ΠΕΡΙ ΤΩΝ ΕΝΤΟΣ ΠΑΘΩΝ[1]

VII 166
Littré

1. Ἢν ἡ τοῦ πλεύμονος ἀρτηρίη ἑλκωθῇ, ἤ τι ῥαγῇ τῶν φλεβίων τῶν λεπτῶν τῶν κατακρεμαμένων εἰς τὸν πλεύμονα, ἢ τῶν συρίγγων τῶν διὰ τοῦ πλεύμονος τεταμένων συρραγέωσιν ἐς ἀλλήλας καὶ αἵματος πλησθῶσι—διασπῶνταί τε καὶ καταρρήγνυνται διὰ τάσδε τὰς ἁμαρτίας μάλιστα· διὰ ταλαιπωρίην, διὰ δρόμους, διὰ πτώματα, διὰ πληγάς, δι' ἐμέτους βιαίους γιγνομένους, διὰ πυρετούς—τάδε οὖν πάσχει. τὸ μὲν πρῶτον βὴξ ἴσχει ξηρή, ἔπειτα ὀλίγῳ ὕστερον ἀποπτύει τὸ σίαλον ὕφαιμον, τοτὲ δὲ καθαρόν. οὗτος ἢν μὲν ἐν τάχει παύσηται τῆς νούσου. ἢν δὲ μή, προϊόντος τοῦ χρόνου τὸ αἷμα πλεῖον χωρέει, ἐνίοτε μὲν καθαρόν, ἔστι δ' ὅτε καὶ ὑπόσαπρον. πολλάκις δὲ καὶ ἡ φάρυγξ λανθάνει αἵματος πιμπλαμένη· ἔπειτα θρόμβους αἵματος ἐκβράσσεται κατ' ὀλίγον θαμινά· ἐνίοτε καὶ ὀδμὴ βαρείη ἀπ' αὐτῶν γίνεται. καὶ ὁ φάρυγξ ἔστιν

[1] The first and last leaves of the first quire and all 8 leaves of the second quire of Θ are missing. For these parts of the text M is our sole independent ms. authority.

INTERNAL AFFECTIONS

1. If the bronchial tube of the lung ulcerates, or one of the narrow vessels leading to the lung tears, or if some of the pipes extending through the lung rupture into one another and are filled with blood—most often such ruptures and tears occur as a result of the following insults: exertion; running; falls; blows; when there is violent vomiting; from fevers—the patient suffers the following: first he has a dry cough; then, a little later, he expectorates sputum charged with blood, and then clear sputum. If this patient gets over the disease quickly, that is all. If not, as time goes on more blood comes up in the sputum, sometimes pure, sometimes somewhat putrid. Often, the throat also fills up with blood, unnoticed; in that case, the patient coughs up clots of blood frequently, a little at a time; sometimes these give off a heavy odour. The throat also some-

ὅτε ἄχνης πίμπλαται. καὶ ῥῖγος καὶ πυρετὸς ἐπιλαμβάνει, κατ' ἀρχὰς μὲν τῆς νούσου σφόδρα, προϊούσης δὲ βληχρότερον καὶ ἄλλοτε καὶ ἄλλοτε ἐπιλαμβάνει· καὶ ὀδύνη ἐνίοτε ἔγκειται ἐν τοῖσι στήθεσι καὶ ἐν τῷ μεταφρένῳ καὶ ἐν τῇσι πλευρῇσι. καὶ ὁκόταν τὸ αἷμα παύσηται πτύων, σίαλον πολλὸν ἀποπτύει ὑγρόν, ἐνίοτε δὲ καὶ γλίσχρον. ταῦτα μὲν οὖν οὕτω πάσχει μέχρι τεσσαρεσκαιδεκα ἡμέραι παρέλθωσιν. μετὰ δὲ ταύτας ἢν μὴ παύσηται τὸ νόσημα, λεπίδας ἀπὸ τῆς ἀρτηρίης ἀποβήσσων ἀποσπᾷ οἵας περ ἀπὸ φλυκταινιδων. καὶ ὀδύνη ἐμπίπτει ἐς τὰ στήθεα καὶ ἐς τὸ μετάφρενον καὶ ἐς τὸ πλευρόν, καὶ τῶν ὑποχονδρίων ὡς ἕλκος ψαυόμενος ἀλγέει.

168 Τούτῳ συμφέρει ἡσυ|χίην ὡς μάλιστα τῷ νοσήματι ἔχειν ἔσω, ἢν οὕτως ἔχῃ. ἢν γάρ τι πονήσῃ, ὅ τε πόνος ὀξύτερος καὶ ἡ βὴξ μᾶλλον ἢ τὸ πρότερον πιέζει, καὶ τὸ ῥῖγος καὶ ὁ πυρετὸς μᾶλλον ἔχει· καὶ ἢν πταρῇ, ἡ ὀδύνη ὀξέα ἐπέπεσεν. ἀλγέει δὲ καὶ ἐν τῇ εὐνῇ, ὁκόταν περιστρέφηται.[1]

Τούτῳ χρὴ προσφέρειν σιτία μὲν τὰ αὐτά, ἃ καὶ τῷ ἐμπύῳ, ταῦτα δὲ ὡς πλεῖστα.[2] τῶν δὲ ὄψων τοισίδε χρήσθω, ἰχθύσι μὲν ῥίνης ἢ φάγρου ἢ γαλεοῦ τοῦ μεγάλου τοῦ λευκοῦ, ἢ τῶν ἄλλων τῶν τοιούτων, πᾶσιν ἐν ῥοῷ καὶ ὀριγάνῳ ἠρτυμένοις· κρέας δ' ἐσθιέτω ἀλέκτορος ὀπτὸν ἄναλτον,

[1] Θ begins -φηται. [2] ὡς πλεῖστα Θ: οὐ πολλά M.

times fills up with froth. Chills and fever attack, intensely at the beginning of the disease, but as it advances they become milder and intermittent; pain is sometimes present in the chest, back and sides. When the patient stops expectorating blood, he produces copious moist or sometimes sticky sputum. These things he suffers for fourteen days. After that, if the disease does not go away, in coughing the patient tears off fragments from his bronchial tube as if from blisters; pain occupies his chest, back and side, and on being touched in the hypochondrium, he feels pain as if in an ulcer.

If the case is such, it benefits the patient to rest indoors as much as possible during the disease. For, if he exerts himself in any way, the pain will be sharper, the cough press him more than before, and the chills and fever increase; if he sneezes, it is very painful. He suffers pain even in his bed, whenever he turns over.

You must administer to this patient the same cereals as to one with an internal suppuration, these in very generous amounts. Of main dishes, let him eat the following: of fish angel-fish, braize, large light-coloured dogfish, or others of these kinds, all seasoned in sumach and marjoram; of meats let him eat broiled fowl without salt, or

ἢ αἴγειον ἑφθόν. καὶ οἴνῳ αὐστηρῷ ὡς παλαιοτάτῳ καὶ ἡδίστῳ μέλανι χρήσθω. καὶ περιπάτοισι μετρίοισι χρήσθω πυρετοῦ μὴ ἔχοντος· ἢν δὲ πυρετὸς ἔχῃ, ῥυφήματι ἢ ἀλεύρῳ ἢ κέγχρῳ χρῆσθαι· ἢν δὲ σιτία προσφέρηται, ὀλίγα προσφερέσθω, καὶ ὄψα τὰ διαχωρητικά. καὶ ἢν φαρμάκου δοκέῃ σοι δεῖσθαι, ὑποκάθαιρε αὐτὸν τῷ Κνιδίῳ κόκκῳ ἢ τῇ τιθυμαλλίδι, καὶ μετὰ τὴν κάθαρσιν ἀλεύρου δοῦναι ἑφθοῦ δύο τρυβλία ἐκροφεῖν λιπαροῦ. καὶ ἔπειτα μετὰ ταῦτα ἀνακομίζειν ὡς μάλιστα, ὅπως ἂν ὡς ἥκιστα λεπτὸς ᾖ, πρὸς γὰρ τὴν νοῦσον οὐ συμφέρει λεπτὸν εἶναι.

Καὶ περιπάτους ὀλίγους τὸ πρῶτον ποιείσθω, ὡς ἂν μὴ κόπος ἐπιλάβῃ. πυριᾶν δὲ ἄλλοτε καὶ ἄλλοτε, καὶ ᾗ ἂν πυριηθῇ ἡμέρῃ, ἄσιτος ἔστω τὴν ἡμέρην[1] πλὴν ἀλεύρου ἑφθοῦ τρυβλίον ἐκρυφείτω, ὕδωρ δὲ πινέτω. τῇ δ' ὑστεραίῃ ἐλάσσονα ἢ ὡς μεμαθήκει φαγέτω, καὶ πιέτω οἶνον μέλα-
170 να, ἡδύν, αὐστηρόν, | ὀλίγον. τὸ δὲ λοιπὸν[2] τρὶς τῆς ἡμέρης τὰ σιτία διδόναι τούτῳ, μέχρι ἂν καταστήσῃς τὴν κοιλίην, διδοὺς κατ' ὀλίγα· ἐκ γὰρ τῶν πυρετῶν καὶ τῆς ἀσιτίης,[3] τὸ μὲν στόμα θέλει,[4] ἡ δὲ κοιλίη οὐκ ἐθέλει δέχεσθαι, ἢν[5] δὲ ἀθρόον δέξηται, φλεγμαίνει. ἀλλὰ κατ' ὀλίγα διδόναι χρή· ἢν γὰρ ἀθρόον δῷς καὶ ὀλίγα πονήσῃ

[1] *τὴν ἡμέρην* om. M. [2] M adds δὶς ἢ. [3] M adds ἢν.
[4] Θ: *μένῃ* M. [5] *ἢν* om. M.

boiled goat. Let him drink dry dark wine that is very old and very pleasant. Have him take moderate walks when he is without fever; if fever is present, give gruel, meal or millet; if cereals are given, let them be given in small amounts, together with laxative main dishes. If the patient seems to you to require a medication, clean him downwards with Cnidian berry or sea-spurge, and after the cleaning give him two bowls of rich boiled meal to drink. Then after this strengthen him as much as possible, in order that he will definitely not be thin, for against this disease thinness is no help.

At first, let the patient take only short walks, in order that he does not become fatigued. Treat him with vapour-baths from time to time and, on whichever day these treatments take place, let him fast that day, except for taking a bowl of boiled meal and drinking water. On the following day, have him eat less than is his custom, and drink a little pleasant dry dark wine. From then on, give this patient his food three times a day, a little at a time, until you bring his cavity into order; for, as a consequence of the fevers and the fasting, the mouth wants something, but the cavity is not willing to accept it, and if it does receive a large amount all at once, it becomes swollen. Therefore, you must give the food a little at a time; for, if you give it all at

τοῖς περιπάτοισιν, οὐ διαψύχεται ἡ κοιλίη, ἅτε ἀτρέμα συνεστηκότων τῶν βρωτῶν· ἐνταῦθα δὲ καὶ ὁ πυρετὸς φιλέει ἐπιγίνεσθαι, καὶ τοῦ μὲν χειμῶνος ἧσσον λυπέει,[1] τοῦ δὲ θέρεος μᾶλλον.[2]

Τοῦτον ἀνακομίζειν ὡς μάλιστα, ὅπως ἂν παχύτατος ᾖ, καὶ τοῖσι περιπάτοισι μετρίως χρῆσθω, καὶ παλαιέτω ἧσσον ἑωυτοῦ, καὶ πονείτω ὀλίγα τὸ πρῶτον, ἔπειτα δὲ πλείω, πολλὰ δὲ οὐδέποτε. ταῦτα ἢν ποιέῃ, ὑγιὴς ἔσται τάχιστα· ἢν δὲ λεπτὸς γίνηται διὰ τὴν ταλαιπωρίην, ἀνιέτω καὶ εὐωχείσθω ἡσυχίην ἔχων. οὗτος μήτε πρὸς ἄνεμον δράμῃ[3] ὑγιὴς ἐὼν ὀξέως, μήτε ἐφ' ἵππον μήτ' ἐπὶ ζεῦγος ἀναβᾷ· φυλασσέσθω δὲ καὶ βοὴν καὶ ὀξυθυμίην·[4] κίνδυνος γὰρ τὴν νοῦσον πάλιν ἀναλαβεῖν, ἀλλὰ φυλάσσεσθαι χρὴ τούτων πάντων.

Ἢν δὲ τοῦ σίτου ἀποκλεισθῇ, ὀρόβους φώξας τὰ κελύφεα[5] ἀποκαθῆραι, εἶτα βρέξαι αὐτοὺς ἐν ὕδατι τρεῖς ἡμέρας, ἐφ' ἑκάστην δὲ ἡμέρην καὶ ἀπηθέειν τὸ ὕδωρ καὶ ἄλλο ἐπιχεῖν· ἔπειτα τῇ τετάρτῃ ἡμέρῃ ἀπηθήσας ξηρῆναι, εἶτ' ἀλέσας διασῆσαι λεπτότατα, καὶ λίνου καρπὸν φώξας, κόψαι λεῖον, καὶ σήσαμον φώσας, κόψαι λεῖον, καὶ ἄλφιτα ἄναλτα καθαρὰ λεπτά· καὶ τῶν μὲν ἀλφί-

[1] λυπέει om. M. [2] μᾶλλον Θ: κίνδυνος ἐξαμαρτεῖν M.
[3] Θ adds μηδ'. [4] φυλασσέσθω . . . ὀξυθυμίην om. Θ.
[5] Ermerins: και λυφα Θ: κέλυφα M.

once and the patient exerts himself but little in his walks, the cavity is not cooled,[1] inasmuch as the ingesta become congealed and fixed in it, and then fever is inclined to supervene, which produces less stress in winter, but more in summer.

Strengthen this patient thoroughly, in order that he will become very robust; let him take walks in moderation, wrestle less than usual, and exert himself little at first, later more, but never a lot. If he does these things, he will quickly recover; however, if he becomes emaciated because of the exertion, let him give it up, eat heartily, and rest. Let this patient not run against the wind, soon after having recovered, nor ride a horse or in a wagon, and have him avoid shouting and excitement; for there is a danger that the disease will recur, and therefore he must take care in all these matters.

If the patient has no appetite, roast vetches, remove the skins, and then soak them in water for three days, straining off the water each day and pouring in new water; then on the fourth day strain them off and, drying them, grind and sieve them very fine; soak linseed, pound it smooth; do the same with sesame, and with fine white unsalted

[1] Cooling is a phase of normal digestion: cf. *Sacred Disease* 10 and *Diseases IV* 47.

των καὶ ὀρόβων ἴσον ἑκατέρου ἔστω, τοῦ δὲ σησάμου τρίτον μέρος μιᾶς μερίδος,[1] *τοῦ δὲ λίνου ἥμισυ μιᾶς μερίδος· ταῦτα ἐν γάλακτι αἰγείῳ ἑψήσας ὡς ὑγρότατον ῥυφείτω. μετὰ δὲ διδόναι αὐτῷ ἐς*
172 *ἄρι|στον σιτία καθαρὰ καὶ ὄψα τῶν ἰσχυροτέρων· οἶνον δὲ τὸν αὐτὸν πίνειν. διδόναι δ' αὐτῷ καὶ τῶν ῥιζῶν τῶν πρὸς τὰ ῥήγματα,*[2] *τῆς κενταυρίου ἐπ' οἶνον ἐπιξύων· διδόναι δὲ καὶ τοῦ δρακοντίου ἐπιξύων ἐπ' οἶνον· καὶ τῆς βηχὸς ἕνεκα ἐν μέλιτι τὸ δρακόντιον ξύων διδόναι λείχειν. καὶ ἢν τὸ ἔψημα τὸ ἐν τῷ γάλακτι φάσκῃ μὴ δυνατὸς εἶναι ῥυφεῖν, γάλα βόειον ὡς πλεῖστον πινέτω τὸ τρίτον μέρος μελικρήτου παραμίσγων.*

Καὶ οὕτως τάχιστα ὑγιὴς ἔσται, ἡ δὲ νοῦσος θεραπείης δεῖται πολλῆς, χαλεπὴ γάρ. ἢν δὲ μὴ θεραπεύηται[3] *ὑγιὴς γενόμενος καὶ ἢν μὴ*[4] *ἐν φυλακῇ ἔχῃ ἑωυτόν, τοῖς πολλοῖς ὑποτροπάσασα, ἡ νοῦσος ἀπώλεσεν. οὗτος ἢν μὲν ὑπὸ ταύτης τῆς θεραπείης λήξῃ,*[5] *ἄλις· εἰ δὲ μή, παχύνας αὐτὸν γάλακτι καῦσαι τὰ στήθεα καὶ τὸ μετάφρενον· ἢν γὰρ τύχῃς καύσας, ἐλπὶς ἐκφυγεῖν τῆς νούσου.*

2. *Ἦν δὲ ἡ ἀρτηρίη σπασθῇ ἢ τῶν φλεβῶν τις*[6] *τῶν τεινουσῶν ἐς τὸν πλεύμονα, τάδε πάσχει· κατ' ἀρχὰς τῆς νούσου βὴξ ἴσχει ὀξέη, καὶ*

[1] *μιᾶς μερίδος* om. M. [2] M: *δήγ-* Θ. [3] *μὴ θεραπεύηται* Θ: *θεραπευθεὶς* M. [4] *καὶ ἢν μὴ* Potter: *καὶ ἢν* Θ: *μὴ* M. [5] Θ: *ἰηθῇ* M. [6] *ἤ* and *τις* om. M.

meal; let there be equal amounts of the meal and the vetches, of the sesame one third that amount, and of the linseed one half; boil these in goat's milk, and let the patient drink this as a very moist gruel. From then on, give him for breakfast fine cereals and main dishes of the heartiest kinds; have him drink the same wine. Also, give him roots effective against tears: grate centaury over wine; grate dragon arum over wine, too, and give it. For the cough, grate dragon arum into honey, and give this to the patient to take. If he says that he is not able to drink gruels boiled in milk, let him drink as much cow's milk as he can, mixing into it a third part of melicrat.

In this way the patient will recover most quickly; the disease requires much treatment, for it is severe. If the patient is not cared for after he has recovered, and does not keep a watch over himself, in many the disease has returned and killed them. If the patient recovers with this treatment, fine; if not, fatten him on milk, and cauterize his chest and back; for, if your cautery succeeds, there is hope for him to survive the disease.

2. If the bronchial tube is torn, or one of the vessels extending to the lung, the patient suffers the following: the disease begins with a violent

ῥῖγος, καὶ πυρετός, καὶ τὸ σίαλον ἀποπτύει πολὺ καὶ λευκὸν καὶ ἀφρῶδες, ἄλλοτε δὲ ὕφαιμον, καὶ ὀδύνη τὴν κεφαλὴν καὶ τὸν τράχηλον ἴσχει. αὕτη ἡ νοῦσος ἰσχυροτέρη τῆς πρόσθεν· καὶ μέχρι μὲν δέκα ἡμερέων τῶν πρώτων τοιαῦτα πάσχει· ἔπειτα οἱ πολλοὶ τῇ ἑνδεκάτῃ ἡμέρῃ πύα ἀποπτύουσι παχέα βιαίως· ἡμέρῃ δὲ καὶ ἡμέρῃ[1] καθαρώτερα ἀποπτύει, ἢν φύξιμος ᾖ, καὶ τῇ ὀδύνῃ ἧσσον πονέει, καὶ ἐν τάχει ὑγιὴς γίνεται. ἢν δὲ μέλλῃ πολυχρόνιος ἡ νοῦσος ἔσεσθαι, τά τε πύα
174 πολλῷ πλείω ἀποπτύει, | καὶ ὁ ἄλλος πόνος ἐν τῷ σώματι πολλῷ ἔνι πλείων· αἱ δὲ θέρμαι βληχρότερον ἔχουσιν ἢ τὸ πρίν.

Τοῦτον ἢν λάβῃς κατ' ἀρχάς, ὑποκάθαιρε κάτω ὀπῷ σκαμωνίης, ἢν ἀπύρετος ᾖ·[2] μετὰ δὲ τὴν κάθαρσιν προσφερέσθω τὰ αὐτὰ ἃ καὶ πρόσθεν. καὶ τὰ ἄλλα τὰ αὐτὰ προσφερέσθω, ἡσυχίην ἔχων ὡς μάλιστα τῷ σώματι, καὶ μαλθακῶς κοιμάσθω· ταῦτα μὲν κατ' ἀρχὰς ποιείτω μέχρι τῶν δέκα ἡμερέων. ἢν δ' ἔμπυος γένηται, τὰ αὐτὰ ἃ καὶ ὁ ἔμπροσθεν[3] ποιείτω· ἢν δ' ὑγιὴς γένηται, τῶνδε χρὴ ἀπέχεσθαι, σιτίων μὲν καὶ ποτῶν ὀξέων καὶ δριμέων καὶ ἁλυκῶν καὶ λιπαρῶν· ταλαιπωρίων δὲ χρὴ ἀπέχεσθαι τῶν αὐτῶν ὧν καὶ οἱ πρόσθεν.

[1] καὶ ἡμέρῃ Θ: om. Μ: *decimaquarta* Cornarius: τεσσαρεσκαιδεκάτῃ Foes (n. 9), Vander Linden: τετάρτῃ καὶ δεκάτῃ Littré after Mack. [2] ἢν ἀπύρετος ᾖ om. Θ. [3] Θ: πρόσθεν Μ.

cough, chills and fever; he expectorates copious white frothy sputum, sometimes charged with blood, and pain occupies his head and neck. This disease is severer than the preceding one, and the patient suffers these symptoms for the first ten days. Then, on the eleventh day, many cough up thick pus quite violently; day by day the sputum becomes cleaner, if the patient is to escape, he suffers less pain, and he quickly recovers. But, if the disease is to become chronic, he expectorates much more pus, and the suffering in the rest of his body is much greater; the fevers, though, are milder than before.

If you take on this patient at the beginning, clean him downwards with scammony juice, if he is without fever. After the cleaning, let the patient take the same things administered in the preceding case. Otherwise, too, let him take the same things, rest his body as much as possible, and sleep in a soft bed. Have him do these things at the beginning, up to the tenth day. If he suppurates internally, let him do the same things that the preceding patient did for internal suppuration. If he recovers, he must refrain from the following: foods and drinks that are acid, sharp, salty and fat; he must also avoid the same exertions that the preceding patients avoided. If he follows these instructions,

ταῦτα ἢν ποιέῃ, τάχιστα τῆς νούσου ἀπαλλαγήσεται· ἢν δέ τι τούτων μὴ ποιήσῃ, κινδυνεύσει πάλιν ὑποτροπάσαι, καὶ ἡ νοῦσος κάκιον ἔχειν· καὶ οἱ πολλοὶ πλευμορρωγέες ἐόντες διατελέουσιν, ἕως ἂν ἀποθάνωσι.

Τοῦτον ἢν μὴ παραχρῆμά τις ἰήσηται, ὑποτροπασάσης τῆς νούσου, οὐκ ἂν ἔχοις ὠφελῆσαι, εἰ δὲ μὴ τάδε ποιήσῃς· γάλακτι βοείῳ παχύνας, καύσαι τὰ στήθεα καὶ τὸ μετάφρενον· ἢν γὰρ τύχῃς καύσας, ἡ αὐτὴ ἂν ὠφελίη γένοιτο. ἡ δὲ νοῦσος ἀπὸ τῶν αὐτῶν ἁμαρτιῶν γίνεται ὥσπερ[1] καὶ ἡ πρόσθεν.

3. Πλεύμονος ἥδε[2] γίνεται μὲν ἡ νοῦσος ἀπὸ τῶνδε μάλιστα· ὅταν ὁ πλεύμων αἷμα ἑλκύσας ἐφ' ἑωυτὸν ἢ φλέγμα ἁλμυρὸν μὴ ἀφῇ πάλιν, ἀλλ' αὐτοῦ ξυστραφῇ καὶ ξυσσαπῇ[3] ἀπὸ τούτων φύματα φιλέει γίνεσθαι ἐν τῷ πλεύμονι καὶ ἐκπυοῦσθαι. οὗτος δὲ τάδε πάσχει κατ' ἀρχὰς καὶ διὰ παντὸς[4] τοῦ νοσήματος· βὴξ ὀξέη ἔχει καὶ ξηρή, καὶ ῥῖγος, καὶ πυρετός, καὶ ὀδύνη ἐν τοῖσι
176 στήθεσι καὶ ἐν τῷ μεταφρένῳ ἔγκειται, | ἐνίοτε δὲ καὶ ἐν τῷ πλευρῷ· καὶ ὀρθοπνοίη σφοδρὴ ἐπιπίπτει.[5] οὗτος μὲν μέχρι τεσσερεσκαίδεκα ἡμερέων τοιαῦτα πάσχων διατελέει, πολλάκις δὲ καὶ ἐπὶ πλεῦνας τεσσερεσκαίδεκα ἡμερέων[6] ἔπειτα

[1] Θ: ὧν M. [2] Θ: δὲ M. [3] Θ: *συμπαγῇ* M. [4] *καὶ διὰ παντὸς* om. Θ. [5] Θ: ἐμ- M. [6] *ἐπὶ π. τ. ἡ.* Θ: *πλείονας δεκατέσσαρας ἡμέρας* M.

he will get over the disease most quickly; but, if he does not follow some of them, he runs the risk of a relapse and the disease then being worse. Many patients continue with a tear in their lung until they die.

