ
πολλὴν θερμασίην² κατὰ φλέβας δηλοῖ καὶ ἐς τὴν
ὑστεραίην λεπτῶν οὖρων ἐπιφάσις. καὶ ἣν
ἀκμάζῃ τῇ ἡλικίῃ καὶ τὸ σῶμα ἐκ γυμνασίων³
[ἡ]⁴ εὐσαρκώσιος ἔχη ἢ μελαγχολικὸς ἢ ἢ ἐκ
πόσιος χεῖρες τρομεραί, καλῶς ἔχει παραφροσύνην
προειπεῖν ἢ σπασμόν. κῆν μὲν ἐν ἀρτίησιν ἐπι-
γένηται, βέλτιον⁵ ἐν κρίσει δὲ ὀλέθριον, ἣν μὴ
πολὺ ἀλὲς ἀποχυθὲν αἷμα ἐξόδους ποιήσεται |
452 τῆς πλεονεξίης κατὰ ῥίνας ἢ κατὰ ἔδρην ἐμπλη-
σθείσης⁶ ἢ⁷ ἀπόστασιν ἢ πόνους ἐν ὑποχονδρίῳ ἢ
454 ἐς ὄρχιν ἢ | ἐς σκέλεα· πεφθέντων δὲ τούτων

¹ Potter: ὡς A: ἵνα MV. ² Regenbogen: θεραπείην AMV.

³ A adds ἡ. ⁴ Del. Joly. ⁵ Later mss: βελτίῳ AMV.

⁶ AMV: ἐμποιήση Ermerins after Galen. ⁷ ἢ om. A.

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possible, until the condition improves, if the period of recovery does not extend beyond the fourteenth day.

28. When speechlessness comes over a patient that has had fever for fourteen days, a swift resolution or relief from the disease is not likely to occur; on the contrary, this indicates chronicity in such a patient; for, whenever speechlessness appears on that day, it is present for a longer time. In a patient with fever, when on the fourth day the tongue becomes confounded in speech, and the cavity passes watery bilious stools, such a patient is likely to rave; indeed, you must watch carefully what follows these events.

29. During the summer and fall a sudden nose-bleed during acute diseases indicates tension, great heat through the vessels, and that thin urines will appear towards the next day. If the patient is in the prime of life, and his body is in good condition from exercises, or if he is subject to dark bile, or if his hands tremble from drink, it is good to predict derangement or convulsions. If this happens on even days, it is better, but during a crisis it is a fatal sign, unless much blood, being shed in a mass, brings about an exit through the nostrils or anus of the excess that has built up through accumulation, or gives rise to an abscess, or to pains in the hypochondrium or radiating to a testicle or the legs.

ἔξοδοι γίνονται πτυσμῶν παχέων, οὖρων λείων λευκῶν¹ ἔξοδοι.

30. Πυρετῶ λυγγῶδεις ὁπὸν σιλφίου, ὀξύμελι, δαῦκον τρίψας πιεῖν διδου καὶ χαλβάνην ἐν μέλι-
 456 τι καὶ κύμινον ἐκλεικτόν, καὶ χυλὸν | πτισάνης ἐπὶ τούτοις ῥυφεῖν. ἄφυκτος δὲ ὁ τοιοῦτος, ἦν μὴ ἰδρῶτες κριτικοὶ καὶ ὕπνοι ὁμαλοὶ ἐγγίνωνται καὶ οὖρα παχέα καὶ δριμέα καταδράμη ἢ ἐς ἀποστήματα καταστηρίξη.² κόκκαλος καὶ σμύρνα ἐκλεικτόν· πίνειν δὲ τοῖσι τοιοῦτοις ὀξύμελι διδου ὡς ἐλάχιστον· ἦν δὲ διαψώδης ἢ³ σφόδρα, τοῦ κριθίου⁴ ὕδατος.

31. (11 L.) Τὰ δ' ἐν πνεύμονι καὶ πλευρίτιδι⁵ ὧδε χρὴ σκέπτεσθαι· ἦν ὀξὺς ὁ πυρετὸς ἢ καὶ τὰ ὀδυνήματα τοῦ ἑτέρου πλευροῦ ἢ καὶ ἀμφοῖν, καὶ
 458 τοῦ πνεύματος δὲ | ἀναφερομένου ἦν πονῇ καὶ βῆχες ἐνέωσιν καὶ τὰ πτύαλα πτύη πυρρὰ ἢ πελιδνὰ ἢ καὶ λεπτὰ ἢ⁶ καὶ ἀφρώδεα καὶ ἀνθηρά, καὶ εἴ τι ἄλλο διαφέρων ἔχοι παρὰ τὰ μεμαθηκότα, τούτοις οὕτω χρὴ διάγειν· ἦν μὲν ἡ ὀδὺν ἄνω περαίνῃ πρὸς κληῖδα ἢ περὶ μαζὸν ἢ ἐν βραχίονι, τάμνειν χρὴ τὴν ἐν τῷ βραχίονι φλέβα τὴν ἔσω, τὴν⁷ ἐφ' ὁπότερον ἂν ἢ τῶν μερέων, κατὰ

¹ MV: λεπτῶν λείων A.

² A: ἀπόστασιν στηρίξη MV.

³ A: διαψώδεις ἔωσι MV.

⁴ Later mss: κριθίου AM: κριθείου V.

⁵ ἐν . . . π. A: περιπνευμονικὰ καὶ πλευριτικὰ M.

⁶ ἢ om. MV.

⁷ τὴν om. MV.

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When these diseases come to maturity, there are discharges of thick sputa and of thin white urines.

30. For a fever with hiccups: knead together silphium juice, oxymel and dauke, and give this to drink; also all-heal juice in honey, a lozenge of cummin, and after that barley-water gruel. Such a patient does not escape unless critical sweats and regular sleep occur, and thick sharp urines come down, or unless the disease settles into abscesses. A lozenge of pine-cone and myrrh. Give such patients a very little oxymel to drink; if one happens to be very thirsty, give a little barley-water.

31. Conditions in the lung and pleurisy you must evaluate thus: if the fever is high and there are pains in one or both sides, if the patient suffers pain when he draws his breath, if he has a cough and it produces yellow-brown, livid, or thin frothy bright-coloured sputa, and if the patient is different in other ways from what is normal, you must proceed as follows with such patients: if the pain radiates upwards to the collar-bone, or is located about the breast or in the arm, you must incise the inner vessel of the arm on the affected side as

τόδε ἀφαιρέειν δὲ κατὰ τὴν τοῦ σώματος ἕξιν καὶ
 ὥρην καὶ ἡλικίην καὶ χροίην πλέον καὶ θρασέων,
 460 ἣν ὁξὺ τὸ ἄλγλημα ἐνῇ, ἄγειν πρὸς | λειποψυχίην
 ἔπειτα κλύζειν μετὰ τοῦτο. ἣν δὲ ὑποκάτω τοῦ
 θώρηκος τὸ ἄλγλημα ἦ καὶ συντείνῃ πλείω¹ τῷ
 πλευριτικῷ, τὴν κοιλίην ὑποκάθαιρε μεσηγνὺ δὲ
 τῆς καθάρσιος μηδὲν δίδου μετὰ κάθαρσιν δὲ ὁξύ-
 μελι. φαρμακεύειν δὲ τεταρταῖον τὰς δὲ ἐξ ἀρ-
 χῆς τρεῖς ὑποκλύζειν, κῆν μὴ κουφίζῃ, οὕτω δ'
 ὑποκάθαιρε. φυλακὴ δὲ ἔστω ἕως ἀπυρέτου καὶ
 ἐβδόμης. εἶτα, ἣν ἀσφαλῆς ἐὼν φαίνεται, οὕτω
 χυλῷ ὀλίγῳ καὶ λεπτῷ τὸ πρῶτον καὶ μέλιτι μίσ-
 γων δίδου. ἣν δὲ ἀνάγῃ τε ῥηϊδίως καὶ εὖπνους
 ἦ καὶ ἀνώδυνος τὰ πλευρὰ καὶ ἀπύρετος,² κατὰ
 σμικρὸν παχυτέρῳ τε καὶ πλείονι καὶ δις τῆς
 ἡμέρης. ἣν δὲ μὴ ῥηϊδίως ἀπαλλάσσει, ἔλασσόν
 462 τε τὸ πόμα καὶ τὸ ῥύ|φημα, ὀλίγον χυλὸν λεπτόν
 καὶ ἅπαξ, ἐν ὁποτέρῃ ἂν ὥρῃ βέλτιον διάγῃ
 γνῶσῃ δ' ἐκ τῶν οὔρων.

