

ΠΕΡΙ ΠΑΘΩΝ

VI 208
Littre

1. Ἄνδρα χρή, ὅστις ἐστὶ συνετός, λογισάμενον ὅτι τοῖσιν ἀνθρώποισι πλείστου ἄξιόν ἐστιν ἢ ὑγιείῃ, ἐπίστασθαι ἀπὸ τῆς ἑωυτοῦ γνώμης ἐν τῇσι νούσοισιν ὠφελέεσθαι.¹ ἐπίστασθαι δὲ τὰ ὑπὸ τῶν ἰητρῶν καὶ λεγόμενα καὶ προσφερόμενα πρὸς τὸ σῶμα ἑαυτοῦ καὶ διαγινώσκειν· ἐπίστασθαι δὲ τούτων ἕκαστα ἐς ὅσον εἰκὸς ἰδιώτην.

Ταῦτ' οὖν ἐπίσταιτο ἂν τις μάλιστα εἰδὼς καὶ ἐπιτηδεύων τάδε· νοσήματα τοῖσιν ἀνθρώποις ἅπαντα γίνεται ὑπὸ χολῆς καὶ φλέγματος. ἡ δὲ χολὴ καὶ τὸ φλέγμα τὰς νούσους παρέχει ὅταν ἐν τῷ σώματι ὑπερυγραίνηται ἢ ὑπερξηραίνηται ἢ ὑπερθερμαίνηται ἢ ὑπερψύχῃται· πάσχει δὲ ταῦτα τὸ φλέγμα καὶ ἡ χολὴ καὶ ἀπὸ σίτων καὶ ποτῶν, καὶ ἀπὸ πόνων καὶ τρωμάτων, καὶ ἀπὸ ὁσμῆς καὶ ἀκοῆς καὶ ὄψιος καὶ λαγνείας, καὶ ἀπὸ τοῦ θερμοῦ τε καὶ ψυχροῦ· πάσχει δέ, ὅταν τούτων ἕκαστα τῶν εἰρημένων ἢ μὴ ἐν τῷ δέοντι προσφέρηται τῷ σώματι, ἢ μὴ τὰ εἰωθότα, ἢ πλείω τε καὶ ἰσχυρότερα, ἢ ἐλάσσω τε καὶ ἀσθενέστερα.

Τὰ μὲν οὖν νοσήματα γίνεται τοῖσιν ἀνθρώποι-

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1. Any man who is intelligent must, on considering that health is of the utmost value to human beings, have the personal understanding necessary to help himself in diseases, and be able to understand and to judge what physicians say and what they administer to his body, being versed in each of these matters to a degree reasonable for a layman.

Now a person would best be able to understand such things by knowing and applying the following: all human diseases arise from bile and phlegm; the bile and phlegm produce diseases when, inside the body, one of them becomes too moist, too dry, too hot, or too cold; they become this way from foods and drinks, from exertions and wounds, from smell, sound, sight, and venery, and from heat and cold; this happens when any of the things mentioned are applied to the body at the wrong time, against custom, in too great amount and too strong, or in insufficient amount and too weak.

All diseases in men, then, arise from these

¹ The passage ἄνδρα . . . ὠφελέεσθαι recurs in *Regimen in Health* 9 (Loeb vol. IV. 58).

σιν ἅπαντα ἀπὸ τούτων· δεῖ δὲ πρὸς ταῦτα τὸν ἰδιώτην ἐπίστασθαι ὅσα εἰκὸς ἰδιώτῃ. ὅσα δὲ τοὺς χειροτέχνας εἰκὸς ἐπίστασθαι καὶ προσφέρειν καὶ διαχειρίζειν. περὶ δὲ τούτων καὶ τῶν λεγομένων καὶ τῶν ποιουμένων οἶόν τ' εἶναι τὸν ἰδιώτην γνώμη τινὶ συμβάλλεσθαι.

Ἦδη οὖν ὁπόθεν τούτων ἕκαστα δεῖ τὸν ἰδιώτην ἐπίστασθαι ἐγὼ φράσω.

210 2. Ἦν ἐς τὴν κεφαλὴν ὀδύναί ἐμπέσωσι, τούτου τὴν κεφαλὴν συμφέρει διαθερμαίνειν λούοντα πολλῶ καὶ θερμῶ, καὶ πταρμὸν ποιεῦντα φλέγμα καὶ μύξας ὑπεξάγειν. καὶ ἦν μὲν πρὸς ταῦτα ἀπαλλάσσεται τῆς ὀδύνης, ἀρκεῖ ταῦτα. ἦν δὲ μὴ ἀπαλλάσσεται, καθῆραι τὴν κεφαλὴν φλέγμα, διαιτᾶν δὲ ροφήματι καὶ ποτῶ ὕδατι, οἶνον δὲ μὴ προσφέρειν, ἔστ' ἂν ἡ περιωδυνίη παύσεται· τὸν γὰρ οἶνον ὅταν θερμὴ ἡ κεφαλὴ εὐῶσα σπάσῃ, ἡ περιωδυνίη ἰσχυροτέρη γίνεται.

Τὰ δὲ ἀλγήματα ἐσπίπτει ὑπὸ φλέγματος, ὅταν ἐν τῇ κεφαλῇ κινήθῃ ἀθροισθῇ.

Ἦν δὲ ἄλλοτε καὶ ἄλλοτε ὀδυνὴ καὶ σκοτοδινίη ἐμπίπτῃ ἐς τὴν κεφαλὴν, ὠφελείη μὲν καὶ ταῦτα προσφερόμενα· ὠφελείη δέ, κῆν αἷμα ἀφαιρεθῇ ἀπὸ τῶν μυκτῆρων, ἢ ἀπὸ τῆς φλεβὸς τῆς ἐν τῷ μετώπῳ. ἦν δὲ πολυχρόνιον καὶ ἰσχυρὸν τὸ νόσημα ἐν τῇ κεφαλῇ γίνηται, καὶ μὴ ἀπαλλάσσεται καθαρθείσης τῆς κεφαλῆς, ἢ σχά-

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things. The layman must understand as much about them as befits a layman; and what it is fitting for the expert to understand, to administer, and to manage, about these matters, both what is said and what is done, let the layman be able to contribute an opinion with a certain amount of judgement.

So now, from the point whence the layman must comprehend each of these things, let me proceed to explain them.

2. If pains befall the head, it benefits the patient to warm his head by washing it with copious hot water, and to carry off phlegm and mucus by having him sneeze. If, with these measures, he is relieved of his pain, that suffices; but if he is not relieved, clean his head of phlegm, and prescribe a regimen of gruel and drinking water. Do not give wine until the intense pains stop; for when the head, in its warmth, draws wine to itself, its pain becomes even more intense.

These pains attack as the result of phlegm, when, having been set in motion, it collects in the head.

If, from time to time, pain and dizziness befall the head, the above administrations are also of benefit; it helps, too, if blood is let from the nostrils or from the vessel between the eyes. If the disease in the head is protracted and intense, and does not go away when the head is cleaned out, you must

¹ Θ adds $\mu\eta$.

σαι δεῖ τούτου τὴν κεφαλὴν, ἢ τὰς φλέβας κύκλω ἀποκαῦσαι. τῶν γὰρ λοιπῶν ἀπὸ τούτων μόνων ἐλπίς ὑγιέα γενέσθαι.

3. Τοὺς νοσέοντας χρὴ σκοπεῖν εὐθὺς ἀρχομένους ἐν τῇ καταστάσει τῶν νοσημάτων, ὅτου ἂν δέωνται, καὶ οἷους τε ὄντας καὶ φαρμακευθῆναι καὶ ἄλλο ὃ τι ἂν τις θέλῃ προσενέγκαι. ἦν δέ, τὴν ἀρχὴν παρείς, τελευτώσης τῆς νόσου προσφέρεις ὃ¹ ἀπειρηκότι ἤδη τῷ σώματι δεῖ² ἐνίσχυνόν τι προσενέγκαι, κίνδυνος ἀμαρτάνειν μᾶλλον ἢ ἐπιτυγχάνειν.

4. Ἦν ἐς τὰ ὦτα ὀδύνη ἐμπέσῃ, λούειν συμφέρει πολλῶ καὶ θερμῶ, καὶ πυριᾶν τὰ ὦτα. καὶ ἦν μὲν πρὸς ταῦτα περιστῆται τὸ φλέγμα λεπτυνόμενον ἀπὸ τῆς κεφαλῆς, καὶ ἡ ὀδύνη ἀπολείπη, ἀρκεῖ | ταῦτα. εἰ δὲ μή, τῶν λοιπῶν ἄριστον φάρμακον πῖσαι ἄνω ὃ τι φλέγμα ἄγει,³ ἢ τὴν κεφαλὴν καθῆραι φλέγμα. τὸ δὲ ἄλγος καὶ τοῦτο γίνεται, ὅταν ἔσωθεν πρὸς τὴν ἀκοὴν φλέγμα ἀπὸ τῆς κεφαλῆς προσπέσῃ.

Ἦν δὲ τὰ παρὰ τὴν φάρυγγα φλεγμαίνῃ, ἀναγαραγρίστοις χρῆσθαι· γίνεται δὲ καὶ ταῦτα ὑπὸ φλέγματος.

Ἦν δὲ τὰ οὖλα ἢ τῶν ὑπὸ τὴν γλῶσσαν τι φλεγμαίνῃ, διαμασητοῖσι χρῆσθαι· ἀπὸ φλέγματος δὲ καὶ ταῦτα γίνεται.

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either incise the patient's head, or cauterize the vessels all around it. For, of the possible measures that remain, only these offer a hope of recovery.

3. It is immediately upon their becoming ill that you must examine patients for what they require, when they are still able to take a medication and whatever else you might wish to administer. If, however, having neglected the beginning, when the disease is approaching its end you administer the sort of strengthening remedy necessary for a body that is already sinking, there is the danger of failing more often than succeeding.

4. If pain befalls the ears, it helps to wash with copious hot water and to administer a vapour-bath to the ears. If, with this, the phlegm is thinned and devolves from the head, and the pain stops, that suffices. If not, the best of the possible measures that remain is to have the patient drink a medication that draws phlegm upwards, or to clean his head of phlegm. This pain, too, is due to phlegm, when from the head it invades the ear internally.

If the area along the throat swells up, give gargles; this, also, arises because of phlegm.

If the gums or any of the parts beneath the tongue swell up, give medications that are chewed; this too arises from phlegm.

¹ Potter: ἐν ΘΜ.
αἶπει Μ.

² Potter: δὲ δι Θ: δὲ δεῖ Μ.

³ Θ: καθ-

Ἦν δὲ ἡ σταφυλὴ κατακρεμασθῇ καὶ πνίγη—ἐνιοι δὲ τοῦτο καλοῦσι γαργαρεῶνα— παραχρῆμα μὲν τοῖσιν ἀναγαγαρίστοις χρῆσθαι, σκευάζων ὡς γέγραπται ἐν τοῖς Φαρμάκοις. ἦν δὲ πρὸς ταῦτα ἰσχνὴ μὴ γίνηται, ὅπισθεν ξυρῆσαντα τὴν κεφαλὴν, σικύας προσβάλλειν δύο, καὶ τοῦ αἵματος ἀφαιρέειν ὡς πλεῖστον, καὶ ἀνασπᾶσαι ὀπίσω τὸ ρεῦμα τοῦ φλέγματος. ἦν δὲ μὴ τούτοις καθίστηται, σχάσαντα μαχαιρίῳ τὸ ὕδωρ ἐξιέναι, σχάζειν δ' ὅταν τὸ ἄκρον ὑπέρυθρον γένηται. ἦν δὲ μὴ τοιοῦτον τμηθῇ, φλεγμαίνειν ἐθέλει, καὶ ἔστιν ὅτε ἄπνουν ἔπνιξε. γίνεται δὲ τοῦτο ὑπὸ φλέγματος, ὅταν ἐκ τῆς κεφαλῆς θαλφθείσης¹ ἀθρόον καταρρυῇ.

Ὅσα δὲ περὶ ὀδόντας γίνεται ἀλγῆματα· ἦν μὲν βεβρωμένος ἦ καὶ κινέηται, ἐξαιρέειν· ἦν δὲ μὴ βέβρωται ἢ μὴ κινέηται, ὀδύνην δὲ παρέχῃ, καύσαντα ἀποξηρῆναι· ὠφελείη δὲ καὶ τὰ διαμασῆματα. αἱ δὲ ὀδύναι γίνονται, ὅταν φλέγμα ὑπέλθῃ ὑπὸ τὰς ῥίζας τῶν ὀδόντων· ἐσθίουται δὲ οἱ μὲν ὑπὸ φλέγματος, οἱ δὲ ὑπὸ σίτων, ἦν φύσει ἀσθενεῖς ἔωσι, καὶ κοιλὴν ἔχοντες, καὶ πεπηγότες ἐν τοῖσιν οὖλοις κακῶς.

214 5. Ἦν δὲ ἐν τῇ ῥινὶ πῶλυτος γένηται, οἶον γαργαρεῶν γίνεται² καὶ ἀπογκέει ἐκ τοῦ μυκτῆρος

¹ Θ adds ὅταν.

² γαργαρεῶν γίνεται Potter (cf. *Diseases II* 33): πρῆγμα πνίγεται τε Θ: πρῆγμα πνέεται τε M: πρῆγμα γίγνεται τε Ermerins.

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If the swollen uvula hangs down and chokes the patient—some call this condition *gargareon*—at once give gargles, preparing them as recorded in the *Medications*.¹ If, with these, the swelling does not go down, shave the back of the head, apply two cups, and remove as much blood as possible, in order to draw the flux of phlegm back up again. If, with this, the uvula still does not return to normal, incise it with a knife and discharge the fluid; incise when its extremity becomes reddish. If the uvula is not incised when it is in this state, it is inclined to swell up, and on occasion it has choked a patient to the point of suffocation. This condition arises because of phlegm, when it pours down in quantity out of the head which has become heated.

Pains that arise about the teeth: if the tooth is decayed and loose, remove it; if it is not decayed or loose, but produces pain, dry it out by cautery; medications that are chewed are useful as well. These pains occur when phlegm invades beneath the roots of the teeth; some teeth are decayed by phlegm, others by foods, when they are weak by nature, have caries, and are poorly fixed in the gums.

5. If a polyp forms in the nose, it is like a swollen uvula and protrudes out of the nostril towards

¹ This work, referred to as *Medications* (Τὰ φάρμακα) or *Medication Book* (Φαρμακίτης), would seem to be lost. For a discussion of its possible relationship with the Hippocratic fragment *On Medications* (Περὶ φαρμάκων) see Hermann Schöne, "Hippokrates ΠΕΡΙ ΦΑΡΜΑΚΩΝ" in *Rheinisches Museum* (N.F.) 73, 1920–24, 434–48.

ἐς τὸ πλάγιον. ἐξαιρέεται δὲ βρόχῳ διελκόμενος ἐς τὸ στόμα ἐκ τῆς ῥινός· οἱ δὲ καὶ φαρμάκοις ἐκσῆπονται. φύεται δὲ ὑπὸ φλέγματος.

Ταῦτα μὲν ὅσα ἀπὸ τῆς κεφαλῆς φύεται νοσήματα, πλὴν ὀφθαλμῶν· ταῦτα δὲ χωρὶς γεγράφεται.

6. Περὶ δὲ τῶν κατὰ κοιλίην νοσημάτων ἐνθυμέεσθαι χρή τάδε· πλευρίτις, περιπλευμονίη, καῦσος, φρενίτις· αὗται καλεῦνται ὀξείαι, καὶ γίνονται μὲν μάλιστα καὶ ἰσχυρόταται τοῦ χειμῶνος· γίνονται δὲ καὶ τοῦ θέρους, ἥσσον δὲ καὶ μαλακώτεραι. ἦν δὲ παρατυγχάνης, τὰδ' ἂν καὶ ποιέων καὶ συμβουλεύων τυγχάνοις μάλιστα.

7. Πλευρίτις· πυρετὸς ἔχει, καὶ τοῦ πλευροῦ ὀδύνη, καὶ ὀρθοπνοίη, καὶ βήξ. καὶ τὸ σίελον κατ' ἀρχὰς μὲν ὑπόχολον πτύει, ἐπειδὰν δὲ πεμπταῖος γένηται ἢ ἑκταῖος, καὶ ὑπόπνυν.

Τούτῳ τοῦ μὲν πλευροῦ τῆς ὀδύνης διδόναι ὅτι ἀποστήσει ἀπὸ τοῦ πλευροῦ τό τε φλέγμα καὶ τὴν χολήν· ἡ γὰρ ὀδύνη οὕτως ἂν εἴη μαλακωτάτη. τὴν δὲ κοιλίην ὑπάγειν θεραπεύοντα¹ καὶ ψύχοντα κλύσματι· οὕτω γὰρ τῇ νούσῳ τῇ συμ-

¹ ὕ. θ. Θ: θεραπεύειν ὑπάγοντα M.

¹ The only work in the Hippocratic Collection this remark could refer to is *Sight* (Littre IX. 122-161).

² I have translated *κοιλίη* throughout with the general term "cavity" because it represents an anatomico-physiological concept incommensurable with modern

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the side. It is removed with a snare, by drawing it from the nose through into the mouth. Otherwise, it is made putrid with medications. It arises because of phlegm.

Such are the diseases that arise from the head, except for those of the eyes, which will be handled separately.¹

6. With regard to diseases in the cavity, you must consider the following: pleurisy, pneumonia, ardent fever, and phrenitis. These are called "acute", and occur most frequently and violently in winter; they occur in summer as well, but less frequently and more mildly. If you meet them, you will be most successful by acting and counselling as follows.

7. Pleurisy: there are fever, pain in the side, orthopnoea and coughing. At the beginning the patient expectorates sputum that is slightly bilious, but then by the fifth or sixth day also somewhat purulent.

Against the pain in his side, give this patient a medication to remove phlegm and bile from the side, for if you do this the pain will be mildest. Clean the cavity² downwards by giving a medication and cooling it with an enema; this is very beneficial throughout the whole course of the terminology. Generally the "cavity" is the thorax and/or abdomen, or, more frequently, the gastro-intestinal tract, but defined less by anatomical criteria than according to subjective and functional phenomena. Anything a person feels to be "high up" or that involves nausea or vomiting is located in the "upper cavity" (ἡ ἄνω κοιλίη), anything felt to be "low down" or that has a relation to defecation is in the "lower cavity" (ἡ κάτω κοιλίη).

πάσῃ συμφορώτατα. προσφέρειν δὲ ποτὸν καὶ ῥύφημα, καὶ τὰ πώματα διδόναι ὀξύτερον,¹ ὥς τὸ σίελον ἀνακαθαίρηται ἀπὸ τοῦ πλευροῦ. ὅταν δὲ καθαίρεσθαι ἄρξηται τὸ πύον, θερμαίνοντα συμφέρει τὸ πλευρὸν ἔξωθεν πεπαίνειν τὰ πρὸς τῷ πλευρῷ· πρόσθεν δὲ οὐ συμφέρει· ξηραίνεται γάρ.

216 Γίνεται δὲ ἡ νοῦσος αὕτη μάλιστα μὲν ἐκ ποσιῶν, ὅταν τις, ὑγράζοντος τοῦ σώματος, ἢ μεθύων ἢ νήφων ῥιγώσῃ· γίνεται δὲ καὶ ἄλλως. κρίνεται δὲ ἡ νοῦσος, ἢ μὲν | βραχυτάτῃ ἐβδόμῃ, ἢ δὲ μακροτάτῃ τετάρτῃ καὶ δεκάτῃ. κἢν μὲν ἐν ταύτῃ πτυσθῇ καὶ καθαρθῇ τὸ πύον ἀπὸ τοῦ πλευροῦ, ὑγιὴς γίνεται· ἢν δὲ μὴ πτυσθῇ, ἔμπυος γίνεται, καὶ ἡ νοῦσος μακρὴ.