If someone does not treat this patient right away, when the disease recurs your only means of helping him would be to do the following: fatten him on cow's milk, and then cauterize his chest and back; if your cautery succeeds, the same benefit will result as above. This disease arises as a result of the same insults as the preceding one.

3. This disease of the lung generally arises in the following way: when the lung attracts blood or salty phlegm and does not discharge it again, but it gathers there and grows putrid, from this tubercles are likely to form in the lung and to produce pus. From the beginning and all through the disease this patient suffers the following: a sharp dry cough, chills, and fever; pain in the chest and back, sometimes also in the side; severe orthopnoea. These continue until the fourteenth day, often for even more than fourteen days. Then pus breaks

ῥήγνυται πύα, καὶ ἀποπτύει πολύ· πολλάκις δὲ καὶ οἷον χιτῶνας ἀραχνίων ἀποπτύει, πολλάκις δὲ[1] ὕφαιμον. καὶ ἢν μὲν ἀποκαθαρθῇ καὶ ἀπισχνανθῇ ἐνταῦθα[2] ὁ πλεύμων, ἐλπὶς[3] ἐκφυγεῖν· ἢν δὲ μὴ προσέχῃ, ἡ νοῦσος ἐπ' ἐνιαυτὸν παρατείνει,[4] καὶ μεταβάλλει ἄλλοτε ἀλλοῖα πάσχων.

Τούτῳ χρὴ κατ' ἀρχὰς μέν, πρὶν τὰ πύα ῥαγῆναι, προσφέρειν τάδε· ὅταν ἀνῇ[5] ὁ πυρετός, λούειν θερμῷ καὶ πολλῷ, καὶ ῥυφήμασι χλιαροῖσι[6] χρήσθω, πτισάνης χυλῷ καθέφθῳ μέλι παραχέας, ὅταν ἑφθῇ·[7] καὶ οἶνον πινέτω λευκὸν γλυκύν, ἢ μελίκρητον ἐφθόν. ὅταν δὲ ἅπαξ ἄρξηται τὰ πύα ἀποπτύειν, πινέτω τὰ αὐτά, ἃ καὶ ὁ πρόσθεν ἔμπυος, καὶ σιτίοισι καὶ ποτοῖσι καὶ ὄψοισι τοῖς αὐτοῖσι χρήσθω, ἀπεχόμενος ὀξέων καὶ δριμέων καὶ ἁλυκῶν καὶ λιπαρῶν καὶ λαγνείης καὶ θωρηξίων, ἢν μὴ τῇ νούσῳ πρόσφορον ᾖ· ἐς χρῆμα[8] δὲ ὁρῶν μελετᾶν ὁποίων ἄν[9] τινῶν σοι δοκέῃ δεῖσθαι. τὰ δ' ἄλλα μετὰ ταῦτα ταὐτὰ[10] ποιείτω· πινέτω δὲ καὶ γάλα τὴν ὥρην βοὸς καὶ αἰγός· πρόσθεν δὲ ὑποκάθαιρε[11] ἑφθῷ ὀνείῳ γάλακτι· πινέτω δὲ καὶ τὸ ἵππειον γάλα σεσεισμένον ἑκάστης ἡμέρης ἕωθεν τρικότυλον κύλικα.[12]

[1] M adds *καὶ*. [2] Θ: *ἐν τάχει* M. [3] *ἐλπὶς* om. M. [4] *ἡ νοῦσος . . . παρατείνει* Θ: *ἐνιαυτὸν ἡ νοῦσος* M. [5] Θ: *ᾖ* M. [6] Θ: *πολλοῖς* M. [7] Θ: *ἑφθὸν ᾖ* M. [8] Θ: *χρῶμα* M. [9] Θ: *οὖν* M. [10] *μ. τ. τ.* Θ: *τὰ αὐτὰ* M. [11] Θ: *-καθηράσθω* M. [12] M adds *ἢν ᾖ δυνατός*.

out and the patient coughs much up; often he also expectorates material that looks like spiders' webs, and often sputum charged with blood. If the lung then becomes clean and the swelling in it goes down, there is hope of recovery; but, if it does not stay that way, the disease stretches out over a year, and the patient suffers different things at different times.

At the beginning before pus breaks out, you must administer the following to this patient: when his fever is in remission, wash him in copious hot water, and let him take warm gruels—boiled-down barley-water to which boiled honey has later been added—and drink wine that is white and sweet, or boiled melicrat. When he once begins to expectorate pus, have him drink the same things as the patient above with internal suppuration, take the same cereals, drinks and main dishes avoiding acid, sharp, salty and fat ones, and refrain from venery and from drinking to intoxication, except where the latter is appropriate to the disease. Pay attention to the patient's condition, and attend to whatever seems to you to require it. After the expectoration, let him do the same things as well; also let him drink cow's and goat's milk in season, after first being cleaned out downwards with boiled ass's milk, and drink a three-cotyle cup of shaken mare's milk early every morning.

Καὶ ἢν μὲν οὕτω μελετώμενος ῥαΐσῃ,[1] καὶ μὴ ῥαγῇ τὰ πύα ἐς τὰ στήθεα, αὐτὸς ἐφ' ἑωυτοῦ θεραπευέσθω ἥσυχος[2] ἔχων τῷ σώματι ὡς μάλιστα καὶ τὰ σύμφορα προσφέρων ἑωυτῷ. ἢν δὲ ῥαγῇ τὰ πύα ἐς τὰ στήθεα, ὅπῃ ἄν σοι δοκέῃ ἀπο-
178 σημαίνειν μάλιστα, ταύτῃ ταμὼν ἢ | καύσας, ἀφιέναι τοῦ πύου ὀλίγον τὸ πρῶτον· τὰ δ' ἄλλα ποιέειν τὰ αὐτά, ἃ καὶ ἐπὶ τοῦ πρόσθεν ἐμπύου.[3]

4. Ἢν ἐν πλεύμονι κιρσὸς ἐγγένηται, βὴξ ξηρὴ ἐπιλαμβάνει, καὶ ῥῖγος, καὶ πυρετός, κατ' ἀρχὰς μὲν τῆς νούσου πάνυ[4] ἔχει δὲ καὶ ὀρθοπνοίη, καὶ ἐν τῇ κεφαλῇ ὀδύνη ἔστηκε,[5] καὶ αἱ ὀφρύες δοκέουσιν ἐπικρέμασθαι, καὶ οἴδημα κατέρχεται ἐς τὸ πρόσωπον καὶ ἐς τὰ στήθεα καὶ ἐς τοὺς πόδας. πολλάκις δὲ καὶ ἐς τὴν κεφαλὴν ἐρείδει, καὶ ὑπὸ τῆς ὀδύνης, ὅταν ὁ πόνος ἔχῃ, οὐ δύναται ἀνορᾶν· τὸ δὲ σῶμα ὕπωχρον, καὶ αἱ φλέβες[6] αὐτοῦ διατείνουσιν ἢ φλόγεαι ἢ μέλαιναι.

Τοῦτον, ὅταν οὕτως ἔχῃ καὶ ὁ πόνος μάλιστα πιέζῃ, πρῶτον μὲν αἷμα ἀφαιρέειν, ἔπειτα[7] λούειν πολλῷ καὶ θερμῷ· καὶ ὅταν δίψα ἔχῃ, πίνειν διδόναι κυκεῶνα ἐν οἴνῳ μέλανι αὐστηρῷ, ὡς ἡδίστῳ, ἴσον ἴσῳ μίξας· ψυχρὸν δὲ χρὴ ὡς μάλι-

[1] M adds ἅλις. [2] ἐφ' ἑ. θ. ἥ. Θ: ἑαυτὸν θεραπεύετω ἡσυχίην M. [3] M adds γενομένου. [4] M adds σφόδρα. [5] ὀ. ἔ. Θ: ἐνέστηκε M. [6] M adds δ'. [7] πρῶτον . . . ἔπειτα om. Θ.

If, when cared for in this way, the patient gets better, and pus does not break out into his chest, let him take over his own treatment, keeping his body as quiet as possible and administering to himself what is fitting. But if pus breaks out into his chest, wherever the signs seem to you to point most, incise or cauterize there and at first draw out a small amount of pus; then continue with the same course of treatment as in the case of internal suppuration above.

4. If a varix forms in the lung, a dry cough, chills and fever set in right at the beginning of the disease. There is also orthopnoea, pain occupies the head, the eyebrows seem to overhang, and the face, chest and feet swell up. Often the disease becomes fixed in the head, and from the pain, when it is pressing, the patient cannot look up. The body is pale-yellow, and the vessels show their course through it by their red or dark colour.

This patient, when the case is such and pain is pressing him intensely, first subject to a blood-letting, and then wash him in copious hot water; when thirst is present, give him a cyceon in dry dark very pleasant wine to drink, mixing together an equal amount of each; he must drink this as

στα πίνειν· ῥυφήμασι δὲ χρῆσθαι, πτισάνης χυλῷ καθέφθῳ μέλι[1] παραχέας. ταῦτα χρὴ προσφέρειν ἐν τῇσι πρώτῃσι τῶν ἡμερέων τεσσερεσκαίδεκα. ἢν δ' ἐπὶ πλέον ἡ νοῦσος ἔχῃ, ὅ τε πόνος πλείων ἐν τῷ σώματι καὶ ἡ ἀδυναμίη ἐνῇ, τούτῳ οὕτως[2] ἔχοντι τὰ αὐτὰ προσφέρειν, ἃ καὶ ἐν τῷ ἐμπύῳ τὸν πλεύμονα, ὅταν αἱ τεσσερεσκαίδεκα ἡμέραι παρέλθωσιν.

Αὕτη ἡ νοῦσος μάλιστα[3] γίνεται ἀπὸ ταλαιπωρίης καὶ αἵματος[4] καὶ χολῆς μελαίνης. (5.) ὅταν τὰ κοῖλα φλέβια τὰ ἐν τῷ πλεύμονι διέχοντα πλησθῇ αἵματος ἢ χολῆς μελαίνης, συνέρρηξεν εἰς ἄλληλα τὰ φλέβια, ἅτε ἐν στενοῖσιν ἐόντα καὶ ἀπειλημμένα καὶ ἔξοδον οὐκ ἔχοντα, ὀδύνην παρέχει καὶ φῦσαν ἐν τῷ πλεύμονι.

180 Αὕτη ἡ νοῦσος χαλεπὴ καὶ θερα|πείης πολλῆς δεῖται· εἰ δὲ μή, οὐκ ἐθέλει ἐκλείπειν, ἀλλὰ τοῖσι πολλοῖσι συναποθνῄσκει.

6. Ἢν δ' ἐρυσίπελας ἐν τῷ[5] πλεύμονι γένηται, ἐγγίνεται δὲ μάλιστα ἀπ' οἰνοφλυγίης καὶ γαστριμαργίης ἰχθύων κεφάλων καὶ ἐγχελύων· ταῦτα γὰρ τὴν πιμελὴν πολεμιωτάτην ἔχει πρὸς τὴν φύσιν τοῦ ἀνθρώπου· ἤδη δὲ τὸ νόσημα ἐγένετο καὶ ἀπὸ φλέγματος, ὅταν μιγὲν τῷ αἵματι

[1] M adds χρηστὸν. [2] Θ: δὲ M. [3] μάλιστα om. M.
[4] καὶ αἵματος om. M. [5] δ' . . . τῷ Θ: φλεγμονὴ ἐν M.

cold as possible. Also, employ as gruel boiled-down barley-water to which you have added honey. These things you must administer in the first fourteen days. If the disease continues longer, and there is more pain and weakness of the body, after the fourteen days administer to this patient, as long as his condition is such, the same things given for suppuration of the lung.

This disease usually arises from exertion, blood and dark bile. (5.)[1] For, when the hollow vessels extending through the lung become filled with blood or dark bile, they break into one another and, inasmuch as they are in narrow straits, cut off and without any exit, produce pain and breathlessness in the lung.

This disease is severe and requires much attention; without this, it is not willing to leave off, but clings to many patients until they die.

6. If erysipelas arises in the lung, it is usually from drunkenness or the consumption of too many grey mullets and eels, for these fish contain a fat most harmful to man's constitution. On occasion, the disease has also arisen from phlegm, when, on

[1] From Vander Linden, the first editor to divide the text into chapters, down to Littré, what follows has been designated as a new chapter. I agree with Jouanna (p. 222 n. 3), however, that Littré's chapters 4 and 5 are in fact parts of one and the same disease description.

ἐπιρρυῇ ἐπὶ τὸν πλεύμονα· προσπίπτει δὲ καὶ ἐκ κρεηφαγίης ἐξ ὕδατος μεταβολῆς.

Τάδε οὖν πάσχει· βήσσει ἰσχυρῶς, καὶ τὸ σίαλον ἀποπτύει ὑγρὸν καὶ πολύ, πολλάκις δὲ λευκὸν καὶ παχύ, οἷον ἀπὸ βράγχου· καὶ ὀδύνη πιέζει ὀξέη ἐς τὰ στήθεα καὶ τὸ μετάφρενον καὶ τοὺς κενεῶνας καὶ τὰ πλευρά, καὶ ἐρεύγεται ὀξύ, καὶ ἐκ τῶν πλευμόνων καὶ στηθέων οἷον γαστὴρ τρυλίζει. καὶ ἐμέει λάμπην ὀξέην, καὶ τὸ ἔμεσμα ἢν ἐκχέῃς χαμάζε, ξύει τὴν γῆν ὥσπερ ὄξος ἐπιχέαντι. καὶ τοὺς ὀδόντας αἱμωδιᾷ, καὶ ῥῖγος καὶ πυρετὸς καὶ δίψα ἔχει ἰσχυρή. καὶ ἢν τι θέλῃ λιπαρὸν φαγεῖν, μύζει πρὸς τὰ σπλάγχνα καὶ ἔμετον ἄγει· καὶ τὸ σῶμα ἅπαν νάρκα ἔχει. ὅταν δ' ἀπεμέσῃ, ἐπ'[1] ὀλίγον δοκέει ῥᾷον εἶναι· ἔπειτα ἐπὴν τῆς ἡμέρης ὀψίτερον γένηται, βρέμει ἡ κοιλίη καὶ στρέφει καὶ βορβορύζει.

Τοῦτον ὅταν οὕτως ἔχῃ ὧδε μελετᾶν·[2] μίξας γάλα καὶ μέλι καὶ ὄξος καὶ ὕδωρ, ταῦτα ἐγχέας εἰς χυτρίδα χλιαίνειν, καὶ ὀριγάνου κλωνίοισι τῆς κεφαλοειδέος ταράσσειν· ἔπειτα ὅταν[3] χλιαρὸν ᾖ, δοῦναι ἐκπιεῖν, ἢ λαβόμενος τῆς γλώσσης, ἔγχει ἡσυχῇ διὰ σύριγγος· εἶτα κελεύειν συνειληθέντα ἡσυχίην ἔχειν· ἔπειτα ἢν ἔμετος ἔλθῃ αὐτῷ,
182 ἐμείτω προθύμως· ἢν δὲ μὴ | ἐπίῃ, καταματεύ-

[1] ἐπ' om. Θ. [2] ὧ. μ. Θ: καὶ δοκέῃ καιρὸς εἶναι, προσαίρειν ὧδε μελέτην M. [3] Θ: ἐπειδὰν δὲ M.

being mixed with the blood, it flowed to the lung; it may also attack as the result of eating meat, or from a change of water.

The patient suffers the following: he coughs violently and expectorates copious moist sputum, often thick and white like that from a sore throat. Sharp pains press on his chest, back, flanks and sides, he has oxyrygmia, and from his lungs and chest he gurgles as if from a belly. He vomits up a sharp scum, and if you pour out the vomitus onto the earth, it corrodes the earth as vinegar does when it is poured on the earth. His teeth are set on edge, and chills, fever and violent thirst are present. If the patient is willing to eat any substantial food, it rumbles in his inward parts and provokes vomiting; numbness comes over his whole body. When he has vomited, for a short while he seems to be better, but then later in the day his cavity roars and twists and rumbles.

When the case is such treat the patient as follows: pour milk, honey, vinegar and water together into a pot, warm, and stir in twigs of the head-shaped marjoram; then, when this is warm, give it to the patient to drink off, or take hold of his tongue and pour it in gently through a pipe. Next order the patient to cover up and to keep quiet. Then, if vomiting comes on, let him vomit actively; but if vomiting does not occur spontaneously, let

μενος πτερῷ ἐμείτω· καὶ ἢν τι φλέγματος ἐμέσῃ, ἐπὶ πέντε ἡμέρας ταὐτὰ ποιείτω· ῥᾴων γὰρ ἔσται. πινέτω δὲ τοῦτο γυμνασάμενος, ἢν οἷός τε ᾖ, καὶ λουσάμενος πολλῷ θερμῷ· εἰ δὲ μή, ἀλλὰ λουσάμενος.

Ὅταν δὲ αἱ πέντε ἡμέραι παρέλθωσι, πρωΐος νῆστις πινέτω ἐν μελικρήτῳ ἢ οἴνῳ καὶ μέλιτι ὀπὸν σιλφίου ὅσον ὄροβον, καὶ σκόροδον τρωγέτω καὶ ῥαφανίδας νῆστις, καὶ οἶνον ἄκρητον ἐπιρρυφανέτω μέλανα ἢ λευκὸν αὐστηρόν· τρωγέτω[1] δὲ καὶ ἐπὶ σίτῳ καὶ μετὰ τὸ σῖτον· σιτίοισι δὲ ξηροῖσι καὶ κρέασιν ὀνείοισιν ἢ[2] κυνείοισι χρῆσθαι ἐφθοῖσιν, ἢν τὸ ῥῖγος καὶ ὁ πυρετὸς μὴ ἐπιλαμβάνῃ. οὗτος ἢν μὲν ἀπὸ τοῦ ἐγχύματος καθαίρηταί τι· εἰ δὲ μή, ἄνω κάθαιρε αὐτὸν ἑλλεβόρῳ· μετὰ δὲ τὴν κάθαρσιν ἀλεύρου ἑφθοῦ διδόναι δύο τρυβλία ἐκρυφεῖν μέλι παραχέας· οἶνον τὸν αὐτὸν πινέτω καὶ ὑδαρέα.

Ἢν[3] δὲ μὴ κατ' ἀρχὰς παραγένῃ[4] τῇ νούσῳ, παχύνας αὐτὸν γάλακτι, καῦσαι τὰ στήθεα[5] καὶ τὸ μετάφρενον· οὕτω γὰρ ἂν μάλιστα τῆς νούσου ἀπαλλαγείη. ἢν δὲ μὴ καυθῇ, προσέχει καὶ οὐ μάλα ἐκλείπει, ἀλλ' ἐς τὸ γῆρας προσέχει· πολλάκις δὲ καὶ συναποθνήσκει, ἢν μὴ ἐν τῇσι

[1] Θ: πινέτω M [2] ὀνείοισιν ἢ om. M. [3] Θ: Εἰ M.
[4] Θ: -ηται M [5] After στήθεα nine leaves are missing in Θ.

him vomit by being tickled with a feather. If he vomits up any phlegm, repeat the same treatment for five days, for he will improve. Have him drink this potion after bathing in copious hot water and, if he is able, exercising; if he is not able to exercise, then at least after bathing.

When the five days are up, early in the morning let the patient drink in the fasting state silphium juice, to the amount of a vetch, in melicrat or in wine and honey, eat garlic and radishes, and on top of that take dry white or dark wine unmixed with water; let him also take these things with his meal, and after it. If chills and fever are not present, give dry cereals and the meat of ass or dog boiled. If this patient is cleaned out to some extent by the instillation, fine; if not, clean him upwards with hellebore. After the cleaning, add honey to two bowls of boiled meal and give him this to drink off; let him drink the same wine well mixed with water.

If you were not present at the beginning of the disease, first fatten the patient on milk, and then cauterize his chest and back; for this gives him the greater chance of recovering. If he is not cauterized, the disease continues and rarely goes away, tending in most cases to remain into old age; often it even clings to the patient until he dies, if he does

πρώτῃσι ἡμέρῃσι τεσσαράκοντα ἀποθανῇ· ἀλλὰ χρὴ μελεδώνης μάλιστα. καὶ ὀρὸν καὶ γάλα τὴν ὥρην πινέτω βοὸς καὶ αἰγὸς καὶ ὄνειον καὶ ἵππειον[1] οὕτω γὰρ ἂν ῥᾳϊστα διάγοι· ἡ δὲ νοῦσος χαλεπή.

7. Ἢν πλεύμων [ἀπὸ ἐρυσιπέλατος][2] οἰδήσῃ, τὸ δὲ οἴδημα μάλιστα ἀπὸ αἵματος γίνεται, ὅταν
184 ἐς ἑωυτὸν ὁ πλεύμων ἑλκύσῃ αἷμα | καὶ ἔχῃ ἀναλαβών· τὸ δὲ νόσημα θέρεος [ἡ] ὥρῃ[3] μάλιστα γίνεται. τάδε οὖν ἀπ' αὐτοῦ πάσχει· βὴξ ξηρὴ ἐμπίπτει, καὶ ῥῖγος, καὶ πυρετός, καὶ ὀρθοπνοίη, καὶ ὁ πόνος ἰσχυρὸς ἐν τοῖσι στήθεσι· καὶ τὰς ῥῖνας πίτνα ὡς ἵππος δραμών, καὶ τὴν γλῶσσαν ἐξίσχει ὡς κύων θέρεος ὑπὸ καύματος.[4] καὶ οἴδημα τὰ στήθεα κατέχει, καὶ φθέγγεται βραχέως, καὶ ἐρύθημα καὶ κνησμὸς ἐν τῷ σώματι καθέστηκε· καὶ ὑπὸ τοῦ πόνου κατακέεσθαι οὐ δύναται, ἀλλ' αὐτὸς αὑτὸν ῥίπτει ἀλύων. οὗτος θνῄσκει ἐν ἑπτὰ ἡμέρῃσι μάλιστα· ἢν δὲ ταύτας ἐκφύγῃ, οὐ μάλα θνῄσκει.

Τοῦτον, ὁκόταν ὧδε ἔχῃ, ἰῆσθαι τοῖσδεσι· ψύχειν τὸ σῶμα· τεῦτλα ἐν ὕδατι ψυχρῷ βάπτων προστιθέναι μάλιστα πρὸς τὸ πονέον[5] μάλιστα, ἢ ῥάκεα βάπτων ἐν ὕδατι ψυχρῷ καὶ ἐκθλίβων

[1] Ermerins: -ου καὶ -ου M. [2] Del. Potter. [3] Jouanna (p. 200): ἡ ὥρη M. [4] M in marg.: ὑπὸ τοῦ πνεύματος M. [5] Jouanna: τὸ που νεον M.

not succumb within the first forty days. Treatment is essential. Let the patient drink in season whey and milk of cow, goat, ass and mare, for with this regimen he will fare most easily; the disease is severe.

7. If the lung swells up,[1] the swelling occurs chiefly from blood, when the lung attracts blood to itself and, taking it up, retains it; the disease occurs mainly in summer. This is what the patient suffers from it: there are dry cough, with chills, fever and orthopnoea, and severe pain in the chest; the patient dilates his nostrils like a running horse, and protrudes his tongue as a dog does in summer from the heat. Swelling occupies his chest, the patient speaks little, and redness and itching settle over his body; because of the pain, he is not able to lie down, but is distraught and casts himself about. This patient usually dies in seven days; if he survives these, death is rare.

When the case is such, treat the patient by cooling his body with the following: immerse beets in cold water and apply this especially to the most painful areas; or soak rags in cold water, squeeze

[1] This disease corresponds to *Diseases II* 58 and *Diseases III* 7 ("if the lung becomes full"), and not to *Diseases II* 55 (erysipelas); the disease just described in *Internal Affections* 6, called by Θ erysipelas but by M φλεγμονή, does correspond to *Diseases II* 55. I therefore delete ἀπὸ ἐρυσιπέλατος here.