32. Δεῖ δὲ τὸ ῥύφημα προσφέρειν τοῖσιν ἐκ
 τῶν νοσημάτων μὴ πρότερον ἢ πέποντα τὰ οὔρα ἢ
 πτύσματα ἰδῆς γεγεννημένα. ἣν δὲ³ φαρμακευ-
 θεῖς συχνὰ καθαρθῇ, ἀναγκαῖον διδόναι, ἔλασσον
 δὲ καὶ λεπτότερον· οὐ γὰρ δυνήσεται ὑπὸ κενεαγ-
 γίης ὑπνώσσειν οὐδὲ πέσσειν ὁμοίως οὐδὲ τὰς

¹ A: λίην MV.² καὶ ἀπύρετος om. MV.³ A adds μὴ.

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follows: draw off, according to the condition of the body, the season, and the patient's age and colour, a considerable amount, and even venture, if intense pain is present, to continue until the loss of consciousness; afterwards administer an enema. If there is pain below the thorax in a patient with pleurisy and it becomes more intense, clean the cavity downwards; while cleaning is taking place, give nothing, but afterwards give oxymel. Give a medication on the fourth day; on the first three days from the beginning use enemas, but if these do not lighten the patient, clean him downwards with a medication. Observe carefully until the disappearance of fever, and for seven days. Then, if the patient appears to be safe, first give a little thin juice with honey; if he expectorates easily and breathes freely, and if he has no pains in his sides and no fever, gradually give more juice and of a thicker consistency, twice daily. But if the patient is not recovering easily, the drink is to be less in amount and the gruel a little thin juice once a day, at whatever time the patient is doing better. You will recognize this from his urines.

32. You must not administer gruel to patients recovering from diseases before you see that their urines or sputa have become mature. However, if a patient has been cleaned out often by the use of medications, gruel must be given, though less in amount and thinner in consistency; for otherwise, on account of his emptiness, he will not be able to sleep, to bring the disease to maturity, or to with-

κρίσιος ὑπομένειν· ἀλλ' ἐπειδὰν συντήξεις ὤμων φαίνονται καὶ τὰ ἀντέχοντα ἀποβάλλη, ἀνθέξει οὐδέν.

464 Πέποινα δ' ἐστὶν τὰ μὲν πτύαλα, ὅποταν γένηται ὁμοῖα τῷ πύῳ, τὰ δὲ οὖρα | τὰς ὑποστάσιος ὑπερύθρους ἔχοντα, ὅποῖον ὀρόβων.

33. Οὐδέν δὲ κωλύει καὶ πρὸς τὰ ἄλλα ἀλγήματα τῶν πλευρέων χλιάσματα προστιθέναι καὶ κηρώματα· ἀλείφειν δὲ σκέλεα καὶ ὀσφύν θερμῶ καὶ λίπος ἐγκαταλείφειν· ἐπὶ δὲ ὑποχόνδρια λίνου σπέρμα καταπλάσσειν ἕως μαζῶν.

Ἀκμαζούσης δὲ τῆς περιπνευμονίης ἀβοήθητον μὴ ἀνακαθαιρομένου, καὶ πονηρόν, ἣν δύσπνους ἦ καὶ οὖρα λεπτὰ καὶ δριμέα καὶ ἰδρῶτες περὶ τράχηλον καὶ κεφαλὴν γίνονται. οἱ τοιοῦδε ἰδρῶτες πονηροί, ὑπὸ πνιγμοῦ καὶ ῥωχμῆς καὶ βίης ἐπικρατούντων τῶν νοσημάτων, ἣν μὴ οὖρα παχέα καὶ πολλὰ ὀρμήσῃ καὶ πτύσματα πέποινα ἔλθῃ. ὅ τι δ' ἂν τούτων αὐτοματίσῃ, λύσει τὸ νόσημα.

466 34. Περιπνευμονίης ἐκλεικτόν· χαλβάνη | καὶ κόκκαλος ἐν μέλιτι Ἀττικῶ καὶ ἀβρότονον ἐν ὀξύ- μέλιτι πιεῖν <καὶ>¹ πέπερι. ἐλλέβορον μέλανα ἀποζέσας πλευριτικῶ ἐν ἀρχῇσι περιωδύνῳ ἐόντι διδου. ἀγαθὸν δὲ καὶ τὸ πάνακες ἐν ὀξύμέλιτι ἀναζέσαντα καὶ διηθέοντα διδόναι πίνειν καὶ ἥπατι-

¹ Kuehlewein.

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stand the crises, but when wasting appears in his shoulders and he loses his resistance, he will not hold out at all.

Sputa are mature when they become like pus; urines, when they have reddish sediments like vetch-meal.

33. Nothing prevents applying fomentations and wax-salves against other pains in the sides as well; anoint the legs and lumbar region with warm oil, and rub in animal fat; apply linseed plasters to the hypochondrium up as far as the breasts.

When pneumonia is at its height, it is incurable if the patient is not well cleaned out, and bodes ill if he has difficulty breathing, if his urines are thin and sharp, and if there is sweating about his neck and head. Sweats of this kind indicate a bad outcome, with the diseases overcoming by suffocation, wheezing, and violence, unless copious thick urines begin and mature sputa come; if either of these occurs spontaneously, it will resolve the disease.

34. Lozenge for pneumonia: all-heal juice and pine-cone in Attic honey; also have the patient drink southernwood in oxymel, and pepper. Boil off black hellebore, and give it to the patient with pleurisy, at the beginning, when he is in great pain. It is also good to boil up all-heal in oxymel, and, sieving it, to give it to drink both to patients with liver

κοῖσι καὶ τῇσιν ἀπὸ τῶν φρενῶν περιωδυνήσι.

Καὶ ὅσα δὴ¹ ἐς κοιλίην καὶ ἐς οὖρησιν, ἐν οἶνω
468 καὶ ἐν μέλιτι, | τὰ δ' ἐς κοιλίην ξὺν ὕδαρεϊ μελι-
κρήτῳ πίνειν πλεῖον δίδου.

35. (12 L.) Δυσεντερίῃ ἀπόστημα ἢ ἔπαρμά τι
παυσαμένη ποιήσει, ἣν μὴ ἐς πυρετοὺς ἢ² ἰδρῶ-
τας ἢ² οὔρα παχέα καὶ λευκά³ ἐπιφανῇ ἢ ἐς τρι-
ταίους ἢ ἐς κισσόν, ἢ ἐς ὄρχιν ἢ ἐς σκέλεα⁴ ἢ ἐς
ἰσχία στηρίξῃ ἢ ὀδύνῃ.

36. (13 L.) Ἐν πυρετῷ χολώδει πρὸ τῆς ἐβδό-
μης μετὰ ῥίγεος ἵκτερος ἐπιγενόμενος λύει τὸ
πυρετόν· ἄνευ δὲ ῥίγεος ἦν ἐπιγένηται ἔξω τῶν
καιρῶν, ὀλέθριον.

37. (14 L.) Τετάνου δὲ ὁσφύος καὶ ἀπὸ μελαγ-
χολικῶν διὰ φλεβῶν πνευμάτων ἀπολήψεις ὅταν
470 ἔωσι, φλε|βοτομίῃ ῥύεται. ὅταν δ' ἀπὸ τῶν
τενόντων σφοδρῶς ἔμπροσθεν ἀντισπῶνται καὶ
ἰδρῶτες περὶ τράχηλον καὶ πρόσωπον, ὑπὸ τοῦ
πόνου δακνομένων καὶ ξηραιομένων τῶν τενόν-
των τῶν ὀρρωδέων—οἱ παχύτατοι τὴν ῥάχιν
συνέχουσιν, ἣ οἱ μέγιστοι σύνδεσμοι καταπεφυκό-
τες [ἔως]⁵ ἐς πόδας ἀποτελευτῶσι—τῷ τοιῷδε,
ἦν μὴ πυρετὸς ἐπιγένηται καὶ ὕπνος καὶ τὰ ἐπό-
μενα οὔρα πέψιν ἔχοντα ἔλθῃ καὶ ἰδρῶτες κριτι-
κοί, πίνειν <δίδου>⁶ οἶνον κισρὸν οἰνώδεα καὶ

¹ Ermerins: δεῖ AMV.

² Kuehlewein: καὶ AMV.

³ MV

add καὶ λεῖα.

⁴ A adds ἀλγήματα.

⁵ Del. Kuehlewein.

⁶ Ermerins.

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complaints and to those with severe pains arising from the diaphragm.

Medications that act on the cavity and promote urine give to drink in wine and honey; those for the cavity must be given in greater amounts and with dilute melicrat.

35. Dysentery, when it ends, will give rise to an abscess or some swelling, unless it appears in fevers, in sweats, in thick white urines, in tertians, or in a varix, or unless a pain settles in a testicle, in the legs, or in the hips.