8. Κρίνεσθαι δέ ἐστιν ἐν τῇσι νοούσοισιν, ὅταν αὔξωνται αἱ νοῦσοι, ἢ μαραίνωνται, ἢ μεταπίπτωσιν εἰς ἕτερον νόσημα, ἢ τελευτῶσι.

9. Περιπλευμονίῃ· πυρετὸς ἴσχει καὶ βῆξ· καὶ ἀποχρέμπτεται τὸ μὲν πρῶτον φλέγμα παχὺ καὶ καθαρὸν, ἕκτη δὲ καὶ ἐβδόμῃ ὑπόχολον καὶ ὑποπέλιον, ὀγδόῃ δὲ καὶ ἐνάτῃ ὑπόπυον.

Τούτῳ ἢν μὲν ὀδύνη ἐγγίνηται ἢ τοῦ νώτου ἢ τῶν πλευρέων, διδόναι ὅπερ ἐν τῇ πλευρίτιδι τοῦ πλευροῦ τῆς ὀδύνης ἐν τῇ Φαρμακίτιδι γέγραπται. ποτοῖσι δὲ καὶ ῥυφήμασι καὶ τῆς κοιλίης ἐς τὴν ὑποχώρησιν καὶ ψύξιν κατὰ ταῦτα θερα-

¹ Θ: -τερα Μ.

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disease. Administer drinks and gruel: give these draughts quite quickly in order that the sputum will be cleaned thoroughly from the side. When the side begins to be cleaned, it is beneficial to bring the material lying against the chest wall to maturity by warming the side from the outside; earlier this is not useful, as the material only becomes dry.

Pleurisy generally arises from drinks, when a person in a moist state of body, either drunk or sober, has a chill; it also arises in other ways. The condition has its crisis, when it is shortest, on the seventh day, when it is longest, on the fourteenth day. If the pus is expectorated and cleaned from the side within this period, the patient recovers; but if it is not expectorated, he suppurates internally, and the disease becomes long.

8. To be judged¹ in diseases is when they increase, diminish, change into another disease, or end.

9. Pneumonia: there are fever and a cough; at first the patient coughs up thick clear phlegm, on the sixth and seventh day sputum that is slightly bilious and livid, and on the eighth and ninth day somewhat purulent sputum.

If pain in the back or side supervenes in this patient, administer the remedy recorded in the *Medication Book* for pleuritic pain. Treat just as in pleurisy with drinks and gruels to bring about an evacuation and cooling of the cavity. In order that

¹ I.e. by the physician; cf. chapter 37 below.

πεύειν τῇ πλευρίτιδι. ὅπως δὲ τὸ σίαλον ἐκ τοῦ πλεύμονος ἀνακαθαίρηται καὶ τὸ πύον, διδόναι φάρμακα ποτά, οἷσιν ὁ πλεύμων ὑγραίνεται, καὶ καθαίρεται¹ τὸ πύον ἄνω.

Ἡ δὲ νοῦσος αὕτη γίνεται, ὅταν ἐκ τῆς κεφαλῆς φλέγμα ἀθροῦν ῥυῇ ἐς τὸν πλεύμονα· ἔστι δὲ ὅτε καὶ ἐκ πλευρίτιδος μεθίσταται ἐς περιπλευμονίην, καὶ ἐκ καύσου. κρίνεται δὲ ἐν ἡμέρησιν, ἥ μὲν βραχυτάτη ἐν τεσσερεσκαίδεκα, ἥ δὲ μακροτάτη ἐν δυοῖν δεοῦσαι εἴκοσι· διαφεύγουσι δὲ ταύτην ὀλίγοι. γίνονται δὲ ἔμπυοι καὶ ἐκ ταύτης τῆς νόσου, ἣν μὴ ἐν ταῖσι κυρίαισιν ὁ πλεύμων καθαρθῇ.

10. Φρενίτις ὅταν λάβῃ, πυρετὸς ἴσχει βληχρὸς τὸ πρῶτον, καὶ ὀδύνη πρὸς τὰ ὑποχόνδρια, μᾶλλον δὲ πρὸς² τὰ δεξιὰ πρὸς τὸ ἥπαρ. ὅταν δὲ τεταρταῖος γένηται καὶ πεμπταῖος, ὃ τε πυρετὸς ἰσχυρότερος γίνεται καὶ αἱ ὀδύναι, καὶ τὸ χρῶμα ὑπόχολον γίνεται, καὶ τοῦ νοῦ παρακόπτει.

218 Τούτῳ τῆς μὲν ὀδύνης ἅπερ ἐν τῇ πλευρίτιδι διδό|ναι, καὶ χλιαίνειν ἣν ὀδύνη ἔχῃ· τὴν κοιλίην δὲ θεραπεύειν, καὶ τᾶλλα τοῖς αὐτοῖς, πλὴν τοῦ ποτοῦ· ποτῶ δὲ χρῆσθαι πλὴν οἴνου τῶν ἄλλων ὅτῳ ἂν θέλῃς, ἢ ὄξος καὶ μέλι καὶ ὕδωρ διδόναι, ἢ ὕδωρ· οἶνος δὲ οὐ συμφέρει τοῦ νοῦ παρακόπτοντος, οὔτ' ἐν ταύτῃ τῇ νόσῳ, οὔτ' ἐν τῇσιν

¹ M: κ., καὶ ὑ. Θ.

² Θ: ἐς M.

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the sputum may be thoroughly cleaned from the lung and the pus with it, give medicinal drinks by which the lung will be moistened and pus cleaned upwards.

Pneumonia arises when phlegm flows in quantity from the head into the lung; also, sometimes there is a change from pleurisy to pneumonia, or from ardent fever. The crisis arrives, when the pneumonia is shortest, in fourteen days, when it is longest, in eighteen days; few patients survive. Patients also suppurate internally after this disease, if the lung is not cleaned out on the critical days.

10. In phrenitis, at first there are mild fever and pain over the hypochondrium, more on the right towards the liver. When the fourth or fifth day arrives, the fever becomes more intense, as do the pains, the colour becomes somewhat bilious, and the patient's mind becomes deranged.

For the pain, treat this patient with the same measures as in pleurisy; when pain is present, warm him. Give a medication for the cavity, and conduct the rest of the treatment along the same lines, except with regard to drink: as drink give any one you wish except wine; give vinegar, honey, and water, or water alone; wine, however, does not benefit a deranged mind in either this disease or

ἄλλῃσι. λούειν δὲ πολλῶ καὶ θερμῶ κατὰ κεφαλῆς ἐν ταύτῃ τῇ νούσῳ συμφέρει· μαλασσομένου γὰρ τοῦ σώματος, καὶ ἰδρῶς μᾶλλον γίνεται καὶ ἡ κοιλία καὶ τὸ οὔρον διαχωρεῖ καὶ αὐτὸς αὐτοῦ ἐγκρατέστερος γίνεται.

Ἡ δὲ νοῦσος γίνεται ὑπὸ χολῆς, ὅταν κινηθεῖσα πρὸς τὰ σπλάγχνα καὶ τὰς φρένας προσίζη. κρίνεται δὲ ἡ μὲν βραχυτάτῃ ἐβδόμῃ, ἡ δὲ μακροτάτῃ ἐνδεκάτῃ. διαφεύγουσι δὲ καὶ ταύτην ὀλίγοι, μεθίσταται δὲ καὶ αὕτη ἐς περιπλευμονίην· καὶ ἦν μεταστῇ, ὀλίγοι διέφυγον.

11. Καῦσος δὲ ὅταν ἔχῃ, πυρετὸς ἴσχει καὶ δίψα ἰσχυρή. καὶ ἡ γλῶσσα τρηχέη καὶ μέλαινα γίνεται ὑπὸ θερμότητος τοῦ πνεύματος, καὶ τὸ χρῶμα ὑπόχολον γίνεται, καὶ τὰ ὑπiónτα χολώδη· καὶ τὰ μὲν ἔξω ψυχρὸς γίνεται, τὰ δ' ἔσω θερμός.

Τούτῳ συμφέρει ψύγματα προσφέρειν, καὶ πρὸς τὴν κοιλίην, καὶ ἔξωθεν πρὸς τὸ σῶμα, φυλασσόμενον μὴ φρίξῃ. καὶ τὰ πώματα καὶ τὰ ῥυφήματα διδόναι πυκνὰ κατ' ὀλίγον ὡς ψυχρότατα. τὴν δὲ κοιλίην θεραπεύειν· ἦν μὲν μὴ ὑποχωρήῃ τὰ ἐνεόντα, κλύσαι· ψύχειν δὲ κλύσασιν ὡς ψυχροτάτοις ἢ ὁσημέραι ἢ διὰ τρίτης.

Ἡ δὲ νοῦσος αὕτη γίνεται ὑπὸ χολῆς, ὅταν κινηθεῖσα ἐντὸς τοῦ σώματος καταστηρίξῃ. φιλέει δὲ καὶ ἐς περιπλευμονίην μεθίστασθαι. κρίνεται

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any other one. It is of benefit in this disease to wash with copious hot water from the head downwards, for, as the body is softened, sweating increases, the cavity discharges, urine passes, and the patient gains more control over himself.

Phrenitis arises from bile, when, having been set in motion, it settles against the inward parts and the diaphragm. It has its crisis, when it is shortest, on the seventh day, when it is longest, on the eleventh day. Few escape this disease, either, and it too sometimes changes into pneumonia; in the cases where it has, few have escaped.

11. In ardent fever there are fever and a violent thirst; the tongue becomes rough and black because of the heat of the breath, the patient's colour becomes somewhat bilious, and his stools are full of bile; on the outside he becomes cold, but inside he is hot.

It benefits this patient to administer cooling agents both to the cavity and externally on the surface of the body, but taking care that he does not suffer a chill. Give drinks and gruel often, a little at a time, and as cold as possible. Give a medication for the cavity; if its contents do not pass down, administer an enema; also, cool with very cold enemas every day or every other day.

Ardent fever arises from bile, when, having been set in motion, it is deposited inside the body; it, too, is liable to change into pneumonia. The disease

220 δὲ ἡ μὲν βραχυτάτη | ἐνάτη,¹ ἡ δὲ μακροτάτη
τεσσαρεσκαίδεκάτη. καὶ ἦν μὲν μεταστῇ ἐς
περιπλευμονίην, ὀλίγοι διαφεύγουσιν· ἦν δὲ μὴ
μεταστῇ, διαφεύγουσι πολλοί.

Αὗται μὲν οὖν ὀξεῖαι καλέονται, καὶ δεῖ ταύ-
τας οὕτω θεραπεύειν.

12. Ὅσοι δὲ ἄλλοι τοῦ χειμῶνος πυρετοὶ
γίνονται, εἴτ' ἐξ οἴνου, εἴτ' ἐκ κόπου, εἴτε ἄλλου
τινός, φυλάσσεσθαι χρή· μεθίσταται γὰρ ἐνίοτε
ἐς τὰς ὀξείας νούσους. ἡ δὲ μετάστασις αὐτῶν
τοιαύτη γίνεται· ὅταν, κεκινημένων φλέγματός
τε καὶ χολῆς, μὴ τὰ συμφέροντα προσφέρηται²
τῷ σώματι, συστρεφόμενα αὐτὰ πρὸς ἑαυτὰ τό τε
φλέγμα καὶ ἡ χολὴ προσπίπτει τοῦ σώματος
ἢ ἂν τύχῃ, καὶ γίνεται ἢ πλευρίτις, ἢ φρενίτις,
ἢ περιπλευμονίη. φυλάσσεσθαι οὖν χρή τοὺς
πυρετοὺς τοὺς ἐν τῷ χειμῶνι· ἡ δὲ φυλακὴ ἔστω
ἡσυχίη καὶ ἰσχυασίη καὶ τῆς κοιλίης κένωσις.
ρύφήμασι δὲ καὶ ποτήμασι διάγειν, ἕως ἂν ὁ
πυρετὸς μειωθῇ.

13. Τῶν νούσων σχεδόν τι μάλιστα αἱ ὀξεῖαι
καὶ ἀποκτείνουσι καὶ ἐπιπονώταταί εἰσι, καὶ δεῖ
πρὸς αὐτὰς φυλακῆς τε πλείστης καὶ θεραπείης
ἀκριβεστάτης. καὶ ἀπὸ τοῦ θεραπεύοντος κακὸν
μὲν μηδὲν προσγίνεσθαι, ἀλλὰ ἀρκέειν τὰ ἀπ'
αὐτῶν τῶν νοσημάτων ὑπάρχοντα, ἀγαθὸν δὲ ὅ τι
οἴός τε ἂν ᾖ. καὶ ἦν μὲν, ὀρθῶς θεραπεύοντος τοῦ

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has its crisis, when it is shortest, on the ninth day, when it is longest, on the fourteenth day. If it changes into pneumonia, few patients escape; if it does not change, many escape.

These diseases, then, are called “acute”, and you must treat them thus.

12. With the other fevers of winter, which arise either from wine or weariness or anything else, you must take care, for sometimes they change into acute diseases. The change comes about in the following way: when, with phlegm and bile set in motion, what is beneficial is not administered to the patient’s body, the phlegm and bile collect together and fall upon some chance part of the body, and pleurisy or phrenitis or pneumonia results. Thus, you must pay heed with winter fevers. The precautions required are quiet, leanness, and emptiness of the cavity; continue with gruels and drinks until the fever diminishes.

13. Generally speaking, it is the acute diseases that cause the most deaths and that are the most painful, and with these the greatest care and the strictest treatment are necessary. Let nothing bad be added by the person treating—rather let the evils resulting from the diseases themselves suffice—but only whatever good he is capable of. If, when the physician treats correctly, the patient is

¹ M adds ἡ δεκάτη.

² M: -φέρη Θ.

λητροῦ, ὑπὸ μεγέθους τῆς νούσου κρατέηται ὁ κάμνων, οὐχὶ τοῦ λητροῦ αὕτη ἡ ἁμαρτίη ἐστίν. ἐὰν δὲ μὴ θεραπεύοντος ὀρθῶς ἢ μὴ γιννώσκοντος ὑπὸ τῆς νούσου κρατέηται, τοῦ λητροῦ.

222 14. Τοῦ δὲ θέρεος τάδε γίνεται· πυρετὸς ἴσχει ἰσχυρὸς καὶ δίψα, καὶ ἔνιοι ἐμοῦσι χολήν· ἐνίοισι δὲ καὶ κάτω διαχωρέει. τούτοις πίνειν διδόναι ὅτι ἂν σοι δοκῇ ἐπιτήδειον εἶναι, καὶ ῥυφεῖν. [ἦν δὲ προσίστηται πρὸς τὴν καρδίην χολὴ ἢ φλέγμα, ἐπιπίποντες ὕδωρ ψυχρὸν ἢ μελίκρητον, ἐμούντων.]¹ ἦν δὲ ἡ γαστήρ μὴ ὑποχωρέη, κλύσματι χρῆσθαι ἢ βαλάνω. ἡ δὲ νούσος γίνεται ὑπὸ χολῆς. ἀπαλλάσσονται δὲ μάλιστα ἑβδομαῖοι ἢ ἐναταῖοι.

Ἦν δὲ τοῦ πυρετοῦ ἔχοντος μὴ καθαίρωνται μήτε κάτω μήτε ἄνω, πόνος δὲ ἐνῇ καθ' ἅπαν τὸ σῶμα, ὅταν ἢ τριταῖος ἢ τεταρταῖος, ἢ φαρμάκῳ ὑποκαθῆραι ἐλαφρῶ κάτω, ἢ πώματι, ἀπὸ δὲ κέγχρου ποιέειν ἢ τοῦ ἀλήτου ῥύφημα· καὶ πώμασι τοῖς αὐτοῖς θεραπεύειν. πάσχουσι δὲ καὶ ταῦτα ὑπὸ χολῆς.

Ἦν δὲ τὰ μὲν ἔξω μὴ πυρώδης ἢ σφόδρα, τὰ δ' ἔσω, καὶ ἡ γλῶσσα τρηχεία καὶ μέλαινα γίνηται, καὶ οἱ πόδες καὶ αἱ χεῖρες ἄκραι ψυχραί, τούτῳ φάρμακον μὲν μὴ διδόναι, θεραπεύειν δὲ προσφέρων ψύγματα καὶ πρὸς τὴν κοιλίην

¹ This sentence disturbs the sense of the paragraph; I suspect that it is a marginal note referring to ch. 15.

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overcome by the magnitude of his disease, this is not the physician's fault. But if, when the physician treats either incorrectly or out of ignorance, the patient is overcome, it is his fault.

14. During summer the following occur: violent fever and thirst set in, some patients vomit bile, and in some bile passes off below, as well. Give these patients whatever you think suitable to drink and to take as gruel. [If bile or phlegm invades the cardia, let the patients drink cold water or melicrat, and then vomit.] If the belly does not pass anything, administer an enema or suppository. This disease arises from bile. Patients usually recover on the seventh or ninth day.

If, while the fever is present, patients are cleaned neither downwards nor upwards, and pain is present throughout the whole body, on the third or fourth day clean downwards with either a gentle medication or a potion and make a gruel from millet or flour. Treat with the same drinks. Patients suffer these things, too, from bile.

If the patient is not very feverish externally, but is so internally, and if his tongue becomes rough and black, and his feet and hands are cold at the extremities, do not give him a medication, but treat by administering cooling agents both through the

καὶ πρὸς τὸ ἄλλο σῶμα. καλεῖται δὲ καυσώδης ὁ πυρετὸς οὗτος· κρίνεται δὲ¹ μάλιστα δεκαταῖος καὶ ἑνδεκαταῖος.²

Ἦν δὲ τὸ πῦρ λαμβάνη καὶ μεθίη, τοῦ δὲ σώματος αὐτὸν βάρος ἔχῃ, τούτον. ἕως μὲν τὸ πῦρ ἔχῃ, ῥυφήμασι καὶ πόμασι θεραπεύειν· ὅταν δὲ μὴ ἔχῃ, διδόναι καὶ σιτία. καθῆραι δὲ ὡς τάχιστα³ φαρμάκῳ, ἣν τε ἄνω σοι δοκέη δεῖσθαι, ἣν τε κάτω.

(15.) Ἦν δὲ πυρετὸς μὲν μὴ ἔχῃ, τὸ δὲ στόμα πικρὸν ἔχῃ, καὶ τὸ σῶμα βαρύνηται, καὶ ἀσιτέη, φάρμακον διδόναι. πάσχει δὲ ταῦτα ὑπὸ χολῆς, ὅταν ἐς τὰς φλέβας καὶ τὰ ἄρθρα καταστηρίξῃ.

Ὅποσαι δὲ ἄλλαι ὀδύναι ἐν τῷ θέρει κατὰ <τὴν>⁴ κοιλίην γίνονται, ὅσαι μὲν πρὸς τὰ ὑποχόνδρια καὶ τὴν καρδίην· μελίκρατον ὑδαρὲς 224 ποιῶν, ὅσον | τρεῖς κοτύλας, ὄξος παραχέας, δὸς πιεῖν χλιερὸν· καὶ ἐπισχὼν ὀλίγον χρόνον, καὶ συνθαλφθεῖς πυρὶ καὶ ἱματίοισιν ἐμείτω. ἣν δὲ ἀπεμέσαντι αὐτὶς προσιστῆται καὶ πνίγηται,⁵ αὐτὶς ἔμετον ποιείσθω, ἢ λούσας αὐτὸν πολλῶ καὶ θερμῶ, ὑποκλύσαι· καὶ χλιάσματα προστιθέ-

¹ In Θ this δὲ precedes πυρετὸς οὗτος.
καὶ δεκαταῖος.