προστιθέναι. κῆν μὲν οὕτω ῥηΐσῃ· εἰ μή, κεραμικῇ γῇ ψυχρῇ καταπλάσσειν, καὶ ἐν τῇ αἰθρίῃ κοιμάσθω. οὕτω γὰρ ἂν μάλιστα μελετώμενος φύγοι ἂν τὰς ἑπτὰ ἡμέρας. ὁκόταν δὲ αἱ ἑπτὰ ἡμέραι παρέλθωσι καὶ ἡ ὀδύνη προσέχῃ, χρίων ἐλαίῳ τὸ πονέον μέρος μάλιστα, χλιάσματα προστιθέναι τὰ αὐτά, ἃ καὶ τῇ πλευρίτιδι. καὶ τόδε[1] πῖσαι αὐτὸν ἐς ὑποκάθαρσιν τοῦ πεπλίου καὶ τῆς μηκωνίδος καὶ τοῦ κόκκου τοῦ Κνιδίου· καὶ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον δοῦναι ῥοφῆσαι, πινέτω δὲ ὕδωρ. τῇ δ' ὑστεραίῃ λοῦσαι αὐτὸν πολλῷ καὶ θερμῷ πλὴν τῆς κεφαλῆς· ἔπειτα πῖσαι ὀρίγανον ἐν μελικρήτῳ ἀποβρέξας· ποτοῖσι δὲ ὡς θερμοτάτοισι χρεέσθω· σιτία δὲ προσφερέσθω τὰ αὐτὰ
186 ταῦτα, ἃ καὶ ὁ ὑπὸ τῆς πλευρίτιδος ἑαλω|κώς, ἢν μὴ πυρετὸς προσίσχῃ. αὕτη ἡ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγγάνουσι.

8. Ἢν <τὸ>[2] στῆθος καὶ <τὸ>[2] μετάφρενον ἀναρραγῇ—ῥήγνυται δὲ μάλιστα ἀπὸ ταλαιπωρίης—τάδε οὖν πάσχει. βὴξ ἴσχει ὀξείη, καὶ τὸ σίαλον ἐνίοτε ἀποπτύει ὕφαιμον, καὶ ῥῖγος καὶ πυρετὸς ἐπιλαμβάνει τὰ πολλά. καὶ ἐν τῷ στήθεϊ καὶ ἐν τῷ μεταφρένῳ ὀδύνη ὀξείη ἔνεστι, καὶ ἐν τῷ πλευρῷ δοκέει οἷον λίθος ἐγκέεσθαι, καὶ κεντέεσθαι ὑπὸ τῆς ὀδύνης διαμπερέως, ὡς εἰ βελόνη τις κεντοίη.

[1] Jouanna: τῷδε M. [2] Later mss.

them out, and apply; if the patient is relieved in this way, fine. If not, plaster him over with cold potter's earth, and have him sleep in the open air. If treated in such a way, the patient is most likely to survive the seven days. When the seven days have passed, if pain is still present, anoint the most painful parts with olive oil, and apply the same fomentations as for pleurisy. Also this: have the patient drink, in order to clean downwards, wild purslane, sea-spurge, and Cnidian berry; after the cleaning, give a bowl of lentil-soup as gruel, and let him drink water. The next day, wash him with copious hot water, except for his head. Then have him drink marjoram well steeped in melicrat; let him take drinks as hot as possible. Administer the same cereals as to a patient with pleurisy, unless fever is present. This disease is severe, and few escape it.

8. If the chest and back are torn apart—in most cases this happens as the result of exertion—the patient suffers the following: he has a sharp cough which sometimes produces sputum charged with blood; in most cases chills and fever supervene; in the chest and back there is sharp pain, and in the side there seems to be something like a stone; the patient is pierced through by pain as if a needle were pricking him.

Τοῦτον ὁκόταν ὧδε ἔχῃ, παραχρῆμα γάλακτι πιήνας καῦσαι τὰ στήθεα καὶ τὸ μετάφρενον· καὶ οὕτω τάχιστα ὑγιὴς ἔσται. τὸ δὲ λοιπὸν ἡσυχάζων τῷ σώματι μάλιστα διαιτῆσθαι, ἢν γάρ τι πονήσῃ ἢ ἐπὶ ἅμαξαν ἀναβὰς ἢ ἐφ' ἵππον, ἢ τοῖσιν ὥμοισιν αὐτὸς ταλαιπωρήσῃ, κινδυνεύσει πάλιν ὑποτροπιάσαι ἡ νοῦσος, καί, ἢν ὑποτροπιάσῃ, κίνδυνος διαφθαρῆναι· τὸ γὰρ νόσημα μᾶλλον πιέζει ἢ κατ' ἀρχάς. ἢν δὲ μὴ καυθῇ, τοῖσι αὐτοῖσι ἰῆσθαι οἷσι καὶ τὸν ἔμπυον, ῥοφήμασι καὶ σιτίοισι καὶ ποτοῖσι. τὸ δὲ σύμπαν ἡσυχίην ἔχοντα εὐωχέειν τοῖσι ἐπιτηδείοισι· ἢν γὰρ οὕτω μελετηθῇ, τάχιστα ὑγιὴς ἔσται. ἡ δὲ νοῦσος χαλεπή.

9. Ἢν ἐν πλευρῷ φῦμα φύηται καὶ ἔμπυον γένηται, τάδε πάσχει· ῥῖγος καὶ πυρετὸς ἴσχει, καὶ βὴξ ξηρὴ πολλὰς ἡμέρας, καὶ ἀλγέει τὸ πλευρόν, καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν κληῖδα καὶ ἐς τὰς ὠμοπλάτας ὀδύνη ἴσχει ἀΐσσουσα.

Οὗτος ὅταν οὕτω ἔχῃ, ἐν μὲν τῇσι πρώτῃσι ἡμέρῃσι ἕνδεκα ῥοφήμασι χρεέσθω, πτισάνης χυλῷ καθέφθῳ μέλι παραχέων, ὁκόταν ἑφθὸν τὸ ῥόφημα ᾖ· οἴνῳ δὲ χρεέσθω λευκῷ, γλυκεῖ ἢ αὐ-
188 στηρῷ καὶ[1] ὑδαρεῖ· καὶ ῥοφάνοντα πλεονάκις | τοῦ οἴνου ἐκπτύειν κελεύειν· καὶ τοῦ ὕπνου κωλύειν, ἔστ' ἂν αἱ ἕνδεκα ἡμέραι παρέλθωσι· μετὰ δὲ ταύτας τὰς ἡμέρας σιτίοισι ὀλίγοισι ὡς μάλιστα

[1] Mack (*et* Cornarius): ἢ M.

When the case is such, fatten the patient at once on milk, and cauterize his chest and back; if you do this, he will recover most quickly. From then on, let him conduct his life in such a manner as to keep his body very quiet; for, if he strains himself at all by riding in a wagon or on a horse, or if he does hard work with his shoulders, he will run the risk of a relapse, and if this happens there is a danger that he will perish, since the disease then presses more forcefully than it did originally. If the patient is not cauterized, treat him with the same things as in internal suppuration: gruels, cereals and drinks. In general, keep him quiet, and feed him well on suitable foods; for, if he is cared for in this way, he will quickly recover. The disease is severe.

9. If a tubercle forms in the side, and it suppurates, the patient suffers the following: he has chills, fever and a dry cough for many days, he aches in his side, and there are darting pains towards his nipple, collar-bone and shoulder-blades.

When the case is such, for the first eleven days let the patient take as gruel boiled-down barley-water to which honey has been added after the gruel has been boiled, and drink white wine—either sweet or dry—diluted with water; after he has had several drinks of wine, order him to expectorate; prevent sleep until the eleven days have passed. After that, let the patient take mainly cereals in small amounts, and meats of puppy or

χρεέσθω, κρέασι σκυλακείοισι ἢ ἀλεκτρυονείοισι θερμοῖσι· ἐζωμεῦσθαι δὲ χρὴ καλῶς, καὶ τὸν ζωμὸν ῥυφανέτω· καὶ τοῖσι ῥοφήμασι πρόσθεν χρεέσθω τοῦ σίτου, καὶ μὴ διψήτω, ἕως ἂν ἔμπυον γένηται τὸ πλευρόν. πυΐσκεται δὲ μάλιστα ἐν τεσσεράκοντα ἡμέρῃσι <ἢ>[1] ὀλίγῳ πρόσθεν· τούτῳ δὲ γνώσῃ, ὁκόταν ἔμπυον γένηται τὸ πλευρόν, πύον γὰρ οὐκ ἀποπτύεται, καὶ οὐκ ἀνεμέεται. τοῦτον, ὁκόταν οὕτως ἔχῃ, ὅκου ἂν ἀποσημήνῃ, τάμνειν ἢ καίειν. ἔπειτα ἀφιέναι τὸ πύον κατ' ὀλίγον, καὶ ἐπειδὰν ἀπαρύσῃς, μοτὸν καθιέναι ὠμολίνου· καὶ αὖτις τῇ ὑστεραίῃ ἐξελών, ἀπαρύσαι κατ' ὀλίγον τοῦ πύους, ἔπειτα μοτῶσαι· καὶ αὖτις τῇ τρίτῃ καὶ τῇσι ἄλλῃσι ἡμέρῃσι δὶς τῆς ἡμέρης ἀπαρύειν ἕως ἂν ξηρανθῇ. διδόναι δὲ καὶ τὰ σιτία καὶ τὰ ὄψα, ὁκόταν προσίηται, καὶ πινέτω ὀλίγον, μὴ πολλόν, ἤν τε οἶνον ἤν τε καὶ ὕδωρ· τρωγέτω δὲ καὶ τῆς ὀριγάνου τῆς ἁπαλῆς ὡς πλεῖστον, ἐς μέλι ἀποβάπτων. ἢν δὲ μὴ ἁπαλὴν ἔχῃ, ἀλλ' αὖην, λεπτὴν ποιήσας, ἐς τὸ μέλι μίξας λείην, διδόναι ὡς πλείστην. καὶ μὴ ῥιγούτω, καὶ τοῖσι λουτροῖσι λούειν, καὶ μαλθακῶς κοιμάσθω.

Οὕτω ταύτην τὴν νοῦσον θεραπεύων, τάχιστ' ἂν ὑγιέα ποιήσαις· ὁκόταν δὲ ὑγιὴς γένηται, φυλασσέσθω τὸ ψῦχος, τὸ θάλπος, τὸν ἥλιον,[2] καὶ

[1] Add. I [2] A later ms: τοῦ ἡλίου M.

fowl warmed; you must boil these well into a soup, and have the patient drink the soup. Let him drink gruels before foods, and prevent thirst until his side has suppurated. Usually suppuration occurs in forty days or a little before; you will be able to tell in this patient when he side has suppurated, for then he no longer coughs or vomits up pus. When the case is such, incise or cauterize the patient wherever the signs point. Then draw off the pus a little at a time and, when you have exhausted it, introduce a tent of raw linen. Draw off pus again the next day a little at a time, and then replace the tent. Again on the third and subsequent days, remove pus twice daily, until it dries up. Give both cereals and main dishes whenever the patient will take them, and let him drink a little, but only a little, wine or water. Let him also eat much fresh marjoram dipped in honey. If there is no fresh marjoram, but only dried marjoram, rub that fine, mix it thoroughly into honey, and give it in a very generous amount. Make sure that the patient does not have a chill, give him baths, and let him sleep in a soft bed.

If you treat this disease in such a way, you will very quickly bring about the patient's recovery. Once he has recovered, have him avoid cold, heat

τοῖσι περιπάτοισι ὀλίγοισι χρεέσθω μετὰ τὸ σῖτον, ὅκως ἂν μὴ κόπος λάβῃ τὸ σῶμα· ταῦτα ἦν ποιέῃ ὑγιὴς ἔσται. τούτων τῶν νούσων ἄστινας ἂν καύσῃς, ἐπὶ τὰ[1] καύματα πράσα τρίψας πολλὰ καταπλάσσειν εὐθὺς μετὰ τὴν καῦσιν καὶ ἐᾶν μίην ἡμέρην.

10. Φθίσιες τρεῖς· αὕτη μὲν γίνεται ἀπὸ
190 φλέ|γματος· ἐπὴν ἡ κεφαλὴ φλέγματος πλησθεῖσα νοσήσῃ καὶ θέρμη ἐγγένηται, συσσήπεται τὸ φλέγμα ἐν τῇ κεφαλῇ, ἅτε οὐ δυνάμενον κινέεσθαι ὥστε ὑποχωρῆσαι. ἔπειτα ὁκόταν παχυνθῇ καὶ συσσαπῇ καὶ ὑπερπλησθῇ τὰ φλέβια, ῥεῦμα ἐπὶ τὸν πλεύμονα ἐγένετο, καὶ ὁ πλεύμων ὁκόταν ἀναλάβῃ νοσέει παραχρῆμα, ἅτε δακνόμενος ὑπὸ τοῦ φλέγματος, ἁλυκοῦ ἐόντος καὶ σαπροῦ.

Τάδε οὖν πάσχει· πυρετὸς ἄρχεται βληχρὸς ἐπιλαμβάνειν, καὶ ῥῖγος· καὶ πονέει τὰ στήθεα καὶ τὸ μετάφρενον, ἐνίοτε δὲ καὶ βὴξ πιέζει ὀξείη· καὶ ἀποπτύει τὸ σίαλον πολὺ καὶ ὑγρὸν καὶ ἁλμυρόν. ταῦτα μὲν κατ' ἀρχὰς τῆς νούσου πάσχει· προϊούσης δὲ τό τε γυῖον λεπτύνεται, πλὴν τῶν σκελέων· ταῦτα δὲ οἰδέει, καὶ οἱ πόδες, καὶ οἱ ὄνυχες ἕλκονται· ἐκ δὲ τῶν ὤμων λεπτὸς καὶ ἀσθενὴς ὁ φάρυγξ χνόου πίμπλαται καὶ συρίζει ὡς διὰ καλάμου· καὶ διψῇ ἰσχυρῶς διὰ παντὸς τοῦ

[1] Later mss: ἔπειτα M.

and sun, and take short after-dinner walks such that his body does not become fatigued. If the patient follows these instructions, he will recover. In whichever of these diseases you cauterize, apply a plaster of many crushed leeks to the site of the cautery immediately after the operation, and leave it there for one day.

10. Three consumptions: the first one arises from phlegm. When the head, on being filled with phlegm, becomes ill and is occupied by burning heat, the phlegm in the head putrefies, inasmuch as it cannot be set in motion to be evacuated. When it has become thick and putrid, and the small vessels are overfilled, a flux to the lung occurs, and the lung, when it takes up the phlegm, immediately becomes ill, being irritated by the salty putrid phlegm.

Thus, the patient suffers the following: at the beginning, there are a mild fever and chills; the patient has pain in his chest and back, and sometimes a violent cough also presses him; he expectorates copious moist salty sputum. These things he suffers at the beginning of the disease. As it goes on, his body grows lean, except for the legs; these swell up, as do the feet, and the nails become curved. In his shoulders the patient is thin and weak; his throat is filled with a film, and whistles as if through a reed-pipe. He has great thirst through the whole course of the disease, and

νοσήματος, καὶ ἀκρασίη πολλὴ τὸ σῶμα ἔχει.

Οὗτος ὁκόταν οὕτω ἔχῃ, ἐνιαυτῷ φθειρόμενος φαύλως θνῄσκει· μελετᾶν δὲ χρὴ ὡς μάλιστα καὶ ἀνακομίζειν. πρῶτον μὲν πῖσαι ἐλλέβορον, κάτω δ' ὑποκαθῆραι ἐπιθύμῳ ἢ τῷ πεπλίῳ ἢ τῷ κόκκῳ τῷ Κνιδίῳ ἢ τῇ τιθυμαλλίδι· ταῦτα χρὴ τετράκις τοῦ ἐνιαυτοῦ δοῦναι, ἄνω δίς, κάτω δίς. διδόναι δὲ καὶ ὄνειον γάλα ἑφθὸν ἐς ὑποκάθαρσιν ἢ βόειον ἢ αἴγειον· πινέτω δὲ καὶ ὠμὸν τὸ βόειον γάλα, τρίτον μέρος μελικρήτου προσμίσγων, πέντε καὶ τεσσεράκοντα ἡμέρας, παραμίσγων καὶ τὴν ὀρίγανον. τὴν δὲ κεφαλὴν αὐτοῦ πρόσθε καθαίρειν, πρὸς τὰς ῥῖνας προστιθεὶς φάρμακον. σιτία δὲ καὶ ὄψα διδόναι μήτε λιπαρὰ μήτε κνισώδεα μήτε λίην δριμέα. τεκμαιρόμενος δὲ τὸ νόσημα πάντα ποιέειν χρή. καὶ περιπάτοισι χρέεσθαι πρὸς τὰ σιτία, τεκμαιρόμενος μὴ ῥιγώῃ· τοῦ δὲ χειμῶνος παρὰ πυρὶ τὴν σίτησιν ποιεέσθω. οἶνον δὲ πινέτω, αὐστηρόν, μέλανα, ὡς παλαιότατον
192 καὶ ἥδιστον, ὀλίγον δέ. κῆν | δοκέῃ σοι πρὸ τοῦ φαρμάκου πυριῆσαι, καὶ οὕτω δοῦναι τὸ φάρμακον· ἢν δὲ μὴ βούλῃ δοῦναι τὸ φάρμακον, πυριήσας, οὕτω δὲ ἔμετον ἀπὸ τῶν σιτίων ποιήσασθαι, ὡς τὸ πρόσθε γέγραπται. τούτῳ ἢν ξυμφέρωσι, περιπάτοισι χρεέσθω· ἢν δὲ μὴ ξυμφέρωσι, ἡσυχίην χρὴ ἔχειν ὡς μάλιστα τῷ σώματι.

great debility affects his body.

When the case is such, the patient wastes away sorrily for a year, and dies; you must treat him very actively and strengthen him. First have him drink hellebore, and then clean him downwards with dodder of thyme, wild purslane, Cnidian berry, or sea-spurge; these agents must be given four times a year: twice to act upwards, twice to act downwards. To clean downwards give boiled ass's milk, too, or cow's or goat's; also let the patient drink raw cow's milk, to which one third part of melicrat has been added, for forty-five days, and mix marjoram with it as well; clean the patient's head out beforehand by applying medication to his nostrils. Give cereals and main dishes that are neither rich, nor steaming like roasted meat, nor very sharp. You must do all these things, taking as your guide the state of the disease. Have the patient take walks in conjunction with his meals, but be careful not to have a chill; in winter let him take his food beside the fire. Let him drink wine that is dry, dark, very old and very pleasant, but in small amounts. If it seems advisable to you to treat with vapour-baths before the medication, still give the medication. If you are not willing to give it, apply vapour-baths, and then induce vomiting by means of foods as described above. If walks are beneficial to the patient, let him take them; if they are not, he must keep his body as quiet as possible.

Οὗτος οὕτω μελετώμενος ῥήϊστ' ἂν διάγοι ἐν τῷ νοσήματι. ἡ δὲ νοῦσος θανασίμη, καὶ παῦροι διαφυγγάνουσι.

11. Ἄλλη φθίσις· γίνεται μὲν ἀπὸ ταλαιπωρίης, πάσχει δὲ πλῆθος τὰ αὐτά, ἃ καὶ ὁ πρόσθεν· ἡ δὲ νοῦσος διαπαύει αὕτη μᾶλλον τῆς προτέρης, καὶ τοῦ θέρεος ἀνίησι. τὸ δὲ σίαλον ἀποπτύει, παχύτερον μὲν τῆς[1] πρόσθεν, καὶ βὴξ πιέζει μάλιστα τοὺς ὄρθρους.[2] καὶ ὁ πόνος ἰσχυρότερος ἐν τοῖσι στήθεσι, καὶ δοκέει οἷόν περ λίθον ἐν αὐτοῖσι ἐγκέεσθαι· πονέει δὲ καὶ τὸ μετάφρενον. καὶ ἡ χροιὴ δίυγρος αὐτοῦ ἐστιν, καὶ ἤν τι πονήσῃ, φύσα καὶ ἄσθμα ἴσχει. οὗτος ἐκ ταύτης τῆς νούσου ἐν τρισὶν ἔτεσι μάλιστα θνῄσκει.

Μελετᾶν δὲ χρὴ τοῖσι αὐτοῖσι, οἷσι καὶ τὸν πρόσθεν. αὕτη ἡ νοῦσος προσέχει τοῖσι πολλοῖσι πλὴν τῶν τριῶν ἐτέων, ἀλλ' ἀποθνῄσκουσιν· ἡ γὰρ νοῦσος χαλεπή.

12. Ἑτέρη φθίσις· ὑπὸ ταύτης τάδε πάσχει· ὁ μυελὸς αὐτοῦ ὁ νωτιαῖος αἵματος μεστὸς γίνεται· φθίνει ὁμοίως καὶ ἀπὸ τῶν κοίλων φλεβῶν· αὗται δὲ φλέγματος ὑδρωποειδέος ἐμπίμπλανται καὶ χολῆς. πάσχουσι δὲ τὰ αὐτά, ἀφ' ὁποτέρων ἂν φθίνῃ. καὶ ὁ ἄνθρωπος εὐθὺς μέλας γίνεται καὶ
194 ὑποιδαλέος, καὶ τὰ ὑπὸ τοὺς | ὀφθαλμοὺς ὑπώπια ὠχρά, καὶ αἱ φλέβες αἱ ἐν τῷ σώματι ὠχραὶ δια-

[1] Later mss: τῇ M. [2] Potter (cf. *Diseases II* 48): ὀρόους M.

If treated in such a way, the patient will fare best in the disease; the disease is usually mortal, and few escape it.

11. Another consumption: this one arises as the result of exertion, and the person suffers, for the most part, the same things as in the preceding one; this disease, however, makes spontaneous pauses more often than the preceding one, and it remits in summer. The sputum expectorated is thicker than in the preceding disease, and the cough presses most in the mornings. The pain in the chest is more violent, and something like a stone seems to be lying inside the chest; the back too is painful. The patient's colour is washed out and, if he exerts himself at all, breathlessness and panting come over him. Death from this disease usually occurs in three years.

You must treat with the same things that you gave to the preceding patient. This disease continues in most patients up to three years, but still they die; for it is severe.

12. Another consumption: from this one the person suffers the following (his spinal marrow becomes filled with blood; or also he may be consumed because the hollow vessels fill with dropsical phlegm and with bile; patients suffer the same symptoms no matter which of these two is the origin of their consumption): he immediately becomes dark and somewhat swollen, the parts of his face below the eyes are pale-yellow, and the vessels

τέτανται, ἔνιαι δὲ σφόδρα ἐρυθραί· μάλιστα δὲ δῆλαι αἱ ὑπὸ τῆσι μασχάλῃσι. καὶ ἀποπτύει ὠχρά, καὶ ὅταν αὐτῷ ἐπίῃ, πνίγεται καὶ βῆξαι οὐ δύναται ἐνίοτε βουλόμενος. ἐνίοτε δὲ ὑπὸ τοῦ πνίγματος καὶ τῆς προθυμίης τοῦ βήσσειν ἀθρόον ἤμεσε χολήν, τότε δὲ λάπην, πολλάκις δὲ καὶ τὰ σιτία, ὅταν φάγῃ· καὶ ὁκόταν ἀπεμέσῃ, δοκέει κουφότερος εἶναι· εἶτ' αὖτις ὀλίγον χρόνον διαλιπών, ἐν τοῖσι αὐτοῖσι πόνοισι κέεται. οὗτος καὶ φθέγγεται ὀξύτερον ἢ ὑγιαίνων, καὶ ῥῖγος καὶ πυρετὸς διαπαύων ἐπιλαμβάνει ἱδρώδης.

Τοῦτον ὁκόταν ὧδε ἔχῃ, βρωτοῖσι καὶ ῥυφήμασι καὶ ποτοῖσι καὶ φαρμάκοισι καὶ τοῖσι ἄλλοισι πᾶσι μελετῆν, ὥσπερ τὸν πρόσθεν. ἡ δὲ νοῦσος διαφέρει μάλιστα ἐννέα ἔτεα, ἔπειτα ἀποθνῄσκει[1] φθειρόμενος· παῦροι δὲ φυγγάνουσιν ἐξ αὐτῆς· χαλεπὴ γὰρ ἡ νοῦσος.