36. In a bilious fever, a jaundice with chills occurring before the seventh day resolves the fever; but if it occurs without chills outside this favourable period, it is a mortal sign.

37. Phlebotomy relieves lumbar tetanus, and also from melancholic airs in the vessels, when there are stoppages. But when the patients are drawn excessively forward by their tendons and they sweat about the neck and face, the tendons of the lower back being irritated and dried out by the stress—that is, the thickest ones, which hold the spine together where the very large ligaments terminate that go down to the feet—to such a patient, unless fever and sleep supervene, and the urines that follow arrive in a state of maturity, or unless there are critical sweats, give strong light-coloured

ἄλητον ἐφθὸν ἐσθίειν καὶ κηρωτῇ ἀλείφειν καὶ
 ἐγχρίειν, τά τε σκέλεα περιελίσσειν ἕως τῶν πο-
 δῶν, θερμῷ προβρέχων ἐν σκάφῃ, καὶ βραχίονας¹
 κατελίσσειν, καὶ ὁσφῶν ἀπὸ τοῦ τραχήλου ἕως
 472 τῶν ἰσχίων, λάσιον² | ἐγκηρώσας, ὅπως καὶ τὰ
 ἔμπροσθεν περιέξει καὶ διαλιπὼν πυρία τοῖσιν
 ἀσκίοισι, θερμὸν ὕδωρ ἐγχέων, καὶ περιτείνων
 σινδόνιον ἐπανάκλινε αὐτόν. (38.) κοιλίην δὲ μὴ
 λύσης, ἣν μὴ βαλάνω, ἣν πολὺς χρόνος ἢ ἀδια-
 χωρήτῳ ἐούσῃ. καὶ ἣν μὲν τί σοι ἐπιδιδῶ ἐπὶ τὸ
 474 | βέλτιον· εἰ δὲ μὴ, τοῦ μάδου τῆς ρίζης τρίβων
 ἐν οἴνῳ εὐώδει καὶ τοῦ δαύκου πίνειν δίδου πρῶτῃ
 νήστι πρὸ τοῦ βρέχειν, καὶ τάχα ἐπὶ τούτοισιν τὸ
 ἄλευρον ἐφθὸν χλιερὸν ἐσθιέτω ὡς πλεῖστον καὶ
 οἶνον, ὅταν βούληται, εὐκρητον ἐπιπινέτω. καὶ
 ἣν μὲν σοι ἐπιδιδῶ ἐπὶ τὸ βέλτιον· εἰ δὲ μὴ, προ-
 λέγειν.

39. (15 L.) Τὰ δὲ νοσήματα πάντα λύεται ἢ
 κατὰ στόμα ἢ κατὰ κοιλίην ἢ κατὰ κύστιν³ ἢ δὲ
 τοῦ ἰδρώτος ἰδέη κοινὸν ἀπάντων.

40. (16 L.) Ἐλλεβορίζειν δὲ χρὴ οἷς ἀπὸ κεφα-
 λῆς φέρεται ῥεῦμα· ὅσοι δὲ ἐξ ἀποστημάτων ἢ
 φλεβορραγίης ἢ δι' ἀκρησίην ἢ δι' ἄλλην τινὰ
 ἰσχυρὴν αἰτίην ἔμπυοι γίνονται, μὴ δίδου ἐλλέβο-

¹ MV add ἕως δακτύλων.

² Littre, from Erotian (Nachmanson p. 58) and Galen (Kühn XIX. 117): ἐσθίονον A: σίαλον MV.

³ MV add ἢ τινος ἄλλου τοιοῦδε ἄρθρου.

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wine to drink, and boiled flour to eat. Smear and anoint with wax-salves: bind the legs as far down as the feet, after first soaking them in a warm basin, and wrap the arms and the back from the neck to the hips with a rough piece of cloth rubbed in wax, in such a way that the bandage also encloses the anterior region. Apply fomentations now and then with small leather skins into which you have poured hot water; cover the patient with linen, and have him lie down. (38.) Do not open the cavity except with a suppository, if it has been closed for a long time. If the condition changes for the better, as the result of your attention, fine; if not, grate bryony root and dauke into sweet-smelling wine, and give this to the patient to drink in the fasting state, early in the morning before any water is applied externally; immediately after that let him eat as much warm boiled meal as he can, and then drink wine well mixed with water whenever he wishes. If the condition improves with your measures, fine; if not, predict accordingly.

39. All diseases are resolved through either the mouth, the cavity, or the bladder; sweating is a form of resolution common to them all.

40. You must give hellebore to those in whom a flux from the head has occurred; but to those that suppurate internally from abscesses or from the bursting of a vessel, or because of intemperance, or because of any other potent condition, do not give

476 ρον¹ οὐδὲν γὰρ | ὠφελήσει, καὶ ἦν τι πάθη,
αἷτιος δόξει εἶναι ὁ ἐλλέβορος. ἦν δὲ διαλύηται
τὸ σῶμα ἢ πόνος ἐν κεφαλῇ ἢ ἢ ἐμπεπλασμένα
τὰ ὦτα ἢ ῥίς, ἢ πτυαλισμὸς ἢ γουνάτων βάρος
ἢ σώματος ὄγκος παρὰ τὸ ἔθος, ὅ τι ἂν συμβαίνη
μήτε ὑπὸ πότων μήτε ὑπὸ ἀφροδισίων μήτε ὑπὸ
λύπης μήτε ὑπὸ φροντίδων μήτε ἀγρυπνιῶν· ἦν
μέν τι τούτων ἔχῃ αἷτιον, πρὸς τοῦτο ποιέεσθαι
τὴν θεραπείην.

41. (17 L.) Τὰ δ' ἐκ πορείης ἀλγήματα πλεу-
ρέων, νώτου, ὀσφύος, ἰσχυίων, καὶ ὅσα ἀναπνέον-
τες ἀλγέουσι πρόφασιν ἔχοντες· πολλάκις γὰρ²
478 μεμάθηκε φοιτᾶν ἐκ κραι|παλέων καὶ βρωμάτων
φυσωδέων ἀλγήματα καὶ ἐς ὀσφῦν καὶ ἐς ἰσχία·
οἷσι δ' ἂν ἢ αὐτῶν τοιάδε, δυσουρέεται. τούτων
δὲ πορείη αἰτίη καὶ κορυζέων καὶ βράγχων.

42. (18 L.) Ὅσα δὲ ἀπὸ διαιτημάτων, τὰ μὲν
πολλά, ἕκαστος ὥς ἂν παρὰ τὸ ἔθος διαιτηθῇ
μάλιστα, ἐπισημαίνει. καὶ γὰρ ὅσοι ἂν μὴ μεμαθη-
κότες ἀριστᾶν³ ἀριστήσωσιν, ὄγκος πολὺς αὐτοῖ-
σιν τῆς γαστρὸς καὶ νυσταγμὸς καὶ πληθώρα ἦν
δὲ δειπνήσωσι,⁴ κοιλὴ ἐκταράσσεται. συμφέροι⁵
δ' ἂν τούτοισιν ἐκλουσαμένοισι καθεύδειν· κοιμη-
θέντας δὲ περιπατῆσαι βραδέως συχνὴν περίοδον.
καὶ ἦν μὲν λαπαχθῇ, δειπνήσαι καὶ πιεῖν οἶνον

¹ MV add τοῖσι τ(οι)ουτέοις.
add ἦν.

⁴ A: ἐπι- MV.

² πολλάκις γὰρ om. A.

³ MV

⁵ Kuehlewein: συμφέρει AMV.

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hellebore; for it will do no good, and if anything happens to the patient, the hellebore will seem to have been to blame. If the body is weakened, if there is pain in the head, if the ears or the nose are stopped, or if there is ptialism, heaviness of the knees, or fullness of the body beyond what is normal, give hellebore,¹ provided that the condition is not the result of drink, venery, grief, anxiety or sleeplessness; if the condition has one of these as its cause, let the treatment be directed against that.

41. Pains of the sides, back, loins and hips from walking, and pains connected with inspiration that patients suffer for some obvious reason; for pains regularly invade the lower back and hips as the result of drunkenness and flatulent foods: in whichever patients such things occur, there is dysuria. Walking is to blame for these things, and also for coryzas and sore throats.

42. Many effects resulting from the conduct of life show themselves particularly when a person conducts his life otherwise than is his habit. Thus, for example, if those not used to taking breakfast do so, they experience a great heaviness of the belly, drowsiness, and fullness, and if they take dinner, their cavity is set in motion. It would benefit such patients to have an enema and to go to bed, and after sleeping to go for a long slow walk. If the patient is emptied, let him dine, and drink a

¹ Galen, in his commentary (Kühn XV. 867 = CMG V 9, 1 p. 339), indicates that in this passage the author advises the administration of hellebore; thus I understand διδου ἐλλέβορον.