³ Θ: μάλιστα M.

² M adds καὶ τεσσαρεσ-

⁴ Added by a later ms.

⁵ Θ: πνίγη M.

¹ Compare chapter 11 above; this awkward repetition

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cavity and to the rest of the body. This fever is called "ardent"¹; it usually has its crisis on the tenth or eleventh day.

If the fever attacks and then remits, and a heaviness invades the body, treat this patient, as long as the fever is present, with gruels and drinks; when it is not present, give foods as well. Clean as soon as possible with a medication either upwards or downwards, whichever you think is required.

(15.)² If fever is not present, but the patient's mouth has a pungent taste, his body is weighed down, and he has no appetite, give a medication. He suffers these things because of bile, when it is deposited in the vessels and the joints.

Other pains that occur in the cavity in summer: pains that attack the hypochondrium and the cardia: make dilute melicrat in the amount of three cotylai, add vinegar, and give warm to drink; then, waiting a short while and having the patient warmed by a fire and blankets, let him vomit. If, after he has vomited, pains attack again and he is choked, let him induce vomiting again; or, after washing him in copious hot water, administer an enema; also apply fomentations if pain is present.

of the same disease is evidence of the author's compilatory method of composition.

² This paragraph continues the series of conditions that began in chapter 14, and is closely connected to the preceding paragraph. Thus, I have returned to Vander Linden's division and reduced Littré's 2 chapters to 1.

ναι ἐὰν ὀδύνη ἔχῃ. πάσχουσι δὲ ταῦτα μάλιστα ὑπὸ φλέγματος, ὅταν κινήθην προσπέσῃ πρὸς τὴν καρδίην. διδόναι δὲ τοῖσι τὰ τοιαῦτα ἀλγήματα ἀλγέουσι καὶ τῶν φαρμάκων ἃ γέγραπται τῆς ὀδύνης παύοντα ἐν τῇ Φαρμακίτιδι.

Ἦν δὲ μεθιστῆται ἡ ὀδύνη ἄλλοτε ἄλλῃ τῆς κοιλίης, λούειν πολλῶ καὶ θερμῶ ἢν ἡ ἄπυρος, καὶ πίνειν διδόναι τῆς ὀδύνης εἵνεκα, ὅπερ ἐν τῇ Φαρμακίτιδι¹ γέγραπται, ἢ τῶν ἄλλων ὅ τι ἂν σοι δοκῇ. ἢν δὲ μὴ ἀπαλλάσσεται τῆς ὀδύνης, ὑποκαθῆραι φαρμάκῳ κάτω, σίτων δὲ ἀπέχεσθαι, ἕως ἂν ἡ ὀδύνη ἔχῃ. τὰ δὲ τοιαῦτα ἀλγήματα ὅσα πλανᾶται ὑπὸ χολῆς γίνεται.

Ὅσαι δὲ κάτωθεν τοῦ ὀμφαλοῦ ὀδύναι γίνονται· ὑποκλύσαι μαλακῶ· ἢν δὲ μὴ παύηται, φάρμακον δοῦναι κάτω.

16. Ὅσαι δ' ὀδύναι ἐξαπίνης γίνονται ἐν τῷ σώματι ἄνευ πυρετοῦ· συμφέρει λούειν πολλῶ καὶ θερμῶ, καὶ χλιαίνειν. τὸ γὰρ φλέγμα καὶ ἡ χολὴ συνεστηκότα μὲν ἰσχυρά ἐστι, καὶ κρατεῖ καθ' ὅποιον ἂν τοῦ σώματος στῇ, καὶ πόνον τε καὶ ὀδύνην ἰσχυρὴν παρέχει· διακεχυμένα δὲ ἀσθενέστερά² ἐστι καθ' ὃ ἂν ἐνδηλα³ ἡ τοῦ σώματος.

17. Τὰ δὲ νοσήματα, ὅσα τοῦ θέρεος γίνεται, εἴωθε γίνεσθαι οὕτως· ὅταν τὸ σῶμα ὑπὸ τοῦ ἡλίου θαλφθῇ, ὑγραίνεται· ὑγραινό|μενον δὲ νοσεί.

¹ Potter: πλευρίτιδι ΘΜ.

² Θ adds τε.

³ Μ: -λον Θ.

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Patients generally suffer these pains because of phlegm, when, being set in motion, it falls upon the cardia. To those suffering pains of this kind give also the medications recorded in the *Medication Book* as stopping pain.

If the pain moves so that it is at one time in one part of the cavity and at another time in another part, wash with copious hot water when the patient is without fever, and for the pain have him drink what is recorded in the *Medication Book*, or whatever else you think suitable. If the pain is not relieved, clean downwards with a medication, and withhold foods as long as the pain is present. Pains of this kind that wander arise because of bile.

Pains that occur below the navel: apply a gentle enema; if the pain does not go away, give a medication that acts downwards.

16. Pains that suddenly arise in the body without fever: it benefits to wash with copious hot water, and to warm. For phlegm and bile, when gathered, are powerful and have dominance in whichever part of the body they occupy, and they produce suffering and violent pain; but dispersed, they are weaker in any part of the body in which they appear.

17. The diseases that occur in summer tend to arise thus: when the body is warmed by the sun, it becomes moist; on becoming moist, it becomes ill,

ἢ πᾶν, ἢ ἐς ὃ τι ἂν καταστηρίξῃ τὸ φλέγμα καὶ ἡ χολή. ἦν μὲν οὖν τις αὐτὰ ἀρχόμενα θεραπεύῃ, οὔτε μακρὰ γίνεται, οὔτε ἐπικίνδυνα· ἦν δὲ ἢ¹ μὴ θεραπευθῇ² ἢ κακῶς θεραπευθῇ,² φιλέει καὶ μακρότερα γίνεσθαι, καὶ ἔστιν ὅτε καὶ κτείνει.

18. Καὶ τριταῖοι δὲ καὶ τεταρταῖοι πυρετοὶ ἐκ τῶν αὐτῶν γίνεσθαι πεφύκασιν. αὕτη ἡ κατάστασις τῶν νοσημάτων μάλιστα μὲν τοῦ θέρους γίνεται· γίνεται δὲ ἐνίοισι³ καὶ τοῦ χειμῶνος. τριταῖος δὲ πυρετὸς ὅταν ἔχῃ, ἦν μὲν σοι δοκῇ ἀκάθαρτος εἶναι, τετάρτη φάρμακον δοῦναι. ἦν δὲ μὴ σοι δοκῇ φαρμάκου δεῖσθαι, διδόναι φάρμακα ποτά, οἷσι μεταστήσεται ὁ πυρετὸς ἢ ἀπολείψει· διδόναι δ' ὥσπερ γέγραπται ἐν τοῖς Φαρμάκοις. καὶ τῇ μὲν λήψει ῥυφήμασι καὶ ποτῶ διαιτᾶν, ταῖς δὲ διὰ μέσου, σιτίοισι διαχωρητικοῖσι. καὶ⁴ λαμβάνει δὲ ὥς ἐπὶ τὸ πολὺ οὐκ ἐπὶ πλείστον· ἦν δὲ μὴ θεραπεύηται, ἐθέλει μεθίστασθαι ἐς τεταρταῖον καὶ γίνεσθαι⁵ πολυχρόνιος.

Ἦν⁶ τεταρταῖος λαμβάνῃ, ἦν μὲν ἀκάθαρτος ἦ, καθαίρειν πρῶτον μὲν τὴν κεφαλὴν· καὶ διαλιπὼν τρεῖς ἢ τέσσερας ἡμέρας, φάρμακον δοῦναι ἄνω αὐτῇ τῇ λήψει· διαλιπὼν δέ, ἕτερον κάτω αὐτῇ τῇ λήψει.⁷ ἦν δὲ μὴ πρὸς ταῦτα παύηται,

¹ ἢ om. M. ² Θ: θεραπεύῃ M. ³ Jouanna (p. 276): γίνεται

δὲ ἐν τοῖσι Θ: ἐνίοισι δὲ M. ⁴ καὶ om. M. ⁵ M: γίνεται Θ.

⁶ M adds δὲ. ⁷ διαλιπὼν δέ . . . λήψει om. Θ.

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either wholly, or in the part where phlegm and bile are deposited. Now, if someone treats these diseases at the beginning, they are neither long nor dangerous; but if they are either left untreated or are badly treated, they are likely to become longer, and sometimes they even kill.

18. Both tertian and quartan fevers are naturally disposed to arise from the same factors; this order of diseases usually occurs in summer, although in some instances it is seen in winter, too. When a tertian fever is present, if the patient seems to you to be in an unclean state, on the fourth day give him a medication. If you do not think he needs one, give medicinal drinks that will make the fever change or remit; administer these as described in the *Medications*. At the accession, prescribe gruels and drinks, on the days between, laxative foods. Generally, this disease does not attack with particular severity, but, if left untreated, it is likely to change into a quartan and to become chronic.

If a quartan attacks while a person is in an unclean state, first clean out his head: then, leaving an interval of three or four days, give a medication to act upwards just during the accession; then, leaving another interval, give a medication to act downwards at the next accession. If, with this treatment, the fever does not go away, leave

διαλιπών, λούσας πολλῶ καὶ θερμῶ, δοῦναι τῶν φαρμάκων ἃ γέγραπται. ποτοῖσι δὲ καὶ ῥυφήμασι καὶ τῇ ἄλλῃ διαίτῃ χρῆσθαι, ὥσπερ ἐπὶ τοῦ τριταίου. λαμβάνει δὲ οὗτος ὁ πυρετὸς τοὺς μὲν πλείστους πολὺν χρόνον, τοὺς δὲ καὶ ὀλίγον.

Καὶ γίνεται μὲν ὁ τριταῖος καὶ ὁ τεταρταῖος
228 ὑπὸ χολῆς καὶ φλέγματος· διότι δὲ τρι|ταῖος καὶ τεταρταῖος ἐτέρωθί μοι γέγραπται.

Δύναμιν ἔχει δὲ τούτων τῶν πυρετῶν τὰ φάρμακα πινόμενα, ὥστε τὰ σώματα¹ κατὰ χώραν εἶναι ἐν τῇ ἐωθυίῃ θερμότητι καὶ ψυχρότητι, καὶ μήτε θερμαίνεσθαι παρὰ φύσιν μήτε ψύχεσθαι· διδόναι δὲ ὡς ἐν τῇ Φαρμακίτιδι γέγραπται.

19. Φλέγμα λευκὸν ὅταν ἔχῃ, τὸ σῶμα οἰδέει πᾶν λευκῷ οἰδήματι, καὶ τῆς αὐτῆς ἡμέρης τοτὲ μὲν δοκέει ῥάων εἶναι, τοτὲ δὲ φλαυρότερος· καὶ τὸ οἶδημα ἄλλοτε ἄλλῃ τοῦ σώματος μεῖζόν τε καὶ ἔλασσον γίνεται.

Τούτῳ φάρμακα² διδόναι κάτω ὑφ' ὧν ὕδωρ ἢ φλέγμα καθαίρεται· διαιτᾶν δὲ σιτίοισι καὶ ποτοῖσι καὶ πόνοισιν ὑφ' ὧν ὡς ξηρότατος ἔσται καὶ ἰσχνότατος.

Ἡ δὲ νοῦσος αὕτη γίνεται ὑπὸ φλέγματος, ὅταν τις ἐκ πυρετῶν πολυχρονίων φλεγματώδης ὢν ἀκάθαρτος γένηται, τρέπηταί τε τὸ φλέγμα

¹ Θ: τὸ σῶμα M.

² M: -κον Θ.

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another interval, wash with copious hot water, and give one of the medications mentioned. Prescribe drinks, gruels, and the rest of the regimen as in a tertian fever. This fever attacks most patients for a long time, but others for a short time.

The tertian and the quartan fevers, too, arise because of bile and phlegm. Why the fever comes every third or fourth day I have explained elsewhere.¹

Medications drunk in these fevers act in such a way that bodies remain undisturbed in their accustomed heat and cold, being neither abnormally heated nor abnormally chilled; give them as recorded in the *Medication Book*.

19. In white phlegm, the whole body swells up with a white swelling, and on one and the same day the patient seems sometimes better, at other times worse; the swelling increases and decreases at different times in the different parts of his body.

Give this patient a medication that will clean water and phlegm downwards; prescribe a regimen of foods, drinks and exercises as the result of which he will become as dry and lean as possible.

This disease arises because of phlegm, when a person that is phlegmatic after chronic fevers becomes unclean, and the phlegm turns into his

¹ This is the interpretation of Cornarius. Vander Linden, Ermerins and Fuchs. Littré, following Foes and Grimm, offers: *c'est pourquoi j'ai traité ailleurs de ces deux fièvres*.

αὐτοῦ ἀνὰ τὰς σάρκας. καὶ λευκότερον μὲν οὐδὲν τοῦτο τοῦ ἄλλου [ἥ]¹ φλέγματος, ὃ δὲ χρῶς φαίνεται λευκότερος· τὸ γὰρ αἷμα ὑπὸ πλήθους τοῦ φλέγματος ὑδαρέστερον γίνεται, καὶ οὐκ ἔνι ἐν αὐτῷ ὁμοίως τὸ εὐχρουν· καὶ διὰ τοῦτο λευκότεροί τε φαίνονται, καὶ καλεῖται ἡ νόσος φλέγμα λευκόν. ἥν μὲν οὖν θεραπευθῇ ἀρχομένης τῆς νούσου, ὑγιῆς γίνεται· ἥν δὲ μὴ θεραπευθῇ, ἐς ὕδρωπα μεθίσταται ἡ νοῦσος, καὶ διέφθειρε τὸν ἄνθρωπον.

20. Ὅποσοι δὲ σπλῆνα ἔχουσι μέγαν· ὅσοι μὲν εἰσι χολώδεις, κακόχροοί τε γίνονται καὶ καχελκῆες καὶ δυσώδεις ἐκ τοῦ στόματος καὶ λεπτοί· καὶ ὁ σπλῆν σκληρός, καὶ αἰεὶ παραπλήσιος τὸ μέγεθος· καὶ τὰ σιτία οὐ διαχωρεῖ. 230 ὅσοι δὲ φλεγματῖαι, ταῦτά τε ἥσσουν | πάσχουσι, καὶ ὁ σπλῆν² μέζων γίνεται, ἄλλοτε δὲ ἐλάσσων.

Τούτοισι δὲ συμφέρει, ἥν μὲν ἀκάθαρτοι φαίνωνται, καθαίρειν τὴν κεφαλὴν καὶ τὸ ἄλλο σῶμα· ἥν δὲ μὴ δέωνται φαρμακείης διαιτᾶν. ὅσοι μὲν φλεγματώδεις ξηραίνονται τὸ σῶμα καὶ ἰσχυαίνονται³ σιτίοις καὶ ποτοῖς καὶ ἐμέτοις καὶ γυμνασίοις ὥς πλείστοις καὶ περιπάτοις· καὶ τοῦ ἥρος ἐλλεβόρω καθαίρειν ἄνω. ὅσοι δὲ χολώδεις συμφέρει διυγραίνοντα τῇ διαίτῃ ὑπάγειν τὴν

¹ Del. Littre.

² M adds ἄλλοτε.

³ Θ: ξηραίνοντα . . .

ἰσχυαίνοντα M.

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tissues. This phlegm is no whiter than any other, but the patient's skin appears whiter because his blood, in consequence of the large amount of phlegm, becomes more watery than normal, so that the usual healthy colour is no longer present in it to the degree that it was before; thus, patients appear whiter and the disease is called white phlegm. Now if the patient is treated at the onset of the disease, he recovers; if he is not, the disease changes to dropsy, and has actually killed the person.

20. Persons that have a large spleen: those who are bilious take on a poor colour, suffer from malignant ulcers, smell foully from the mouth, and become thin; their spleen is hard and always about the same size; foods do not pass off below. Those who are phlegmatic suffer these things less, and their spleen sometimes increases in size, sometimes decreases.

It benefits these patients, if they appear to be in an unclean state, to be cleaned from both the head and the rest of the body; if they do not require the use of medications, then clean by means of regimen. Let the phlegmatic patients have their bodies thoroughly dried and made lean by foods, drinks, vomiting, as many exercises as possible, and walks; in spring, clean upwards with hellebore. In the bilious patients, it benefits to moisten by means of regimen, and to evacuate the cavity and the

κοιλίην καὶ τὴν κύστιν, καὶ τὴν φλέβα τὴν σπληνίτιν ἀφεῖναι¹ πυκνά· καὶ τοῖσι διουρητικοῖσι φαρμάκοις χρῆσθαι, ἃ γέγραπται τὸν σπλῆνα μαλθάσσοντα· καὶ καθαίρειν ἔτεος ὥρη, καὶ τοῦτο χολήν.

Ἔνιοι δὲ τῶν σπληνιῶντων ὑπὸ μὲν τῶν φαρμάκων πίνοντες οὐκ ὠφελέονται, οὐδ' ὑπὸ τῆς ἄλλης θεραπείας· οὐδ' ἰσχυρότερος οὐδὲν γίνεται ὁ σπλῆν αὐτῶν· ἀλλὰ κρατέεται τὰ προσφερόμενα ὑπὸ μεγέθεος τῆς νούσου. προϊόντος δὲ τοῦ χρόνου ἐνίοισι μὲν ἐς ὕδρωπα περιίσταται ἡ νοῦσος, καὶ δι' οὗν ἐφθάρησαν· ἐνίοισι δὲ ἐκπύσκειται, καὶ καυθέντες ὑγιέες ἐγένοντο.² ἐνίοισι δὲ καὶ συγκαταγερᾷ σκληρός τε ἐὼν καὶ μέγας.

Τὸ δὲ νόσημα γίνεται, ὅταν ἐκ πυρετῶν καὶ κακοθεραπείης χολὴ ἢ φλέγμα ἢ ἀμφοτέρα ἐς τὸν σπλῆνα καταστηρίξῃ· καὶ πολυχρόνιον μὲν ἐστι, θανατῶδες δὲ οὐ. τῶν φαρμάκων ὅσα δίδονται τοῦ σπληνός, τὰ μὲν [καὶ]³ διὰ τῆς κύστιος καθαίρει καὶ ποιεῖ λαπαρώτερον, τὰ δὲ καθαίρει μὲν οὔτε διὰ τῆς κύστιος οὐδὲν ὅ τι καὶ φανερόν⁴ οὔτ' ἄλλη οὐδαμῇ, λαπάσσει δὲ τὸν σπλῆνα.

21. Εἰλεὸς ὅταν λάβῃ, ἡ γαστήρ σκληρὴ γίνεται, καὶ διαχωρέει οὐδέν· καὶ ὀδύνη κατὰ⁵

¹ Potter: ἀφῆναι Θ: ἀφίεναι M.

² Θ: γίνονται M.

³ Del.

Vander Linden.

⁴ Θ: -ώτερον M.

⁵ Later mss: κάτω ΘM.

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bladder, and also to let blood frequently from the splenic vessel. Also, give the diuretic medications said to soften the spleen; clean these patients of bile when it is the season.