Ἢν δὲ βούλῃ, ὧδε ἰῆσθαι αὐτόν· πρῶτον πυριῆσθαι· ὁκόταν δὲ πυριηθῇ, τῇ ὑστεραίῃ δοῦναι χρὴ πιεῖν αὐτῷ μελικρήτου ἡμίχουν καὶ ὄξος παραχέαι ὀλίγον· τοῦτο δὲ κέλευε ἀπνευστὶ ἐκπιεῖν· ἔπειτα τῶν ἱματίων ἀμφιέσαι αὐτὸν πολλὰ καὶ ἐᾶν[2] ὡς πλεῖστον χρόνον. ἢν δὲ μὴ ἀνέχηται, ἀλλ' ἐξεμέσαι βούληται, ἐξεμεέτω· ἢν δὲ μὴ ἔμετος ἔχῃ χρόνου ἤδη ἐγγενομένου, ἐπιπιὼν ὕδατος χλιεροῦ μεγάλην κύλικα, ἐμεέτω καταματτεόμε-

[1] Potter (cf. chs. 19, 32): διαφέρει M. [2] Potter: ἢν M.

through his body are pale-yellow and stretched, or some are very red; especially conspicuous are the ones in the axillae. The patient expectorates pale-yellow sputum, and when an attack occurs he chokes and sometimes cannot cough even though he wants to. Sometimes, because of his choking and eagerness to cough, he all at once vomits bile, then scum, and often even food when he has eaten; after he has vomited, his condition seems to be better; but then after a short time he is again subject to the same distress as before. The patient's voice is shriller than when he was well, and intermittent chills and fever accompanied by sweating occur.

When the case is such, treat this patient with foods, gruels, drinks, medications, and all the other things that you gave to the preceding one. Generally the disease continues for nine years, and then, being wasted away, the patient dies. Few escape, for the disease is severe.

If you wish, treat the disease as follows: first administer a vapour-bath; on the day after the patient has had the vapour-bath, give him a half chous of melicrat to which a little vinegar has been added; have him drink this off without taking a breath, and then cover him thickly with blankets, and leave these on for a good long time. If he cannot tolerate this, but wants to vomit, let him vomit. If vomiting does not occur after a certain time has elapsed, let the patient drink, in addition, a large cup of warm water, and vomit by being

νος πτερῷ· ὁκόταν δὲ ἀπεμέσῃ ὥστε καλῶς ἔχειν, ἡσυχίην ἐχέτω ταύτην τὴν ἡμέρην. ὁκόταν δὲ δείπνου ὥρη ᾖ, δειπνεέτω μᾶζαν ὀλίγην, καὶ ὄψον ἐχέτω τάριχος καὶ πράσα, ταῦτα δὲ ἐσθιέτω ὡς πλεῖστα· οἶνον δὲ πινέτω γλυκύν. τὸν δὲ λοιπὸν χρόνον, λουέσθω τε πᾶσαν ἡμέρην ἅμα ἕωθεν θερμῷ πλείστῳ, καὶ μετὰ τὸ λουτρὸν φυλάσσειν χρὴ ὡς μὴ ῥιγώσῃ, ἀλλὰ κατακλιθεὶς εὐδέτω ὡς πλεῖστον χρόνον. ὁκόταν δὲ ἀναστῇ εὖδων, περι-
196 ελθέτω σταδίους εἴκοσι τὸ | βραχύτατον ταύτῃ τῇ ἡμέρῃ· τῇσι δὲ ἄλλῃσι ἡμέρῃσι πέντε σταδίους ἄλλους ὑπερβαλὼν βαδιζέτω ἑκάστης ἡμέρης ἕως ἂν ἀφίκηται ἐς τοὺς ἑκατὸν σταδίους. τὴν δὲ κοιλίην ὑποκαθαίρειν δεῖ ἐκ τῆς ἡμέρης χυλοῖσι τεύτλων καὶ ἀπὸ κράμβης· χωρὶς ἑκάτερα ἑψήσας ἀπηθῆσαι χοέα ἑκατέρου· εἶτα συμμίξας ἐς τὠὐτὸ συνεψεῖν· δὲ οἱὸς στέαρ τὸ ἀπὸ τῶν νεφρῶν τεταρτημόριον μνᾶς ἐν ἀμφοτέροις· ἑψεῖν διελών· ὁκόταν δὲ μέλλῃ πιεῖσθαι, πρὸς μὲν τῆς κράμβης τὸν χυλὸν ἅλα παραβαλεῖν, πρὸς δὲ τὸν τῶν τευτλίων μέλι παραχέειν, εἶτα[1] χωρὶς ἑκάτερον πίνειν· ἢ μέλι παραχέας παρὰ τὴν ἑτέρην κύλικα [καὶ][2] πίνειν, παρὰ δὲ τὴν ἑτέρην ἅλας· ἐκπιεῖν δὲ χρὴ πάντα τὸν χυλόν.

Ταῦτα μὲν ποιέειν χρὴ τριήκοντα ἡμέρας. τῷ δὲ δευτέρῳ μηνὶ ἐσθιέτω ἄρτον καὶ κρέα πίονα

[1] Potter: ἦν δὲ M. [2] Del. later mss.

tickled with a feather. When he has vomited, and feels better, let him rest that day. When dinner time arrives, have him dine on a small barley-cake, and take as main dish salt-fish and leeks, of which he should eat as many as he can; let his wine be sweet. From then on, let the patient bathe every day at dawn in very copious hot water; after the bath, you must make sure that he does not have a chill, by putting him to bed, and having him sleep long. On arising from his sleep, have him walk at least twenty stades[1] that day; on the days that follow, let him walk an additional five stades each day until he reaches one hundred stades. Beginning from the first day, you must clean the cavity downwards with beet- and cabbage-juice: boil these separately, and strain off a chous of each; then mix into each one quarter mina of fat from a sheep's kidney, and boil them, still separately; when the patient is ready to drink, into the cabbage-juice sprinkle salt, and into the beet-juice pour honey; then have him drink each separately; alternatively add honey to one cup and have him drink it, and then salt to the next cup; he must drink all the juice.

These things you must do for thirty days. In the second month, let the patient eat bread and boiled

[1] See table of measures p. 330.

ὑὸς ἑφθά, ἄλλο μηδέν· οἶνον δὲ πινέτω λευκόν, αὐστηρόν, καὶ ὁδὸν ὁδοιπορεέτω μὴ ἐλάσσω σταδίων τριήκοντα πρὸ τοῦ δείπνου, μετὰ δὲ τὸ δεῖπνον δέκα· καὶ μὴ ῥιγούτω, ἀλλ' ἐσκεπάσθω. ταῦτα ἦν ποιέῃ ῥᾴϊον οἴσει τὴν νοῦσον.

Τῷ δὲ τρίτῳ μηνὶ κυκεῶνα ἀνθινὴν πινέτω· σελίνου ῥίζας καὶ ἄνηθον καὶ πήγανον καὶ μίνθην καὶ κορίαννον καὶ μήκωνας ἁπαλὰς καὶ ὤκιμον καὶ φακὸν καὶ ῥοιῆς γλυκείης καὶ οἰνώδεος χυλόν· εἶναι δὲ χρὴ τὰς γλυκείας διπλασίας· εἶναι δὲ χρὴ συναμφοτέρων τοῦ χυλοῦ ἡμικοτύλιον καὶ οἴνου μέλανος ἡδέος αὐστηροῦ ἡμικοτύλιον καὶ ὕδατος κοτύλης ἥμισυ· ἔπειτα ἄνθεα τρίψας λεῖα, διῆναι τούτῳ τῷ συγκεκρημένῳ, καὶ ἐγχέαι ἐς κύλικα·
198 ἔπειτα ἐπι|βαλεῖν ἄλευρα ὀρόβων, ὁκόσον ὀξύβαφον, καὶ ἄλφιτον ἴσον, καὶ τυροῦ παλαιοῦ αἰγείου ξέσας τὸ ἴσον τοῖσι ὀρόβοισι· ταῦτα συγκυκήσας ἐκπιέτω· ἔπειτα διαλιπὼν ὀλίγον χρόνον ἀριστάτω ἄρτον, καὶ ὄψον ἐχέτω τέμαχος νάρκης ἢ ῥίνης ἢ γαλεοῦ ἢ βατίδος, καὶ κρέα οἷς ἐσθιέτω ἑφθά· καὶ παχυνέτω ἑωυτὸν ἡσυχίην ἄγων ὡς μάλιστα· καὶ πυριῆν διὰ δεκάτης ἡμέρης [ἐς ἑωυτὸν ἡσυχῇ].[1]

Τῷ δὲ τετάρτῳ μηνὶ πυριῆν διὰ πέμπτης ἡμέρης ἀτρέμα, καὶ ἐσθιέτω ὄψον ὡς πλεῖστον· ὄψῳ δὲ χρεέσθω τυροῖσι καὶ κρέασι ὀλίγοισι οἷς ἑφθοῖσι.

[1] Del. Potter.

fat pork, but nothing else; let him drink dry white wine, and walk a distance of not less than thirty stades before dinner, and after dinner ten stades; let him keep himself covered in order to avoid a chill. If he does these things, he will bear the disease more easily.

In the third month, let the patient drink a cyceon flavoured with plants: celery roots, dill, rue, mint, coriander, fresh poppies, basil, lentil, and the juices of sweet and vinous pomegranates, the amount of the sweet being double that of the vinous; there must be a half cotyle of the two juices together, a half cotyle of pleasant dry dark wine, and a half cotyle of water. Grind the plants fine, soak them in this mixture, and pour into a cup. Then add vetch-meal to the amount of an oxybaphon, an equal amount of barley-meal, and grate in an amount of aged goat's cheese equal to the vetches. Stir all these into the cyceon, and have the patient drink it off. Then, leaving a short interval, let him breakfast on bread, take as main dish a slice of torpedo, angel-fish, dogfish or skate, and eat boiled mutton; let him fatten himself by keeping very quiet; administer a vapour-bath every tenth day.

In the fourth month, administer mild vapour-baths every fifth day, and let the patient eat main dishes as much as he can; as such employ cheeses

ὁδοιπορεέτω δὲ σταδίους οὗτος τῷ τετάρτῳ μηνὶ ἀρξάμενος τῇ πρώτῃ ἡμέρῃ ἀπὸ δέκα σταδίων, μέχρις ὀγδοήκοντα αὐτῷ στάδιοι γένονται· περιπατεέτω δὲ τῆς ἡμέρης ὀγδοήκοντα σταδίους, μετὰ τὸ δεῖπνον εἴκοσιν, ὄρθρου δὲ τριήκοντα.

Τὸ δὲ λοιπὸν τοῦ χρόνου διαιτάσθω μᾶζαν καὶ ἄρτον ἐσθίων ἀμφότερα· καὶ ὄψον ἐχέτω σελάχια, καὶ κρέα πάντα ἐσθιέτω πλὴν βοείων καὶ χοιρείων· ἰχθύων δὲ τῶνδε ἀπεχέσθω, κεστρέος καὶ ἐγχέλυος καὶ μελανούρου· ἐσθιέτω δὲ νάρκην καὶ ῥίνην καὶ βατίδα καὶ γαλεὸν καὶ τρυγόνα καὶ βατράχους, τῶν δὲ λοιπῶν μηδένα. ἢν δὲ δοκέῃ ἀσινέα εἶναι, καὶ κυκεῶνα, ἐπειδὰν μέλλῃ καθευδήσειν, πινέτω ἀπὸ οἴνου μέλανος, ἡδέος, παλαιοῦ, δικότυλον κύλικα· καὶ μεθ' ἡμέρην τῷ αὐτῷ οἴνῳ χρεέσθω ἐπὶ σιτίῳ. καὶ ὁδοιπορεέτω τῆς ἡμέρης, ἑκατὸν πεντήκοντα σταδίους, μετὰ δεῖπνον εἴκοσι, ὄρθρου δὲ τεσσεράκοντα. οὗτος γίνεται ὑγιὴς μάλιστα ἐνιαυτῷ οὕτω θεραπευόμενος.

13. Ἢν μυελὸς ὁ κατὰ τὴν ῥάχιν αὐαίνηται·
200 αὐαίνεται δὲ μάλιστα, ὁκόταν τὰ | φλέβια ἀποφραχθῇ τὰ ἐς τὸν μυελὸν τείνοντα καὶ ἡ ἐκ τοῦ ἐγκεφάλου ἔφοδος. διὰ κάκωσιν δὲ τοῦ σώματος τάδε πάσχει καὶ νοσέει—αὐαίνεται δὲ μάλιστα καὶ ἀπὸ λαγνείης—τάδε οὖν πάσχει· ὀδύνη ὀξέη ἐμπίπτει αὐτῷ ἐς τὴν κεφαλήν, καὶ ἐς τὸν τράχηλον καὶ τὴν ὀσφῦν, καὶ ἐς τοὺς μύας τῆς

and small amounts of boiled mutton. Let this patient walk stades in the fourth month, beginning on the first day with ten stades, and increasing until he reaches eighty stades; then let him walk eighty stades daily, of which twenty should be after dinner and thirty in the morning (sc. the other thirty between his meals).

From then on, let the regimen include eating both barley-cakes and bread; let the patient take as main dish selachians and eat all meats except beef and pork; of fish, let him abstain from grey mullet, eel and black-tail, and eat torpedo, angel-fish, skate, dogfish, sting-ray and fishing-frog, but no others. If he seems quite well, let him also drink a cyceon, when he is about to retire, a two-cotyle cup made from pleasant old dark wine; by day, let him use this same wine with his meal. Have him walk one hundred and fifty stades a day, of which twenty should be after dinner and forty in the early morning. When treated in this way, the patient usually recovers in a year.

13. If the marrow of the spine becomes dry (it generally becomes dry when the small vessels extending into the marrow are blocked, and also the passage out of the brain), as a result of the body's insult the patient suffers the following and is ill (the marrow also often becomes dry from venery); he suffers, then, as follows: sharp pain occupies the head, neck, loins, lumbar muscles, and the

ὀσφύος, καὶ ἐς τὰ ἄρθρα τῶν σκελέων, ὥστε ἐνίοτε οὐ δύνανται ξυγκάμπτειν. καὶ ἡ κόπρος οὐ διαχωρέει, ἀλλ' ἵσταται, καὶ δυσουρέεται. οὗτος κατ' ἀρχὰς μὲν τῆς νούσου ἡσυχαίτερον διάγει· ὁκόσῳ δ' ἂν ὁ χρόνος τῇ νούσῳ ἀπομηκύνηται, πονέει ἅπαντα μᾶλλον. καὶ τὰ σκέλεά τε οἰδέει ὡς ἀπὸ ὑδέρου, καὶ ἕκλεα ἐκφλυνδάνει ἐκ τῆς ὀσφύος, καὶ τὰ μὲν ἄλλα ὑγιαίνεται, τὰ δὲ ἄλλα παραγίνεται.

Τούτῳ, ὁκόταν οὕτω ἔχῃ, καθῆραι τὴν κεφαλὴν τῷ ἱππόφεω ὀπῷ ἢ τῷ Κνιδίῳ κόκκῳ πυριήσας πρῶτον τὸ σῶμα εὖ μάλα. τῆς δὲ ἑσπέρης μετὰ τὴν κάθαρσιν πτισάνης δύο τρυβλία ῥοφεέτω μέλι παραχέας· οἶνον δὲ λευκὸν πινέτω μαλθακόν. τῇ δ' ὑστεραίῃ ὀνείου γάλακτος διδόναι αὐτῷ ἑφθοῦ, μέλι παραχέας, ὀκτὼ κοτύλας ἐκπιεῖν· ἢν δὲ μὴ ὄνειον ἔχῃς, βοείου ἢ αἰγείου ἑφθοῦ τρία ἡμιχόεα, παραχέας μέλι. καὶ τὴν ὥρην γαλακτοποτεέτω ἐν ὀρῷ[1] καὶ γάλακτι πέντε καὶ τεσσεράκοντα ἡμέρας. σιτίοισι δὲ καὶ ὄψοισι χρεέσθω ὡς διαχωρητικωτάτοισι· οἶνον δὲ πινέτω λευκόν, μαλθακόν, Μένδαιον.[2] ὁπόταν δὲ παχύτατος ᾖ, καῦσαι αὐτοῦ ἐς τὴν ὀσφῦν ἑκατέρωθεν τῶν σπονδύλων τέσσαρας ἐσχάρας, καὶ ἐς τὸ μετάφρενον δεκαπέντε ἑκατέρωθεν, καὶ εἰς τὸν

[1] Littré (*sero* Cornarius): ὀροβίῳ M. [2] Potter (cf. chs. 16–18, 24): Μενδήσιον M.

joints of the legs, so that sometimes patients cannot flex their hip. The stools do not pass off, but are stopped, and the patient has dysuria. At the beginning of the disease, this patient goes along quite peacefully, but as the period of the illness lengthens, his sufferings increase in every way. His legs swell up as if from dropsy, and ulcers break out in the region of the loins; while some of these ulcers are healing, others develop.

When the case is such, clean out the patient's head with hippopheos juice or Cnidian berry, after first applying very thorough vapour-baths to his body. In the evening after the cleaning, let him take two bowls of barley-gruel to which honey has been added; let him drink mild white wine. On the next day, give him eight cotylai of boiled ass's milk with honey, to drink off. If you do not have ass's milk, then give three half choes of boiled cow's or goat's milk with honey. In season, also let him drink whey and milk for forty-five days. Of cereals and main dishes have him eat the most laxative, and drink mild white Mendean wine. When the person is in a state of corpulence, burn four eschars in the lumbar region on both sides of the vertebrae, fifteen on each side in the back, and in the neck two

αὐχένα δύο μεταξὺ τῶν τενόντων· ἢν γὰρ τύχῃς καύσας, [καὶ][1] ὑγιέα ποιήσεις· ἡ δὲ νοῦσος χαλεπή.

202 14. Ἀπὸ νεφρῶν αἵδε νοῦσοι γίνονται τέσσαρες.

Ἀπὸ τῆς πρώτης τάδε πάσχει· ὀδύνη ὀξείη ἐμπίπτει ἐς τὸν νεφρὸν καὶ ἐς τὴν ὀσφῦν καὶ ἐς τὸν κενεῶνα καὶ ἐς τὸν ὄρχιν τὸν κατὰ τὸν νεφρόν· καὶ οὐρέει πυκινά, καὶ στάζει[2] κατ' ὀλίγον τὸ οὖρον· καὶ ἅμα τῷ οὔρῳ προέρχεται[3] ψάμμος, καὶ ὁκόταν ἐξίῃ διὰ τῆς οὐρήθρης ἡ ψάμμος, ὀδύνην παρέχει ἰσχυρὴν ἐν τῇ οὐρήθρῃ. ὁκόταν δὲ διεξουρήσῃ, <ἡ>[4] ὀδύνη ἀνίησι· ἔπειτα αὖτις ἐν τοῖσι αὐτοῖσι ἄλγεσι κέεται· ὁκόταν δὲ οὐρέῃ, καὶ τὸν καυλὸν ὑπὸ τῆς ὀδύνης τρίβει.

Πολλοὶ δὲ τῶν ἰητρῶν οἱ μὴ συνιέντες τὴν νοῦσον, ὁκόταν ἴδωσι τὴν ψάμμον, δοκέουσι λιθιῆν τὴν κύστιν, <ἣν>[5] μὲν οὐ λιθιῇ, τὸν δὲ νεφρὸν λιθιᾷ. αὕτη ἡ νοῦσος γίνεται ἀπὸ φλέγματος, ὁκόταν ὁ νεφρὸς ἐς ἑωυτὸν ἀναλαβὼν φλέγμα μὴ ἀφίῃ πάλιν, ἀλλ' αὐτοῦ ξυμπωρωθῇ· τοῦτο γίνεται λίθοι λεπτοὶ οἷον ψάμμος.

Τοῦτον ὁκόταν οὕτως ἔχῃ, τῷ ὀπῷ τῆς σκαμμωνίης ἢ αὐτῇ τῇ ῥίζῃ, πυριήσας[6] πρόσθεν ἅπαν τὸ σῶμα, ὑποκαθῆραι. τῇ δ' ὑστεραίῃ ἀπὸ ἐρε-

[1] Del. Cornarius. [2] Potter: *στύφει* M. [3] Cornarius: *προσ-* M. [4] Later mss. [5] Potter. [6] Littré: *-ῆσαι* M.

between the tendons; for, if your cautery succeeds, you will cure him. The disease is severe.

14. From the kidneys these four diseases arise.

In the first one, the patient suffers the following: a sharp pain attacks his kidney, loin, flank, and his testicle on the same side as the kidney; he urinates frequently, and drips urine a little at a time; together with the urine sand too is passed, and when the sand discharges through the urethra, it produces violent pain in it. When the patient has finished urinating, the pain stops; later, though, he labours under the same distress again. When he is passing urine, he rubs his penis because of the pain.

Many physicians that do not understand the disease, when they see the sand, think the patient is suffering from stones of the bladder, which he is not, but rather from stones of the kidney. This disease arises from phlegm, when the kidney takes up phlegm into itself and does not release it, but it solidifies there; this forms fine stones like sand.

When the case is such, clean the patient downwards with scammony juice or the root itself, first applying vapour-baths to the whole body. On the

βίνθων λευκῶν τῷ χυλῷ ὑποκαθῆραι δύο χοεῦσι· ἄλα[1] δὲ παρεμβαλὼν διδόναι πίνειν. μετὰ δὲ ταῦτα ποτοῖσι καὶ βρωτοῖσι καὶ λουτροῖσι μελετῆν, διδοὺς τὰ αὐτὰ <ἁ>[2] καὶ τῷ στραγγουριῶντι δίδοται φάρμακα. ὁκόταν δὲ ἡ ὀδύνη πιέσῃ, λούειν πολλῷ καὶ θερμῷ, καὶ χλιάσματα προστιθέναι ὅπῃ πονέει μάλιστα. ὁκόταν δὲ ἀποιδήσῃ καὶ ἐξαρθῇ, ὑπὸ τοῦτον τὸν χρόνον παραχρῆμα[3] τάμνειν κατὰ τὸν νεφρόν, καὶ ἐξελὼν τὸ πύος, τὴν ψάμμον διουρητικοῖσι ἰῆσθαι· ἢν μὲν γὰρ τμηθῇ, ἐλπὶς ἐκφυγέειν· ἢν δὲ μή, ἡ νοῦσος τῷ ἀνθρώπῳ συναποθνήσκει.

15. Ἄλλη νεφροῦ· αἱ μὲν ὀδύναι ἰσχυρῶς πιέ-
204 ζουσι ὡς | ἐν τῇ πρόσθεν· γίνεται δὲ τὸ νόσημα ἀπὸ ταλαιπωρίης, ὁκόταν ῥαγῇ τὰ φλέβια ἐς τὸν νεφρὸν τείνοντα, ἔπειτα ὁ νεφρὸς αἵματος πλησθῇ. οὗτος ὁκόταν ταῦτα πάθῃ, ἐξουρέει ἅμα τῷ οὔρῳ αἷμα κατ' ἀρχὰς τοῦ νοσήματος, ἔπειτα πύα[4] προϊόντος δὲ τοῦ χρόνου. οὗτος ἢν ἡσυχίην <ἔχῃ>[5] τῷ σώματι, τάχιστα ὑγιὴς ἔσται· ἢν γάρ τι πονήσῃ αἱ ὀδύναι πολλῷ μᾶλλον ἔξουσι. ὁκό-

[1] Later mss: ἄλλα M. [2] Grmek and Wittern, "Die Krankheit des attischen Strategen Nikias und die Nierenleiden im Corpus Hippocraticum", *Arch. int. hist. sci.* XXVI. 100 (1977) 10. [3] Potter: παρασχῇ M. [4] Grmek and Wittern, 16: πύει M. [5] Later mss.

following day, clean downwards with juice from white chick-peas to the amount of two choes; add salt, and give this to drink. After that, treat with drinks, food and baths, giving the same medications that are given to a patient with strangury. When pain is pressing, wash with copious hot water, and apply fomentations where the pain is worst. When the affected area swells up and becomes raised, incise then immediately over the kidney, draw out the pus, and attend to the sand with diuretics. For, if this person is incised, he has a hope of survival, but if he is not, the disease clings to him until he dies.

15. Another disease of the kidney: pains press violently just as in the preceding disease. This disease arises from exertion, when the vessels extending to the kidney rupture, and the kidney is then filled with blood. When a patient suffers this, he passes blood with his urine, at the beginning of the disease, and then, as time goes on, pus. If he rests his body, he will recover very quickly; however, if he exerts himself in any way, the pains

ταν οὖν ἔμπυος ᾖ ὁ νεφρός, ἀποιδέει παρὰ τὴν ῥάχιν.

Τοῦτον, ὅταν οὕτω ἔχῃ, τάμνειν κατὰ τὸ ἀποιδέον, μάλιστα μὲν βαθείην τομὴν κατὰ τὸν νεφρόν· κῆν μὲν τύχῃς ταμών, παραχρῆμα ὑγιέα ποιήσεις· ἢν δὲ ἁμάρτῃς, κίνδυνος ἕλκος ἔμμοτον γενέσθαι. ἢν δὲ συμφυῇ τὸ ἕλκος, ἐκπυοῦται εἴσωθεν ἡ κοιλίη [ἡ][1] ἀπὸ τοῦ νεφροῦ· κῆν μὲν ῥαγῇ ἔσωθεν καὶ χωρήσῃ κατὰ τὸν ἀρχὸν τὰ πύα, ἐλπὶς ἐκφυγέειν· ἢν δὲ ψαύσῃ τοῦ ἑτέρου νεφροῦ, κινδυνεύσει καταφθαρῆναι.[2] μελετᾶν δὲ χρὴ[3] φαρμάκοισι τοῖσιν αὐτοῖσι πᾶσιν, ὡς[4] καὶ τὸν πρόσθεν, καὶ τὴν δίαιταν τὴν αὐτὴν ἐχέτω. αὕτη ἡ νοῦσος χαλεπή, καὶ πολλοὶ ἐκ ταύτης τῆς νούσου ἐς φθίσιν[5] νεφρίτιδα κατέστησαν.