ἐλάσσονα ἀκρητέστερον ἦν δὲ μὴ λαπαχθῇ, ὑπο-
χρίσασθαι τὸ σῶμα θερμῷ. καὶ ἦν διψῇ, ὑδαρέα
οἶνον γλυκὺν ἢ λευκὸν ἐπιπιόντα ἀναπαύεσθαι
ἦν δὲ μὴ ἐγκοιμηθῇ, πλείω ἀναπαύεσθαι.¹ τὰ δ'
ἄλλα ὁμοίως τοῖς ἐκ κραιπάλης διαιτάσθω.

480 43. Τὰ δὲ | ἀπὸ πομάτων ὅσα μὲν ὑδαρέα,
βραδύπορά² ἐστὶ καὶ ἐγκυκλείται καὶ ἐπιπολάζει
περὶ ὑποχόνδρια καὶ ἐς οὔρησιν οὐ κατατρέχει.
τοιούτου δὲ πόματος πληρωθεὶς μηδὲν ἔργον
ὀξέως διαπρήξῃ, ὅποσα τῷ σώματι συνταθέντι ἢ
βίῃ ἢ τάχει πονεῖν συμβαίνει ὡς μάλιστα δὲ ἡσυ-
χαζέτω, μέχρι καταπεφθῇ μετὰ τῶν σιτίων.
ὅποσα δὲ τῶν πομάτων ἀκρητέστερά ἐστιν ἢ
αὐστηρότερα, παλμὸν ἐν τῷ σώματι καὶ σφυγμὸν
ἐν τῇ κεφαλῇ ἐμποιέει. τούτοις καλῶς ἔχει³
ἐπικοιμᾶσθαι καὶ θερμὸν τι ἐπιρρυφεῖν, πρὸς ὃ τι
μάλιστα ἥδιστα ἔχουσιν. νηστείῃ δὲ πονηρὸν πρὸς
τὴν κεφαλαλγίην καὶ κραιπάλην.

482 44. Ὅποσοι δὲ μονοσιτεῦσι, | κενοὶ καὶ ἀδύνα-
τοί εἰσι καὶ οὐρέουσι θερμὸν παρὰ τὸ ἔθος κενεαγ-
γέοντες. γίνεται δὲ καὶ τὸ στόμα ἄλμυρὸν ἢ⁴ καὶ
πικρὸν, καὶ τρέμουσιν ἐν παντὶ ἔργῳ καὶ κροτά-
φους ἐπισυντείνονται καὶ τὸ δεῖπνον οὐ δύνανται
πέσσειν, ὅπως περ ἦν⁵ ἡρισθηκότες ἔωσιν.
τούτους δὲ χρὴ δειπνεῖν ἔλασσον ἢ μεμαθήκασι

¹ ἦν δὲ . . . ἀ. om. A.

² A: -πορώτερά MV.

³ MV: ἔχει A.

⁴ ἢ om. MV.

⁵ ἦν om. A.

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smallish amount of nearly neat wine; but if he is not emptied, anoint his body with warm oil; if he is thirsty, let him drink dilute sweet or white wine, and rest; if he does not sleep, let him rest even longer. The remainder of his treatment is to be conducted as for those suffering the after-effects of drunkenness.

43. The effects of beverages: those that are aqueous advance slowly, are enclosed, and remain high up about the hypochondrium; they do not run down to pass off as urine. When he is filled with such a drink, let the person not soon perform any physical task of the kind that cause the body to labour, strained by exertion or speed, but rest as much as possible until the drink is digested with his food. Beverages that are more concentrated or harsher provoke palpitation in the body and throbbing in the head. It is good for persons in this case to sleep, and afterwards to drink some kind of warm gruel, whichever kind they like best. Fasting is harmful for headache and the after-effects of drunkenness.

44. Those who eat only once a day¹ become exhausted and weak, and pass warm urine on account of their abnormal emptiness. Their mouth becomes salty, or even bitter, they tremble in every activity, have a feeling of tightness in their temples, and are unable to digest their dinner as they would have if they had had a breakfast. These persons must eat less at dinner than they are

¹ Understand "contrary to their usual habit" (see beginning of ch. 42 above). This chapter and chapter 42 share much with *Regimen in Acute Diseases* 28–33 and *Ancient Medicine* 10.

καὶ ὑγροτέραν μᾶζαν ἀντὶ ἄρτου καὶ λαχάνων
 λάπαθον ἢ μολόχην¹ ἢ πτισάνην ἢ τεῦτλα.
 πίνειν δὲ κατὰ τὸ σιτίον οἶνον, ὅσον σύμμετρον,
 καὶ ὑδαρέστερον καὶ ἀπὸ δείπνου περιπατῆσαι
 ὀλίγον, ἕως οὔρα καταδράμῃ καὶ οὐρήσῃ. χρήσθω
 δὲ καὶ ἰχθύσιν ἐφθοῖσιν.

45. Βρώματα δὲ μάλιστα ἐπισημαίνει σκόρο-
 δον φῦσαν καὶ θέρμην περὶ τὸν θώρηκα καὶ κεφα-
 λῆς βάρος καὶ ἄσπην, καὶ εἴ τι ἄλλο ἄλγημα εἴη
 484 μεμαθηκὸς πρόσθεν, παροξύνειεν | ἄν' οὐρητικὸν
 δέ, καὶ τοῦτ' ἔχει ἀγαθόν· ἄριστον δ' αὐτοῦ
 φαγεῖν μέλλοντι ἐς πόσιν ἵεναι ἢ μεθύοντι.

46. Τυρὸς δὲ φῦσαν καὶ στεγνότητα <καὶ>²
 σιτίων ἔξαψιν ποιεῖ, τό τ'³ ὠμὸν καὶ ἄπεπτον,
 κάκιστον δὲ ἐν ποτῶ φαγεῖν πεπληρωμένοιςιν.

47. Ὅσπρια δὲ πάντα φυσώδεα, καὶ ὠμὰ καὶ
 ἐφθὰ καὶ πεφρυγμένα, ἥκιστα δὲ βεβρεγμένα ἢ |
 486 χλωρά. τούτοιςιν δὲ μὴ χρῆσθαι, εἰ μὴ μετὰ
 σιτίων. ἔχει δὲ καὶ ἰδίας μοχθηρίας ἕκαστον
 αὐτῶν. ἐρέβινθος μὲν φῦσαν, <καὶ>⁴ ὠμὸς καὶ
 πεφρυγμένος, καὶ πόνον ἐμποιεῖ· φακὸς δὲ στύφει
 καὶ ἄραδον ἐμποιεῖ, ἣν μετὰ τοῦ φλοιοῦ ἦ. θέρ-
 μος δὲ τούτων ἥκιστα⁵ κακὰ ἔχει.

¹ A: μαλάχην MV.

² Later mss.

³ Later mss: τὸ δ' A:

om. MV.

⁴ Ermerins.

⁵ τ. ἦ. MV: ἦ. τ. ἐλάχιστα A.

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used to, replace bread with quite moist barley-cake, and of vegetables have dock, mallow, peeled barley or beets. With their food, let them drink wine in a reasonable amount and quite dilute, and after dinner walk a little until urine runs down and is passed. Let the person also eat boiled fish.

45. Foods, in most cases, show their effects. Garlic, for example, produces flatus and heat about the thorax, heaviness of the head, and nausea, and, if any other pain was habitually present before, garlic will exacerbate it; it is diuretic, and this is of advantage; it is best of all to eat some if one is about to go drinking or is already drunk.

46. Cheese produces flatus, constipation, and heating of the other foods, and also gives rise to raw and undigested substances. The worst thing is for those already full to eat it together with their drink.

47. All pulses produce flatulence, whether they are raw, boiled or roasted, but least when steeped in water, or green. They are not to be employed except together with other foods. Also, each one of them has its own particular dangers. The chick-pea, both raw and when roasted, produces flatulence and pain; the lentil contracts and is laxative, if it has its hull. The lupin is the least injurious of the pulses.