Some splenic patients are not helped by drinking medications or by any other treatment; nor does their spleen become at all thinner; instead, what is administered is overcome by the magnitude of their disease. In some, as time advances the disease turns into dropsy, and they have actually died; in others, the spleen suppurates, and on being cauterized patients have recovered; in yet others, the disease grows old with the patient, the spleen remaining large and hard.

This disease arises when, from fevers and faulty therapy, phlegm or bile or both are deposited in the spleen; it is chronic, but seldom mortal. Of the medications given for the spleen, some clean through the bladder to make the spleen softer, while others do not clean in any visible way at all, either through the bladder or along any other path, but still soften the spleen.

21. In ileus the belly becomes hard and no longer passes anything; pain is present through the

πᾶσαν τὴν κοιλίην ἔχει, καὶ πυρετός, καὶ δίψα· ἐνίοτε δὲ ὑπὸ πόνου καὶ ἐμέει χολήν.

232 Τοῦτον χρὴ διυγραίνειν | καὶ ἔξωθεν καὶ ἔσωθεν· καὶ λούειν πολλῶ καὶ θερμῶ, καὶ πίνειν ὅσα τὴν τε κοιλίην κινεῖ καὶ τὸ οὔρον ὑπάγει, καὶ ὑποκλύζειν ἣν δέχεται. ἣν δὲ μὴ δέχεται τὸ κλύσμα, αὐλίσκον προσδήσας πρὸς ποδεῶνα ἀσκίου, φυσήσας, ἐνεῖναι τὴν φῦσαν πολλήν· καὶ ἐπειδὰν ἀρθῇ τὸ ἔντερον ὑπὸ τῆς φύσης καὶ ἡ γαστήρ, ἐξελὼν τὸν αὐλίσκον, ἐνεῖναι παραχρῆμα κλύσμα· καὶ ἣν δέξεται, ὑποχωρήσει καὶ ὑγιὲς ἔσται· ἣν δὲ μὴδ' οὕτω δέξεται τὸ κλύσμα, ἀποθνήσκει ἐβδομαῖος μάλιστα.

Ἡ δὲ νοῦσος γίνεται, ὅταν τῆς κόπρου συγκαυθῇ ἀθρόον ἐν τῷ ἐντέρῳ· περὶ τοῦτο περιίσταται φλέγμα, καὶ τὸ ἔντερον, ἅτε τούτων ἀθρόων ἐνεσκληκότων, περιοιδεῖ· καὶ οὔτε τῶν ἄνωθεν πινομένων φαρμάκων δέχεται, ἀλλ' ἀπεμεῖ, οὔτε τῶν κάτωθεν προσφερομένων κλυσμάτων δέχεται. ἔστι δὲ τὸ νόσημα ὁξὺ καὶ ἐπικίνδυνον.

22. Ὑδρος δὲ γίνεται τὰ μὲν πλεῖστα, ὅταν τις ἐκ νούσου μακρῆς ἀκάθαρτος διαφέρηται πολὺν χρόνον· φθείρονται γὰρ αἱ σάρκες καὶ τήκονται καὶ γίνονται ὕδωρ· γίνεται δὲ ὕδρωψ καὶ ἀπὸ τοῦ σπληνός, ὅταν νοσήσῃ, καὶ ἀπὸ τοῦ ἥπατος, καὶ ἀπὸ λευκοῦ φλέγματος, καὶ ἀπὸ δυσεντερίης

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entire cavity, and there are fever and thirst; sometimes, from the stress, the patient also vomits bile.

You must moisten this patient from both the outside and the inside: wash him with copious hot water, have him drink potions that will set the cavity in motion and evacuate urine, and, if he will accept it, administer an enema. If he will not accept the enema, bind a tube to the mouth of a small wine skin, inflate it, and blow into the patient's anus a good amount of air; then, when the intestine is distended by the air, and the belly too, remove the tube and immediately introduce an enema. If the patient accepts it, he will evacuate downwards and recover; if he does not accept the enema in this way, either, he usually dies on the seventh day.

This disease occurs when a thick mass of faeces is burnt together in the intestine; around this gathers phlegm, and the intestine, inasmuch as these masses become hardened, swells around them. The patient accepts neither the medications drunk from above, vomiting them up instead, nor enemas administered from below. The disease is acute and dangerous.

22. Dropsy arises, in most cases, when a person continues for a considerable time after a lengthy illness in an unclean state; for the tissues become corrupted, melt, and turn to water; it can also take its origin from the spleen becoming diseased, from the liver, from white phlegm, or from dysentery or

καὶ λειεντερίης. κῆν μὲν ἐξ ἀκαθαρσίας γένηται ὕδρωψ, ἡ μὲν γαστήρ ὕδατος πίμπλαται, οἱ δὲ πόδες καὶ αἱ κνήμαι ἐπαίρονται, οἱ δὲ ὦμοι καὶ αἱ κληῖδες καὶ τὰ στήθεα καὶ οἱ μηροὶ τήκονται.

Τοῦτον ἦν ἀρχόμενον λάβης πρὶν ὑπέρυδρον γενέσθαι, φάρμακα πιπίσκειν κάτω, ὑφ' ὧν ὕδωρ ἢ φλέγμα καθαίρεται, χολὴν δὲ μὴ κινεῖν· σιτίοι-
 234 σι δὲ καὶ ποτοῖσι καὶ πόνοισι καὶ περιπάτοισι
 διαιτᾶν. ὑφ' ὧν ἰσχνὸς καὶ ξηρὸς ἔσται, καὶ αἱ
 σάρκες¹ ἰσχυρόταται. ἡ δὲ νοῦσος θανατώδης,
 ἄλλως τε κῆν φθῆ ἢ γαστήρ | μεστωθεῖσα
 ὕδατος.

Ὅταν δὲ ἀπὸ σπληνός, ἢ ἥπατος, ἢ λευκοῦ
 φλέγματος, ἢ δυσεντερίης ἐς ὕδρωπα μεταστῇ,
 θεραπεύειν μὲν τοῖς αὐτοῖς συμφέρει, διαφεύγουσι
 δὲ οὐ μάλα· τῶν γὰρ νοσημάτων ὅ τι ἂν ἕτερον
 ἐφ' ἑτέρῳ γένηται ὥς τὰ πολλὰ ἀποκτείνει.
 ὅταν γὰρ ἐν ἀσθενεῖ τῷ σώματι ὄντι² ὑπὸ τῆς
 παρούσης νοῦσου ἑτέρα νοῦσος ἐπιγένηται, προ-
 ἀπόλλυται ἀπὸ³ ἀσθενείης, πρὶν τὴν νοῦσον τὴν
 ὑστέρην γενομένην τελευτῆσαι.

Τὸ δὲ ὕδωρ γίνεται οὕτως· ἐπειδὰν αἱ σάρκες
 ὑπὸ φλέγματος καὶ χρόνου καὶ νόσου καὶ
 ἀκαθαρσίας καὶ κακοθεραπείης καὶ πυρετῶν δια-
 φθαρῶσι, τήκονται καὶ γίνονται ὕδωρ· καὶ ἡ μὲν

¹ M adds ὡς.

² Later mss: τῷ σ. M: ἀσθενείῃ τῷ σ. Θ.

³ Θ: ὑπὸ M.

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lientery. If dropsy arises from uncleanness, the belly becomes filled with water, the feet and the legs below the knees swell up, and the shoulders, regions about the collar-bones, chest and thighs melt away.

If you take on this patient at the beginning, before he becomes very dropsical, have him drink a medication that will clean water and phlegm downwards, but not set bile in motion; prescribe a regimen of foods, drinks, exercises, and walks from which he will become lean and dry and his tissues will be strengthened as much as possible. The disease is often mortal, especially if the belly has already swollen up with water.

When dropsy develops out of a disease of the spleen or liver, from white phlegm, or from dysentery, it helps to employ the same treatment. In this case, patients do not survive very well, since any disease that develops out of another one is usually fatal; for when a second disease befalls the body weakened by a disease already present, the patient perishes from weakness before the second disease reaches its end.

The water in dropsy arises as follows: when the tissues become corrupted as the result of phlegm, the passage of time, disease, uncleanness, faulty therapy, and fevers, they melt and turn to water;

κοιλίῃ οὐ διαδιδοῖ τὸ ὕδωρ ἐς αὐτήν, κύκλω δὲ περὶ αὐτὴν γίνεται.

Ἦν μὲν οὖν ὑπὸ τῶν φαρμάκων καὶ τῆς ἄλλης διαίτης ὠφελέηται, καὶ ἡ γαστήρ λαπάσσεται αὐτοῦ. εἰ δὲ μή, ταμῶν ἀφεῖναι τοῦ ὕδατος· τάμνεται δὲ ἢ παρὰ τὸν ὀμφαλόν, ἢ ὀπισθεν κατὰ τὴν λαγόνα. διαφεύγουσι δὲ καὶ ἐντεῦθεν ὀλίγοι.

23. Δυσεντερίῃ ὅταν ἔχῃ, ὀδύνη ἔχει κατὰ πᾶσαν τὴν κοιλίην, καὶ στρόφος, καὶ διαχωρέει χολὴν τε καὶ φλέγμα καὶ αἷμα συγκεκαυμένον.

Τούτου καθήρας τὴν κεφαλὴν, φάρμακον πῖσαι ἄνω, ὃ τι φλέγμα καθαίρει· καὶ τὴν κοιλίην γάλακτι ἐφθῶ διανίψας, τὸ ἄλλο σῶμα θεραπεύειν. κῆν μὲν ἄπυρος ἦ, τὴν μὲν κοιλίην λιπαροῖς καὶ πίοσι καὶ γλυκέσι καὶ ὑγροῖσιν ὑπάγειν¹ τὰ ἐνεόντα, καὶ λούειν θερμῷ τὰ κάτω τοῦ ὀμφαλοῦ ἣν ὀδύνη ἔχῃ· τὰ δὲ πώματα καὶ ῥυφήματα καὶ τὰ σιτία προσφέρειν κατὰ τὰ γεγραμμένα ἐν τῇ Φαρμακίτιδι.

Ἡ δὲ νοῦσος γίνεται ἐπειδὰν χολὴ καὶ φλέγμα καταστηρίξῃ ἐς τὰς φλέβας καὶ τὴν κοιλίην· νοσέει μὲν τὸ αἷμα καὶ διαχωρέει ἐφθαρμένον. νοσέει δὲ τὸ ἔντερον καὶ ξύεται καὶ ἐλκοῦται. γίνεται δ' αὕτη ἢ νοῦσος καὶ μακρὴ καὶ πολύπονος καὶ θανατώδης· κῆν μὲν ἔτι τοῦ σώματος

¹ M adds αἰεὶ.

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the cavity does not transmit this water into itself, but instead it forms in the region round the cavity.¹

Now, if the patient is helped by the medications and the rest of the regimen, the swelling in his belly goes down too. If not, incise and draw off water; make the incision either beside the navel or at the back in the region of the flank. Few escape from this disease, either.

23. In dysentery pain and colic are present throughout the whole cavity, and the patient passes bile, phlegm, and burnt-up blood.

Clean out this patient's head, have him drink a medication that will clean bile upwards, and, after you have washed out his cavity well with boiled milk, treat the rest of his body. If the patient is without fever, evacuate his cavity of its contents by means of rich fat sweet moist substances, and, if pain is present, wash the area below his navel with warm water; administer drinks, gruels and foods according to what is written in the *Medication Book*.

This disease arises when bile and phlegm are deposited in the vessels and the cavity; the blood ails and passes off corrupted in the stools, and the intestine becomes diseased, dried, and ulcerated. The disease is long, painful, and usually mortal; if

¹ I.e. the fluid does not enter the intestine, but remains free in the abdomen.

236 ἰσχύοντος θεραπεύηται, ἐλπίς | διαφυγεῖν· ἦν δὲ ἤδη ἐκτετηκότος καὶ τῆς κοιλίης παντάπασιν ἠλκωμένης,¹ οὐδεμία ἐλπίς.

24. Λειεντερίη· τὰ σιτία διαχωρέει ἄσηπτα, ὑγρά· ὀδύνη δὲ οὐκ ἔνι· λεπτύνονται δὲ τὸ σῶμα. τοῦτον θεραπεύειν τοῖσιν αὐτοῖσι, οἷσι τοὺς ὑπὸ δυσεντερίης ἐχομένους.

Ἡ δὲ νοῦσος γίνεται, ὅταν ἐκ τῆς κεφαλῆς καὶ τῆς ἄνω κοιλίης κατάρροος γένηται τοῦ φλέγμα-τος ἐς τὴν κάτω κοιλίην· ὅταν δὲ τοῦτο ᾗ, ὑπ' αὐτοῦ τὰ σιτία ψύχεται, καὶ ὑγραίνεται, καὶ ἡ ἄφοδος αὐτῶν ἄσηπτος ἐν τάχει² γίνεται· καὶ τὸ σῶμα τήκεται,³ ἅμα μὲν οὐ πεσσομένων τῶν σιτίων ἐν τῇ κοιλίῃ χρόνον ἱκανόν, ἅμα δὲ ὑπὸ τῆς κοιλίης θερμῆς ἐούσης παρὰ φύσιν θερμαινόμενον.

25. Διάρροια δὲ μακρὴ ὅταν ἔχῃ, διαχωρέει πρῶτον μὲν τὰ ἐσιόντα ὑγρά, ἔπειτα δὲ φλέγμα· καὶ ἐσθίει μὲν ἐπιεικῶς, ὑπὸ δὲ τῆς διαχωρήσιος ἀσθενῆς καὶ λεπτὸς γίνεται.

Τούτου τὰ ἄνω ἀποξηραίνειν ἐλλέβορον πιπίσκων καὶ τὴν κεφαλὴν καθαίρων φλέγμα· καὶ τὴν κοιλίην διανίψαι γάλακτι ἐφθῶ· ἔπειτα τά τε ἄλλα σιτίοισι καὶ ποτοῖσι θεραπεύειν, ὑφ' ὧν ξηρανεῖται ἢ τε κοιλίη καὶ τὸ σῶμα πᾶν.

Ἡ δὲ νοῦσος ἀπὸ τῶν αὐτῶν γίνεται, ἀφ' ὧν

¹ Later mss: εἰλκωμένης ΘΜ.

² Θ: ἀσήπτων ταχείῃ Μ.

³ Θ adds καὶ.

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it is treated while the body is still strong, there is hope of recovery; but if the body is already melted away and the cavity altogether ulcerated, there is none.

24. Lientery: foods pass off undigested and watery; no pain is present; patients become lean of body. Treat this patient with the same measures employed in dysentery.

The disease arises when a defluxion of phlegm occurs from the head and the upper cavity into the lower cavity; when this happens, the foods are chilled by it and become moist, and the excretions pass off quickly in an undigested state; the body is melted partly because the food is not digested for an adequate length of time in the cavity, and partly because it is abnormally warmed by the cavity's heat.

25. In long-standing diarrhoea, first watery ingesta pass off, then phlegm. The patient eats a reasonable amount but, because of his excretions, becomes weak and thin.

Dry out this patient's upper regions by having him drink hellebore, and by cleaning his head of phlegm; wash out his cavity well with boiled milk; then, for the rest, treat with foods and drinks that will dry the cavity and the body as a whole.

This disease arises from the same factors as

καὶ ἡ λειεντερίη. αὗται αἱ νοῦσοι, ἥ τε λειεντερίη καὶ ἡ δυσεντερίη, παραπλήσιοί εἰσι, καὶ δεῖ αὐτὰς οὕτως ἰᾶσθαι· τὸν κατάρρουν ἀπολαμβάνειν τὸν ἀπὸ τῆς κεφαλῆς καὶ τῆς ἄνω κοιλίης, ἥ ἀποτρέπειν· τοῦ γὰρ νοσήματος ἡ φύσις ἐντεῦθε γίνεται, καὶ οὐδεὶς¹ σου μέμψεται τὴν διάνοιαν.

Σχεδὸν δὲ καὶ τὰλλα νοσήματα ὧδε δεῖ σκοπεῖν, ὁπόθεν ἐκάστω ἡ φύσις γίνεται· καὶ οὕτως σκοπῶν καὶ λαμβάνων τὴν ἀρχὴν τῶν νοσημάτων ἥκιστ' ἂν ἁμαρτάνοις.

238 26. Τεινεσμός ὅταν λάβῃ, διαχωρεῖ αἷμα μέλαν καὶ μύξα, καὶ πόνος ἐν τῇ κάτω κοιλίῃ ἐγγίνεται, καὶ μάλιστα ὅταν ἐς ἄφοδον ἵζη.

Τούτου συμφέρεи τὴν κοιλίην διυγραίνειν καὶ λιπαίνειν καὶ ἀλεαίνειν, καὶ ὑπάγειν τὰ ἐνεόντα, καὶ λούειν θερμῷ, πλὴν τῆς κεφαλῆς.

Φιλέει δὲ ἡ νοῦσος αὕτη τὰ σιτία πλείω ποιεῖν.² οἱ γὰρ στρόφοι κενουμένης τῆς κοιλίης ὑπὸ τοῦ αἵματος διεξιόντος καὶ τῆς μύξης καὶ προσπιπτόντων πρὸς τὸ ἔντερον γίνονται· ἐνόντων δὲ τῶν σιτίων, ἥσσον δῆξιν παρέχει τῷ ἐντέρῳ.

Καὶ γίνεται μὲν ἀπὸ αὐτῶν, ὧν καὶ ἡ δυσεντερίη· ἀσθενεστέρα δὲ καὶ ὀλιγοχρόνιος καὶ οὐ θανατώδης.

¹ Potter: οἰδέν ΘΜ: οὐδεὶς οὐδέν later mss.

² Θ: τελέειν Μ.

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lientery. These diseases, lientery and dysentery, are similar, and you must treat them as follows: cut off the defluxion from the head and the upper cavity, or turn it aside; for the origin of the disease is from this, and no one will blame your understanding.

In general, you must investigate other diseases too in the same way, looking to see whence each takes its origin; by investigating in this way and seizing upon the beginning of diseases, you will err least.

26. In tenesmus, dark blood and mucus pass in the stools, and pain is felt in the lower cavity, most especially when the patient is sitting at stool.

It is of benefit to moisten thoroughly, oil and warm this patient's cavity, to evacuate its contents downwards, and to wash him with hot water, except for his head.

This disease tends to increase the amount of food consumed, for, when the cavity is in an empty state, colic arises from blood being evacuated together with mucus and from these coming into contact with the intestine; but when foods are present, there is less gnawing in the intestine.

Tenesmus arises from the same things as dysentery; it is milder, of short duration, and not mortal.

27. Ὄταν δὲ ἐξ οἴνου ἢ εὐωχίης χολέρη λάβῃ ἢ διάρροια, τῇ μὲν διάρροίῃ συμφέρει διανηστεύειν, καὶ ἢν δίψος ἔχῃ, διδόναι οἶνον γλυκὺν καὶ¹ στέμφυλα γλυκέα, ἐς ἐσπέρην δὲ διδόναι ταῦτα, ἃ καὶ τοῖς ὑπὸ φαρμάκου κεκαθαρμένοις. ἢν δὲ μὴ παύηται, ἐθέλης δὲ παῦσαι, ἔμετον ἀπὸ σίτου² ἢ φακίου ποιῆσαι· καὶ παραχρῆμα ἀνέσπασται ἄνω ἢ κάτω ἄφοδος. καὶ ἢν διακλύσης χυλῶ φακῶν ἢ ἐρεβίνθων, καὶ οὕτω πεπαύσεται.