16. Ἄλλη νεφροῦ· τὸ μὲν οὖρον προέρχεται οἷον ἀπὸ κρεῶν βοείων ὀπτῶν χυλός· γίνεται δὲ τὸ νόσημα ἀπὸ χολῆς μελαίνης, ὅταν χολὴ ἐς τὰ φλέβια συρρυῇ τὰ τείνοντα ἐς τὸν νεφρόν· καὶ ὅταν στῇ, ἑλκοῖ τὰ φλέβια καὶ τὸν νεφρόν· ὑπὸ οὖν τῆς ἑλκώσιος τοιοῦτον ὑποχωρέει ἅμα τῷ οὔρῳ. αἱ δὲ ὀδύναι ἔχουσιν ἐν τῇ ὀσφύϊ καὶ τῇ κύστει, καὶ ἐν τῷ περινῷ καὶ ἐν αὐτῷ τῷ νεφρῷ ἐπ' ὀλίγον χρόνον· ἔπειτα ἀνῆκεν ὁ πόνος, καὶ

[1] Del. Potter. [2] Θ resumes with -ρῆναι. [3] χρὴ om. M. [4] τοῖσιν . . . ὡς Θ: καὶ τοῖσι ἄλλοισι τοῖσι αὐτοῖσι πᾶσι, οἷσι M. [5] Θ adds ἢ.

increase greatly. Now, when the kidney suppurates, swelling appears beside the spine.

When the case is such, incise the patient at the site of the swelling, making an especially deep cut over the kidney. If your incision succeeds, you will quickly bring about recovery, but, if you fail, there is the danger that an ulcer requiring tents will arise. If this ulcer unites, the cavity is made to suppurate from within by the kidney; if the pus formed breaks into the intestine and passes off through the rectum,[1] there is hope of survival, but if it comes to involve the other kidney, the patient will be in danger of perishing. You must treat with all the same medications as in the preceding case, and have the patient follow the same regimen. This disease is severe, and many patients have gone on from it into a nephritic consumption.

16. Another disease of the kidney: the urine passed is like the juice of roasted beef. This disease arises from dark bile, when it collects in the vessels extending to the kidney; when it has come to rest there, it ulcerates the vessels and the kidney; thus, because of the ulceration, material of the kind described passes off with the urine. For a short time, pains are present in the loins, bladder, perineum and the kidney itself; then the attack

[1] I.e. escapes from the abdominal cavity by passing into the gastro-intestinal tract and out through the anus.

αὗτις ἐπέλαβεν ὀξὺς δι' ὀλίγου· καὶ ἐς τὸ λεπτὸν τῆς γαστρὸς ἔστιν ὅτε ὀδύνη ἐμπίπτει.

Τοῦτον ὅταν οὕτως ἔχῃ, ὑποκαθῆραι τὴν κοιλίην τῇ σκαμωνίῃ ῥίζῃ· πίνειν διδόναι ταὐτὰ ἃ
206 καὶ τῷ στραγγουριῶντι | καὶ ὅταν ἡ ὀδύνη ἔχῃ, λούειν θερμῷ[1] καὶ πολλῷ, καὶ χλιάσματα προστιθέναι πρὸς τὸ πονέον μάλιστα. καὶ ῥυφήματι χρήσθω ἀλεύρῳ ἑφθῷ, μέλι παραχέων, καὶ τῇ ἄλλῃ διαίτῃ χρήσθω ὡς διαχωρητικωτάτῃ, καὶ οἶνον πινέτω λευκὸν Μένδαιον μελιχρόν, ἢ ἄλλον[2] τὸν ἥδιστον καλὸν κεκρημένον. αὕτη ἡ νοῦσος μάλιστα[3] ἐκλείπει. καὶ τὴν ὥρην[4] γαλακτοποτείτω ἐς κάθαρσιν τῷ ὀρῷ· τὴν δὲ γαλακτοπωσίην ἐν θέρει[5] ποιείσθω πέντε καὶ τεσσεράκοντα ἡμέρας. ταῦτα ἢν ποιέῃ, ῥᾷστα τὴν νοῦσον διάξει.

17. Ἄλλη νεφροῦ· τὸ μὲν νόσημα γίνεται ἀπὸ χολῆς καὶ φλέγματος, τοῦ δὲ[6] θέρεος μάλιστα γίνεται·[7] γίνεται δὲ καὶ ἀπὸ λαγνείης ἡ νοῦσος. οὗτος τάδε[8] πάσχει· ὀδύναι πιέζουσιν αὐτὸν ἐς τὴν λαπάρην καὶ ἐς τὸν κενεῶνα καὶ ἐς τὴν ὀσφῦν καὶ ἐς τοὺς μύας τῆς ὀσφύος, καὶ πάσχει οἷα γυνὴ ὠδίνουσα. καὶ οὐκ ἀνέχεται ἐπὶ τοῦ ὑγιέος κατακείμενος· ἃ γὰρ πονέει[9] τοῦ κενεῶνος

[1] θερμῷ om. Θ. [2] M adds λευκὸν. [3] Θ: οὐ μάλα M.
[4] M adds ὀροποτεέτω καὶ. [5] Potter: θρει Θ: ὥρῃ M.
[6] δὲ Θ: δ' ἔτεος M. [7] γίνεται om. M. [8] M: ταχέως Θ.
[9] ἃ γὰρ πονέει Θ: ἀλλ' ἄγαν πονέει καὶ M.

relents, but after a short period it presses sharply again; sometimes pain also attacks the narrow part of the belly.

When the case is such, clean the cavity downwards with scammony root, and give the same things to drink that are given to a patient with strangury. When pain is present, wash in copious hot water, and apply fomentations where it is worst. Let the patient drink boiled meal as gruel, adding honey, and otherwise follow a regimen that is strongly laxative; let him drink white Mendean wine sweetened with honey, or some other very pleasant one, well mixed with water. This disease usually goes away. In season, also let the patient drink whey, in order to bring about cleaning; in summer, let him do this for forty-five days. If the patient does these things, he will get through the disease most easily.

17. Another disease of the kidney: this disease arises from bile and phlegm, and occurs mainly in summer; it also arises from venery. The person suffers the following: pains press him in the side, flank, loins, and the lumbar muscles, and he experiences the same as a woman in labour. He cannot tolerate lying on his healthy side, for the part of the flank in which he feels pain seems to hang down

δοκέει ἀποκρέμασθαι ὡς ἀπορρησσόμενα· ἐπὶ δὲ ἃ πονεῖ ἦν[1] κατακέηται, οὐκ ἀλγέει. οἱ δὲ πόδες καὶ αἱ κνῆμαι αἰεὶ ψυχραὶ αὐτοῦ. τὸ δὲ οὖρον μόγις προέρχεται ὑπὸ τῆς θερμασίης[2] καὶ παχύτητος τοῦ οὔρου, καὶ ἢν ἐάσῃς αὐτὸ ὀλίγον χρόνον καταθεὶς τέως ἂν καταστῇ, ὄψῃ τὸ ὑπεστηκὸς παχύ, οἷόν περ ἄλευρον· καὶ ἢν μὲν χολὴ ἐπικρατέῃ, ὑπόπυρρον αὐτὸ ὄψῃ· ἢν δὲ ἀπὸ φλέγματος ᾖ τὸ νόσημα, λευκὸν καὶ παχὺ ἔσται.

Καὶ τὸ μὲν πρῶτον ἐς ἐνιαυτὸν ἢ[3] ὀλίγῳ ἐλάσσω ἢ ὀλίγῳ πλείω χρόνον τοιαῦτα πάσχων διατελέει· ἢν δ' ὁ[4] χρόνος πλείων τῇ νούσῳ ἀπομηκύνηται,[5] πονέει μᾶλλον καὶ ἐκπυοῦται, καὶ
208 ὅταν ἔμπυος | ᾖ, ἀποιδέει. καὶ ὅπου ἂν μάλιστα ἀποιδέῃ τάμνειν ἐς τὸν νεφρόν, καὶ ἀφιέναι τὰ πύα· καὶ ἢν τύχῃς ταμών, παραχρῆμα ὑγιῆ ποιήσεις.

Τοῦτον ὅταν οὕτως ἔχῃ, τοῖσιν αὐτοῖσιν πᾶσι θεραπεύειν κατὰ τὸ πρόσθεν. κατ' ἀρχὰς τῆς νούσου πρὸ τῆς ὑποκαθάρσιος πυριᾶσαι. καὶ τοῖσι λουτροῖσι μὴ πυκινὰ λούσθω, ἀλειφέσθω δὲ μᾶλλον, μηδὲ ῥιγούτω, καὶ τοῦ ἡλίου ἀπεχέσθω, μηδὲ λαγνευέτω. ταῦτα ἢν ποιέῃ,[6] τάχιστα ὑγιὴς ἔσται· ἡ δὲ νοῦσος χαλεπή.

[1] ἐπὶ δὲ απονειην Θ: ἔπειτα πονέει ἐπὶ δὲ τὰ πρηνέα ἦν M. [2] Θ: φλεγμασίης M. [3] ἢ om. Θ. [4] δ' ὁ Θ: ὧδε M. [5] Θ: καὶ ὑπο- M. [6] M adds καὶ μὴ.

as if it were being torn away; if, however, he lies on the affected side, he has no pain. His feet and his legs below the knees become permanently cold. Hardly any urine passes, because it is so hot and thick, and if you leave it a short while, setting it down until it deposits its sediment, you will see that the precipitate is thick, just like meal; if bile predominates, the sediment will appear reddish; if the disease is from phlegm, the sediment will be thick and white.

First, the patient goes through a year, more or less, like this. If the illness goes on longer, his pains increase and he suppurates internally; when this happens, he swells up. Wherever the swelling is greatest, incise the kidney, and draw off pus; if your incision succeeds, you will quickly bring about recovery.

When the case is such, treat with all the same measures as above. At the beginning of the disease, before cleaning downwards, apply vapour-baths; let the patient not take many baths, but rather be anointed with oil; he must avoid chills, sun and venery. If he does these things, he will quickly recover. The disease is severe.

Ἢν δὲ βούλῃ ἄνευ φαρμάκων ὑγιᾶ ποιῆσαι,[1] παχὺν ποιῆσαι ἀπὸ τῆς διαίτης, ἤν τε ταύτην τὴν νοῦσον κάμνῃ, ἤν τε τῶν προτέρων τινά. τὰ σιτία διελὼν ἃ μεμαθήκει ἐσθίειν δέκα μερίδας, ἔπειτα μίαν ἀφελὼν μερίδα, τὰ λοιπὰ καταφαγέτω, ὄψον δ' ἐχέτω κρέας οἷος τετρυμένον· καὶ περιπατησάτω δέκα σταδίους ταύτης τῆς ἡμέρης. τῇ δὲ ὑστεραίῃ καὶ τῇ τρίτῃ καὶ μέχρι τῶν δέκα ἡμέρων ὑποβαίνων μερίδα, ἐλάσσω ἐσθιέτω, καὶ περιπατείτω δέκα σταδίους αἰεὶ πλείω ἑκάστης ἡμέρης. ὅταν δὲ ἐς τὴν ἐσχάτην τοῦ σιτίου μερίδα ἀφίκηται καὶ ἐς τοὺς ἑκατὸν σταδίους, ἐσθιέτω μίαν μόνην μερίδα, καὶ ταύτης τῆς ἡμέρης περιπατησάτω ἑκατὸν σταδίους· μετὰ δὲ τὸ δεῖπνον εἴκοσιν, ὄρθρου δὲ τεσσεράκοντα. οἶνον δὲ πινέτω Μένδαιον,[2] λευκόν, αὐστηρόν. ταῦτα ποιείτω τρεῖς ἡμέρας.[3] ἔπειτα τὸν λοιπὸν χρόνον ὑποβαίνων τῶν περιπάτων καὶ τῶν σιτίων πλείω ἐσθίων, τὸν αὐτὸν τρόπον ὥσπερ ἀφῄρει, οὕτω | προστιθέτω· τῶν δὲ περιπάτων ἀφαιρείτω μέχρι τῶν δέκα ἡμερέων. ἔπειτα ἡσυχίην ἐχέτω ὡς μάλιστα, καὶ εὐωχείσθω σιτία τε καθαρὰ καὶ ὄψα ὡς πλεῖστα, ἔχων[4] καὶ τὰ γλυκέα πάντα σύμφορα· λαχάνων δὲ ἀπεχέσθω καὶ τῶν ὀξέων καὶ τῶν δριμέων καὶ ὁπόσα φῦσαν παρέχει ἁπάντων· καὶ

[1] ὑ. π. Θ: ἰᾶσθαι Μ. [2] Μ: μὲν παλαιὸν Θ. [3] Η, Littré: μῆνας ΘΜ. [4] Θ: πιότατα, ἐχέτω Μ.

If you wish to cure the patient without medications, whether he is suffering from this particular disease or from one of the ones above, first fatten him by means of his regimen; then have him divide the cereals he is accustomed to eat into ten portions, and on the first day subtract one portion and eat the rest; as main dish let him eat ground mutton; also have him walk ten stades. On the next day, the third, and up to the tenth, have him each day reduce the amount of cereal he eats by one portion, and each day walk ten stades more. When he has arrived at the final portion of his cereal and at one hundred stades, let him eat only the one portion, and on that day walk the hundred stades: after dinner twenty, and early in the morning forty (sc. the other forty between his meals). Also give him dry white Mendean wine to drink. Let him do this for three days. Then have him decrease his walks for ten days, and eat more cereals, adding a portion a day in the same way as he subtracted. Then, let him keep as quiet as possible, be well fed on fine cereals and very generous main dishes, and also have all the suitable sweets; let him abstain from vegetables, foods that are acid and sharp, and everything that produces flatulence; let him bathe

λούσθω πολλῷ καὶ θερμῷ, καὶ μὴ ῥιγούτω.

Ταῦτα ἢν ποιέῃ, τάχιστα ὑγιὴς ἔσται.

18. Ἐκ τῆς νεφρίτιδος ἐπιλαμβάνει ἥδε ἡ νοῦσος, καί ἐστι[1] μεγάλη τῶν φλεβῶν τῶν κοίλων, αἱ τείνουσιν ἐκ τῆς κεφαλῆς παρὰ τὰς σφαγὰς διὰ τῆς ῥάχιος ἐς τὸ σφυρὸν τὸ ἐκτὸς τοῦ ποδὸς καὶ ἐς τὸ μεταξὺ τοῦ μεγάλου δακτύλου. γίνεται δὲ τὸ νόσημα ἀπὸ φλέγματος καὶ χολῆς, ὅταν ἐς τὰς φλέβας συρρυῇ· αἱ δὲ φλέβες αὗται αἵματός εἰσι πλήρεις· ἢν οὖν τι παρέλθῃ ἀλλοῖον ἐς αὐτάς,[2] νοσέουσι.

Τάδε πάσχει. ἢν μὲν ἐπὶ δεξιὰ νοσέῃ· ἄρχεται ἡ ὀδύνη ἔχουσα ἐκ τῆς κοτυληδόνος ἐς τὸ ἰσχίον[3] κατ' ἀρχάς. ὅσῳ δ' ἂν πλείῳ χρόνος προΐῃ καὶ ἀπομηκύνηται, ἡ τε ὀδύνη ὀξυτέρη καὶ κατέρχεται κατωτέρω· καὶ ὅταν ἐς τὸ σφυρὸν ἀφίκηται τὸ ἐκτὸς τοῦ ποδὸς τότ'[4] ἐς τὴν ῥάχιν πάλιν ἀνέρχεται καὶ ἐς τὴν κεφαλήν·[5] καὶ ὅταν ἐν τῇ κεφαλῇ στῇ τὸ ἄλγος,[6] πιέζει ἰσχυρῶς, καὶ δοκέει διαρρήσσειν τὴν κεφαλήν· καὶ οἱ ὀφθαλμοὶ αἵματος[7] πίμπλανται.[8]

Τοῦτον, ὅταν οὕτως ἔχῃ, ἐλατήριον πῖσαι ἢ
212 θαψίης ῥίζαν ἢ ἑλλέβορον ἢ ὀπὸν | σκαμωνίης. μετὰ δὲ τὴν κάθαρσιν ταὐτὰ προσφέρειν, ἃ καὶ

[1] καί ἐστι om. M. [2] M: ταύτας Θ. [3] Θ: τοῦ ἰσχίου M.
[4] Potter: τὸ Θ: om. M. [5] M adds ἔρχεται. [6] Θ: ἕλκος M.
[7] Θ: φλέγματος M. [8] M adds καὶ τὸ σῶμα.

in copious hot water, but be careful to avoid a chill.

If he does these things, he will quickly recover.

18. This disease develops out of nephritis and is serious, involving the hollow vessels that extend down from the head past the throat, along the spine, to the outer malleolus of the foot and the middle of the large toe; it arises when these vessels are invaded by phlegm and bile, for inasmuch as the vessels are normally filled with blood, if anything else enters them, they become ill.

If the disease is on the right side, the patient suffers the following: at first pain is present between the acetabulum and the hip-joint. The more time goes by and the longer the illness becomes, the sharper is the pain and the further down it moves; when it arrives at the outer malleolus of the foot, it ascends again to the back and the head, and when it comes to rest in the head, it presses violently, and seems to be splitting the head apart; the eyes fill with blood.

When the case is such, have the patient drink squirting-cucumber juice, thapsia root, hellebore, or scammony juice. After the cleaning, administer the

τοῖσι πρόσθεν. ἢν δὲ μὴ ὑπὸ ταύτης τῆς θεραπείης παύηται, γάλακτι παχύνας καῦσαι παρὰ[1] τὴν ὠμοπλάτην τὴν δεξιὴν τέσσερας ἐσχάρας, καὶ ἐς τὴν κοτυληδόνα τοῦ ἰσχίου τοῦ δεξιοῦ τρεῖς, καὶ ὑπὸ τὸν γλουτὸν δύο, καὶ ἐν μέσῳ τοῦ μηροῦ δύο, καὶ ὑπὲρ τοῦ γούνατος μίαν, καὶ ὑπὲρ τοῦ σφυροῦ μίην.[2] οὗτος, ἢν οὕτω καυθῇ, οὐ παρήσει οὔτε ἄνω οὔτε κάτω τὴν νοῦσον διαχωρέειν. ἢν δέ που ἡ ὀδύνη φθῇ[3] ῥαγεῖσα, ἢν μὲν στηρίξῃ πρὶν καυθῆναι ἐς τὸ σκέλος, χωλὸς ἔσται· ἢν δὲ ἐς τὴν κεφαλήν, κωφὸς ἢ τυφλός· ἢν δ' ἐς τὴν κύστιν, προχωρέει ἅμα τῷ οὔρῳ καὶ τοῦ αἵματος[4] τεσσεράκοντα ἡμέρῃσιν. ἀλλὰ χρή, ἢν ἐς τὴν κύστιν ῥαγῇ, διδόναι τὰ αὐτὰ φάρμακα, ἃ καὶ τῷ στραγγουριῶντι· καὶ ἢν που ἄλλῃ ἡ ὀδύνη στῇ, καῦσαι· καίειν δὲ χρὴ τὰ μὲν σαρκώδεα σιδηρίοισι, τὰ ὀστώδεα καὶ νευρώδεα μύκησι.

Τάδε δὲ τούτων πρότερον χρὴ ποιῆσαι, ἢν κατ' ἀρχὰς τῇ νούσῳ παραγένῃ. οἶνον λευκὸν Μένδαιον διδόναι πίνειν ὀλίγῳ ὑδαρέστερον ὡς πλεῖστον μεθ' ἡμέρην[5] τέως ἂν αἱμορραγήσῃ κατὰ τὰς ῥῖνας· ὅταν δὲ ἄρξηται, ἐᾶν ῥυῆναι ἡμέρας τὸ ἐλάχιστον[6] τρεῖς καὶ δέκα· ὅταν δὲ αὖται

[1] Θ: *κατὰ* M. [2] *καὶ ὑπὲρ τοῦ σφυροῦ μίην* om. Θ. [3] Littré: *ὀφθῇ* ΘM. [4] *καὶ τοῦ αἵματος* Θ: *αἵματος μάλιστα* M. [5] M adds *καὶ μεθυσκέσθω*. [6] *ἐᾶν . . . ἐλάχιστον* Θ: *ῥέειν, τὸ ἐλάχιστον ἡμέρας ῥέει* M.

same things as to the patients above. If the disease does not go away with this treatment, fatten the patient on milk, and burn four eschars beside his right shoulder-blade, three into the acetabulum of his right hip-joint, two under his buttock, two in the middle of his thigh, and one each above his knee and his ankle. If a person is cauterized in this way, it will not allow the disease to migrate either upwards or downwards. If, however, pain breaks out first, and, before you can cauterize, it becomes fixed in the leg, the patient will become lame; if it becomes fixed in the head, he will become deaf or blind, if in the bladder, blood will be passed along with the urine for forty days; if pain occupies the bladder, give the same medications as to a patient with strangury. If the pain settles somewhere else, cauterize: burn fleshy parts with irons, osseous and fibrous ones with fungi.[1]

First, however, you must do the following, if you attend the disease at its beginning: by day give very large quantities of white Mendean wine to drink, slightly more dilute than normal, until the patient bleeds through his nostrils; when this begins, allow the flow to continue for at least

[1] I.e. moxibustion; cf. Caelius Aurelianus, *Chronic Diseases V* (Drabkin 916–18) and J. S. Milne, *Surgical Instruments in Greek and Roman Times*, Oxford, 1907, 120.

αἱ ἡμέραι διαγένωνται, μηκέτι μεθυσκέσθω, μηδ' ὅταν ἄρξηται ἅπαξ ῥεῖν· πινέτω μέντοι ὀλίγῳ πλέονα τὸν οἶνον ἐπὶ τῷ σίτῳ, ὅπως ἂν ῥέῃ τὸ αἷμα. ἤδη δὲ παυσθέντος τοῦ αἵματος ἐρράγη τισὶν ἐς τὴν κύστιν καὶ ἐχώρησεν αἷμα καὶ πύα·
214 ἢν οὖν ῥαγῇ, διδόναι τὰ αὐτὰ | φάρμακα, ἃ καὶ τῷ στραγγουριῶντι, καὶ τοῦ οἴνου διδόναι τοῦ αὐτοῦ πίνειν πολύν. οὗτος οὕτω μελετώμενος καὶ σιτία προσφερόμενος διαχωρητικὰ καὶ τὰ ὄψα, τάχιστ' ἂν ὑγιὴς γένοιτο. ἡ δὲ νοῦσος χαλεπή.

19. Ἄλλη δὲ ἥδε[1] ἀπὸ τῆς ἀριστερῆς φλεβός· τὰ μὲν ἄλλα πλῆθος τὰ αὐτὰ πάσχει, ἃ καὶ ὁ πρόσθεν· ἐς δὲ τὸν σπλῆνα ὀδύνη ἐνστηρίζει ὀξέη εὐθὺς κατ' ἀρχὰς τοῦ νοσήματος. καὶ ἢν μὲν συνίῃς[2] παραχρῆμα πρὶν καταστηρίξῃ ἐς τὸν σπλῆνα,[3] μύκησι καῦσαι ὀκτὼ ἐσχάρας, τὰς κεφαλὰς ἀπολαβὼν τοῦ σπληνός, ὡς τάχιστα· καὶ ὅπου ἂν ἄλλῃ ἡ ὀδύνη στηρίξῃ, καῦσαι καὶ οὕτω παραχρῆμα ὑγιής.[4] ἢν δὲ μὴ καυθῇ, ὑγιὴς δὲ γένηται ἀπὸ τοῦ αὐτομάτου, τοῖσι πολλοῖσι δωδεκάτῳ ἔτει ἡ νοῦσος αὖτις ὑπετρόπασε, καὶ ἢν λάβηται τοῦ σπληνός, τοῖσι πολλοῖσιν ὕδερον ἐποίησεν. ἀλλὰ χρὴ παραχρῆμα θεραπεύειν ὡς τὸν πρόσθεν, καὶ ἢν δοκέῃ, καῦσαι ὥσπερ τὸν ἕτερον,[5] ἢν ἡ ὀδύνη καθεστήκῃ ἐν τοῖσιν αὐτοῖσιν ἄρθροισιν. ἢν

[1] ἥδε om. M. [2] Θ: μὴ ξυνίῃ M. [3] ἐς τὸν σπλῆνα Θ: ἀλλ' ἢ ἐς τὸν πλεύμονα M. [4] M adds ἔσται. [5] Θ: πρότερον M.

thirteen days. When these days have passed, the patient need no longer be drunk, nor actually even when the flow has once begun, but do have him drink somewhat more wine than usual with his meals, in order that the blood flow will continue. In some patients, after the epistaxis had already stopped, blood and pus have broken into the bladder and passed with the urine; if such a break occurs, give the same medications as to a patient with strangury, and the same wine to drink, in large amounts. This patient, if he is treated in such a way, and he takes laxative cereals and main dishes, will very quickly recover. The disease is severe.