48. Σίλφιον δὲ καὶ ὀπός· ἔστι μὲν οἷσι μάλι-
 488 στα, τοῖσι δὲ | ἀπείροις οὐ διέρχεται ἡ κοιλία,¹
 ἀλλὰ καλέεται ξηρὴ χολέρη. μάλιστα δὲ γίνεται,
 ἣν μετὰ πολλοῦ τυροῦ μειχθῇ ἢ κρηφαγίης
 κρεῶν βοείων· τὰ μὲν γὰρ μελαγχολικὰ παροξυν-
 θεῖν ἂν παθήματα ὑπὸ βοείων κρεῶν ἀνυπέρβλη-
 τος γὰρ ἡ φύσις αὐτῶν, καὶ οὐ τῆς τυχοῦσης |
 490 κοιλίης καταπέψαι. βέλτιστα δ' ἂν ἀπαλλά-
 ξαιεν, εἰ διέφθοισί τε χρέοιντο καὶ ὥς παλαιοτά-
 τοισιν.²

49. Αἰγεία δὲ κρέα ὅσα τε ἐν βοείοις ἐνὶ κακὰ
 492 πάντ' ἔχει τήν τε | ἀπεψίην, καὶ φυσωδέστερα
 καὶ ἐρευγματώδεα καὶ χολέρην ποιεῖ. ἔστι δὲ τὰ
 εὐωδέστατα³ καὶ ἥδιστα. ταῦτα ἄριστα διέφθα
 καὶ ψυχρά· τὰ δ' ἀηδέστερα δυσώδεα καὶ σκληρά·
 ταῦτα κάκιστα. καὶ τὰ πρόσφατα βέλτιστα⁴ δ'
 ἐστὶ τῇ θερινῇ, μετοπώρου δὲ κάκιστα.

50. Χοίρου δὲ πονηρά, ὅταν ᾗ ἐνωμότερα ἢ
 περικαῇ· χολερώδεα δ' ἂν εἶη καὶ ταρακτικά.⁵
 494 ὕεια δὲ βέλτιστα τῶν κρεῶν | πάντων· κράτιστα
 δὲ τὰ μήτε ἰσχυρῶς πίονα μήτε λεπτὰ μήτε ἡλι-
 κίην παλαιοῦ ἱερείου. ἐσθίειν δὲ ἄνευ τῆς φορίνης
 καὶ ὑπόψυχρα.

¹ AMV: τῇ -ίη Galen. ² AMV: ἀπαλωτάτοιον Coray in Lit-
 tré. ³ MV: -τερα στερεὰ A. ⁴ MV: βέλτιον A. ⁵ A: ἐκ- MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)

48. Silphium and its juice pass through the cavity very well in some persons, but not in others, who are unused to them, and produce what is called dry cholera. This occurs especially if the silphium is mixed with much cheese or eaten with beef, since melancholic affections are aggravated by beef, owing to its obdurate nature, and to the fact that it is not digested by just any cavity. The sufferer would be best relieved if he were to eat beef thoroughly boiled and well-aged.

49. Goat's meat possesses all the same disadvantages and the indigestibility of beef, but is more flatulent and produces belching and cholera. The most fragrant is also the most wholesome; this is best well-boiled and cold. The less pleasant kind is foul-smelling and tough; this is the worst kind.¹ Fresh goat's meat is best in summer, worst in autumn.

50. The meat of young pig is injurious when it is either too raw or scorched, since then it is likely to produce cholera and to set the cavity in motion. Pork is the best of all meats; the most nutritious is that which is neither very fat nor very lean, and which has not the age of an old slaughter-animal; eat it without the skin, and slightly cooled.

¹ The traditional punctuation connects ταῦτα κάκιστα with what follows rather than with what precedes, e.g. Joly: *la plus mauvaise est la plus fraîche*.

51. (19 L.) Χολέρης δὲ ξηρῆς ἡ γαστήρ πεφύ-
 σηται, καὶ ψόφοι ἔνεισι καὶ ὀδύνη πλευρέων καὶ
 ὀσφύος, διαχωρέει δ' οὐδὲν κάτω, ἀλλ' ἀπεστέ-
 γνυται. τὸν τοιόνδε διαφύλαξον, ὅπως μὴ ἐμέε-
 ται, ἀλλὰ κοιλίῃ ὑπελεύσεται. κλύσον οὖν ὅτι
 τάχιστα¹ θερμῶ καὶ ὥς λιπαρωτάτῳ καὶ ἐς ὕδωρ
 ἀλείφων ὥς πλείστῳ κάθιε θερμόν, ἐν σκάφῃ
 κατακλίνων, καὶ τοῦ θερμοῦ παράχει κατὰ σμι-
 496 κρόν² καὶ ἦν | θερμαινομένῳ αὐτῷ ἡ κοιλίῃ ὑπὶ
 λέλυται. συμφέρεει δὲ καὶ ἐγκοιμᾶσθαι τῷ τοιῷδε
 καὶ πίνειν οἶνον λεπτὸν καὶ παλαιὸν καὶ ἀκρητέ-
 στερον καὶ ἔλαιον δίδου, ὥστε ἡσυχίῃ καὶ ἡ
 κοιλίῃ ὑπὶ, καὶ λέλυται[†] σίτων δὲ καὶ τῶν
 ἄλλων ἀπεχέσθω. ἦν δὲ μὴ ἀνῆ³ ὁ πόνος, ὅνου
 γάλα δίδου πίνειν ὅπως⁴ καθαρῇ. ἦν δὲ ὑγρὴ ἡ
 κοιλίῃ καὶ χολὴ ὑποχωρῇ, καὶ στρόφοι καὶ ἔμετοι
 καὶ πνιγμοὶ καὶ δηγμοί, τούτοις δὴ⁵ κράτιστον
 ἀτρεμίζειν πίνειν δὲ μελίκρητον καὶ μὴ ἐξεμέειν.

52. (20 L.) Ὑδρώπων δύο μὲν φύσεις, ὧν ὁ
 498 μὲν ὁ ὑπὸ τῇ σαρκὶ | ἐγχειρέων γίνεσθαι ἄφυκ-
 τος, ὁ δὲ μετ' ἐμφυσημάτων πολλῆς εὐτυχίης δε-
 ὅμενος, μάλιστα μὲν ταλαιπωρίας καὶ πυρίης καὶ
 ἐγκρατείης.⁶ ξηρὰ δὲ καὶ δριμέα ἐσθιέτω οὕτω
 γὰρ ἂν οὐρητικώτατος εἴη καὶ ἰσχύοι μάλιστα.

¹ A: τάχος MV.

² MV: σμικρόν παράχει A.

³ Later mss:

ἀνείη AMV.

⁴ A: ἔως MV.

⁵ A: δὲ MV.

⁶ Galen: -ίη

καὶ -ίη καὶ -ίη A: ὑπὸ ταλαιπωρίας καὶ ἐγκρατείης MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)

51. In dry cholera the belly is distended with air, rumbling sounds are heard, pain occupies the sides and the loins, and nothing passes off below, for there is a blockage. Take care that such a patient does not vomit, but that his cavity is evacuated downwards; clean him out as quickly as possible with an enema of warm very oily water. Lower him into hot water, anoint with plentiful oil, and, laying him down in the tub, pour in hot water a little at a time. If, when he is warmed, his cavity evacuates, resolution has taken place. It also benefits such a patient to sleep, and to drink thin old wine almost undiluted; also give him olive oil [so that there is peace and his cavity evacuates, and resolution has taken place];¹ let the patient refrain from cereals and other foods. If the pain does not remit, give ass's milk to drink, in order to clean the patient out. If the cavity is moist and bile passes down, and colic, vomiting, choking and a gnawing pain are present, it is best for these patients to remain still; let them drink melicrat, and not vomit it up.

52. Of dropsies there are two forms: the one, attacking beneath the tissues, is inescapable; the other, accompanied by tympanites, requires very good fortune, and above all exercise, vapour-baths, and self-control. Let the patient eat foods that are dry and sharp, for thus will he pass the most urine,

¹ Many attempts have been made to solve this crux, none very convincing. Littré reads the text of the manuscripts and translates: *afin qu'il se calme et qu'il ait des évacuations: car alors il est guéri*. I suspect that "resolution has taken place" has mistakenly been repeated here from the previous sentence.

500 ἦν δὲ δύσπνους γένηται καὶ ἡ ὥρα θερινή¹ ἐοῦσα
τύχη καὶ ἡ ἡλικίη ἀκμάζη,² ἀπὸ τοῦ βραχίονος
αἷμα ἀφαιρεῖν εἶτα θερμούς ἄρτους ἐξ οἴνου μέλα-
νος καὶ ἐλαίου | ἀποβάπτων ἐσθιέτω καὶ ὡς ἐλά-
χιστα πίνων ὡς πλεῖστα πονεῖτω. καὶ κρέα ὕεια
σαρκώδεα ἐσθιέτω ἐξ ὄξους ἐφθά, ὅπως πρὸς τοὺς
ἀνάντεας περιπάτους ἀντέχη.