Τῇ δὲ χολέρῃ συμφέρει, ἢν μὲν ὀδύνη ἔχῃ, διδόναι ἃ γέγραπται ἐν τοῖς Φαρμάκοις παύοντα τῆς ὀδύνης, τὴν τε κοιλίην θεραπεύειν τὴν τε ἄνω καὶ τὴν κάτω, ὑγραίνοντα πώμασι, καὶ μάλασσοντα τὸ σῶμα λουτροῖσι θερμοῖσι, πλὴν τῆς κεφαλῆς. καὶ ὃ τε ἔμετος οὕτως εὐπετέστερος γίνεται, ἢν ἐσίῃ τι ὑγρόν· καὶ τὰ προσεστηκότα ἄνω ἀπεμεῖται, καὶ ἢ³ κάτω ὑποχώρησις μᾶλλον διαχωρέει· ἢν δὲ κενὸς ᾖ, ἐμέεται βιαίως, καὶ ὑποχωρέει βιαιότερον. ἐς ἐσπέρην δὲ διδόναι καὶ
240 τούτῳ, ὅσαπερ φαρμακοπό|τῃ.

Γίνεται δὲ ταῦτα τὰ ἀλγήματα, ὅσα ἐκ ποσίων γίνεται ἢ ἐξ εὐωχίης, ὅταν τὰ σιτία καὶ τὰ ποτὰ πλείω τοῦ εἰωθότος ἐς τὴν κοιλίην ἐσέλθῃ, καὶ τὰ ἔξωθεν εἰωθότα ὑπερθερμαίνοντα τὸ σῶμα κινήῃ χολὴν καὶ φλέγμα.

¹ Θ: ᾗ M.² Θ: -ων M².³ M: ᾗν Θ.

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27. When, after wine or feasting, a person is attacked by cholera or diarrhoea, in the case of diarrhoea it helps to have him fast, and, if he is thirsty, to give him sweet wine and sweet pressed grapes; towards evening give the same things as to patients that have been cleaned with a medication. If the diarrhoea does not go away, but you want it to, induce vomiting by means of foods or a decoction of lentils; the downward movement will at once be drawn upward. It will also stop if you employ as enema the juice of lentils or chick-peas.

In the case of cholera, if pain is present it helps to give the things recorded in the *Medications* as stopping pain, and to treat both the upper and the lower cavities by moistening them with drinks and softening the body except for the head with hot baths. Vomiting, too, becomes easier, if fluid enters: the offending substances are vomited upwards, and downward motions pass off more readily; but if a person is empty, he vomits violently and evacuates below even more violently. Towards evening, give this patient, too, the same things as to one that has drunk a medication.

These pains that follow drinking or feasting arise when more food and drink than usual enter the cavity, and these substances from outside, prone to overheating the body, set bile and phlegm in motion.

28. Στραγγουρίης τρόποι μὲν πολλοὶ¹ παντοίοι. συμφέρεει δ' ἔξωθεν μὲν τὸ σῶμα μαλάσσειν λουτροῖσι θερμοῖσιν, ἔσωθεν δὲ διυγραίνειν τὴν μὲν κοιλίην σιτίοισιν ὑφ' ὧν εὖροος ἔσται, τὴν δὲ κύστιν ποτοῖσιν ὑφ' ὧν τὸ οὔρον ὡς πλείστον διεῖσι. διδόναι δὲ καὶ τῶν διουρητικῶν φαρμάκων, ἃ γέγραπται ἐν τῇ Φαρμακίτιδι παύοντα τῆς ὀδύνης.

Ἡ δὲ νοῦσος ὑπὸ φλέγματος γίνεται. καὶ ὅταν μὲν ἡ κύστις ξηρανθῇ, ἢ ψυχθῇ, ἢ κενωθῇ, ὀδύνην παρέχει· ὅταν δὲ ὑγρὴ τε καὶ πλήρης ᾖ καὶ κεχυμένη, ἥσσον. ἡ δὲ νοῦσος τοῖσι μὲν παιλοτέροισι μακροτέρη γίνεται, τοῖς δὲ νεωτέροισι βραχυτέρη, θανατώδης δὲ οὐδετέροις.

29. Ἰσχιάς δὲ ὅταν γένηται, ὀδύνη λαμβάνει ἐς τὴν πρόσφυσιν τοῦ ἰσχίου καὶ ἐς ἄκρον τὸ πυγαῖον καὶ ἐς τὸν γλουτόν· τέλος δὲ καὶ διὰ παντὸς τοῦ σκέλεος πλανᾶται ἡ ὀδύνη. τούτῳ συμφέρεει, ὅταν ἡ ὀδύνη ἔχῃ, μαλάσσειν καθ' ὁποῖον ἂν τυγχάνῃ τοῦ σκέλεος στηρίζουσα ἡ ὀδύνη² λουτροῖσι καὶ χλιάσμασι καὶ πυρίῃ, καὶ τὴν κοιλίην ὑπάγειν. ὅταν δὲ λωφῇσῃ ἡ ὀδύνη, φάρμακον δοῦναι κάτω καὶ μετὰ ταῦτα πιεῖν ὄνου γάλα ἐφθόν. διδόναι δὲ τῆς ὀδύνης ἃ γέγραπται ἐν³ τοῖς Φαρμάκοις.

¹ M adds καί.

² τούτῳ . . . ὀδύνη M: τοῦτον θεραπεύειν Θ.

³ Θ: παρὰ M.

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28. Of strangury, there are many different forms. It is beneficial to soften the body from the outside with hot baths, and inside thoroughly to moisten the cavity with foods that will make it fluent, and the bladder with drinks that will provoke as much urine as possible. Also give the diuretic medications recorded in the *Medication Book* as stopping pain.

Strangury arises from phlegm: when the bladder is dry, cold or empty, it produces pain; but when it is moist, full, and urine has flowed into it, less so. The disease is longer in older patients, shorter in younger ones, mortal in neither.

29. In sciatica pain occupies the attachment of the hip, the coccyx, and the buttock; finally, it also moves through the whole leg. When the pain is present, it helps to soften this patient with baths, fomentations, and a vapour-bath to whichever part of his leg the pain happens to settle in, and to evacuate his cavity downwards. When the pain goes away, give a medication to act downwards, and afterwards have the patient drink boiled ass's milk. For the pain, give what is recorded in the *Medications*.

Ἡ δὲ νοῦσος γίνεται, ἐπειδὴν χολή καὶ φλέγμα ἐς τὴν αἰμόρροον φλέβα καταστηρίξη, ἢ ἐξ ἐτέρης νούσου, ἢ καὶ ἄλλως, ὅποσον ἂν τοῦ αἵματος ὑπὸ φλέγματος καὶ τῆς χολῆς νοσήση συνεστηκός· τοῦτο γὰρ πλανᾶται ἀνὰ τὸ σκέλος
 242 διὰ τῆς | φλεβὸς τῆς αἰμορρόου καὶ ὅπου ἂν στῇ, ἢ ὀδύνη κατὰ τοῦτο ἔνδηλος μάλιστα γίνεται. ἢ δὲ νοῦσος μακρὴ γίνεται καὶ ἐπίπονος, θανατώδης δὲ οὐ. ἦν δὲ ἐς ἓν τι χωρίον καταστηρίξη ἢ ὀδύνη καὶ στῇ, καὶ τοῖσι φαρμάκοις μὴ ἐξελαύνηται, καῦσαι καθ' ὅποιον ἂν τόπον τυγχάνη οὔσα ἢ ὀδύνη· καίειν δὲ τῷ ὤμολίνῳ.

30. Ἀρθρίτις νοῦσος ὅταν ἔχη, λαμβάνει πῦρ, καὶ ὀδύνη τὰ ἄρθρα τοῦ σώματος, λαμβάνει δὲ ὀξείη. καὶ ἐς ἄλλοτε ἄλλο τῶν ἄρθρων ὀξύτεραί τε καὶ μαλακώτεραι καταστηρίζουσιν αἱ ὀδύναι.

Τούτῳ συμφέρει προσφέρειν ὅταν ἢ ὀδύνη ἔχη ψύγματα, καὶ ἐκ τῆς κοιλίης ὑπάγειν τὰ ἐνεόντα κλυσμῶ¹ ἢ βαλάνῳ, καὶ ῥυφεῖν διδόναι καὶ πιεῖν ὅτι ἂν δοκῇ σοι. ὅταν δὲ ἢ ὀδύνη ἀνῇ,² φάρμακον πῖσαι κάτω, καὶ μετὰ τοῦτο πιεῖν ὀρὸν ἐφθὸν ἢ ὄνου γάλα.

Ἡ δὲ νοῦσος γίνεται ὑπὸ χολῆς καὶ φλέγματος, ὅταν κινηθέντα ἐς τὰ ἄρθρα καταστηρίξη. καὶ ὀλιγοχρονίη μὲν γίνεται καὶ ὀξείη, θανατώδης

¹ Θ: -μοῖσιν M.

² Θ: ἐνῇ M.

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Sciatica arises when bile and phlegm are deposited in the blood vessels, either in consequence of another disease or in some other way, and some of the blood, being congealed by the phlegm and bile, ails; for this moves through the leg in its blood vessel, and wherever it stops the pain becomes most manifest. The disease is long and painful, but not mortal. If the pain settles in some spot, remains there, and cannot be driven out by medications, cauterize wherever the pain happens to be; burn with raw flax.

30. In the arthritic disease fever sets in, and sharp pains in the joints of the body. Sometimes these pains settle in one joint, sometimes in another, sometimes they are more violent, at other times milder.

When the pain is present, it benefits this patient to apply cooling agents, to evacuate the contents from his cavity downwards with an enema or suppository, and to give him as gruel and drink whatever you think suitable. When the pain goes away, have him drink a medication to act downwards, and afterwards boiled whey or ass's milk.

Arthritis arises from bile and phlegm, when they are set in motion and settle in the joints. It is of short duration and acute, but not mortal. It tends

δὲ οὐ. νεωτέροις δὲ εἴωθε μᾶλλον ἢ γέρουσι¹ γίνεσθαι.

31. Ποδάγρη δὲ βιαιότατον μὲν τῶν τοιούτων ἀπάντων ὅσα περὶ² τὰ ἄρθρα, καὶ πολυχρονιώτατον καὶ δυσapaλλακτότατον.

Καὶ ἔστι μὲν ἡ νοῦσος αὕτη τοῦ αἵματος ἐφθαρμένου τοῦ ἐν τοῖς φλεβίοισιν ὑπὸ χολῆς καὶ φλέγματος· ὅσω δ' ἐν λεπτοτάτοις τε φλεβίοις καὶ ἐν ἀνάγκῃ πεφυκόσι πλείστη τοῦ σώματος, καὶ ἐν νεύροις καὶ ὀστέοις πολλοῖσί τε καὶ πυκνοῖσι, τοσοῦτ' παραμονιμώτατόν τέ ἐστι τὸ νόσημα καὶ δυσapaλλακτότατον.

244 Συμφέρει δὲ καὶ ταύτῃ τὰ αὐτά, ἃ καὶ τῇ ἀρθρίτιδι. καὶ μακρὴ μὲν καὶ αὕτη ἡ νοῦσος καὶ ἐπίπονος, θανατώδης δὲ οὐ. ἦν δὲ³ τοῖσι δακτύλοις τοῖς μεγάλοις ἡ ὀδὺν ἐγκαταλείπεται, καῦσαι τὰς φλέβας τοῦ δακτύλου ὑπὲρ τοῦ κονδύλου ὀλίγον· καίειν δὲ ὠμολίνῳ.

32. Ἴκτερον δὲ ὧδε χρὴ θεραπεύειν· ἔξωθεν μὲν τὸ σῶμα μαλθάσσειν λουτροῖσι θερμοῖσι· τὴν δὲ κοιλίην διυγραίνειν καὶ τὴν κύστιν, καὶ τῶν διουρητικῶν διδόναι ἃ γέγραπται. ἦν δὲ ἰσχυρὸς ἦ, καθήρας τὴν κεφαλὴν, φάρμακον πῖσαι κάτω, ὃ τι χολὴν καθαίρει· ἔπειτα τοῖσι διουρητικοῖσι χρῆσθαι.

¹ Θ: γεραιτέροις M.

² M: ὅσα περ Θ.

³ Θ: δ' ἐν M.

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to occur more in younger persons than in old ones.

31. Gout is the most violent of all such conditions of the joints, as well as the most chronic and intractable.

In it blood is corrupted by bile and phlegm in the small vessels; inasmuch as this takes place in vessels that are the finest and by nature most critical in the body, as well as in cords and bones that are both many and dense, the condition is most persistent and intractable.

The same things are of benefit in this disease as in arthritis. It too is long and painful, but not mortal. If pain remains as a sequela in the large toes, cauterize the vessels of the toe a little above the knuckle; burn with raw flax.

32. You must treat jaundice as follows: soften the body from the outside with hot baths; moisten the cavity and the bladder thoroughly, and give the diuretics described above. If the condition is severe, after you have cleaned out the patient's head have him drink a medication that cleans bile downwards; then give diuretics.

Ἡ δὲ νοῦσος γίνεται ὅταν χολὴ κινηθεῖσα ὑπὸ τὸ δέρμα τράπηται.

33. Ταῦτα¹ ἐπιστάμενος, ἀνὴρ ἰδιώτης οὐκ ἂν ὁμοίως ἐμπίπτει εἰς ἀνήκεστα νοσήματα, ἃ² εἴωθεν ἀπὸ σμικρῶν προφασίων μεγάλα καὶ πολυχρόνια γίνεσθαι.

Καὶ ὅσα μὲν σίτων ἢ ποτῶν ἐχόμενά ἐστιν, ἢ ῥυφήμάτων ἢ φαρμάκων, ὅσα ὀδύνης εἵνεκα δίδονται, ἀκίνδυνά ἐστιν ἅπαντα ἃ δεῖ³ προσφέρειν, ἐὰν κατὰ τὰ γεγραμμένα προσφέρῃς. ὅσα δὲ καθαίρει τῶν φαρμάκων χολὴν ἢ φλέγμα, ἐν τούτοις οἱ κίνδυνοι γίνονται καὶ αἱ αἰτίαι τοῖσι θεραπεύουσι· φυλάσσεσθαι οὖν χρὴ ταῦτα μάλιστα.

Ταῦτα μὲν ὅσα κατὰ κοιλίην γίνεται νοσήματα, πλὴν περὶ⁴ ἐμπύων καὶ φθινόντων καὶ τῶν γυναικείων· ταῦτα δὲ χωρὶς γεγράφεται.

34. Φύματα πάντα ὅσα φύεται, ὑπὸ φλέγματος ἢ αἵματος φύεται. εἰ γὰρ ὑπὸ φλέγματος⁵ . . . ὅταν ὑπὸ τραύματος ἢ πτώματος ἀθροισθῇ.

Συμφέρει δὲ τούτων, τὰ μὲν καταπλάσσοντα καὶ φάρμακα πιπίσκοντα διαχεῖν, τὰ δὲ καταπλάσσοντα πεπαίνειν. καὶ διαχεῖ⁶ μὲν τῶν καταπλασμάτων ὅσα θερμὰ ἔοντα ὑγραίνει, καὶ
 246 μὴ σπᾶ ἔς ἑωυτά· πεπαίνει⁷ δὲ ὅσα | θερμαίνοντα συνάγει. ὅταν δὲ τμηθῇ, ἢ αὐτόματον ῥαγῇ,⁸

¹ M adds δὲ.

² Θ: δ' M.

³ Θ: ἀεὶ M.

⁴ περὶ Θ M²;

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Jaundice arises when bile that has been set in motion invades beneath the skin.

33. Through understanding these things, a layman will be less likely to fall into incurable diseases that tend, from minor provocations, to become serious and chronic.

Of the foods, drinks, gruels or medications given against pain, all that you have to administer are safe, if you administer them as prescribed. But medications that clean bile or phlegm are a source of danger, and of blame for the person treating; thus, with these especially, care must be taken.

These are the diseases that arise in the cavity, except for patients that suppurate internally, consumptives, and diseases of women, which will be described separately.¹

34. All tubercles that form do so because of phlegm or blood. For if, because of phlegm . . . when they gather because of a wound or a fall.

Some tubercles it benefits to disperse by applying plasters and having the patient drink medications, others it helps to bring to maturity with plasters. Those plasters disperse which, being hot, moisten and do not attract; those mature which collect by heating. When tubercles are incised or

¹ The author may be referring to any number of Hippocratic works. Ermerins (II. LVII ff.) identifies this *Internal Suppuration* (Περὶ ἐμπύων) with *Diseases I* 11–22.

I would prefer τῶν.
here. ⁶ M: -χεῖν Θ.

⁵ There seems to be a lacuna
⁷ Θ: -νεῖν M. ⁸ Θ adds ῆ.

φαρμάκῳ ἀνακαθαίρειν τὸ πύον.¹ ὅταν δὲ πυοροοῦντα παύσῃται, ὡς ἔλκος ἰᾶσθαι.

35. Λέπρη καὶ κνισμὸς καὶ ψώρα καὶ λειχήνες καὶ ἀλφὸς καὶ ἀλώπεκες ὑπὸ φλέγματος γίνονται. ἔστι δὲ ταῦτα ἀεικέα² μᾶλλον ἢ νοσήματα.

Κηρίον καὶ χοιράδες καὶ φύγετρα³ καὶ δοθιῆνες καὶ ἄνθρακες⁴ ὑπὸ φλέγματος φύεται.

36. Τουτοῖσι τοῖσι φαρμάκοισιν ἀποκαθαίροντα ὧδε χρῆσθαι· ὅσοι μὲν χολώδεές εἰσι, διδόναι ὑφ' ὧν χολὴ καθαίρεται· ὅσοι δὲ φλεγματώδεις, ὑφ' ὧν φλέγμα. [ὅσοι δὲ μελαγχολῶσιν, ὑφ' ὧν μέλαινα χολή· τοῖς δὲ ὑδρωπιῶσιν, ὑφ' ὧν ὕδωρ.]⁵ ὅσα δὲ διδοται φάρμακα ποτὰ καὶ μὴ καθαίρει⁶ μήτε χολὴν μήτε φλέγμα, ὅταν ἐς τὸ σῶμα ἐσέλθῃ τὴν δύναμιν αὐτὰ παρέχεσθαι δεῖ ἢ ψύχοντα ἢ θερμαίνοντα ἢ ξηραίνοντα ἢ ὑγραίνοντα ἢ συνάγοντα ἢ διαχέοντα. ὅσα δὲ⁷ ὕπνον ποιεῖ· ἀτρεμίην δεῖ τῷ σώματι⁸ παρέχειν τὸ φάρμακον.

37. Ὅταν δὲ ἐπὶ νοσέοντα ἀφίκη, ἐπανερέσθαι⁹ χρὴ ἃ πάσχει, καὶ ἐξ ὅτου, καὶ ποσταῖος, καὶ τὴν κοιλίην εἰ διαχωρέει, καὶ διαίτην ἥντινα διαιτᾶται. καὶ ἐνθυμέεσθαι πρῶτον μὲν τὸ νόσημα

¹ Θ: ὑγρόν M.

² Θ: αἰσχος M.

³ Θ: φύγεθλα M.

⁴ Θ: ἄνθραξ M.

⁵ Del. Artelt.

⁶ Θ: -ειν M.

⁷ M: δεῖ Θ.

⁸ Θ: αἵματι M.

⁹ Θ: ἐπανερωτᾶν M.