19. The corresponding disease arising from the left vessel: generally this patient suffers the same things as the preceding one, except that right at the onset of the disease a sharp pain becomes fixed in his spleen. If you discover this at once, before the pain is firmly established in the patient's spleen, very quickly burn eight eschars with fungi, holding their heads away from the spleen; wherever else the pain settles, cauterize; if you do this, there is immediate recovery. However, if the patient is not cauterized, but recovers spontaneously, in many cases the disease recurs in the twelfth year and, if it involves the spleen, frequently produces dropsy. Therefore, you must treat at once just as you did the preceding patient, and, if it seems advisable, cauterize too if pain becomes fixed in the same

δὲ μὴ οὕτω μελετηθῇ, τὸ λοιπὸν φθειρόμενος θνῄσκει· ἡ γὰρ νοῦσος χαλεπή.

20. Περὶ τοῦ φλέγματος τὰς αὐτὰς γνώμας ἔχω, ἃς καὶ περὶ[1] χολῆς· ἰδέας[2] πολλὰς εἶναι.

Καὶ ἐπιδήμιον μέν ἐστι τὸ νεώτατον, ἑωυτοῦ[3] καὶ ἡ ἴησις ῥᾴστη. ἐμέτους γὰρ χρὴ ποιέεσθαι μετὰ τὸ σιτίον ἡμέρας δύο ἢ τρεῖς, προαριστῶντα καὶ ἡσυχάζοντα, ἢν εἰώθῃ[4] τὰς πρόσθεν ἡμέρας μονοσιτέειν τε καὶ ταλαιπωρέεσθαι· ἢν δὲ μή, |
216 τῇ αὐτῇ διαίτῃ χρήσθω, λούσθω δὲ πολλῷ καὶ θερμῷ ὅταν μέλλῃ ἔμετον ποιέεσθαι. καὶ μᾶζαν τ' ἐσθιέτω ψαιστήν, καὶ ἄρτον ἕωλον ἔξοπτον, ἕλκοι γὰρ ἂν μᾶλλον τὸ φλέγμα· ὄψοισι δὲ χρήσθω καὶ λαχάνοισι δριμέσι, καὶ τὰ λιπαρὰ καὶ τὰ ὀξέα καὶ τὰ γλυκέα, ταῦτα ἅπαντα ἐπιτήδεια ξυμμεμιγμένα προσφέρεσθαι· καὶ πᾶσι χλωροῖσι τοῖσι λαχάνοισι χρήσθω. καὶ ἐπιπινέτω ἐπὶ τῷ σίτῳ ὀλίγον πυκινὰ οἶνον γλυκύν, καὶ πλακοῦντα ἐπιφαγέτω ἐπὶ τελευτῆς καὶ μέλι καὶ σῦκα. ὅταν δὲ δειπνήσῃ, πινέτω λαύρως τὰς κύλικας, καὶ ὅταν ἤδη πλήρης ᾖ, κατακοιμηθήτω ὀλίγον, ἔπειτ' ἐπεγερθεὶς ἐμείτω πίνων οἴνου μεγάλην κύλικα χλιερῷ[5] κεκρημένην· ἕλκοι γὰρ ἂν μᾶλλον τὸ φλέγμα[6] τῶν σαρκῶν καὶ τὸν χυμόν, καὶ ξηραίνοιτο ἂν μᾶλλον τὸ σῶμα. ἐμείτω δὲ ἐς ὃ[7] ἂν

[1] ἃς and περὶ om. Θ. [2] M adds φημὶ. [3] ἐπιδήμιον . . . ἑωυτοῦ Θ: τὸ μὲν ἐπιδήμιόν ἐστι, τὸ δὲ νεώτατον M. [4] M: εἴωθεν Θ. [5] Θ: καὶ χλιερῷ ὕδατι M. [6] M adds ἐκ. [7] ἐς ὃ Θ: ἕως M.

organs. If the patient is not treated in this way, in the time that follows he wastes away and dies; for the disease is severe.

20. About phlegm I have the same views as about bile, that there are several forms.

The common variety is present for only a very short time, and its cure is easiest: the patient must induce vomiting after his meals for two or three days, and, if it has been his habit in the days that have gone before to eat but one meal and to exert himself strenuously, now take breakfast and keep himself quiet; if this was not his habit, he can continue with his normal regimen, but bathe in copious hot water when he is about to induce vomiting. Let him eat ground barley-cake and day-old well-baked wheat bread, for these will draw the phlegm very well; also employ sharp main dishes and vegetables, all the suitable rich, acid and sweet ones mixed together, and all green vegetables. Let the patient drink a little thick sweet wine with his meals, and at the end eat a flat-cake, honey and figs. After he has had his dinner, have him drink his cups rapidly and, when he is full, lie down a little to sleep; then rouse him, give him a large cup of wine mixed with warm water to drink, and have him vomit; for this will better draw the phlegm and fluid out of the tissues, and his body will be better dried; let him continue to vomit until the figs come

τὰ σῦκα ἐξεμέσῃ, ὕστατα γὰρ ἐξεμέεται ταῦτα.[1] τῇ ὑστεραίῃ ἐν ἡσυχίῃ ἐχέτω[2] ἑωυτὸν μέχρι δείπνου, δειπνήτω δὲ ἄρτον αὐτοπυρίτην, ὄψον δ' ἐχέτω τῶν ἰσχυροτέρων· οἶνον δὲ πινέτω μέλανα αὐστηρόν. αὕτη μὲν[3] τοῦ ἐπιδημίου φλέγματος ἴησις.

Ἢν δὲ δυνατὸς ἐὼν ἐσθίειν καὶ πίνειν ἤδηται τοῖσι σιτίοισιν, εἶτα τὰ σκέλεα βαρύνηται, καὶ ἡ χροιὴ μετηλλαγμένη ᾖ, τούτου[4] φάναι ἐν τῇ κοιλίῃ φλέγμα τὸ λυπέον εἶναι. ἀλλὰ χρή, ὁπόταν οὕτως ἔχῃ, κλύζειν μέλιτι καὶ οἴνῳ γλυκεῖ καὶ ἐλαίῳ λίτρου παραμίξας ὅσον οἷός ἀστράγαλον· ταῦτα γὰρ τῇ φύσει εὐμενέστατα τοῦ ἀνθρώπου ἐς τὸν κλυσμόν· μέτρον γὰρ χρὴ ἑκάστου εἶναι, τοῦ μὲν οἴνου κοτύλην, ἡμικοτύλιον δὲ τοῦ ἐλαίου, καὶ τοῦ μέλιτος ἴσον. ἢν δὲ μὴ κλύζειν
218 βούλῃ, | ὑγρὸν χρὴ τὸν ἄνθρωπον ποιῆσαι, πυριάσαντα ἐν ὑγρῇ τῇ πυριήσει·[5] τάχα γὰρ ἂν οὕτως ὑποκενωθείη ἡ κόπρος. ὑπὸ γὰρ τῆς ὑπερξηρασίης τῶν σιτίων τοῦτο πάσχει· εἰ μὲν οὖν τις ἐσθίοι σιτία λίαν ἔγχυλα, οὐκ ἂν πάσχοι ταῦτα οὕτω σφόδρα· εἰ δὲ καὶ πάσχοι ποτέ, ὀλίγης ἂν ἰήσιος

[1] ἐ. τ. Θ: τὰ σῦκα ἐξεμέεται. ταῦτα μὲν τῇδε M. [2] ἐν ἡ. ἐ. Θ: συνεχέτω M. [3] M adds οὖν. [4] Θ: -ῳ M. [5] Θ: πυρίῃ M.

up, for these are vomited up last. On the following day, have the patient rest until dinner, and then dine on whole-wheat bread and main dishes from among the stronger ones; also let him drink dark dry wine. This is the treatment for the common variety of phlegm.

If the patient is able to eat and drink, and he enjoys his meals, but then his legs become weighed down, and his colour altered, you may suppose that the phlegm of the grievous kind is present in his cavity. When the case is such, you must clean him out below, by using soda to the amount of a sheep's vertebra mixed with honey, sweet wine and olive oil, for these things are the most agreeable to man's constitution as an enema; let the amounts be one cotyle of wine and a half cotyle each of olive oil and honey. If you do not want to use an enema, then you must moisten the person by applying moist vapour-baths; for, in this way, the faeces will be rapidly emptied below. A person is affected by this condition as the result of excessive dryness of his foods; thus, if someone eats foods that are very succulent, he will not be as likely to suffer from it, and, even if he were to, it would require little treatment.

δέοιτο. τοῦτον οὕτως ἰώμενος τάχιστ' ἂν ὑγιέα ποιήσαις.

21. Ἢν δὲ τύχῃ παλαιότερον ἐὸν τὸ φλέγμα—λευκὸν δὲ καλέεται τοῦτο τὸ φλέγμα[1]—πάσχει[2] τάδε· βαρύνει τὸν ἄνθρωπον μᾶλλον, καὶ ἰδέην ἔχει ἀλλοίην τοῦ ἐπιδημίου. ὠχρότερός τέ ἐστι, καὶ οἰδέει διὰ παντὸς[3] τὸ σῶμα, καὶ τὸ πρόσωπον ἐρεύθει, καὶ τὸ στόμα ξηρόν, καὶ δίψα ἔχει, καὶ ὅταν φάγῃ, τὸ πνεῦμα πυκινὸν ἐπιπίπτει αὐτῷ. οὗτος αὐτῆς τῆς ἡμέρης τότε μὲν γίνεται ῥᾴων, τότε δὲ πονέει ἐξαπίνης καὶ δοκέει ἀποθανεῖσθαι. τούτῳ ἢν μὲν ἡ γαστὴρ αὐτομάτη ταραχθῇ, ἐγγυτάτω ὑγιὴς προβαίνει.

Ἢν οὖν μὴ ταραχθῇ αὐτομάτη ἡ κοιλίη, καθαίρειν χρὴ διδόντα τοῦ κνεώρου ἢ τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφεω ἢ τῆς Μαγνησίης λίθου· καὶ μετὰ τὴν κάθαρσιν ῥυφεῖν δοῦναι φακῆς τρυβλίον ἓν ἢ δύο, συνεψέσθω δὲ τῇ φακῇ σκόροδα· καὶ σεύτλου λιπαροῦ ἀνηδύντου, ἐπ' ἀλφίτων περιπάσαντα, δοῦναι τρυβλίον. πινέτω δὲ οἶνον μέλανα αὐστηρὸν ἰσχυρόν. τῇ δ' ὑστεραίῃ περιπατησάτω σταδίους εἴκοσι τὸ ἑωθινόν· ἐλθὼν δὲ φαγέτω ἄρτον μικρὸν[4] ἔξοπτον, καὶ ὄψον ἐχέτω σκόροδα ὀπτά· καὶ πινέτω τοῦ αὐτοῦ οἴνου ὀλίγον ἀκρητέστερον. ἔπειτα βαδιζέτω σταδίους τριή-

[1] λευκὸν . . . φλέγμα om. Θ. [2] M adds οὖν. [3] δ. π. Θ: οἰδήματι πᾶν M. [4] Θ: πικρὸν M.

If you treat this patient as indicated, you will very quickly make him well.

21. If the phlegm happens to be of longer duration—this phlegm is called white—the person suffers the following: he is afflicted more intensely, and has different signs than in the common variety of the disease; he is paler, his body swells up all over, his face becomes red, his mouth is dry, he is thirsty, and when he eats anything rapid breathing comes over him. In the course of the same day, this patient is at one time better, but at another time suddenly suffers an attack and seems about to die. If his belly has a spontaneous movement, he proceeds to health very quickly.

However, if the cavity does not have a spontaneous movement, you must clean it out by giving spurge-flax, Cnidian berry, hippopheos or magnetic stone; after the cleaning, give one or two bowls of lentil-soup with boiled garlic, to drink; also give a bowl of unseasoned beets boiled in grease, over which you have sprinkled meal. Let the patient drink strong dry dark wine. On the next day, have him walk twenty stades early in the morning, and, on coming back, eat a small loaf of well-baked bread, as main dish have baked garlic, and drink a little of the same wine, mixed with a very little water. Then let him walk thirty more stades, and,

κοντα, καὶ ὅταν ὥρη ᾖ δείπνου, δειπνήτω[1] ὅσον |
220 περ καὶ ἠριστήκει, ὄψον δ' ἐχέτω μάλιστα μὲν πόδα ὑὸς καὶ κεφάλαια. εἰ δὲ μή, ἀλεκτρυόνος κρέα ἢ ὑός· τετρυμένοισι δὲ καὶ ἐφθοῖσι[2] χρήσθω ἰχθύων δὲ σκορπίῳ ἢ δράκοντι ἢ κόκκυγι ἢ καλλιωνύμῳ ἢ κωβιῷ ἢ τῶν ἄλλων ἰχθύων ὅσοι τὴν αὐτὴν δύναμιν ἔχουσι· λαχάνων δὲ σκορόδοισι χρήσθω καὶ ἄλλῳ λαχάνῳ μηδενὶ χρήσθω.[3] ταῦτα δὲ ὡς πλεῖστα τρωγέτω καὶ ὠμὰ καὶ ὀπτὰ καὶ ἑφθά. καὶ ἐσθιέτω αἰεὶ πλείω ἑκάστης ἡμέρης, καὶ ταλαιπωρείτω πρὸς τὰ σιτία τεκμαιρόμενος καὶ ὀλίγῳ πλείω.

Τοῦτο τὸ νόσημα γίνεται μάλιστα θέρεος ὥρῃ[4] ἀπὸ ὑδροποσίης[5] καὶ ὕπνου· κρίνεται δ' ἐν τριήκοντα ἡμέρῃσιν, εἰ θανάσιμον ἢ οὔ. ταῦτα μὲν ποιείτω ὅταν αἱ τριάκοντα ἡμέραι παρέλθωσιν. ἐν δὲ τῇσι πρώτῃσι τῶν ἡμερέων ῥυφήματι διαχρήσθω φακῇ λεπτῇ[6] ἐπωκεστέρῃ[7] τῷ ὄξει, καὶ πτισάνῃ ὀξέῃ· πινέτω δὲ χλιαρὸν μελίκρητον, ἄλφιτα ἐπιβάλλων[8] ὀλίγα, ἵνα ἀνωργασμένον[9] τὸ σῶμα ᾖ πρὸς τὴν φαρμακοπωσίην· καὶ εὐδέτω ὑπαίθριος ταύτας τὰς ἡμέρας. καὶ ἢν σοι δοκέῃ τοῦ αἵματος ἀφελεῖν ἀπὸ τῆς ὀσφύος, σικύην

[1] δ., δ. Θ: δειπνεέτω M. [2] δὲ καὶ ἑφθοῖσι om. M. [3] χρήσθω om. M. [4] Later mss: ὥρῃς ΘM. [5] M adds ἔτι δὲ. [6] Θ: ἐφθῇ M. [7] Cornarius: ἐπιεικεστέρῃ ΘM. [8] Θ: -πάσων M. [9] Littré: ἂν ὀργισμένον Θ: ἂν ὠργισμένον M.

when it is dinner time, eat as much for dinner as he had for breakfast; as main dish let him best have feet and head-parts of a swine; if not that, the meat of fowl or swine—let him employ these ground and boiled; also of fish scorpion fish, weever, piper, star-gazer, goby or others of the same nature; of vegetables let him employ only garlic, but of these eat as many as possible, raw, baked and boiled. Each day have him eat more, and also exert himself a little more, determining how much according to his food.

This disease occurs mainly in summer from drinking water and from sleeping; thirty days are the critical period that decide whether or not the patient will die. Do the following when the thirty days have passed: on the first days, have the patient regularly take as gruel thin lentil-soup well acidified with vinegar, and acid barley-water; let him drink cool melicrat over which a little meal has been sprinkled, in order that his body will be relaxed for a medication; also let him sleep outdoors on these days. If it seems advisable to you to draw blood from the loins, apply a cupping instru-

προσβάλλειν,[1] καὶ τὰς ἐν ὄσχῃ φλέβας σχάσον τὰς παχυτάτας. οὗτος οὕτω θεραπευόμενος τάχιστα ὑγιὴς ἔσται.

22. Ἀπὸ φλέγματος μάλιστα περιίσταται ἐς ὕδερον· καὶ ἡ πιμελὴ συντήκεται καὶ γίνεται ὕδωρ ὑπὸ τοῦ καύματος τοῦ ἐν τῷ φλέγματι ἐνεόντος. γνώσῃ δὲ τούτῳ, ὅστις δυνατός ἐστιν
222 ἰηθῆναι | καὶ ὅστις μή· ἕως ἄν τινι[2] ἐπὶ τῷ ἤτρῳ ἐπῇ ἡ πιμελή,[3] δυνατὸς[4] ἰηθῆναί ἐστι. γνώσῃ δὲ τοισίδε μάλιστα, εἰ ἐστι πιμελὴ ἐπὶ τῷ ἤτρῳ ἢ οὔ· ἢν μὲν[5] πυρετοὶ ἐπιγένωνται καὶ μὴ δύνηται ἀνίστασθαι καὶ ὁ ὀμφαλὸς ἔξω ἐξέχῃ πεφυσμένος, φάναι μηκέτι ἐπεῖναι πιμελήν. ἢν δὲ πυρετὸς[6] μὴ ἐπιγένηται, καὶ δυνατὸς[7] ᾖ ἀνίστασθαι, καὶ ὁ ὀμφαλὸς μὴ ἐξέχῃ, φάναι ἐπεῖναι πιμελὴν καὶ ἰήσιμον εἶναι.

Τούτῳ ξυμφέρει τὴν κοιλίην ξηραίνειν, διδόντα ἄρτον μέλανα[8] αὐτοπυρίτην, θερμόν, μὴ ἕωλον, ὄψον δὲ ὄνου[9] κρέας καὶ κυνὸς τελείου, καὶ ὑὸς καὶ οἰὸς ὡς πιότατα ἑφθά,[10] καὶ ἀλεκτρυόνος ὀπτὰ καὶ θερμά· καὶ πουλύποδας ἐσθιέτω ἑψῶν ἐν οἴνῳ μέλανι αὐστηρῷ· οἶνον δὲ πινέτω μέλανα ὡς

[1] Potter: -βάλλων Θ: -βαλεῖν Μ. [2] Θ: γὰρ ἄν τις Μ. [3] ἐ. ἡ π. Θ: ἔχει πιμελήν Μ. [4] Θ: ἀδύνατος Μ. [5] Μ: μὴ Θ. [6] δὲ π. Μ: τε πυρετός τε Θ. [7] Θ: ἀδύνατος Μ. [8] Θ: μὲν Μ. [9] Θ: λαγωοῦ Μ. [10] π. ἑ. Θ: ὀπτά Μ.

ment and slit the widest vessels of the scrotum. If this patient is treated in such a way, he will very quickly recover.

22. From phlegm the most frequent change is to dropsy: fat melts, from the burning heat of the phlegm, and becomes water. You will know by the following who can be healed and who not: as long as fat is present on the patient's abdomen, he can be healed; and you will know, especially by the following, whether or not fat is present on the abdomen: if fevers supervene, if the patient is unable to stand up, and if his navel is distended and protrudes, then assume that fat is no longer present; but if fever does not supervene, if the patient can stand up, and if his navel does not protrude, assume that fat is present, and the patient curable.

It benefits this patient if you dry out his cavity by giving him fresh warm dark whole-wheat bread, and as main dish the meat of ass, mature dog, swine and sheep, these very fat and boiled, or meat of fowl, roasted and warm; also let him eat polyp boiled in dry dark wine; let him drink dark wine

παχύτατον καὶ στρυφνότατον· ἰχθύων δὲ χρήσθω κωβιῷ, δράκοντι, καλλιωνύμῳ, κόκκυγι, σκορπίῳ καὶ ἄλλοισι τοῖσι τοιούτοισι πᾶσιν ἑφθοῖς ἑώλοισι καὶ ψυχροῖσι· ξηρότατοι γὰρ οὗτοι μάλιστά εἰσι καὶ ἐς τὸν ζωμὸν μὴ ἐμβαπτέσθω, καὶ ἄναλτοι ἔστωσαν οἱ ἰχθύες. λαχάνων δὲ χρήσθω ῥαφανίσι καὶ σελίνοισιν· ἑψήσθω[1] δὲ καὶ φακὴν τῷ ὄξει ἐπωκεστέρην· καὶ περιπατείτω καθ' ἡμέρην καὶ μετὰ τὸ δεῖπνον καὶ ὄρθρου, καὶ ὄψιος εὐδέτω, καὶ πρώϊος ἐξεγειρέσθω. καὶ ἢν μὲν ὑπὸ τούτων καθίστηται· εἰ δὲ μή, πῖσαι αὐτὸν κνέωρον ἢ ἱππόφεω ὀπὸν ἢ Κνίδιον κόκκον, καὶ μετὰ τὴν κάθαρσιν φακῆς δύο τρυβλία ῥυφείτω καὶ ἄρτον σμικρὸν καταφαγέτω· οἶνον δὲ πινέτω μέλανα, στρυφνόν, ὀλίγον· πινέτω δὲ τὸ φάρμακον δὶς τῆς ἡμέρης, τέως ἂν λαπαρὸς γένηται. ἢν δὲ οἴδημα
224 καθεστήκῃ ἐν τῇ ὄσχῃ καὶ τοῖσι | μηροῖσι καὶ τῇσι κνήμῃσι, κατασχὰν χρὴ ὀξέῃ τῇ μαχαίρῃ πολλὰ καὶ πυκινά. ταῦτα ἢν ποιέῃς, τάχιστα ὑγιᾶ ποιήσεις.

23. Ὁ δὲ ὕδερος ἀπὸ τῶνδε γίνεται· ὅταν θέρεος ὥρῃ διψήσας ὕδωρ πολὺ πίῃ ἐπισπάδην,[2] ἐκ τούτου γίνεσθαι φιλέει μάλιστα· ὁ γὰρ πλεύμων πλησθεὶς αὖθις ἀφίησιν ἐς τὰ στήθεα, καὶ ὅταν ἐν τοῖσι στήθεσι γίνηται, καῦμα παρέχει σφόδρα

[1] Some later mss, Littré: ὀψάσθω Θ: ὀψήσθω M. [2] Littré: -στάδην Θ: ἐπὶ πάσῃ διήν M.

that is very thick and sour. Of fish let him take goby, weever, star-gazer, piper, scorpion fish and others of the same sort, all boiled and eaten cold on the following day; for these are generally the driest; let the patient not dip them in sauce; the fish must not be salted. Of vegetables have him eat radishes and celery; also boil lentil-soup well acidified with vinegar. Let the patient take walks each day, after dinner and early in the morning, go to bed late, and be awakened early. If, with this treatment, he settles down, fine. If not, have him drink spurge-flax, hippopheos juice, or Cnidian berry, and, after the cleaning, take two bowls of lentil-soup and eat a small loaf of bread; let him drink a small portion of sour dark wine, and take a medication twice a day until he has been opened. If swelling occurs in the scrotum, thighs, and legs below the knees, you must make repeated incisions with a sharp scalpel. If you do these things, you will very quickly make the patient well.