53. (21 L.) Ὀκόσοι κοιλίας τὰς κάτω θερμὰς
ἔχουσι καὶ δριμέα τὰ ὑποχωρήματα καὶ ἀνώμαλα
διέρχεται ὑπὸ συντήξιος αὐτοῖς, ἦν μὲν δυνατοὶ
ἔωσιν, ἀντισπάσαι ἐλλεβόρων³ ἦν δὲ μή, ὁ χυλὸς
τῶν σητανίων πυρῶν, παχύς, ψυχρὸς καὶ τὸ φά-
κινον ἔτνος καὶ ἄρτοι ἐγκρυφίαι καὶ ἰχθύες πυρέσ-
σουντι μὲν ἐφθοί, ἀπυρέτω δὲ⁴ ὀπτοί· καὶ οἶνος
μέλας ἀπυρέτω, εἰ δὲ μή, ὕδωρ ἀπὸ μεσπίλων ἢ
μύρτων ἢ οὔων ἢ μήλων ἢ φοίνικος βαλάνων⁵ ἢ
οἰνάνθης ἀμπέλου. ἦν δὲ πυρετὸς⁶ ἔχη καὶ στρό-
φοι ἔχωσι, γάλα ὄνειον⁷ | ὀλίγον θερμὸν τὸ πρῶ-
τον, ἔπειτα δὲ ἐκ προσαγωγῆς πλεῖον καὶ λίνου
σπέρμα καὶ πύρινα ἄλφита καὶ τῶν Αἰγυπτίων
κυάμων ἐξελὼν τὰ πικρά, καταλέσας, ἐπιπάσσων
πινέτω ἢ ὡὰ ἡμιπαγέα ἐσθιέτω ὀπτὰ καὶ σεμίδα-
λιν καὶ κέγχρον καὶ χόνδρον ἐφθὸν ἐν γάλακτι

¹ A: ἐαρινή MV.

² MV add καὶ ῥώμη ἦ.

³ A: ἐ. τῶ λευκῶ

ἀ. MV.

⁴ MV add ἐόντι.

⁵ A: φοινικοβαλάνων MV.

⁶ MV add τε μή.

⁷ A: βόειον MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)

and have the greatest strength. If he has difficulty breathing, it happens to be the summer season, and he is in the prime of life, draw blood from his arm. Then let him eat warm bread dipped in dark wine and olive oil, drink as little as possible, and exercise himself as much as possible. Have him eat lean pork, boiled in vinegar, in order to be able to withstand up-hill walks.

53. Let those with hot lower cavities, and in whom sharp irregular evacuations occur because of colliquation, check this, if they can stand it, with a dose of hellebore. If not, administer thick cold water from spring-wheat, thick lentil soup, bread baked in ashes and, to those with fever, boiled fish, to those without, roasted fish; also give dark wine to those without fever, but otherwise water made from medlars, myrtle-berries, sorbs, apples, dates, or the flowers of grape-vines. If fever and colic are present, have the patient first drink a little warm ass's milk, and then more and more ass's milk over which have been sprinkled linseed, wheat meal, and ground Egyptian beans from which the bitter parts have been removed; or he can eat medium-fried eggs, and the finest wheat flour, millet, and spelt groats boiled in milk; let these be boiled and

ἐφθὰ ψυχρὰ ἐσθίειν. καὶ τὰ τούτοις ὁμοῖα καὶ ποτὰ καὶ ἐδέσματα προσφερέσθω.

54. (22 L.) Τῆς διαιτητικῆς ἐστὶ μέγιστον παρατηρεῖν καὶ παραφυλάσσειν¹ ἐν τοῖσι μακροῖ-
 504 σιν ἄρρωσθήμασι καὶ τὰς | ἐπιτάσιαις τῶν πυρε-
 τῶν καὶ τὰς ἀνέσιαις, ὥστε τοὺς καιροὺς διαπεφυ-
 λάχθαι, ὅποτε μὴ δεῖ τὰ σιτία προσενεγκεῖν, καὶ
 ἀσφαλῶς ὅποτε δεῖ προσενεγκεῖν εἰδέναι, ἔστι δ'
 ὅταν² πλεῖστον ἀπέχωσι τῆς ἐπιτάσιος.³

506 55. (23 L.) Εἰδέναι δὲ τοὺς κεφαλαλγικοὺς ἐκ
 γυμνασίων ἢ δρόμων ἢ πορειῶν ἢ κυνηγίων ἢ
 ἄλλου τευ πόνου ἀκαίρου ἢ ἐξ ἀφροδισίων, τοὺς
 ἀχρούς, τοὺς βραγχαλέους, τοὺς σπληνώδεας,
 τοὺς λειφαίμους, τοὺς πνευματώδεας καὶ ξηρὰ
 βήσσοντας καὶ διψώδεας, τοὺς φυσώδεας, φλεβῶν
 ἀπολήψιας, ἐντεταμένους ὑποχόνδρια καὶ πλευρὰ
 καὶ μετάφρενον, τοὺς ἀπονεναρκωμένους καὶ
 ἀμαυρὰ βλέποντας καὶ οἷς ἦχοι τῶν ὠτων ἐμπί-
 πτουσιν καὶ τῆς οὐρήθρης ἀκρατῶς διακειμένους,
 508 τοὺς ἰκτεριώδεας καὶ ὧν αἱ κοιλίαι ὠμὰ ἐκβάλ-
 λουσιν | ἢ αἱμορραγέοντας ἐκ ῥινὸς ἢ καθ' ἔδρην
 σφοδρῶς, ἣν ἐν ἐμφυσήμασιν ἔωσιν ἢ πόνος
 αὐτοῖς ἐπιτρέχῃ σφοδρὸς καὶ μὴ ἐπικρατέωσιν.
 τῶν τοιῶνδε μηδένα φαρμακεύειν. κίνδυνόν τε

¹ π. Α: φυλάσσειν ὥσπερ ἐν τοῖς δέξει καὶ ΜV.

² Α adds τι.

³ Μ: ἀποστάσιος Α: ἐπιστάσης V.

REGIMEN IN ACUTE DISEASES (APPENDIX)

cooled. In addition, both drinks and foods similar to these are to be administered.

54. The most important part of the dietetic art is to observe and watch closely during long illnesses for the exacerbations of the fevers and for their remissions, so as carefully to avoid the particular times when foods must not be given, and to know when they may be given with safety, namely, when patients are furthest from the exacerbation.

55. Take note of patients with headaches that have arisen from physical exercises, running, walking, hunting, some other untimely exertion, or venery, and of those with poor colour, a sore throat, disease of the spleen, lack of blood, asthma, a dry cough, excessive thirst, flatulence, stoppage of the vessels, tension of the hypochondrium, sides and back, numbness, dullness of vision, ringing in the ears, loss of command over the urethra, jaundice, the passage of undigested stools, excessive bleeding from the nose or through the anus, tympanites, or an attack of severe pain they do not overcome: do not treat any of these with a medication, for that

γὰρ ἔξει¹ καὶ οὐδὲν ὠφελήσεις τὰς τε ἀπὸ τοῦ αὐτομάτου κρίσιος ἀφαιρήσεις.

510 56. (24 L.) Ἦν δὲ αἷμά τινι συμφέρη ἀφαιρέειν, στερεὴν πρότερον ποιέειν τὴν κοιλίην καὶ οὕτως ἀφαιρέειν² καὶ λιμοκτονέειν καὶ οἶνον ἀφαιρέειν αὐτῷ.³ ἔπειτα τῇ διαίτῃ τὰ ἐπίλοιπα αὐτὸν καὶ πυρίησιν ἐνίκμοισι | θεράπευε. ἦν δέ σοι κατάπυκνος ἡ κοιλίη δοκέη εἶναι, μαλθακῶ κλύσ-
ματι ὑπόκλυζε.

512 57. (25 L.) Ἦν δὲ φαρμακεῦσαι δόξη, ἐλλεβόρω ἀσφαλέως ἄνω κάθαιρε· κάτω δὲ μηδενὶ τῶν τοιῶνδε. κράτιστον δὲ ἐς οὕρησιν καὶ ἐς ἰδρώτας καὶ ἐς περιπάτους ἄγειν. καὶ τρίψει ἡσύχῳ χρέω, ἵνα μὴ πυκνώσῃς τὴν ἔξιν· ἦν δὲ κλινοπετῆς ἦ, ἄλλοι τριβόντων αὐτόν. καὶ ἦν μὲν ἐν τῷ θώρηκι ὑπὲρ τῶν φρενῶν λυπέη τὸ πάθος, ἀνακαθίζέτω⁴ ὥς πλειστάκις, καὶ ὥς ἥκιστα προσκλινέσθωσαν, ἐς ὃ τι δυνατοὶ εἰσιν, καὶ καθίζοντα ἀνατριβόντων πολὺν χρόνον θερμῷ πολλῷ. ἦν δ' ἐν τῇ κάτω κοιλίῃ ὑπὸ φρένας ἴσχη τὰ ἀλγήματα, ἀνακεῖσθαι συμφέρει καὶ μηδεμίαν κίνησιν κινεῖσθαι. τῷ
512 τοιῷδε | σώματι μηδὲν προσφέρεσθαι ἔξω τῆς ἀνατρίψιος. τὰ δ' ἐκ τῆς κάτω κοιλίης λυόμενα δι' οὕρων καὶ ἰδρώτων, ἦν ὀλίσθη μετρίως, ὑπὸ αὐτοματισμοῦ λύεται, τὰ σμικρά· τὰ σφοδρὰ δὲ

¹ Vassaeus from Galen: ὀξέες A: ἔξεις MV.