¹ W. Artelt (*Studien zur Geschichte der Begriffe Heilmittel und Gift*, Leipzig, 1937, 87) deletes these two

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break open spontaneously, clean the pus out completely with a medication; when they stop producing pus, treat them in the same way as an ulcer.

35. Lepra, prurigo, psora, lichen, alphas, and alopecia arise because of phlegm. These are disfigurements rather than diseases.

Favus, scrofula, panus, boils, and anthraces are formed as the result of phlegm.

36. In cleaning, employ medications according to the following principle: when patients are bilious, give medications that clean out bile; when they are phlegmatic, give medications that clean out phlegm. [When they are melancholic, give medications that clean out dark bile; when they suffer from dropsy, give medications that clean out water.]¹ Medicinal drinks that are not given to clean out bile or phlegm must, when they enter the body, exercise their faculty by cooling, warming, drying, moistening, collecting or dispersing. A medication that brings about sleep must provide the body with calm.

37. When you come to a patient, you must question him thoroughly about what he is suffering, in consequence of what, for how many days, whether his cavity has passed anything, and what regimen he is following. Consider first whether the disease

clauses because they contain the sole reference in the treatise to the humours "dark bile" and "water", in contradiction to the two-humour theory expounded in chs. 1 and 37, and otherwise followed.

πότερον ἀπὸ χολῆς ἢ φλέγματος γεγένηται ἢ ἀμφοτέρω, καὶ τοῦτο εὖ εἰδέναι ὅτι ἀνάγκη ἔχει ὥστε ὑπὸ τούτων τοῦ ἑτέρου ἢ ἀμφοτέρων γίνεσθαι. ἔπειτα πότερον ὑγρασίας ἢ ξηρασίας χρήζει, ἢ τὰ μὲν τοῦ σώματος ξηρασίας, τὰ δὲ ὑγρασίας. ἔπειτα τὴν νοῦσον, εἴτε ἄνω δεῖ θεραπεύειν, εἴτε κάτω, εἴτε διὰ τῆς κύστιος, καὶ εἴτε αὖξεται ἢ νοῦσος εἴτε μαραίνεται, εἴτε τελευτᾷ, εἴτε μεταπίπτει εἰς ἑτέραν νοῦσον.

248 38. Τοὺς τρωματίας λιμοκτονέειν, καὶ ἐκ τῆς κοιλίης ὑπάγειν τὰ ἐνεόντα, ἢ ὑποκλύζοντα ἢ φάρμακον κάτω διδόντα, καὶ πίνειν | ὕδωρ καὶ ὄξος καὶ ῥυφεῖν ὕδωρ. τὰ φλεγμαίνοντα ψύχειν καταπλάσμασι· τὰ δὲ καταπλάσματα εἶναι ἢ σεῦτλα ἐφθὰ ἐν ὕδατι, ἢ σέλινον, ἢ ἐλαίης φύλλα, ἢ συκῆς φύλλα, ἢ ἀκτῆς φύλλα ἢ βάτου, ἢ ροιῆς γλυκεῖας· ἐφθοῖς μὲν τούτοισι χρῆσθαι. ὠμοῖσι δὲ ράμνου φύλλοισιν, ἢ ἄγνου, ἢ ἐλελίσφακου, ἢ τιθυμάλλου, ἢ γληχῶ χλωρῆν, ἢ πράσα, ἢ σέλινον, ἢ κόριον, ἢ ἰσάτιος φύλλα. ἣν δὲ μηδὲν τούτων ἔχῃς μήτε ἄλλο μηδὲν κατάπλασμα, ἄλφιτον φυρῆσας ὕδατι ἢ οἶνω κατάπλασαι. τοσοῦτον δὲ χρόνον τὰ καταπλάσματα ὠφελεί, ἐφ' ὅσον¹ ἂν χρόνον ψυχρότερα ᾖ ἢ τὸ ἔλκος· ὅταν δὲ ᾖ θερμότερα ἢ ὁμοίως θερμά, βλάπτει.

Τὰ λιπαρὰ πρὸς τὰ φλεγμαίνοντα οὐ συμ-

¹ ἐφ' ὅσον Θ: ὅπόσον M.

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has arisen from bile or from phlegm or from both, and have full confidence that it must be because of these, either one or both of them. Then, see whether the patient has need of moisture or dryness, or whether one part of the body needs dryness and another part moisture. Finally, determine whether you must treat the disease upwards or downwards or via the bladder, and whether the disease is increasing, diminishing, ending or changing into some other disease.

38. Treat persons suffering from wounds by having them abstain from food, by administering an enema or giving a medication to evacuate the contents downwards from their cavity, and by having them drink water and vinegar, and take watery gruel. If the wound is inflamed, cool it with plasters; let the plasters be made from beets boiled in water, or celery, or olive leaves, or fig leaves, or leaves of elder or bramble, or sweet pomegranate; apply these boiled. Raw, use buckthorn, chastetree, salvia or spurge leaves, green pennyroyal, leeks, celery, coriander, or woad leaves. If you do not have any of these, nor any other plaster, mix meal in water or wine and apply this as a plaster. Such plasters are of benefit only as long as they are colder than the wound; when they are warmer or equally warm, they do harm.

Fat substances are of no benefit to wounds that

φέρει, οὐδὲ πρὸς τὰ ἀκάθαρτα, οὐδὲ πρὸς τὰ ση-
πόμενα· ἀλλὰ πρὸς μὲν τὰ φλεγμαίνοντα, ψυχρά,
πρὸς δὲ τὰ ἀκάθαρτα καὶ σηπόμενα, δριμέα καὶ
ὅσα δῆξιν παρεχόμενα καθαίρει. ὅταν δὲ σαρκο-
φυῆσαι βούλῃ, τὰ λιπαρὰ καὶ τὰ θερμὰ μᾶλλον
ξυμφέρει, πρὸς ταῦτα γὰρ ἡ σὰρξ θάλλει.

39. † "Οσοις¹ ἄνθρωποι σίτοισιν ἢ ποτοῖσιν
ὕγιαίνοντες ἐς δίαιταν χρῶται, ἐκ τούτων χρή-
τῶν παρεόντων χρῆσθαι πρὸς τοὺς νοσέοντας
σκευάζοντα² καὶ ψυχρὰ καὶ θερμὰ καὶ ὑγρὰ καὶ
ξηρά· ἐκ μὲν ψυχρῶν θερμά, καὶ θερμὰ³ ἐκ μὴ
θερμῶν, καὶ ξηρὰ ἐκ μὴ ξηρῶν, καὶ τὰ λοιπὰ
κατὰ τὸν αὐτὸν τρόπον. ἀπορέειν δὲ οὐ⁴ χρή,
250 οὐδὲ τοῖσι | παρεοῦσι μὲν μὴ δύνασθαι, τὰ ἀπόντα
δὲ ζητοῦντα μηδὲν ὠφελείην τὸν κάμνοντα οἶόν
τε εἶναι.⁵ εὐρήσεις δέ, ἣν ὀρθῶς σκοπήσης,⁶ ἕξω
τούτων οἷσι⁷ πρὸς τὸν νοσέοντα χρῶνται, ὀλίγα.†

40. Ῥυφήματα τάδε⁸ ἐν τῇσι νούσοις πάσῃσι
διδόναι· πτισάνην, κέγχρον, ἄλητον, χόνδρον.
τούτων ὅσα μὲν πρὸς⁹ διαχώρησιν, λεπτὰ διδόναι
καὶ διεφθότερα, καὶ γλυκύτερα ἢ ἄλυκώτερα ἢ
θερμότερα· ὅσα δὲ ἐς ἰσχὺν ἢ ἀνακομιδὴν, παχύ-
τερα καὶ λιπαρώτερα καὶ μετρίως ἐφθά.

Ποτοῖσι δὲ χρῆσθαι, ἣν μὲν ὑπάγειν ἐθέλης
τὴν κοιλίην καὶ τὴν κύστιν, γλυκὺν οἶνον ἢ μελί-

¹ Potter: ὅσοι Θ: ὁπόσοις M.

² M: -ζονται Θ.

³ Θ adds

μῆ. ⁴ οὐ eras. M.

⁵ Θ adds χρή.

⁶ Θ: σκοπέης M.

⁷ M: τοῖσι Θ.

⁸ Θ: δ' M.

⁹ Θ: ἐς M.

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are inflamed, or to those that are unclean and suppurating; rather, it is cold substances that clean inflammations, and sharp irritating substances that clean wounds that are unclean and suppurating. When you wish to promote the growth of tissue, fat and warm substances are more useful, since tissue thrives on these.

39. Of the foods or drinks that people employ in their regimen when they are in a state of health, for the ill you must use whichever are available, preparing cold, hot, moist and dry; instead of cold, hot, and hot instead of not hot; dry instead of not dry, and the rest according to the same fashion. You must not be at a loss, or incapable with those available to help the patient, instead demanding ones not available. You will gain few, if you investigate carefully, outside the ones people use for the ill person.¹

40. Give the following gruels in all diseases: barley, millet, flour, or spelt. Gruels that are laxative give thin and more thoroughly boiled, also more sweet, salty or hot; those that strengthen or restore give thicker, richer, and moderately boiled.

As for drinks, if you wish to evacuate the cavity and bladder, use sweet wine or melicrat; if you wish

¹ The text of this whole chapter is very doubtful. Where the Greek seems not to offer any clear sense, I have translated word for word.

κρητον· ἥ δὲ στύφειν, αὐστηρόν, λεπτόν, λευκόν, ὑδαρέα· ἥν δὲ ἐς ἰσχύν, αὐστηρόν μέλανα. ὅσοι τὸν οἶνον πίνουσιν ἀνηλεῶς, τούτοις διδόναι ἅ γέγραπται ἐν τῇ Φαρμακίτιδι ποτὰ σκευαζόμενα.

41. Τοῖσι φαρμακοποτέουσι διδόναι μετὰ τὴν κάθαρσιν, τοῖσι μὲν πυρέσσουσιν, ἥ φακὸν ἥ κέγχρον λεπτόν ἥ πτισάνης χυλόν· διδόναι δὲ πτισάνην μὲν καὶ κέγχρον ὡς κοῦφα ὄντα, χόνδρον δὲ ὡς ἰσχυρότερον τούτων,¹ καὶ ἄλητον ὡς ἰσχυρότατον πάντων.² φακὸν δὲ ὡς³ εὐώδεα σκευάσαι, καὶ ὀλίγον δεύτερον διδόναι ὡς καὶ κοῦφον ρόφημα καὶ εὐκάρδιον ἄνω· παραμίσγειν δὲ ἥ ἄλας ἥ μέλι καὶ κύμινον καὶ ἔλαιον τῷ⁴ φακῷ, ἥ χλόης γλήχωνος καὶ ὄξους⁵ ὀλίγον. τοῖσι δὲ ἀπυρέτοις ἄρτου καθαροῦ τὸ ἔσωθεν ἐνθρύψας ἐν ζωμῷ, ἥ μᾶζαν καὶ τέμαχος ἐφθόν, ἥ κρέας οἶδος ὡς νεωτάτης, ἥ ὄρνιθος, ἥ σκύλακος ἐφθά, ἥ τεῦτλα ἥ κολοκύντην ἥ βλίτον· καὶ μετὰ τὸ σιτίον πίνειν οἶνον εὐώδεα.⁶ παλαιόν, λευκόν, ὑδαρέα.

252 42. Ὅσοις λούεσθαι μὴ συμφέρει, ἀλείφειν οἶνω καὶ ἐλαίῳ θερμῷ, καὶ ἐκμάσσειν διὰ τρίτης.

43. Ὅταν κοιλίην ὑγραίνειν ἀπὸ σιτίων ἀσθενέοντος ἐθέλῃς, διδόναι μᾶζαν καὶ ὄψα, θαλασ-

¹ Littre: ἰσχυρότατον πάντων ΘΜ.

² Littre: ἰσχυρότατον τούτων

Θ: ἰσχυρότερον τούτων Μ.

³ ὡς om. Μ.

⁴ Θ: τῷδε Μ.

⁵ Littre: ὄξος ΘΜ.

⁶ Θ: οἰνώδεα Μ.

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to contract the body, use a light dry white wine diluted; if you wish to give strength, use a dry dark wine. To those who are harmed by drinking wine give the prepared drinks recorded in the *Medication Book*.

41. To persons that have drunk a medication, if after the cleaning they have fever, give lentils, thin millet or barley-water; give the barley-water and millet as light drinks, spelt as stronger than these, and flour as the strongest of all; prepare the lentils so that they are savoury, and give a small amount a second time, since it is a light gruel and pleasant to the upper region about the cardia; add cummin, oil and either salt or honey to the lentils, or a little green pennyroyal and vinegar. If the patients do not have fever give the inner part of a loaf of white bread crumbled into soup, or barley-cake and a slice of boiled fish, or meat of very young lamb, fowl or puppy, these boiled, or beets or gourd or blites; after the meal let them drink dilute fragrant old white wine.

42. Persons whom it does not benefit to wash, anoint every second day with warm wine and oil, and wipe dry.

43. When you wish to moisten a patient's cavity by means of foods, give barley-cake and, as main-

σίων μὲν τεμάχῃ ἐφθὰ ἐν ὑποτρίμματι, κρέας¹ δὲ οἷος ὡς νεωτάτης, ἢ ἐρίφου, ἢ σκύλακος, ἢ ὄρνιθος ἐφθά, καὶ τεῦτλα ἢ² βλίτα ἢ λάπαθα ἢ κολοκύντην, ἣν ὥρη ἦ. λάχανα δὲ σοι εἶναι³ σέλινα καὶ ἄνηθα καὶ ὠκίμα· καὶ τὸν οἶνον μελιχρόν, παλαιόν, λευκόν, ὕδαρέα.

Ὅταν δὲ ξηραίνῃς τὸ σῶμα, διδόναι ἄρτον, καὶ ὄψα ὀπτὰ καὶ ξηρά, καὶ θερμότερα ταῦτα πάντα· κρεῶν τὰ μέλα ὅσα σαρκώδη, ἰχθύων τοὺς πετραίους, λάχανα πηγανον ἢ θύμον ἢ ὀρίγανον, τὸν δὲ οἶνον μέλανα αὐστηρόν. σκευάζειν δὲ τὰ ὄψα ἁλσὶ καὶ κυμίνῳ, καὶ τοῖς ἄλλοις ἀρτύμασιν ὡς⁴ ἐλαχίστοις χρῆσθαι.

Ὅταν δ' ἀνακομίσαι ἐκ νούσου θέλῃς, διδόναι τὰ μὲν ἄλλα τὰ αὐτά, ἃ καὶ ὅταν διυγραίνῃς τὴν κοιλίην, τὰ δὲ κρέα ἀντὶ τῶν γαλαθηνῶν ἰσχυρότερα, καὶ ἀντὶ τῶν κυνείων ὀρνίθεια καὶ λάγεια, καὶ τούτων ἕνια ὀπτὰ καὶ τῶν κρεῶν καὶ τῶν ἰχθύων καὶ ἐσκευασμένα ὡς ἄριστα.

Ὅπόσοις τῶν νοσημάτων ξηρασίῃ συμφέρει, μονοσιτίῃ συμφέρει, καὶ τὰ σιτία καὶ τὰ ποτὰ ἐλάσσω τελέειν ἢ ὥστε πλήρη εἶναι, καὶ ταῦτα ἐκπονεῖν, καὶ περιπατεῖν, καὶ κοιμᾶσθαι ὡς ἐλάχιστα. ὅσοις δὲ ὑγρασίῃ, μὴ ἀσιτέειν, καὶ τοῦ σίτου καὶ τοῦ ποτοῦ μὴ ἐνδεᾶ εἶναι, μηδὲ πονεῖν, καὶ κοιμᾶσθαι ὅσ' ἂν ἐθέλῃ.

¹ Θ: κρέα M.² M: καὶ Θ.³ σοι εἶναι om. M.⁴ M: οἷς Θ.

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dishes, slices of seafoods in a mixed dish, meat of very young lamb, kid, puppy or fowl, these boiled, and beets, blites, docks or gourd if they are in season. Let your vegetables be celery, dill and basil, and your wine a dilute old honeyed white.

To dry the body give bread and roasted dry main-dishes, all quite hot; of meats give the fleshiest parts, of fish those of the rocks, of vegetables rue, thyme or marjoram, and as wine a dry dark one. Prepare the main-dishes with salt and cummin, but employ other seasonings as little as possible.

When you wish to build up a patient after a disease, give the same things as to moisten the cavity, but strong meats rather than those of young animals, and fowl and hare rather than dog; let these, both the meat and the fish, be roasted and very well prepared.

In diseases where dryness benefits, it is best for the person to eat only once a day, to consume less foods and drinks than would fill, to work these off by taking walks, and to sleep as little as possible. Where moistness benefits, it is best not to fast or lack for food or drink, not to be subject to exertions, and for the person to sleep as much as he wants.

254 44. Ὅσων ἐπιθυμέουσιν οἱ κάμνοντες ἢ σιτίων ἢ ὕψων ἢ ποτῶν, ὑπαρχέτω ταῦτα, ἣν μή τι μέλλῃ τῷ σώματι βλάβος ἔσεσθαι.

Ὅταν ἢ σιτίων ἢ ποτῶν προστιθέναι ἄρξῃ ἢ ἀφαιρέειν, κατ' ὀλίγον χρή καὶ τὰς προσθέσιας¹ ποιέεσθαι καὶ τὰς ἀφαιρέσιας.

Ὅσοι σιτία ἱκανὰ οἰοί τέ εἰσι τελεῖν, ῥυφήματα μὴ διδόναι· ἀποκλείει γὰρ τοῦ σίτου· ὅσοι δὲ μὴ οἰοί τε, τούτοισι διδόναι.

Ἦν δέ τι διδόναι ἐθέλῃς κομιδῆς ἔνεκα, διδόναι χόνδρον ἢ πτισάνην πυρίνην· ταῦτα γὰρ τῶν ῥυφημάτων ἰσχυρότερα·² καὶ διδόναι μετὰ τὸ δεῖπνον.

45. Τὰ φάρμακα, ὅσα ποτὰ καὶ ὅσα πρὸς τὰ τραύματα προσφέρεται, μανθάνειν³ ἄξιον παρὰ παντός· οὐ γὰρ ἀπὸ γνώμης ταῦτα εὐρίσκουσιν οἱ ἄνθρωποι, ἀλλὰ μᾶλλον ἀπὸ τύχης, οὐδέ τι⁴ οἱ χειροτέχναι μᾶλλον ἢ οἱ ἰδιῶται. ὅσα δὲ ἐν τῇ τέχνῃ τῇ ἰητρικῇ γνώμῃ εὐρίσκεται, ἥπερ⁵ σίτων ἢ φαρμάκων, παρὰ τῶν οἴων τε διαγινώσκειν τὰ ἐν τῇ τέχνῃ μανθάνειν χρή, ἢ τι θέλῃς μανθάνειν.

46. Μετὰ τὰ ῥυφήματα διδόναι τὸν σῖτον τοῖσιν ἀσθενέουσιν· ἐπιπίνειν δὲ οἶνον εὐώδεα.⁶

¹ M adds καὶ.

² Θ: -ότατα M.

³ M adds χρή.

⁴ M: οὐδ' ὅτι Θ.

⁵ Θ: ἢ περι M.

⁶ Θ: οἰνώδεα M.

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44. Let the cereals, main-dishes or drinks that patients set their heart on be granted unless they are likely to be injurious to the body.

When you are beginning to add foods or drinks or to withdraw them, you must make the addition or the withdrawal a little at a time.