23. Dropsy arises in the following way: when, in summer, a person that is thirsty drinks a large amount of water at one draught, it is most likely to arise from this; for when the lung becomes full, it sends water back into the chest, and when this enters the chest, it produces great burning heat,

ὥστε τήκειν τὸ στέαρ, τὸ[1] ἐπὶ τῇσιν ἀρτηρίῃσιν ἐπεόν·[2] καὶ ἦν ἅπαξ ἄρξηται τήκεσθαι τὸ στέαρ πολλῷ πλέον, ἐν ὀλίγῳ χρόνῳ τὸν ὕδερον ἐνεποίησε. γίνεται δὲ καὶ ἦν φύματα ἐν τῷ πλεύμονι ἐμφυῇ καὶ πλησθῇ ὕδατος καὶ ῥαγῇ ἐς τὰ στήθεα. ὡς δὲ γίνεται καὶ ἀπὸ φυμάτων ὁ ὕδερος, τόδε μοι μαρτύριον καὶ ἐν βοῒ καὶ ἐν ὑῒ καὶ ἐν κυνί· μάλιστα γὰρ τῶν τετραπόδων τούτοισι γίνεται φύματα ἐν τῷ πλεύμονι ἃ ἔχει ὕδωρ, διαταμὼν δὲ ἂν γνοίης τάχιστα, ῥεύσεται γὰρ ὕδωρ. δοκέει δὲ καὶ ἐν ἀνθρώπῳ ἐγγίνεσθαι τοιαῦτα πολλῷ μᾶλλον ἢ ἐν προβάτοισιν, ὅσῳ καὶ τῇ διαίτῃ χρώμεθα ἐπινούσῳ μᾶλλον. ἐγένοντο δὲ πολλοὶ καὶ ἔμπυοι φυμάτων ἐγγενομένων.

Τάδε οὖν κατ' ἀρχὰς τῷ νοσήματι ἐπιγίνεται· βὴξ ξηρή, καὶ ἡ φάρυγξ δοκέει κρέκειν,[3] καὶ ῥῖγος καὶ πυρετὸς ἐπιγίνεται καὶ ὀρθοπνοίη, καὶ ὁ χρὼς ἐποιδαλέος, καὶ οἱ πόδες μάλιστα ἐποιδέουσι,[4] καὶ οἱ ὄνυχες ἔλκονται. καὶ ἕως μὲν ἐν τῇ ἄνω κοιλίῃ ὁ ὕδερος ἐνῇ, ὁ πόνος ὀξύς· ὅταν δ' ἐς τὴν κάτω κοιλίην ἔλθῃ, δοκέει ῥᾴων εἶναι· ἔπειτα
226 πάσχει ταὐτὰ προϊόν|τος τοῦ χρόνου οἷά περ ὁ πρόσθεν, πιμπραμένης[5] τῆς κοιλίης. ἔστι δ' ὅτε ἀποιδέει πρὸς τὸ πλευρόν, καὶ δηλοῖ ᾗ χρὴ τάμνειν.

[1] τὸ σ., τὸ Θ: τὴν πιμελήν, τὴν M. [2] Θ: ἐπεοῦσαν M.
[3] Θ: κέρχειν M. [4] μ. ἐ. Θ: οἰδέουσι M. [5] Θ: πιμπλαμένης M.

so that the fat present on the bronchial tubes melts; once this fat begins to melt very much, it soon gives rises to dropsy. The disease also arises if tubercles form in the lung, fill up with fluid, and rupture into the chest. (That dropsy truly does also arise from tubercles, here is my proof from the cow, swine and dog: tubercles containing fluid occur most frequently among quadrupeds in the lungs of these animals, as you would very quickly discover by cutting through one, for water will run out; and it seems probable that in man such things are present much more than in animals, since we employ a more unhealthy regimen.) Many patients also suppurate internally when tubercles are present.

At the beginning, then, this disease includes the following: a dry cough; the throat seems to whistle; chills and fever set in, and orthopnoea; the skin is puffy; the feet are very swollen; the nails become curved. As long as the dropsy occupies the upper cavity, the distress is acute, but when it moves to the lower cavity, the patient seems better. Then, with the passage of time, his cavity becomes distended, and he suffers the same things as the preceding patient. Sometimes swelling appears in the side and indicates where you must incise.

Ἢν δὲ μὴ ἀποδηλοῖ,[1] λούσας πολλῷ καὶ θερμῷ, τῶν ὤμων λαβόμενος σεῖσον· εἶτα ἀκροᾶσθαι ἐν ὁποτέρῳ ἂν τῶν πλευρέων μᾶλλον κλυδάζηται.[2] συνεὶς δὲ τάμνειν κατὰ[3] τὴν πλευρὴν τὴν τρίτην ἀπὸ τῆς νεάτης μέχρι τοῦ ὀστέου. εἶτα τρυπῆσαι[4] πέρην τρυπάνῳ περητηρίῳ,[5] καὶ ὅταν τρυπηθῇ, ἀφεῖναι τοῦ ὕδατος[6] ὀλίγον· καὶ ὅταν ἀφῇς, μοτῶσαι ὠμολίνῳ, καὶ ἄνωθεν ἐπιθεῖναι σπόγγον μαλθακόν· εἶτα καταδῆσαι ὡς μὴ ἐκπέσῃ ὁ μοτός. ἀφιέναι δὲ[7] δώδεκα ἡμέρας τὸ ὕδωρ,[8] ἅπαξ τῆς ἡμέρης. μετὰ δὲ τὰς δώδεκα ἡμέρας τῇ τρισκαιδεκάτῃ ἅπαν ἀφιέναι τὸ ὕδωρ, καὶ τὸν λοιπὸν χρόνον ἢν ὑπογίνηται ὕδατός τι, ἀφιέναι. καὶ ὑποξηραίνειν τὴν κοιλίην.

Τάδε δὲ[9] διδόναι μετὰ τὴν τμῆσιν· σκευάσας ὀποῦ σιλφίου δραχμὴν σταθμόν, καὶ ἀριστολοχίης[10] κνήσας[11] ὅσον ἐλάφειον ἀστράγαλον, καὶ φακῶν καὶ ὀρόβων πεφρυγμένων ἄλφιτα καθήρας ὅσον ἡμιχοίνικον ἑκατέρων· εἶτα ταῦτα συμφυρῆσαι μέλιτι καὶ ὄξει· εἶτα πλάσαι κόλλικας ἑξήκοντα. τούτων τρίβων ἕνα ἑκάστης ἡμέρης διεῖναι ἐν

[1] μὴ ἀ. M: ἀποδήσῃ Θ. [2] Θ: κλίζ- M. [3] κατὰ om. M. [4] M: -ήσας Θ. [5] Littré (περιτ- Mack): πειρητ- Θ: τρυγλητ- M. [6] Later mss: τὸ ὕδωρ Θ: τοῦ ὕδρωπος M. [7] M adds χρὴ. [8] Θ: τὸν ὕδρωπα M. [9] Θ: Τὰ δὲ χρὴ M. [10] M: -ίαν Θ. [11] Jouanna (p. 216): κνῆσαι ΘM.

If there is no indication, wash the patient in copious hot water, take hold of him by the shoulders, and shake him; then listen in which of the two sides there is more fluctuation. When you have discovered this, incise down to the bone at the third lowest rib; then pierce right through to the inside with a straight-pointed trephine and, after boring, draw off a little of the fluid. When you have done this, plug the wound with a tent of raw linen and apply a soft sponge from above; then tie the sponge tight in order that the tent does not fall out. Draw off fluid once a day for twelve days. On the thirteenth day, remove all the fluid, and from then on, if any new fluid forms, draw it off. Also dry out the cavity below.

After the incision, give the following: prepare silphium juice a drachma in weight, grate aristolochia to the amount of a deer's vertebra, and sift a half-choinix each of the meals of parched lentils and vetches; then knead these together with honey and vinegar, and form into sixty trochisci. Grind one of these down each day, soak it in a half-cotyle

οἴνου ἡμικοτυλίῳ μέλανος αὐστηροῦ ὡς ἡδίστου[1] εἶτα διδόναι πίνειν νήστει. τὴν δὲ ἄλλην δίαιταν καὶ ταλαιπωρίην τὴν αὐτὴν κελεύειν διαιτᾶσθαι ἣν καὶ ὁ πρόσθεν.[2] καὶ ἢν οἰδήσῃ τὰ αἰδοῖα καὶ τοὺς μηρούς, θαρσῶν κατασχάσαι.

Τοῦτον ἢν οὕτως μελετᾷς, τάχιστα ὑγιέα ποιήσεις.[3]

24. Ὅδε δὲ ὁ[4] ὕδερος ἀπὸ τοῦ ἥπατος γίνε-
228 ται, | ὅταν ἐς τὸ ἧπαρ φλέγμα ἐπινεμηθῇ,[5] καὶ ἀναλάβῃ τὸ ἧπαρ καὶ ὑγρανθῇ. εὐθὺς οὖν[6] καῦμα παρέχει τὸ ἧπαρ, καὶ φῦσαν ἐμποιέει, ἔπειτα χρόνῳ ὕδατος ἐμπίμπλαται· κἄπειτα δηγμὸς ἐς τὸ σῶμα ἐμπίπτει, καὶ οἴδημα ἐν τῇσι κνήμῃσι καὶ τοῖσι ποσίν ἐστι. καὶ τὸ ἧπαρ σκληρὸν καὶ οἰδέει, καὶ αἱ κληῖδες λεπτύνονται.

Τοῦτον ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς τοῦ νοσήματος διδόναι αὐτῷ, ἢν ἀλγέῃ τὸ ἧπαρ, τρίβων ὀρίγανον καὶ ὀπὸν σιλφίου ὅσον ὄροβον, διδόναι δὲ διεὶς[7] πίνειν ἐν οἴνου ἡμικοτυλίῳ λευκοῦ[8] πινέτω δὲ καὶ γάλα αἰγός, τρίτον μέρος μελικρήτου παραμίσγων, τετρακότυλον κύλικα. σιτίων δὲ ἀπεχέσθω τὰς πρώτας ἡμέρας δέκα· αὗται γὰρ

[1] ἐν οἴνῳ . . . ἡδίστου Θ: οἴνου μέλανος ἡμικοτυλίῳ αὐστηρῷ ὡς ἡδίστῳ M. [2] ὁ π. Θ: τὸν π. χρόνον M. [3] Θ: ὑγιὴς ἔσται M. [4] Θ: Ὁ δὲ M. [5] Θ: -γένηται M. [6] οὖν om. Θ. [7] δὲ δ. Potter: διεὶς M: δὲ δὶς Θ. [8] Ermerins: οἴνῳ . . . λευκῷ ΘM.

of dry dark very pleasant wine, and give to the fasting patient to drink. Order him to conduct the rest of his regimen and his exercise the same as the preceding patient. If he swells up in the genital organs and the thighs, make incisions without hesitation.

If you treat this patient in such a way, you will very quickly make him well.

24. The next dropsy arises from the liver, when phlegm encroaches into the liver, and the liver takes it up and becomes moist: the liver immediately produces burning heat, and gives rise to tympanites, and then, after a time, it fills up with fluid. After that, gnawing pains attack the body, and swelling occupies the legs below the knees, and the feet; the liver is hard and swollen, and the collarbones become lean.

When the case is such, if at the beginning of the disease the patient has pain in his liver, give him ground marjoram and silphium juice to the amount of a vetch, soaked in a half-cotyle of white wine, to drink. Let him also drink a four-cotyle cup of goat's milk, to which one third part of melicrat has been added. Have him abstain from foods for the first ten days—this is the critical period that decides

κρίνουσιν, εἰ θανάσιμος ἢ οὔ. ῥυφανέτω δὲ πτισάνης χυλὸν κάθεφθον μέλι παραχέων· οἶνον δὲ πινέτω Μένδαιον λευκὸν ἢ ἄλλον τινὰ[1] ἥδιστον ὑδαρέα. ὅταν δὲ αἱ δέκα ἡμέραι παρέλθωσι, σιτία προσφερέσθω καθαρά, καὶ ὄψον ἐχέτω ἀλεκτρυόνος κρέα ἑφθὰ καὶ ὀπτά·[2] ἐχέτω δὲ καὶ σκύλακος ἑφθά. ἰχθύϊ δὲ γαλεῷ καὶ νάρκῃ χρήσθω ἑφθοῖσιν·[3] οἶνον δὲ τὸν αὐτὸν πινέτω.

Καὶ ἢν μὲν ὑπὸ τούτων παύηται·[4] ἢν δὲ μή, ὅταν αὐτὸς ἑωυτοῦ παχύτατος ᾖ καὶ τὸ ἧπαρ μέγιστον, καῦσαι μύκησιν· οὕτω γὰρ ἂν τάχιστα ὑγιέα ποιήσαις· καῦσαι δὲ χρὴ ὀκτὼ ἐσχάρας.

Ἢν δὲ ὁ ὕδερος ἐγγένηται καὶ ῥαγῇ ἐς τὴν κοιλίην, τοῖς αὐτοῖσιν ἰᾶσθαι οἷσι καὶ τὸν πρόσθεν, φαρμάκοισι καὶ ποτοῖσι[5] καὶ βρωτοῖσι καὶ ταλαιπωρίῃσιν· οἶνον δὲ πινέτω μέλανα αὐστηρόν. ἢν δέ σοι δοκέῃ ἀφίστασθαί που τὸ ἧπαρ, καῦσαι σιδηρίῳ καὶ ἀφιέναι τοῦ ὕδατος κατ' ὀλίγον ὡς τὸ πρόσθεν· καὶ τἆλλα ἰᾶσθαι τὸν αὐτὸν τρόπον. ἢν δὲ μὴ ὑπὸ τούτων ὑγιὴς γένηται, φθειρόμενος
230 χρόνῳ[6] θνῄ|σκει· ἡ γὰρ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγγάνουσιν.

25. Ὅδε δὲ ὁ ὕδερος ἀπὸ τοῦ σπληνὸς γίνεται[7] ἀπὸ τῆσδε τῆς προφάσιος μάλιστα· ὅταν

[1] Θ: τὸν M. [2] ἑ. καὶ ὀ. Θ: ὀπτὰ θερμά M. [3] Θ: ὀπτοῖσι M. [4] Θ: παύσηται, ἅλις M. [5] καὶ ποτοῖσι om. Θ. [6] χρόνῳ om. M. [7] Θ adds δὲ.

whether or not he will die—take gruels of boiled barley-water with honey, and drink a white Mendean or some other very pleasant wine diluted with water. When the ten days have passed, let him take fine cereals, have as main dish the meats of fowl boiled or grilled, and also boiled puppy, of fish employ boiled dogfish and torpedo, and drink the same wine.

If this brings an end, fine. If not, when the patient has spontaneously become very robust and his liver is at its maximum, cauterize with fungi; for in this way you will most quickly make him well; you must burn eight eschars.

If in dropsy there is a break into the cavity, treat with the same things used for the preceding patient: medications, drinks, foods, and exercises; let the patient drink dry dark wine. If the liver seems to you to stand out at some point, cauterize it with an iron, and draw off fluid a little at a time as above; for the rest, apply the same treatment. If the patient does not recover with this treatment, in time he will waste away and die; for the disease is severe, and few escape it.

25. The next dropsy arises from the spleen, most often in the following way: when in late summer a

ὀπώρη ᾖ καὶ αὐτῆς[1] φάγῃ πολλὴν σύκων χλωρῶν καὶ μήλων. πολλοὶ δὲ ἤδη βότρυας πολλοὺς καταφαγόντες καὶ γλεῦκος πιόντες τὴν νοῦσον ἔλαβον.

Ἢν οὖν μέλλῃ[2] ἐς τὸ νόσημα ἐμπεσεῖσθαι, παραχρῆμα ἐν τοῖσι πόνοισίν ἐστιν· ὀδύναι τε γὰρ ὀξέαι ἐν τῷ σπληνὶ καθεστᾶσι, μεταπίπτουσι δὲ καὶ ἐς τὸν ὦμον καὶ ἐς τὴν κληῖδα καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν λαγόνα· καὶ πυρετοὶ ἰσχυροὶ ἔχουσι· καὶ ἢν φάγῃ τι, ἡ γαστὴρ πίμπραται·[3] καὶ ὁ σπλὴν ἀείρεται καὶ ὀδύνην παρέχει. τούτῳ ἢν χρονισθῇ τὸ νόσημα, τὸν μὲν ἄλλον χρόνον οὐ[4] πονέει, ὅταν δὲ ἡ ὀπώρη ᾖ καὶ φάγῃ αὐτῆς, τότε[5] πονέει μάλιστα.

Τοῦτον, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς μελετᾶν, ἄνω μὲν ἐλλέβορον διδούς, κάτω δὲ κνέωρον ἢ ἱππόφεω ὀπὸν ἢ κόκκον Κνίδιον· διδόναι δὲ καὶ ὄνειον γάλα ἑφθὸν[6] ὀκτὼ κοτύλας μέλι παραχέας. καὶ ἢν μὲν ὑπὸ τούτων καθίστηται, ἅλις· ἢν δὲ μή, ὅταν μέγιστος ᾖ ὁ σπλὴν καὶ οἰδέῃ μάλιστα, καῦσαι μύκησι, τὰς κεφαλὰς πολλὰς ἀπολαβών, ἢ σιδηρίοισι, φυλασσόμενος ὅπως μὴ πέρην διακαύσῃς. ταῦτα μὲν κατ' ἀρχὰς ποιέειν τοῦ νοσήματος· καὶ δίαιταν τήνδε προσφέρεσθαι, πυρετοῦ

[1] Θ: -ὸς M. [2] Θ adds παραχρῆμα. [3] Θ: -πλαται M.
[4] Θ: ἧσσον M. [5] α., τ. Θ: ἀντὶ τοῦ πρόσθεν M. [6] ἑφθὸν om. M.

person eats a lot of the season's fruits such as green figs and apples; many persons have also taken the disease after eating too many grapes and drinking grape-juice.

If, then, a person is about to fall into the disease, he is at once subject to its sufferings; for sharp pains occupy his spleen, and also migrate to his shoulder, collar-bone, nipple and flank, there are violent fevers and, if the patient eats anything, his belly is distended; his spleen swells up and is painful. If the disease becomes prolonged in this patient, at other times of the year he is free of pain, but, when late summer arrives and he eats its fruits, his suffering is great.

When the case is such, at the beginning treat the patient by giving him hellebore to clean upwards, and spurge-flax, hippopheos or Cnidian berry to clean downwards; also give him eight cotylai of boiled ass's milk with honey. If, with this treatment, the disease settles down, fine. If not, when the spleen is at its greatest size and most swollen, cauterize it with fungi, holding their many heads away from the spleen, or with irons, taking care not to burn right through. Do these things at the beginning of the disease. If there is no fever, prescribe the following regimen: let the patient

232 μὴ ἔχοντος· ἄρτῳ μὲν χρήσθω πυρίνῳ[1] | ὄψον δ' ἐχέτω τάριχον Γαδειρικὸν ἢ σαπέρδην, καὶ κρέας τετρυμένον οἰός, καὶ τὰ ὀξέα καὶ τὰ[2] ἁλμυρὰ πάντα ἐσθιέτω, καὶ πινέτω οἶνον Κῷον αὐστηρὸν ὡς μελάντατον· τῶν δὲ γλυκέων ἀπεχέσθω. ἢν δ' ἐξανίστηται καὶ δυνατὸς ᾖ, παλαιέτω ἀπ' ἄκρων[3] τῶν ὤμων, καὶ ταλαιπωρείτω περιόδοισι πολλῇσι δι' ἡμέρης, καὶ εὐωχείσθω ἃ προείρηται μάλιστα.

Ἢν δὲ ὕδερος ἐπιγένηται,[4] ἰᾶσθαι κατὰ ταὐτὰ καὶ τοῖς αὐτοῖσι καθάπερ τοὺς πρόσθεν.

26. Ὅδε δὲ ὁ[5] ὕδερος ἀπὸ τῶνδε γίνεται· θέρεος ὥρην, ἢν ὁδοιπορέων ὁδὸν μακρὴν ἐπιτύχῃ ὀμβρίῳ ὕδατι καὶ στασίμῳ καὶ πίῃ αὐτοῦ ἐπισπάδην πολλόν, καὶ[6] αἱ σάρκες ἀναπίωσι καὶ ἐν ἑωυτῇσιν ἴσχωσι τὸ ὕδωρ, ὑποχώρησις δὲ μὴ γένηται μηδαμῇ.

Τάδε οὖν πάσχει· ἐν μὲν[7] τῇ σαρκί, καῦμα παρέχει ἐν τῇ κοιλίῃ καὶ τῷ σώματι, ὥστε τὸ στέαρ τὸ ἐὸν ἐπὶ[8] τῇ κοιλίῃ τήκει. οὗτος τέως μὲν ἂν βαδίζῃ, οὐδὲν δοκέει κακὸν ἔχειν, ὅταν δὲ παύσηται βαδίζων καὶ ὁ ἥλιος δύῃ,[9] παραχρῆμα τὸν πόνον ἔχει.[10] προϊούσης δὲ τῆς νούσου λεπτύ-

[1] M adds ὀπτὸν ἢ τῶν σκληρῶν πυρῶν διπυρίτην. [2] Θ adds ἄλλα. [3] Θ: ἐπ' ἄκρον M. [4] Θ: γέν- M. [5] Θ: Ὁ δὲ M. [6] Θ: ἢν οὖν M. [7] ἐν μ. Θ: ἢν μὲν ᾖ ἐν M. [8] ἐὸν ἐ. Potter: σὸν ἐ. Θ: ἐπιὸν M. [9] Θ adds εὐθὺς. [10] Θ: παρ- M.

eat wheat bread; as main dish have Cadiz salt-fish or saperdes, and ground mutton; eat all acid and salty foods; drink dry very dark Coan wine, and abstain from sweets. If he gets up, and is able, let him wrestle with the tips of his shoulders,[1] and exert himself through the day with frequent walks; also feed him well, mainly on what has been mentioned above.

If dropsy is present, treat it according to the same principles and with the same things used for the preceding patients.

26. The next dropsy arises in the following way: if, in summer, a person on a long journey happens upon some stagnant rain water, and drinks a large amount of it at one draught, if his tissues drink up the water and hold it within themselves, and if no evacuation at all occurs.

The patient, then, suffers the following: the water in the tissues produces burning heat in the cavity and the body, so that the fat present in the cavity melts. As long as the person keeps walking, he does not seem to suffer any harm, but when he stops and the sun goes down, he immediately has an attack. As the disease progresses, he becomes

[1] Wrestlers are sometimes depicted on Greek vases standing with arms extended and hands grasping each other's shoulders. It may be that a type of skirmishing in this position was considered safe enough for persons in a state of convalescence.

νεται σφόδρα· ἢν δὲ καὶ ἀσιτίη ἐπιγένηται, καὶ πολλῷ μᾶλλον λεπτύνεται. ἢν δὲ τὰ σιτία μὲν ἐσθίῃ,[1] ταλαιπωρέειν δὲ ἀδύνατος ᾖ, τοῖσι πολλοῖσιν οἴδημα καθίσταται ἐς ἅπαν τὸ σῶμα, καὶ τῷ μὲν λεπτῷ ἡ χροιὴ πελιδνὴ γίνεται, καὶ ἡ γαστὴρ μεγάλη, καὶ δίψα ἔχει ἰσχυρή· τὰ γὰρ σπλάγχνα αὐτοῦ θερμαίνεται[2] ὑπὸ τῆς θερμασίης. τοῦ δὲ χρόνου προϊόντος, αὐτὸς μὲν πρόθυμός
234 ἐστιν ἐσθίειν ὅσα[3] τις διδοῖ, καὶ | πίνειν, καὶ ἀλγέει οὐδέν. ἢν δὲ τὸ οἴδημα κατέχῃ, ἡ χροιὴ αὐτοῦ γίνεται ὠχρή, καὶ διὰ τοῦ σώματος φλέβες μέλαιναι διατέτανται πυκναί· θυμαίνει δὲ καὶ λυπεῖται ἐπὶ παντός, οὐδενὸς ἐόντος νεωτέρου· ἡ δὲ γαστὴρ μεγάλη καὶ δίῦδρος καὶ[4] ὥσπερ λαμπτήρ· καὶ τοῦ χρόνου προϊόντος τὰ σιτία οὐ προσίεται, ἀλλὰ δοκέει αὐτῷ ὄζειν σικύου ἀγρίου ὑπὸ τῆς βδελυρίης.

Τούτῳ, ὅταν οὕτως ἔχῃ, διδόναι τοῦ κνεώρου ἢ τοῦ ἱππόφεω τὸν ὀπὸν ἢ τὸν Κνίδιον κόκκον· ταῦτα δὲ τὰ φάρμακα διδόναι ὧδε χρή· τὸ μὲν κνέωρον δι' ἕκτης ἡμέρης, τὸν δὲ τοῦ ἱππόφεω ὀπὸν δι' ὀγδόης, τὸν δὲ Κνίδιον κόκκον διὰ δεκάτης ἡμέρης· διδόναι δὲ χρὴ ταῦτα, ἕως ἂν ἐκκαθαρθῇ καὶ λαπαρὸς γένηται· τὰς δὲ μεταξὺ τῶν ἡμερέων εὐωχέειν τοῖς αὐτοῖς οἷσι καὶ τοὺς πρόσθεν.