ἀφαιρέειν om. A.

² πρότερον . . .

³ Joly from the later ms. P of Galen:

αὐτῶν AMV.

⁴ A: αὐτὸν ἀνακαθίζειν MV.

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would be dangerous, and your effect would not be to help the patient, but only to deprive his crises of their spontaneity.

56. If it would benefit some patient to draw blood, first make his cavity firm, and then draw the blood, have the patient fast, and take away his wine. Then in the time that follows treat him by regimen and vapour-baths. If the cavity seems to be very costive, administer a gentle enema.

57. If it seems advisable to administer a medication, clean cautiously upwards with hellebore, but never clean downwards in patients of this sort; it is best to get them to pass urine, sweat, and take walks. Also, employ gentle massage in order not to make the body too contracted; if the person is bed-ridden, have others massage him. If the affection produces pain in the thorax above the diaphragm, let the patient sit up as much as possible, and the attendants support him as little as they can; when he is sitting up, let them rub him for a long time with plentiful warm oil. If the pains are in the lower cavity below the diaphragm, it helps for the patient to recline and to lie perfectly still; to such a patient administer nothing except massage. Pains resolved from the lower cavity, through urine and sweat that flow in moderation, are resolved spontaneously as long as they are mild; but severe

πονηρόν· οἱ τοιοῖδε γὰρ ἢ ἀπόλλυνται ἢ ἄνευ ἄλλων κακῶν οὐ γίνονται ὑγιέες, ἀλλ' ἀποστηρίζεται¹ τὰ τοιουτότροπα.

58. (26 L.) Πόμα ὑδρωπιῶντι κανθαρίδας τρεῖς, ἀφελὼν τὴν κεφαλὴν καὶ πόδας ἐκάστης καὶ πτερά, τρίψας ἐν τρισὶ κυάθοισιν ὕδατος τὰ σώματα· ὅταν δὲ πονέῃ ὁ πίων, θερμῷ βρεχέσθω ὑπαλειψάμενος πρότερον· νῆστις δὲ πινέτω ἐσθιέτω δὲ ἄρτους θερμούς ἐξ ἀλείφατος.

514 59. (27 L.) Ἰσχαιμον² ὁπὸν συκῆς ἐν εἰρίῳ προσθεῖναι εἴσω πρὸς τὴν φλέβα ἢ πυτίην³ συστρέψαντα βῦσαι εἰς τὸν μυκτῆρα ἢ χαλκίτιδος τῷ δακτύλῳ ἐπισπασάμενος πίεσον· καὶ τοὺς χόνδρους ἔξωθεν προσπίεζε ἐκατέρωθεν. καὶ τὴν κοιλίην λῦσον ὄνου γάλακτι ἐφθῶ καὶ τὴν κεφαλὴν ξυρῶν ψυκτικὰ πρόσφερε, ἣν ἐν ὥρῃ θερμῇ γίνηται.

60. (28 L.) Σησαμοειδὲς ἄνω καθαίρει ἢ πόσις, ἡμιόλιον δραγμῆς [σταθμὸς]⁴ ἐν ὀξύμέλιτι τετριμ-
516 μένον. συμμίσγεται δὲ καὶ τοῖ|σιν ἐλλεβόροισιν, καὶ ἥσσον πνίγει, τὸ τρίτον μέρος τῆς πόσιος.

61. (29 L.) Τριχώσιος· ὕποθεῖς τὸ ράμμα τῇ βελόνῃ⁵ τῇ τὸ κύαρ ἐχούσῃ κατὰ τὸ ὀξύ τῆς ἄνω τάσιος τοῦ βλεφάρου ἐς τὸ κάτω⁶ διακεντήσας

¹ Potter: ἀποστηρίζει καὶ AMV.

αἰμορραγίαν ἰσχ. A.

³ M: πιτύην AV.

Helmreich.

⁵ MV: ὑποθείστω ράμματι βελόνῃ A.

ἄνω A.

² MV: περὶ πρὸς τὴν ἐκ ῥινῶν

⁴ Del. Joly after

⁶ MV:

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ones are bad, for such patients either die or fail to escape without other evils, since such conditions become chronic.

58. Beverage for a patient with dropsy: remove the head, legs and wings from three blister-beetles, and grind the bodies into three cyathoi of water. When the person that has drunk this beverage suffers pain, let him first be anointed and then bathed in hot water; let him drink the medication in the fasting state, and eat warm bread that has been dipped in oil.

59. Against nosebleed: apply fig juice, in a piece of wool, inside against the vessel; or roll together some rennet and stuff it into the nostril, or take up some copper ore with your fingers, insert it, and squeeze the cartilages on both sides from the outside. Open the cavity with boiled ass's milk, and, if it happens in summer, shave the head and apply cooling agents to it.

60. Sesamoid cleans upwards: the potion consists of one-and-a-half drachmas ground into oxymel. It can also be mixed with hellebore, and this chokes less; in that case you employ one-third the amount of the potion.

61. Trichiasis: pass a thread through the eye of a needle; then, piercing through along the angle of the upper extension of the eye-lid in a downward

δίεις, καὶ¹ ἄλλο ὑποκάτω τούτου.† ἀνατείνας δὲ τὰ ῥάμματα ῥάψον, καὶ κατάδησον,² ἕως ἂν ἀποπέσῃ. κῆν μὲν ἱκανῶς ἔχῃ εἰ δὲ μή, ἦν ἐλλείπη, ὀπίσω ποιέειν τὸ αὐτό.³

62. Καὶ τὰς αἰμορροΐδας τὸν αὐτὸν τρόπον τῇ βελόνῃ διώσας ὥς⁴ παχύτατον εἰρίου οἰσυπηροῦ ῥάμμα καὶ ὥς μέγιστον ἀποδῆσεις· ἀσφαλεστέρη⁵ γὰρ γίνεται ἡ θεραπεία. εἴτα ἀποπιέσας τῷ σήπτῳ χρέω καὶ μὴ βρέχε, πρὶν ἀποπέσῃ· καὶ αἰεὶ μίαν καταλίμπανε. καὶ μετὰ ταῦτα ἀναλαβὼν ἐλλαβορίσαι. εἴτα γυμναζέσθω καὶ ἀφιδρούτῳ γυμνασίου δὲ τρίψις, πάλῃ⁶ ἀπὸ ὀρθοῦ δρόμου δὲ ἀπεχέσθω καὶ μέθης καὶ τῶν δριμέων ἔξω ὀριγάνου. ἐμείτῳ δὲ δι' ἑπτὰ ἡμερέων ἢ τρὶς
518 ἐν τῷ μηνί· οὕτω γὰρ ἂν ἔχοι ἄριστα τὸ | σῶμα. οἶνον δὲ κερρὸν αὐστηρὸν ὕδαρέα, καὶ ὀλίγον τὸ ποτὸν πινέτω.

63. (30 L.) Τοῖσι δ' ἐμπύοισι σκίλλης καταταμῶν κυκλίσκους ἔψε ἐν ὕδατι, καὶ ἀποζέσας εὖ μάλα ἀπόχεον, καὶ ἐπιχέας ἄλλο ἔψε, ἕως ἂν ἀπτομένῳ διέφθον καὶ μαλθακὸν φανῇ· εἴτα τρίψας λεῖον σύμμισγε κύμινον πεφρυγμένον καὶ λευκὰ σήσαμα καὶ ἀμυγδάλας λείας,⁷ τρίψας ἐν

¹ MV: εἶναι δ' A.

² A: -δει MV.

³ A: τὰ αὐτά MV.

⁴ Reinhold: τῇ βέλτιον ἡδίως εἰσως A: διώσεις τῇ βελόνῃ ὥς MV.

⁵ MV: -τάτη A.

⁶ δὲ ... πάλῃ A: τε ... πολλή MV.

⁷ A:

νέας MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)

direction, draw the needle through; do the same again below this.¹ Now pulling the threads tight, stitch them together, and keep them bound fast until they fall off. If this suffices, fine; if it fails, do the same again.