To patients able to take an adequate amount of food do not give gruel, for it turns them away from food; but to those that are not able to take food, give gruel.

If you wish to give something restorative, give spelt or wheat gruel, as these are among the stronger gruels; give them after dinner.

45. About medications that are drunk or applied to wounds it is worth learning from everyone; for people do not discover these by reasoning but by chance, and experts not more than laymen. But whatever is discovered in medicine by reasoning, whether about foods or about medications, you must learn from those that have discernment in the art, if you wish to learn anything.

46. After gruels, give food to patients; then have them drink fragrant wine. Before the foods and

πρὸ δὲ τῶν σιτίων καὶ ποτῶν ἢ ῥυφήματων¹ . . .
καὶ μετὰ ταῦτα² ὅ τι ἂν σοι δοκῇ. τοῖς ἀσθενέ-
ουσιν ἐσορῶν τὸ σῶμα καὶ τὴν ψυχὴν προσφέρειν
καὶ τὸ σιτίον καὶ τὸ ποτόν· μάλιστα γὰρ οὕτως
ὠφελέονται.

256 47. Καὶ³ τῶν σιτίων, ἃ δύναμιν ἕκαστα ἔχει,
τεκμαίρεσθαι χρὴ ἀπὸ τῶν φανερῇ τὴν δύναμιν
ἐχόντων,⁴ ὅσα ἢ φῦσαν ἢ δῆξιν ἢ πλη|σμονὴν ἢ
ἐρευγμὸν παρέχει ἢ στρόφον, ἢ διαχωρέει ἢ μὴ
διαχωρέει, καὶ φανερά ἐστιν⁵ ὅτι ταῦτα ἐργάζε-
ται. ἀπὸ τούτων χρὴ τὰ ἄλλα σκοπεῖν· ἔχει γὰρ
τὰ⁶ ἕκαστα τῶν ἐδεσμάτων, διότι⁷ ὠφελεῖ καὶ
βλάπτει· ἀλλὰ τὰ μὲν φανερώτερά⁸ ἐστιν ἐργα-
ζόμενα ἃ ἐργάζεται, τὰ δὲ ἀμυδρότερα.

Τὰ σῖτα καὶ τὰ ὄψα σκευάζειν καὶ διδόναι τοῖς
ἀσθενοῦσιν, ὑφ' ὧν μήτε φῦσα ἔσται, μήτε ὀξυ-
ρεγμὴ, μήτε στρόφος, μήτε λίην διαχωρέει, μήτε
λίην ξηραίνεται. ταῦτα δὲ γίνεται ὧδε· ὅσα μὲν
ἢ κοιλίῃ κρατέει, καὶ τὸ σῶμα αὐτὰ ἀναδέχεται,
ταῦτα μὲν οὔτε φῦσαν παρέχεται οὔτε στρόφον.
ἣν δὲ μὴ ἢ κοιλίῃ κρατῇ, ἀπὸ τούτων καὶ φῦσα
καὶ στρόφος καὶ τᾶλλα τὰ τοιαῦτα γίνεται.

¹ The text of this whole chapter is doubtful. My punctua-
tion makes the first and third sentences understandable,
but requires the assumption of a lacuna in the
second.

² καὶ μετὰ ταῦτα om. Θ.

³ Καὶ om. M.

⁴ Θ: παρεχομένων M.

⁵ ἐστιν om. M.

⁶ τὰ om. M.

⁷ M adds καὶ.

⁸ Θ: -τατα M.

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drinks, or gruels . . . and after that whatever you think suitable. Administer both food and drink to patients in accordance with their body and their spirit; for in this way they are helped most.

47. About foods, all of which have some faculty, you must judge on the basis of those that have an evident faculty, for example, those that produce flatulence, irritation, fullness, belching, or colic, or those that pass off below or do not pass off, being clearly seen to do these things. Beginning with these, you must go on to examine the others; for each food has some faculty by which it helps or harms, although some are more evident in doing what they do, while others are more obscure.

Prepare and give to patients cereals and main-dishes from which there will be neither flatulence, oxyrygmia nor colic, and that will neither pass off too much nor dry too much. This occurs as follows: whichever foods the cavity masters and the body accepts produce neither flatulence nor colic; those, however, that the cavity does not master produce flatulence, colic and the rest of those sorts of things.

Κοῦφα¹ τῶν σιτίων καὶ τῶν ὄψων καὶ τῶν ποτῶν, ὅσα μέτρια ἐσιόντα ἐς τὸ σῶμα ἢ ὀλίγῳ πλείῳ τῶν μετρίων, μήτε πλήρῳσιν παρέχει, μήτε στρόφον, μήτε φῦσαν, μήτε ἄλλο τῶν τοιούτων μηδέν· καὶ πέσσεται τάχιστα, καὶ πεσσόμενα διαχωρεῖ· καὶ ἀνὰ πᾶσάν τε ἡμέρην ἐσιόντα ἐς τὴν κοιλίην ἀλυπότατά ἐστι,² καὶ ὅταν διὰ παλαιοῦ ἐσέλθῃ. βαρέα δέ, ὅσα μέτρια τελεύμενα ἢ ἐλάσσῳ τῶν μετρίων, πλήρῳσιν καὶ πόνον παρέχει. καθ' ἡμέρην δέ³ μηδὲ οἶόν τε ἐσθίειν αὐτὰ μηδὲ πίνειν, ἀλλὰ πόνον παρέχει. διὰ χρόνου δέ ἦν⁴ τις αὐτὰ ἢ πίνη ἢ ἐσθίῃ, καὶ οὕτω πόνον παρέχει, καὶ οὐ διαχωρεῖ ἀνὰ λόγον.

Ἐς ὑγιεινήν δὲ ἄριστα, ὅσα ὀλίγα⁵ ἐσιόντα αὐτάρκη ἐστὶ καὶ λιμοῦ καὶ δίψους ἄκος εἶναι· καὶ πλεῖστον χρόνον τὸ σῶμα αὐτὰ δέχεται, |
 258 καὶ διαχωρεῖ κατὰ λόγον. ἐς ἰσχὺν δὲ ἄριστα, ὅσα σάρκα φύει⁶ πλείστην καὶ πυκνοτάτην, καὶ τὸ αἷμα παχύνει, καὶ διαχωρεῖ κατὰ λόγον τῶν ἐσιόντων, καὶ τὸ σῶμα πλεῖστον χρόνον ἀναδέχεται.

Τὰ λιπαρὰ καὶ πίονα καὶ τυρώδη καὶ μελιτώδεα⁷ καὶ τὰ σησαμοῦντα ὀξυρεγμίνην μάλιστα

¹ Θ: -ότατα Μ.

² Μ: ἔσται Θ.

³ καθ' ἡμέρην δὲ Littre: καὶ

μὴ τελεί(ν) ΘΜ.

⁴ Potter: ἂν Θ: αὐ- Μ.

⁵ Θ: ὀλίγιστα Μ.

⁶ φύει om. Θ.

⁷ καὶ μελιτώδεα om. Θ.

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Light cereals, main-dishes and drinks are ones that, on entering the body in moderate amounts or slightly more than moderate, produce neither fullness, colic, flatulence, nor any other of those kinds of things; that are digested very rapidly and, on being digested, pass off below; that entering the cavity daily are most harmless, and also when they enter at greater intervals. Heavy are ones that, when consumed in moderate amounts or less than moderate, produce fullness and distress; these it is not possible to eat or drink daily because they produce pain: if a person drinks or eats them over a period of time, even in that case they produce pain and do not pass off as they should.

The best foods for health are ones that, entering in a small quantity, are sufficient in themselves to satisfy both hunger and thirst; the body accepts them at most times, and they pass off as they should. For strength the best are those that produce the greatest amount of and the densest flesh, that thicken the blood, that pass off in the stools in proper measure of their ingestion, and that the body accepts at most times.

In particular, it is foods that are rich and fat and contain cheese, honey and sesame that produce

παρέχει καὶ χολέρην καὶ στρόφον καὶ φῦσαν καὶ πλησμονήν. ποιεῖ δὲ τοῦτο τὸ αὐτὸ καὶ ὅταν τις πλείω καταφάγη ἢ πίῃ ἢ ὅσα οἴη τε πέψαι ἢ κοιλή. τοῖς ἀσθενέουσιν ἦν μὲν κατὰ λόγον τῆς νούσου καὶ τοῦ σώματος διδῶς ἅ ἂν διδῶς, ὑπαναλίσκει τὸ σῶμα, καὶ οὔτε ἐνδεές ἐστιν οὔτε πλήρες· ἦν δὲ ἁμαρτάνης τοῦ καιροῦ ἢ ἐπὶ τὰ ἢ ἐπὶ τὰ,¹ βλάβος ἐπ' ἀμφοτέρα. ὅσα τῶν ὄψων ἢ τῶν σίτων ἢ τῶν ποτῶν τὸ σῶμα ἀναδέχεται μάλιστα. ἀπὸ τούτων οὔτε στρόφος γίνεται οὔτε φῦσα οὔτε ὀξυρεγμία· ὅταν γὰρ ἐς τὴν κοιλίην ἐσέλθῃ,² ἀπ' αὐτοῦ σπᾶ τὸ σῶμα τὸ ἐπιτήδειον ὄν,³ καὶ ἀσθενέστερον ἤδη τὸ λοιπὸν ἀνάγκη εἶναι, ὥστε στρόφον ἢ φῦσαν ἢ ἄλλο τι τῶν τοιούτων ἐν τῇ κοιλίᾳ μὴ ποιῆσαι.

48. Τῶν οἴνων οἱ γλυκεῖς καὶ αὐστηροὶ καὶ μελιχροὶ καὶ παλαιοὶ τὴν κοιλίην ὑπάγουσι μάλιστα καὶ⁴ διουρέονται καὶ τρέφουσι, καὶ οὔτε φῦσαν παρέχουσιν οὔτε στρόφον οὔτε πλησμονήν.

49. Κρεῶν τὰ διέφθα καὶ ἔξοπτα ἀσθενέστερα⁵ μὲν πρὸς τὴν ἰσχὺν ἀμφοτέρα, ἐς δὲ τὴν διαχώρησιν τὰ μὲν διέφθα ἐπιτήδεια, τὰ δὲ ὀπτὰ στασιμώτερα· τὰ δὲ μετρίως ἔχοντα καὶ ἐψήσιος καὶ ὀπτήσιος μετρίως καὶ ἐς τὴν ἰσχὺν ἔχει καὶ ἐς τὴν διαχώρησιν· τὰ δὲ ἐνωμότερα πρὸς μὲν τὴν

¹ ἐπὶ τὰ ἢ ἐπὶ τὰ Coray in Littre: ἔπειτα ΘΜ.

² Θ adds τὰ.

³ τὸ ἐπιτήδειον ὄν Μ: ἐπιτήδειον ***** Θ.

⁴ Θ adds οὐ.

⁵ Θ: ἀσθενέα Μ.

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oxyrygmia, cholera, colic, flatulence and fullness. The same also result when a person eats or drinks a greater quantity than his cavity is able to digest. If you make your administrations to patients in accordance with their disease and their body, the body will consume the foods in due course and be neither in want nor overfull; if, however, you miss the right measure either in the one direction or in the other, in both cases harm will be done. From the main-dishes, cereals and drinks that the body accepts best there arise neither colic, flatulence, nor oxyrygmia; for when one of these comes into the cavity, the body draws out of it what is suitable to itself, and what remains must by this very fact be weaker and so not produce colic, flatulence or anything else of that sort in the cavity.

48. Of wines the sweet dry honeyed and aged are the most laxative, diuretic, and nourishing, and these do not produce flatulence, colic or fullness.

49. Of meats both the well-boiled and the well-roasted are too weak to give strength, the well-boiled being suitable as laxatives, the well-roasted tending more towards constipation; meats boiled or roasted moderately are of moderate strength and

ισχὺν ἐπιτήδεια, πρὸς δὲ τὴν διαχώρησιν οὐκ ἐπιτήδεια.

260 50. Τῶν σιτίων καὶ τῶν ποτῶν ἃ προσφορώτατα ἐν¹ τῷ σώματι καὶ μάλιστα αὐτάρκη καὶ ἐς τροφήν καὶ ἐς ὑγιείην, ἀπὸ τούτων τῶν αὐτῶν, ὅταν τις αὐτοῖς μὴ ἐν τῷ καιρῷ χρῆται ἢ πλείωσι τοῦ καιροῦ, αἱ τε νοῦσοι καὶ ἐκ τῶν νούσων οἱ θάνατοι γίνονται. τὰ δὲ ἄλλα σιτία καὶ ποτὰ ὅσα μὴ τοιαύτην δύναμιν ἔχει, σμικρὸν μὲν τι ὠφέλει, ἣν τις καὶ πάντα αὐτοῖς ἐν καιρῷ χρήται, σμικρὰ δὲ καὶ βλάπτει· ἐπ' ἀμφότερα δὲ ἔστιν ἀσθενέα, ὥστε καὶ ἀγαθὸν τι ποιῆσαι καὶ ὥστε καὶ κακόν. ἔστι δὲ τῶν σιτίων καὶ ποτῶν ἃ ταύτην τὴν δύναμιν ἔχει τάδε, ἄρτος, μᾶζα, κρέα, ἰχθύες, οἶνος, τούτων μέντοι τὰ μὲν μᾶλλον, τὰ δὲ ἥσσον.

51. Ὅσοι ξηρὴν δίαιταν διαιτῶνται, τούτοις μὴ σὺν τῷ σίτῳ τὸ ποτὸν διδόναι, ἀλλὰ μετὰ τὸ σιτίον, διαλιπὼν πολὺν χρόνον. καὶ οὕτω μὲν ξηρὴ ἢ ἱκμᾶς ἀπὸ ξηρῶν τῶν σιτίων γινομένη τὸ σῶμα² ξηραίνει· ἣν δὲ ἅμα τῷ σίτῳ πίνῃ, νοτιωτέρῃ³ ἢ τροφήν ἐοῦσα ὑγρότερον τὸ σῶμα ποιέει. ἄρτος ὁ θερμὸς καὶ τὰ κρέα τὰ θερμὰ αὐτὰ ἐφ' ἑαυτῶν ἐσθιόμενα ξηραίνει· ἣν δὲ ἡ⁴ ξὺν ὑγρῷ

¹ ἐν om. M.
τῷ σιτίῳ M.

² Foes (n. 46 corpus Cornarius): τῷ σίτῳ Θ;
³ Θ: νοτερωτέρῃ M.

⁴ ἡ om. M.

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moderately laxative; rarer meats are suitable for strengthening but not as laxatives.

50. If the foods and drinks that are most nourishing to the body and most sufficient for nourishment and health are employed at an inopportune moment or in an excessive amount, diseases result and, from the diseases, deaths. Those foods and drinks, however, that lack such strength provide little benefit, even if consumed together and at the right moment, but also do little harm; in both directions they are weak: to do good, and to do harm. The foods and drinks that possess the strength mentioned are bread, barley-cake, meats, fish and wine, some of them, of course, more, and others less.

51. To persons employing a drying regimen do not give any drink with their meals, but only later, after waiting a good long time. In this way the dry emanations arising from the dry foods will dry the body; if, however, a person takes drink with his meal, the food becomes moister and so makes the body moister. Hot bread and hot meats, if eaten alone, dry; but, if you give them together with a

διδῶς ἢ ἐπιπίνῃ¹ παραχρῆμα ἐπὶ τῷ σίτῳ, οὐ ξηραίνει.

52. Ὁ ἄρτος καθαρῶν τῶν ἀλεύρων ἐς ἰσχὺν καὶ κομιδὴν συμφορώτερος ἢ ἀνέρικτος, καὶ πρόσφατος ἢ ἔωλος, καὶ τῶν ἀλεύρων² προσφάτων ἢ παλαιότερων. τὰ ἄλφιστα ἀβρέκτων³ τῶν κριθῶν περίχυδα ἐπτισμένων ἰσχυρότερα ἢ βεβρεγμένων, καὶ πρόσφατα παλαιότερων.⁴ καὶ ἡ μᾶζα προπεφυρημένη ἰσχυροτέρη ἢ μὴ προ-
262 πεφυ|ρημένη.

Οἶνος διαχεόμενος καὶ⁵ ἀποψυχόμενος καὶ διηθεόμενος λεπτότερος καὶ ἀσθενέστερος γίνεται.

Τὰ κρέα τὰ μὲν ἐφθά, ἣν μὲν δίεφθα ποιήσης, ἀσθενέστερα καὶ κουφότερα, τὰ δ' ὀπτά, ἣν ἔξοπτα· καὶ τὰ παλαιὰ⁶ ἐξ ὄξους ἢ ἀλῶν, ἀσθενέστερα καὶ κουφότερα τῶν προσφάτων.

Τὰ δὲ⁷ ἀσθενῇ τῶν σιτίων καὶ τὰ κοῦφα τὴν μὲν κοιλίην οὐ λυπείει οὐδὲ τὸ σῶμα, διότι οὐκ ἀνοιδέει θερμαινόμενα οὐδὲ πληροῖ, ἀλλὰ πέσσειται ταχὺ καὶ πεσσόμενα διαχωρεῖ. ἡ δὲ ἰκμὰς ἀπ' αὐτῶν τῷ σώματι ἀσθενῆς γίνεται, καὶ οὔτε αὔξην οὔτε ἰσχὺν ἀξίην λόγου παρέχει. τὰ δὲ ἰσχυρὰ τῶν σιτίων ἀνοιδέει τε ὅταν ἐς τὴν κοιλίην ἐσέλθῃ, καὶ πλήρῳσιν παρέχει· καὶ πέσσειται

¹ Potter: -ειν ΘΜ.

² Θ adds ἦ.

³ K² (= Par. Graec. 2145, 15th cent.), Littré: ἀποβρέχων ΘΜ.

⁴ Θ: ἡ παλαιότερα Μ.

⁵ Μ: ἡ Θ.

⁶ Μ: λ**πα Θ.

⁷ δὲ om. Μ.

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liquid, or the patient drinks immediately after eating them, they do not dry.

52. Bread made from fine wheat-meal strengthens and restores better than that from unground meal, fresh bread more than day-old, and bread made from freshly ground meal more than that from older meal. Barley meal that has not been soaked but peeled by being sprinkled is stronger than barley meal that has been soaked, and fresh it is stronger than when it is too old. Barley-cakes mixed a time before baking are stronger than those that are not.

Wine poured from one vessel into another, chilled and strained becomes thinner and weaker.

Boiled meats, if you boil them well, are weaker and lighter, as are roasted meats if you roast them well; meats aged in vinegar or salt are weaker and lighter than fresh ones.

Foods that are weak and light neither distress the cavity or the body, since they do not swell up on being heated, nor do they fill, but rather they are quickly digested and, being digested, pass off in the stools. The emanation from them in the body is weak and does not produce any growth or strength to speak of. Strong foods, on the other hand, swell up when they enter the cavity and produce fullness; they are digested more slowly, and pass off below

μὲν σχολαίτερον καὶ διαχωρέει· ἡ δὲ ἰκμὰς ἀπ' αὐτῶν ἰσχυρὴ καὶ ἀκήρατος προσγινομένη ἰσχύν τε παρέχει τῷ σώματι πολλὴν καὶ αὔξην.