62. Treat haemorrhoids, too, in the same way: first thrust through a very long thick thread of greasy wool, and then tie them off, for this makes the treatment more effective. Then, after squeezing them out, use a putrefacient; do not wash until the haemorrhoids have fallen off, and always leave one behind. After that, restore the patient and administer hellebore. Then let him do exercises and be cleaned by sweating; use the massage of the gymnastic school and wrestling from the standing position; he must avoid running, drunkenness, and all sharp substances except marjoram. Have the patient vomit every seven days, or three times a month, for thus will his body be in the best condition. Have him drink dry light-coloured wine, diluted with water, and little of it.

63. For patients that are suppurating internally: cut up a squill and boil the discs in water; boil them well, pour off the water, replace it with new water, and boil again until they seem boiled through and soft to the touch. Then mash them smooth, and mix in roasted cummin, white sesame and ground almonds; knead this into honey,

¹ In spite of J. Hirschberg's explanation (*Geschichte der Augenheilkunde im Alterthum*, Leipzig, 1899, p. 140), I agree with Francis Adams (*Paulus Aegineta*, London, 1844-7, II. 262) that "the description is so obscure that we must confess our inability to explain it."

μέλιτι ἐκλεικτὸν δίδου καὶ ἐπὶ τούτῳ γλυκύν.
 ῥυφήματα δέ, μήκωνος τῆς λευκῆς ὑποτρίψας
 ὅσον λεκίσκιον, ὕδατι διεῖς, ἢ σητανίου πλύματι
 ἀλεύρου ἐψῆσας, μέλι ἐπιχέας, χλιερὸν ἐπιρρυ-
 φέων, οὕτω διαγέτω τὴν ἡμέρην. εἶτα ἐς τὰ
 ἀποβαίνοντα λογιζόμενος τὸ δεῖπνον δίδου.

520 64. (31 L.) Δυσεντερίης· κυάμων καθαρῶν
 τεταρτημόριον καὶ | ἐρυθροδάνου δώδεκα κάρφεια
 λεῖα συμμείξαντα καὶ ἐψῆσαντα λιπαρὸν διδόναι
 ἐκλείχειν.

65. (32 L.) Ὀφθαλμῶν· σποδὸς πεπλυμένη,
 λιπαρῶ πεφυρημένη, ὥς σταῖς μὴ ὑγρόν, λεῖον
 τρίψας, ὀμφακίῳ τῷ τῆς πικρῆς ὀμφακος
 ἀνυγρήνας, ἐν ἡλίῳ ξηρήνας, ὑγραίνειν ὥς ἐνά-
 λειπτον ὅταν δ' αὖτις¹ ξηρὸν γένηται, λείῳ
 τετριμμένῳ ξηρῷ ὑπόχριε καὶ παράπασσε τοὺς
 κανθοὺς.

66. (33 L.) Ὑγρῶν² ἐβένου δραγμὴν μίαν³
 χαλκοῦ κεκαυμένου ἐννέα ὀβολοὺς ἐπ' ἀκόνης
 τρίβων, κρόκου τριώβολον ταῦτα τρίψας λεῖα,
 παράχει οἶνου γλυκέος κοτύλην Ἀττικὴν, κᾶπει-
 τα ἐς τὸν ἥλιον θείς, κατακαλύψας, ὅταν συνεψη-
 θῇ τούτῳ χρέω.

522 67. (34 L.) Πρὸς τὰς περιωδυνίας καὶ τὰ ρεύ-
 ματα· ἔστω χαλκίτιδος δραγμὴ, σταφυλῆς, ὅταν

¹ Kuehlewein: αὐτῆς A: om. MV.
 AMV.

² Later mss: Ὑγρόν

³ μίαν om. MV.

REGIMEN IN ACUTE DISEASES (APPENDIX)

and administer as a lozenge, followed by a sweet wine. Gruels: grind up a small bowl of white poppy, either soak it in water or boil it in an infusion of this year's meal, add honey, and have the patient drink it warm, over the whole day. Then, taking the consequences into account, give him dinner.

64. For dysentery: mix together one quarter cotyle of cleaned beans and twelve twigs of madder until they are smooth, boil, and give in fat as a lozenge.

65. For the eyes: mix washed metallic ashes into a paste with fat in such a way that the fat is no longer liquid; knead it smooth, moisten with the oil of bitter unripe olives, dry in the sun, and moisten again to give it the consistency of an ointment; when it has become dry once more, anoint the eyes with this smoothly-ground dry mixture, and dust it into the corners.

66. For watery eyes: one drachma of ebony, nine obols of burnt copper ground in a mortar, three obols of saffron: grind these smooth, pour in an Attic cotyle of sweet wine, and then cover and place in the sun; when it has combined, apply.

67. Against sharp pains and fluxes: let there be a drachma of copper ore, and grapes; when this has

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ (ΝΟΘΑ)

δυσὶν ἡμέραις πεφθῇ,¹ ἐκπιέσας, σμύρναν καὶ κρόκον τρίψας καὶ συμμείξας τὸ γλεῦκος, ἔψησον ἐν τῷ ἡλίῳ, καὶ τούτῳ ὑπάλειψε τοὺς περιωδυνέοντας· ἔστω δὲ ἐν χαλκῷ ἀγγεῖω.

68. (35 L.) Ὑπὸ ὑστερικῶν πνιγομένων γυνῶσις· πιέσαι τοῖσι τρισὶ δακτύλοισι· κῆν αἰσθῆται, ταῦτα ὑστερικά· ἐστὶν ἣν δὲ μή, σπασμῶδεα.

69. (36 L.) Τοῖσιν ὑπνωτικοῖσι² μηκωνίου³ λεκίσκιον Ἀττικὸν στρογγύλον πόσις.

524 70. (37 L.) Λεπίδος μῆλαι τρεῖς τῷ πλάτει καὶ ἀλήτου ση|τανίου κόλλης, πάντα ταῦτα λεῖα τρίψας, καταπότια ποιήσας δίδου κάτω ὕδωρ καθαίρει.

71. (38 L.) Κοιλίην ἐκκοπροῖ ἐς ἰσχάδια⁴ τοῦ τιθυμάλλου ἀπόσταζε ὅσον ἐπτάκις ἐς ἕκαστον, καὶ παιδίοισιν, εἶτα εἰς καινὸν ἄγγος συνθεῖς ταμιεύεσθαι δίδου πρὸ τῶν σιτίων.

526 72. (39 L.) Καὶ τὸ μηκόνιον τρίβων, ὕδωρ ἐπι- χέων καὶ διη|θέων, ἄλευρον φυρῶν, ἵτριον ὀπτῶν, μέλι ἐφθὸν παραχέων, τοῖς ὕδρωπικοῖσιν τρώγειν δίδου καὶ ἐπιπίνειν γλυκὴν ὑδαρέα ἢ μελίκρητον ὑδαρές [, τὸ ἀπὸ τῶν κηρίων].⁵ ἢ μηκόνιον συλλέγων ταμιεύου, καὶ θεράπευε.

¹ A: ὁκόταν δύο μέρεα λειφθῇ MV.

² A: ὕδρωπιώδεσι(ν) MV.

³ A: -ιον MV.

⁴ Kuehlewein: ἰσχάδα A: ἰσχάδα ὀποῦ MV.

⁵ Del. Ermerins.

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fermented for two days, press it out, knead into it myrrh and saffron, and add new wine; heat in the sun, and with this anoint persons suffering from sharp pains; let it be kept in a copper vessel.

68. Recognition of hysterical suffocations: pinch with three fingers: if the patient feels it, they are hysterical, if not, convulsive.

69. For sleepy patients: a spherical Attic lekiskion of spurge as a potion.¹

70. Of copper scale three probes,² and a paste made from this year's flour; grind all this fine, form it into pills, and give; it is diuretic.

71. It empties the cavity of faeces: on to a dried fig distil spurge, about seven drops on each, also for children; place these together in a new vessel and store them; give before meals.

72. Also grind spurge, pour water over it, sieve, and into this mix meal; then bake as a cake, and pour honey over it; give to patients with dropsy, to eat; with it have them drink sweet wine diluted with water, or dilute melicrat. Or collect and store spurge, and treat with that.

¹ The meaning of this chapter is very doubtful. In place of A's "sleepy patients" MV read "patients with dropsy". *μηκώνιον* could be either the cathartic juice of spurge, or poppy juice (opium); cf. *Diseases of Women II* 201 where *μηκώνιον* is referred to as "sleep producing". A lekiskion is apparently a small pot, used here as an indication of volume.

² Presumably as much copper scale as can be picked up on a probe.