Κρεῶν κουφότατα ἐς τὸ σῶμα κύνεια καὶ ὀρνίθια καὶ λαγῶα τὰ¹ δίεφθα· βαρέα δὲ τὰ βόεια καὶ τὰ χοίρεια· μετριώτατα δὲ πρὸς τὴν φύσιν καὶ ἐφθὰ καὶ ὀπτὰ καὶ ὑγιαίνουσι καὶ ἀσθενέουσι τὰ μήλεια. τὰ δὲ ὕεια ἐς εὐεξίην μὲν καὶ ἰσχὺν πονοῦσι καὶ γυμναζομένοις ἀγαθὰ, ἀσθενέουσι δὲ καὶ ἰδιώτησιν ἰσχυρότερα. καὶ τὰ θηρία τῶν ἡμέρων κουφότερα ἐστὶ, διότι καρπὸν οὐχ ὅμοιον ἐσθίει. διαφέρει δὲ τὰ κρέα τῶν κτηνέων καὶ ὅσα καρπὸν ἐσθίει καὶ ὅσα μὴ ἐσθίει. καὶ ὁ καρπὸς οὐ τὸ αὐτὸ ἅπασιν ποιεῖ, ἀλλ' ὁ μὲν πυκνήν τε τὴν σάρκα τοῦ ἱερείου παρέχει καὶ ἰσχυρήν, ὁ δὲ ἀραιήν τε καὶ ὑγρὴν καὶ ἀσθενέα.

264 Ὡς | μὲν τὸ σύμπαν κοῦφον ἰχθύες εἰρῆσθαι ἔδεσμα καὶ ἐφθοὶ καὶ ὀπτοί, καὶ αὐτοὶ ἐφ' ἑαυτῶν καὶ μεθ' ἑτέρων σιτίων. αὐτοὶ δὲ ἑαυτῶν διαφέρουσι· καὶ οἱ μὲν λιμναῖοι καὶ πῖονες καὶ ποτάμιοι βαρύτεροι, οἱ δὲ ἀκταῖοι κουφότεροι. καὶ ἐφθοὶ² ὀπτῶν κουφότεροι.

Τούτων τὰ μὲν ἰσχυρὰ διδόναι, ὅταν ἀνακομίσαι τινὰ βούλη, τὰ δὲ κοῦφα, ὅταν ἰσχνὸν δέῃ ἢ λεπτὸν ποιῆσαι.

¹ τὰ om. M.

² Θ: δίεφθοι M.

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later; the emanation accrued from them, being strong and pure, gives the body great strength and growth.

The lightest meats for the body are well-boiled dog, fowl and hare; heavy are beef and pork; most moderate in their nature, for both the healthy and the sick, are boiled and roasted mutton. Pork is good for creating top condition and strength in labourers and athletes, but too strong for the sick or even normal person. Game has lighter flesh than domestic animals because the two do not eat the same fruit: the meat of animals varies according to whether or not they eat fruit; and fruit does not have the same effect in them all, but in one case makes the animal's flesh dense and strong, in another case rarified, moist and weak.

On the whole, fish are agreed to be a light food, both boiled and baked, and both alone and together with other foods. They vary one from another: those of the marsh and river and the fat ones are heavier, while those of the shore are lighter; fish boiled are lighter than when baked.

Give strong foods when you wish to restore a patient, light ones when you must make him lean and thin.

53. Τὸ λουτρὸν τὸ θερμόν, τὸ μὲν μέτριον μαλάσσει τὸ σῶμα καὶ αὖξει· τὸ δὲ πλεῖον τοῦ καιροῦ τὰ μὲν ξηρὰ τοῦ σώματος διυγραίνει, τὰ δὲ ὑγρὰ ἀποξηραίνει· καὶ τὰ μὲν ξηρὰ ὑγραινόμενα ἀσθενεῖν καὶ λιποθυμῖν παρέχει, τὰ δὲ ὑγρὰ ξηραίνόμενα ξηρασίνην καὶ δίψος.

54. Λαχάνων σκόροδα καὶ ἐφθὰ καὶ ὀπτὰ καὶ διουρητικὰ καὶ ὑποχωρητικὰ καὶ πρὸς τὰ γυναικεῖα σύμφορα. κρόμμυα ἐς τὰ οὖρα ἐπιτήδεια· ὁ γὰρ ὀπὸς δριμύτητά τινα παρέχει ὥστε διαχωρέειν. τούτοις ὧδε χρῆσθαι, ἀλλὰ τοῖς ἀσθενέουσι μὴ προσφέρειν. σέλινα ἐφθὰ καὶ ὠμὰ διουρητικά· καὶ τῶν σελίνων τὰ ἔλεια τῶν ἡμέρων¹ πλείω ἔχει δύναμιν. κορίαννον καὶ εὐκάρδιον καὶ διαχωρητικόν, καὶ ἐφθὸν καὶ ὠμόν. ὠκιμον καὶ ὑγρὸν καὶ ψυχρὸν καὶ εὐκάρδιον.² πράσα τὰ μὲν ἐφθὰ καὶ διουρητικὰ καὶ διαχωρητικά, ὠμὰ δὲ καυματώδη καὶ φλεγματώδη. ῥοιὴ κομιστικὸν καὶ φλεγματώδες, καὶ σὺν μὲν τῷ πυρῇνι στάσιμον, ἄνευ δὲ τοῦ πυρῇνος διαχωρητικόν.

55. Τὰ θερμὰ τῶν σιτίων ξηρὰ μὲν ἴστησι, τὸ γὰρ ὑγρὸν τὸ ἐν τῇ κοιλίῃ ἀναξηραίνει, ὑγρὰ δὲ ὄντα, διυγραίνοντα τῇ θερμότητι ὑπάγει. τὰ δὲ στρυφνὰ ξηραίνει καὶ ξυνάγει³ τὸ σῶμα καὶ
 266 στά|σιμα· τὰ ὀξέα λεπτύνει, δῆξιν ἐμποιέοντα· τὰ ἀλμυρὰ διαχωρέει καὶ διουρέεται· τὰ λιπαρὰ

¹ M adds ἀ.

² M: εὐκαρπον Θ.

³ M: ὑπ- Θ.

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53. The hot bath, when employed in moderation, softens the body and increases it; when used to excess, it moistens the dry parts of the body, and dries out the moist ones; when the dry parts are moistened, it brings on weakness and fainting; when the moist parts are dried, they produce dryness and thirst.

54. Of vegetables the garlic, both boiled and baked, is diuretic and laxative and promotes menstruation. Onions are diuretic because their juice possesses a certain acridness that makes urine flow; use garlic and onions for this purpose, but do not administer them to the ill. Celery, both boiled and raw, is diuretic; meadow-celery has more strength than the cultivated variety. Coriander, both boiled and raw, is both pleasant to the cardia and laxative. Basil is moist, cool and pleasant to the cardia. Leeks, when boiled, are diuretic and laxative; raw, they heat and promote phlegm. The pomegranate strengthens and promotes phlegm; administered with its stones it is constipating, but without the stones it is laxative.

55. Hot foods, if dry, are constipating, since they dry out the moisture in the cavity; but if moist, they moisten with their heat, and promote evacuation. Sour foods dry, contract the body, and constipate; sharp ones thin the body by causing irritation; salty ones are laxative and diuretic; those that

καὶ τὰ πίονα καὶ τὰ γλυκέα ὑγρασίην μὲν καὶ φλέγμα παρέχει, κομιστικὰ δέ.

Κολοκύνθη καὶ τεύτλα καὶ βλίτα καὶ λάπαθα τῇ ὑγρότητι διαχωρητικά ἐστι· κράμβη δὲ ἔχει τινὰ¹ δριμύτητα ἐς τὸ διαχωρέειν, καὶ ἅμα ἔγχυλος.² τυρὸς καὶ σήσαμα καὶ ἀσταφίς, κομιστικὰ καὶ φλεγματώδεα.

Γλυκεῖς οἶνοι καὶ μελιθεῖς καὶ κομιστικοὶ καὶ οὖρητικοί³ καὶ φλεγματώδεις· οἱ δὲ αὐστηροὶ ἐς ἰσχὺν καὶ ξηρασίην ἐπιτήδειοι· οὖρητικοὶ δὲ καὶ τῶν αὐστηρῶν ὅσοι λεπτοὶ τε καὶ παλαιοὶ καὶ λευκοί.

Ἐλαιον καὶ ὅσα τοιαῦτα, κομιστικὰ καὶ φλεγματώδεα.

56. Λαχάνων τῶν ἐφθῶν διαχωρεῖ, ὅσα φύσει ὑγρότατά ἐστιν ἢ δριμύτητα ἢ θερμότητα ἔχει· διδόναι δὲ ταῦτα <ᾶ>⁴ σύμφορά ἐστιν ἐς ἄφοδον καὶ⁵ χλιερώτερα καὶ τακερώτερα.

57. Σίκκος πέπων καὶ διουρητικὸς καὶ διαχωρητικὸς καὶ κοῦφος. ὁ δ' ἕτερος ψύξιν τε παρέχει καὶ δίψος παύει. τροφή δὲ ἀπὸ οὐδετέρου αὐτῶν γίνεται εἰ μὴ λεπτή τις, οὐδὲ φλαῦρον ἀπ' οὐδετέρου οὐδέν⁶ ὅ τι καὶ ἄξιον λόγου.

58. Τὸ μέλι σὺν μὲν ἑτέροις ἐσθιόμενον καὶ τρέφει καὶ εὐχροίαν παρέχει, αὐτὸ δὲ ἐφ' ἑωυτοῦ

¹ Θ adds καί.

² Potter: -λον Θ: εὔχυμος M.

³ Θ: δι- M.

⁴ Potter.

⁵ καὶ om. M.

⁶ οὐδέν om. M.

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are fat, rich, and sweet promote moistness and phlegm, and strengthen.

The gourd, beets, blites and docks are laxative on account of their moistness; cabbage has a certain sharpness that promotes evacuation, and at the same time it is succulent; cheese, sesame and raisins strengthen and promote phlegm.

Sweet and honeyed wines strengthen and promote urine and phlegm; dry wines are suited to promote strength and dryness; among dry wines the thin aged whites are also diuretic.

Olive oil and the like strengthen and promote phlegm.

56. Laxative among boiled vegetables are the naturally very moist or those possessing some acridness or heat; give laxative vegetables quite warm and soft.

57. The common melon is diuretic, laxative and light; the cucumber cools and stops thirst; no nourishment comes from either of them, or at most very little, nor any harm worth speaking of.

58. Honey eaten together with other foods nourishes and promotes good colour, but alone it thins

λεπτύνει μᾶλλον ἢ κομίζει, καὶ γὰρ διουρέεται καὶ διακαθαίρεται μᾶλλον τοῦ μετρίου.

268 59. Τὰ διαχωρητικὰ θερμαινόμενα ἐν τῇ κοιλίῃ θερμαίνεται τε ταχὺ καὶ θερμαινόμενα μαραίνεται καὶ τήκεται· καὶ τὴν διαχώρησιν διὰ τοῦτο ταχείαν παρέχει. ὅσα δὲ στάσιμα τῶν σιτίων, καὶ θερμαίνεται τε βραδέως καὶ¹ θερμαινόμενα ξηραίνεται καὶ συνίσταται, καὶ διὰ τὸ τοιοῦτο περίσκληρα γινόμενα οὐ διαχωρεῖ. τὰ διαχωρητικὰ ἔγχυλά τέ ἐστι καὶ φύσει θερμά, τὰ δὲ οὐρητικὰ ψυχρά καὶ ξηρά.

60. Ὁ σίτος καὶ ὁ οἶνος διαφέρουσι μὲν καὶ αὐτοὶ ἐωυτῶν φύσει ἐς ἰσχὺν καὶ ἀσθενείην καὶ κουφότητα καὶ βαρύτητα. διαφέρει δὲ καὶ χώρα χώρας ἐξ ὁποίης ἂν ᾖ, καὶ εὐῦδρος ἐοῦσα καὶ ἄνυδρος, καὶ εὐήλιος καὶ παλίνσκιος, καὶ ἀγαθὴ καὶ φλαύρη, ὥστε ἅπαντα ταῦτα συμβάλλεται ἐς τὸ ἰσχυρότατα² τῶν σιτίων εἶναι ἕκαστα καὶ ἀσθενέστερα.

61. Ὅσοι ὑγιαίνοντες ἀρτοφαγέειν εἰώθασι, ταῦτα διδόναι τούτοις καὶ ἐν ταῖς νούσοις.

Ὅταν ἢ σῖτα ἢ ποτὰ πλείω τοῦ εἰωθότος ᾖν μὴ τὰ εἰωθότα τελέσῃ, ἀπεμέσαι³ παραχρῆμα ἄριστον.

Ὅπῳ καὶ ἀκρόδρνα διὰ τὸδε μετὰ τὸ σιτίον

¹ τε and καὶ om. M.

² Θ: -τερα M.

³ M: -ση Θ.

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more than it strengthens, since it passes off excessively in the urine and the stools.

59. Laxative foods, on being heated in the cavity, heat up quickly and, once heated, waste and melt away; for this reason, they bring about a rapid movement. Foods that constipate are heated slowly and, on being heated, dry up and congeal; this is why they become very hard and do not pass off. Laxatives are succulent and warm by nature; diuretics are cold and dry.

60. Cereals and wines differ even among themselves in their nature with regard to strength and weakness, and to lightness and heaviness; also, the places where they grow differ, one place being well-watered and another unwatered, one sunny and another thickly shaded. one favourable and another indifferent; thus it follows that all these factors contribute to each kind of food's being stronger or weaker.

61. To persons accustomed to eat breads when they are healthy give the same in diseases.

When a person consumes foods or drinks in greater amounts than is his habit, or of a different kind, it is best for him to vomit them up immediately.

Fruits and nuts are less injurious after the meal

ἀλυπότερά¹ ἐστὶ καὶ ὑγιαίνουντι καὶ ἀσθενέοντι· ὅτι βεβρωκότος μὲν ὀλίγην² ἀπ' αὐτῶν ἱκμάδα σπᾶ τὸ σῶμα, ἣν δὲ νῆστις ἐσθίῃ, πλείω.

Ὅσα τῶν σιτίων ἢ φῦσαν ἢ καῦμα ἢ δῆξις ἢ πλησμονὴν ἢ στρόφον παρέχει· ὁ οἶνος ὁ ἐπιπινόμενος ὁ ἄκρητος ἀπαλλάσσει τῶν τοιούτων· τὸ γὰρ σῶμα διαθερμαινόμενον ὑπὸ τοῦ οἴνου ἀπαλλάσσεται τὰ ἐνεόντα θερμότητι.

270 Ἀπὸ τῶν σιτίων τε καὶ τῶν ποτῶν³ τῶν ὁμοίων ἐνίοτε | μὲν διαταράσσεται ἡ κοιλίη, ἐνίοτε δὲ ἴσταται, ἐνίοτε δὲ κατὰ λόγον διαχωρεῖ. διότι δὲ ταῦτα οὕτως ἔχει· πρῶτον μὲν ἡ κοιλίη ὅταν ὑγροτέρῃ ἐοῦσα καὶ ὅταν ξηροτέρῃ ὑποδέξηται τὸ σιτίον διαφθείρει· ἔπειτα ὅταν μεταβολὴ γένηται εἴτ' ἐκ ψύξεως⁴ εἰς θάλπος, εἴτ' ἐκ θάλψιος⁵ ἐς ψῦχος, διαφθείρει. ὥστε ἀνάγκη τὴν κοιλίην ἀπὸ τῶν αὐτῶν σιτίων καὶ ποτῶν δι' αὐτὰ ταῦτα καὶ μαλακωτέραν γίνεσθαι καὶ σκληροτέραν.

Τῶν σίτων καὶ τῶν ποτῶν καὶ τῶν ὀψων, πλὴν ἄρτου καὶ μάζης καὶ κρεῶν καὶ ἰχθύων καὶ οἴνου καὶ ὕδατος, τᾶλλα πάντα λεπτὰς μὲν καὶ ἀσθενέας [καὶ]⁶ τὰς ὠφελείας παρέχει ἐς τὴν αὔξησιν καὶ τὴν ἰσχὺν καὶ ἐς τὴν ὑγιείαν· λεπτὰ δὲ καὶ ἀσθενέα καὶ τὰ κακὰ ἀπ' αὐτῶν γίνεται.

¹ Θ: λυπηρότερά M.

² ὀλίγην om. M.

³ M adds καὶ.

⁴ Θ: -χεος M.

⁵ Θ: -πεος M.

⁶ Del. Littré.

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in both the healthy and the sick, for the following reason: because, in a person that has eaten, the body attracts little emanation¹ from them, whereas if someone eats them in a fasting state, it attracts more.

Foods that produce flatulence, heat, irritation, fullness or colic: unmixed wine drunk afterwards provides relief; for the body, being heated through by the wine, is relieved of its contents as a result of this heat.

From the same foods and drinks the cavity is sometimes set in motion, sometimes stands still, and sometimes functions as it should. This is so for the following reasons: first, if the cavity is either too moist or too dry when it receives the meal, it spoils it; or then again, when a change occurs from cold to hot or from hot to cold, the same thing happens. Thus it follows that the cavity may become both softer and harder from the same foods and drinks.

All cereals, drinks, and main-dishes except bread, barley-cake, meat, fish, wine and water provide little and weak support for growth, strength and health; but little and weak, too, are the ills that come from them.

¹ The process of digestion is here imagined as occurring through the active absorption by the body of certain particularly potent or characteristic components of the food passing off as "emanations". Cf. chs. 51 and 52.

ΠΕΡΙ ΠΑΘΩΝ

Ὅσους τῶν νοσεόντων μὴ συνεχῶς οἱ πυρετοὶ ἔχουσιν, ἀλλὰ διαλείποντες λαμβάνουσι, τούτοις τὰ σιτία διδόναι μετὰ τὴν λήψιν, τεκμαιρόμενος ὥς μὴ ἔτι¹ νεοβρῶτι ὁ πυρετὸς ἐπιπесеῖται, ἀλλὰ ἤδη πεπεμμένων τῶν σιτίων.

Οἶνος καὶ μέλι κάλλιστα κέκριται² ἀνθρώποις, πρὸς τὴν φύσιν, καὶ ὑγιαίνουσι καὶ ἀσθενοῦσι. σὺν καιρῷ καὶ μετριότητι προσφερόμενα· καὶ ἀγαθὰ μὲν αὐτὰ ἐφ' ἐωυτῶν, ἀγαθὰ δὲ συμμिशγόμενα, τὰ δ' ἄλλα ὅσα τε καὶ ἀξίην λόγου ὠφελεῖν ἔχει.

Ὅσα ὑγιαίνουσι σύμφορα, ταῦτα ἐν ταῖς νόσοις προσφερόμενα ἰσχυρότερα ἔστι, καὶ δεῖ³ αὐτῶν ἀφαιροῦντα τὴν ἀκμὴν διδόναι· ἢ οὐ φέρει αὐτὰ τὸ σῶμα, ἀλλὰ βλάπτει μᾶλλον ἢ ὠφελεῖ.

¹ Θ: ἐπὶ M.
Littré.

² Later mss, Ermerins: κέκρηται ΘM.

³ Θ: δε' M.

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To patients with fevers that are not continuous but intermittent, give meals after the attack, watching carefully to make sure that fever does not attack a person that has just eaten, but only when his meal has been digested.

Wine and honey are held to be the best things for human beings, so long as they are administered appropriately and with moderation to both the well and the sick in accordance with their constitution; they are beneficial both alone and mixed, as indeed is anything else that has a value worth mentioning.

Things beneficial to persons in health are too strong if administered in diseases, and you must give them only with their major strength removed; otherwise the body cannot stand them, and they will harm rather than help.