[1] Θ: *ἐσθίειν δύνηται* M. [2] Θ: *ξηραί-* M. [3] Θ: *ὁκόταν* M.
[4] *καὶ* om. M.

very lean, and, if he loses his appetite as well, even leaner. If he eats his meals, but is unable to exert himself, in most cases swelling occupies his whole body; the emaciated patient's skin becomes livid, his belly large, and he has a violent thirst, for his inward parts are heated by the burning heat. As time passes, the patient is eager to eat and drink as much as anyone will give him, and his pains go away. However, if the swelling prevails, his skin becomes pale-yellow, and throughout his body extend numerous dark vessels; he is angry and vexed with everything, even when nothing new happens; his belly is large, full of water, and like a lantern.[1] With the passage of time, the patient no longer accepts food, since it seems to him to smell like squirting-cucumber, because of his nausea.

When the case is such, give the patient spurge-flax, hippopheos juice or Cnidian berry; you must give these medications as follows: the spurge-flax every sixth day, the hippopheos juice every eighth day, and the Cnidian berry every tenth day; you must give them until the patient is cleaned out and loosened. On the days between, feed him well on the same things given to the previous patients. In

[1] I.e. with a watery, yellow, translucent appearance; cf. chapter 43 below.

μάλιστα δὲ τοῦ ὕδατος τοῦ αὐτοῦ πίνειν διδόναι, ὑπ' ὅτευ καὶ τὸ νόσημα ἔλαβεν, ὡς πλεῖστον, ὅπως ἀναταράξῃ αὐτοῦ τὴν κοιλίην καὶ ὑποχωρήσῃ σφόδρα· οὕτω γὰρ ἂν τάχιστα ὑγιέα ποιήσαις.[1] ἢν δέ σοι δοκέῃ, κλύζειν θαμινά· χρὴ τοῦ κνεώρου τρίψας ἥμισυ πόσιος, μέλιτος παραμίξας τρίτον μέρος κοτύλης, σευτλίου τέσσερσι κοτύλῃσι[2] διεῖναι, εἶθ' οὕτω κλύζειν. καὶ ὀνείου γάλακτος ἐφθοῦ τῇ δ' ὑστεραίῃ δοῦναι ὀκτὼ κοτύλας, μέλι παραχέων ἢ ἅλας παραβάλλων, πίνειν. καὶ μετὰ τὴν κάθαρσιν τοῖσιν αὐτοῖσι χρῆσθαι οἷσι καὶ οἱ πρόσθεν· καὶ τὰς μεταξὺ τῶν ἡμερέων σιτίοισι καὶ ποτοῖσι τοῖς αὐτοῖσι χρήσθω καὶ τοῖσι περιπάτοισιν.

Οὗτος οὕτω θεραπευόμενος τάχιστα τῆς νούσου ἀπαλλαγήσεται τρίμηνος ἢ ἑξάμηνος· ἢν δὲ ἀμελείη τις ἐγγένηται καὶ μὴ παραχρῆμα μελετηθῇ, ἐν τάχει ἀποθνήσκει. καὶ τὸν καταλεπτυνόμενον δὲ τοῖς αὐτοῖσιν ἰᾶσθαι· προϋγρῆναι δὲ χρὴ πρότε-
236 ρον αὐτοῦ τὸ | σῶμα πυριάσαντα, ὅπως ἂν μᾶλλον τῷ φαρμάκῳ ὑπακούσῃ. ἀλλὰ χρὴ παραχρῆμα μελετᾶν· εἰ δὲ μή, τοῖσι πολλοῖσι συγγηράσκει ἡ νοῦσος. κλύζειν δὲ χρὴ καὶ ἄλλοισι[3] ὁποτέρην ἂν βούλῃ τῶν νούσων· οἴνου λευκοῦ δύο κοτύλας λαβὼν καὶ μέλιτος ἡμικοτύλιον, καὶ ἐλαίου

[1] ἄν . . . ποιήσαις Θ: μάλιστα ὑγιέα ποιήσεις M. [2] Θ: τέταρτον κοτύλης M. [3] καὶ ἄ. Potter: ἄλλον Θ: καὶ τοισίδε M.

particular, give him the same water to drink from which he took the disease, and in large amounts, in order that it stirs up his cavity and passes off powerfully below; for in this way you will most quickly make him well. If it seems advisable to you, administer several enemas: you must grind one half draught of spurge-flax, mix in one third cotyle of honey, soak this in four cotylai of beets, and then employ as an enema. The next day, give eight cotylai of boiled ass's milk with honey or salt, to drink. After the cleaning, let this patient employ the same things as the preceding ones and, on the days between cleanings, the same foods, drinks and walks.

This patient, if treated in such a way, will be relieved readily of the disease within three or six months; but if there is any negligence, and he is not treated at once, he soon dies. Also treat the very emaciated patient with these same measures; first, though, you must moisten his body in advance by applying vapour-baths, in order that he will respond better to the medication. Treatment must be immediate; if it is not, in most cases the disease accompanies the person into old age. Administer this other enema in whichever disease you wish: take two cotylai of white wine, a half-cotyle each of

ἡμικοτύλιον, λίτρου τεταρτημόριον Αἰγυπτίου ὀπτοῦ, σικύου ἀγρίου τῶν φύλλων κόψας καὶ ἐκπιέσας[1] τοῦ χυλοῦ κοτύλην, ταῦτα μίξας πάντα, ἐγχέαι ἐς χυτρίδιον, κἄπειτα ζέσας[2] οὕτω κλύζειν.

27. Ἡπατῖτις ἡ νοῦσος γίνεται ἀπὸ χολῆς μελαίνης, ὡς[3] ἐπιρρυῇ ἐπὶ τὸ ἧπαρ· προσπίπτει δὲ μάλιστα φθινοπώρου καὶ ἐν τῇσι μεταβολῇσι τοῦ ἐνιαυτοῦ. τάδε οὖν πάσχει· ἐς τὸ ἧπαρ ὀδύνη ὀξέη ἐμπίπτει,[4] καὶ ὑπὸ τὰς νεάτας πλευρὰς καὶ ἐς τὸν ὦμον καὶ ἐς τὴν κληῖδα καὶ ἐς[5] τὸν τιτθόν, καὶ πνὶξ ἔχει ἰσχυρή, καὶ ἐνίοτε ἀπεμέει πελιδνὴν χολήν, καὶ ῥῖγος, καὶ πυρετὸς τὰς μὲν πρώτας ἡμέρας σφόδρα, ἔπειτα μέντοι βληχρότερος ἔχει· καὶ ψαυόμενος ἀλγέει κατὰ τὸ ἧπαρ, καὶ ἡ χροιὴ ὑποπέλιος αὐτοῦ· καὶ τὰ σιτία ἃ πρόσθεν ἐβεβρώκει πνίγει[6] προσπίπτοντα καὶ καίει καὶ στρέφει[7] τὴν κοιλίην. ταῦτα μὲν πάσχει κατ' ἀρχὰς τῆς νούσου· προϊούσης δὲ τῆς νούσου[8] οἵ τε πυρετοὶ ἀφιᾶσι καὶ ἀπ' ὀλίγων σιτίων πίμπλαται, καὶ ἐν τῷ ἥπατι ἡ ὀδύνη μοῦνον λείπεται, καὶ αὐτὴ ποτὲ μὲν ἰσχυρή, ποτὲ δὲ ἥσσων δια-

[1] Θ adds κεκρημένου. [2] Θ: καὶ ἐπιζέσας M. [3] Θ: ὁκόταν M.
[4] M adds αὐτῷ. [5] Θ: ὑπὸ M. [6] M adds αὐτὸν.
[7] Θ adds ἐς. [8] τῆς νούσου . . . νούσου Θ: τῆς δὲ ν. π. M.

honey and oil, and a fourth-cotyle of burnt Egyptian soda, and cut off the leaves of a squirting-cucumber plant and squeeze out a cotyle of juice; mix all these ingredients together, pour them into a small pot, and then boil and administer as an enema.

27. This hepatic disease arises from dark bile, when it flows to the liver; the disease generally attacks in fall and at the year's changes. The patient suffers the following: sharp pain befalls his liver, the region beneath his lowest ribs, his shoulder, his collar-bone, and his nipple; there is violent choking, and sometimes the patient vomits livid bile; chills and fever, intense on the first days, but then milder, set in. On being touched in the region of his liver, the patient feels pain; his colour is somewhat livid; the foods he had eaten previously provoke choking now, when they come into contact with the cavity, and burning and colic. These are the things the person suffers at the beginning of the disease; as it progresses, though, the fevers slacken, he becomes full on little food, and pain persists only in the liver; there it is sometimes severe, but at other times intermittently

παύουσα. ἐνίοτε δὲ ὀξέη ἐπιλαμβάνει,[1] καὶ πολλάκις ἐξαπίνης τὴν ψυχὴν ἀφῆκε.

Τούτῳ ξυμφέρει, ὅταν μὲν ἡ ὀδύνη ἔχῃ,[2] χλιάσματα προστιθέναι ταὐτά, ἃ καὶ τῇ πλευρίτιδι· ὅταν δὲ ᾖ[3] ὁ πόνος λούειν αὐτὸν πολλῷ καὶ θερ-
238 μῷ. | καὶ μελίκρητον δίδου πίνειν καὶ οἶνον λευκὸν γλυκὺν ἢ αὐστηρὸν ἢ[4] ὁπότερος ἂν συμφέρῃ, καὶ ῥυφήματα τὰ αὐτὰ καὶ ὅσα τῷ[5] ὑπὸ πλευρίτιδος ἑαλωκότι. τῆς δὲ ὀδύνης ἕνεκα[6] τάδε χρὴ διδόναι πίνειν· ἀλεκτορίδος ᾠοῦ ἑφθοῦ τὸ ὠχρὸν τρίψας παραχέαι στρύχνου χυλοῦ ἡμικοτύλιον, καὶ μελίκρητον ἐπιχέαι[7] ἐν ὕδατι πεποιημένον ἥμισυ ἡμικοτυλίου, τούτοισι διεὶς δοῦναι πίνειν, καὶ παύσεις τὴν ὀδύνην· διδόναι δὲ ἑκάστης ἡμέρης, τέως ἂν ἡ ὀδύνη παύσηται· πινέτω δὲ καὶ σιλφίου ὀπὸν ὅσον ὄροβον[8] καὶ ὀρίγανον τρίβων διεῖναι οἴνῳ λευκῷ καὶ οὕτως πίνειν νῆστιν· ἐπιπινέτω δὲ καὶ τὰ ἐν τῇ πλευρίτιδι διδόμενα τῆς ὀδύνης φάρμακα. πινέτω δὲ καὶ γάλα αἴγειον τρίτον μέρος μέλιτος παραμίσγων, τοῦ δὲ γάλακτος ἔστωσαν τέσσερες κοτύλαι· τοῦτο ἕωθεν πινέτω ὅταν τἆλλα μὴ πίνῃ. σίτων δὲ ἀπεχέσθω, τέως ἂν κριθῇ ἡ νοῦσος· κρίνεται δὲ μάλιστα ἐν ἑπτὰ

[1] Θ: τε λαμβάνει M. [2] M adds τά τε ἄλλα καὶ τὰ. [3] ᾖ Θ: ἀνῇ M. [4] ἢ and ἢ om. M. [5] τὰ . . . τῷ Potter: τὰ om. Θ: ταῦτα ἃ καὶ ὡς M. [6] ἕνεκα om. M. [7] ἐπιχέαι om. M. [8] M: ὄβολον Θ.

milder. Sometimes the pain attacks sharply, and many a patient has suddenly given up the ghost.

It benefits this patient, when the pain is present, to apply the same fomentations as for pleurisy. When an attack is occurring, wash him in copious hot water, and give him melicrat to drink, sweet or dry white wine or whichever other one benefits him, and the same gruels in the same amounts as you give to a patient with pleurisy. Against the pain you must give the following to drink: mash the yolk of a boiled hen's egg, pour in a half-cotyle of nightshade juice, and add a quarter-cotyle of melicrat made with water; mix these together and give to the patient to drink; you will stop the pain; give this each day until the pain ceases. Also let the patient drink silphium juice to the amount of a vetch; also grind marjoram, soak it in white wine, and have him drink it thus in the fasting state; afterwards, let him also drink the medications given in pleurisy against pain. Also let him drink four cotylai of goat's milk to which one third part of honey has been added; let him drink this at dawn, when he is not taking the other drinks. Have the patient abstain from foods until the disease reaches its crisis; usually the crisis occurs in seven

ἡμέρῃσιν, ἐν[1] ταύτῃσι γὰρ ἀποδηλοῖ εἰ θανάσιμος ἢ οὔ.

Ἥν δὲ πνῖγμα προσίστηται, τάδε χρὴ διδόναι, ἕως[2] ἂν ἀπεμέσῃ· μέλι καὶ ὕδωρ, ὄξος καὶ[3] ἅλας, ταῦτα μίξας ἐγχέαι ἐς χυτρίδιον καινόν· εἶτα χλιαίνειν, καὶ ταράσσειν ὀριγάνου κλωνίοισι τῆς κεφαλοειδέος σὺν τῷ καρπῷ· ὅταν δὲ χλιανθῇ, ἐκπιεῖν δοῦναι[4] εἶτα ἐπιβαλὼν ἱμάτια ἐᾶν, περιστείλας ὅπως[5] ἂν ἱδρῷ μάλιστα. καὶ ὅταν ἔμετος ἔχῃ αὐτόν, ἐμείτω προθύμως καταματεύμενος τῷ πτερῷ. ἢν δὲ μὴ ἔμετος ἔχῃ,[6] ἐπιπιὼν μελικρήτου χλιαροῦ κύλικα δικότυλον, οὕτως ἐμείτω. καὶ ἢν τι ἀπεμέσῃ χολῆς ἢ φλέγματος αὖτις ταὐτὰ χρὴ ποιέειν ἐπὶ τέσσερας ὥρας· ὠφελήσει γάρ.

Μετὰ δὲ τῆς νούσου τὴν κρίσιν μελετᾶν, σιτία διδοὺς ὀλίγα, ταῦτα δὲ καθαρά· καὶ ἢν μὲν ἄρτον ἐσθίῃ, θερμὸν ὡς μάλιστα ἐσθιέτω· ἢν δὲ μᾶζαν,
240 | ἄτριπτον ἐσθιέτω, πρότερον προφυρήσας. ὄψον δὲ ἐχέτω σκυλακίου ἐφθὰ ἢ πελειάδος ἢ ἀλεκτορίδος νεοσσοῦ, χρήσθω δὲ[7] ἐφθοῖσι πᾶσιν· ἰχθύων δὲ γαλεῷ, νάρκῃ, τρυγόνι καὶ βατίσι τῇσι σμικρῇσι, πᾶσιν ἐφθοῖσι. καὶ λούσθω ἑκάστης ἡμέρης, καὶ τὸ ψῦχος φυλασσέσθω, καὶ περιπατείτω ὀλίγα ἕως ἐν[8] ἀσφαλεῖ.[9] ταῦτα ἢν φυλάσσηται,

[1] ἐν om. M. [2] Θ: ὅκως M. [3] καὶ om. M. [4] M adds χλιερόν. [5] Θ: ἕως M. [6] ἔ. ἔ. Θ: ἐμέσῃ M. [7] χρήσθω δὲ om. M. [8] M: ἂν Θ. [9] Potter: -λῃ Θ: -λείῃ M.

days, for in these the patient reveals whether or not he will die.

If choking comes on, you must give the following medication until the patient vomits: honey and water, vinegar and salt; mix these together and pour them into a new pot; then warm, and add twigs of the head-shaped marjoram with their seeds; when it is warm give to the patient to drink off; then cover him with blankets, wrapping him so that he will sweat heavily, and leave him. When vomiting occurs, let him vomit actively by being tickled with a feather. If vomiting does not occur, make the patient provoke it by drinking, in addition, a two-cotyle cup of warm melicrat. If he vomits up any bile or phlegm, he must do the same every four hours, for this will help.

After the disease's crisis, treat by giving fine cereals in small amounts; if the patient eats bread, let him take it very hot, if barley-cake, let it be unpounded but mixed a while before it is baked. As main dish, let him have boiled puppy, pigeon or chicken, taking all these boiled, and of fish dogfish, torpedo, sting-ray and small skates, also all boiled. Have him bathe each day, guarding against cold, and take short walks until he is in safety. If the

οὐχ ὑποτροπιάσει πάλιν ἡ νοῦσος. ἡ γὰρ νοῦσος χαλεπὴ καὶ χρονίη.

28. Ἄλλη ἤπατος· αἱ μὲν ὀδύναι πιέζουσι κατὰ τὰ αὐτὰ κατὰ[1] τὸ ἧπαρ, καὶ ἡ χροιὴ διαφέρει τῆς πρόσθεν, σιδιοειδὴς γάρ ἐστι. τοῦ δὲ ἔτεος θέρεος μάλιστα ἡ νοῦσος ἐπιπίπτει· γίνεται δὲ μάλιστα ἐκ κρεηφαγίης βοείων κρεῶν καὶ ἐξ οἰνοφλυγίης· ταῦτα γὰρ πάντα[2] πολεμιώτατα ταύτην τὴν ὥρην τῷ ἤπατι, καὶ χολὴ μάλιστα προσίσταται[3] πρὸς τὸ ἧπαρ.

Τάδε οὖν πάσχει· ὀδύναι ὀξέαι ἐμπίπτουσι, καὶ οὐκ ἐκλείπουσιν οὐδεμίην ὥρην,[4] ἀλλ' αἰεὶ μᾶλλον ἐμπίπτουσιν.[5] ἔστι δ' ὅτε καὶ ἐμέει χολὴν ὠχρήν, καὶ ὅταν ἐμέσῃ, ἐπ' ὀλίγον δοκέει ῥᾴων εἶναι. ἢν δὲ μὴ ἀπεμέσῃ, ἐς τοὺς ὀφθαλμοὺς ἡ χολὴ καθίσταται, καὶ ὠχροὶ γίνονται σφόδρα, καὶ οἱ πόδες οἰδέουσι. ταῦτα πάσχει τότε[6] μὲν σφόδρα, τότε δὲ ἧσσον. ὅταν δὲ αἵ τε[7] ἡμέραι παρέλθωσιν ἐν ἧσι κρίνεται τὸ νόσημα, ὅ τε πόνος ἐλάσσων ἔχῃ, ἀναμάρτητον[8] διαιτᾶσθαι χρὴ τῇ τοιαύτῃ διαίτῃ, ἢ καὶ πρόσθεν· ἢν γὰρ μεθυσθῇ παρὰ καιρὸν ἢ λαγνεύσῃ ἢ ἄλλο τι ποιήσῃ μὴ ἐπιτήδειον, τὸ ἧπαρ παραχρῆμα γίνεται αὐτοῦ σκληρόν, καὶ οἰδέει, καὶ σφύζει ὑπὸ τῆς ὀδύνης, καὶ ἢν τι σπεύσῃ,

[1] Θ: ἐς M. [2] πάντα om. Θ. [3] Θ: χολὴν . . . προσίστησι M. [4] οὐδεμίην ὥρην om. M. [5] Θ: πιέζουσι M. [6] Θ: ποτὲ M. [7] τε om. M. [8] Θ: ἢν ἀναμάρτητος ᾖ M.

person takes care in these matters, the disease will not recur. The disease is severe and lasts a long time.

28. Another disease of the liver: pains press in the same way over the liver, and the patient's colour is different from what it was before, being like pomegranate-peel. This disease attacks most often in summer, and it arises mainly from eating beef and from drunkenness; for in that season both of these are most harmful to the liver, and bile in particular assails the liver.

The patient suffers the following: sharp pains attack and, without relenting for so much as an hour, become more and more intense. Sometimes the patient vomits up pale-yellow bile, and, after he has, for a short time he seems to be better. If he does not vomit, bile settles into his eyes, which become very yellow, and his feet swell up. These things the patient suffers at one time more, at another time to a lesser degree. When the days in which this disease has its crisis arrive and the attack relents, the patient must follow strictly the regimen laid down in the preceding case; for, if he becomes drunk at an inopportune time, or engages in venery, or does anything else that is inappropriate, his liver immediately becomes hard, swells up, and throbs with pain, or if he exerts himself, he

πονέει ἐξαπίνης τὸ ἧπαρ καὶ τὸ σῶμα ἅπαν.

Τοῦτον, ὅταν οὕτως ἔχῃ, ὅταν[1] αἱ πρῶται
242 ἡμέραι | παρέλθωσι, πυριᾶσαι, εἶτα ὑποκαθῆραι τῇ σκαμωνίῃ· ἢν δὲ ἡ κοιλίη ξυγκεκαυμένη ᾖ, κλύσαι τοῖς αὐτοῖς, οἷσι καὶ τοὺς πρόσθεν, ὅ τι ἄξει καλῶς. καὶ μετὰ τὸν κλυσμὸν ὀνείῳ γάλακτι ἑφθῷ ὑποκαθῆραι ὀκτὼ κοτύλαις· μέλι δὲ παραχέας διδόναι πίνειν· διδόναι δὲ καὶ τὸ αἴγειον, τρίτον μέρος μελικρήτου παραμίσγων, τὸ ἑωθινόν, τετρακότυλον κύλικα· διδόναι δὲ καὶ ἑφθοῦ τοῦ αἰγείου δύο χοέας,[2] τρίτον μελικρήτου παραμίσγων, ἢ αὐτὸ μοῦνον μέλι παραχέων·[3] διδόναι δὲ καὶ τὸ ἵππειον γάλα τὸν αὐτὸν τρόπον τῷ ὀνείῳ.

Καὶ ἢν μὲν ὑπὸ τούτων μελετώμενος, ἡ νοῦσος ἐξέλθῃ, ἅλις· εἰ δὲ μή, τάμνειν τοῦ ἀγκῶνος τοῦ δεξιοῦ τὴν ἐντὸς φλέβα καὶ ἀφιέναι τοῦ αἵματος. ἢν δέ σοι μὴ[4] δοκέῃ ὀνείῳ γάλακτι ὑποκαθῆραι, βοείου γάλακτος ὠμοῦ διδόναι δύο κοτύλας, τρίτον μελικρήτου παραμίσγων, ἑκάστης ἡμέρης ἐφ' ἡμέρας δέκα· εἶτα ἄλλας δέκα, ἕκτον μέρος τοῦ μελικρήτου παραμίσγων,[5] πίνειν διδόναι· τὸ δὲ λοιπὸν αὐτὸ τὸ γάλα[6] διδόναι, ἕως ἂν πιανθῇ, δύο κοτύλας. ἢν δὲ μηδ' οὕτω παύηται, καῦσαι χρὴ ὅταν μέγιστον τὸ ἧπαρ ᾖ καὶ ἐξεστήκῃ μάλιστα,

[1] Θ: καὶ M. [2] Θ: κοτύλας M. [3] ἢ . . . παραχέων om. Θ.
[4] μὴ om. Θ. [5] Θ: -χέων M. [6] λ. α. τὸ γ. Θ: γ. α. τὸ λ. M.

immediately has pain in his liver and in his whole body.

When the case is such, once the first days have passed administer a vapour-bath to the patient, and then clean him downwards with scammony; if his cavity is burnt up, employ an enema containing the same substances used in the enemas of the patients above, choosing whichever will draw well. After the enema, clean downwards with eight cotylai of boiled ass's milk: add honey and give this to drink. Also give a four-cotyle cup of goat's milk early in the morning, adding one third part of melicrat; also two choes of boiled goat's milk, adding one third-cotyle of melicrat or just plain honey; also mare's milk administered in the same manner as the ass's.

If, on being treated with these measures, the disease passes off, fine; if not, incise the inner vessel of the bend of the right arm, and draw blood. If it does not seem advisable to you to clean downwards with ass's milk, give two cotylai of uncooked cow's milk daily for ten days, adding one third-cotyle of melicrat; then give the same for another ten days with one sixth-cotyle of melicrat; from then on, give two cotylai of pure milk, until the patient becomes fat. If the disease does not come to an end thus, you must cauterize, when the liver is

πυξίνοις ἀτράκτοισι βάπτων ἐς ἔλαιον ζέον, προστιθέναι τέως ἂν δοκέῃ σοι καλῶς ἔχειν καὶ κέκαυσθαι εὖ[1] ἢ[2] μύκησιν ὀκτὼ ἐσχάρας καῦσαι. ἢν γὰρ τύχῃς καύσας, ὑγιᾶ ποιήσεις, καὶ τὸν λοιπὸν τοῦ χρόνου ῥᾴων διάξει. ἢν δὲ μὴ τύχῃ καυθεὶς ἢ[2] ὑπὸ τῶν ἄλλων ὑγιὴς γενόμενος, τὸ λοιπὸν φθειρόμενος χρόνῳ[3] ἀποθνῄσκει.

29. Ἄλλη ἥπατος· τὰ μὲν ἄλλα πλῆθος τὰ αὐτὰ πάσχει τοῖσι δὲ[4] πρόσθεν· ἡ δὲ χροιὴ μέλαινα· τοῦ δὲ ἥπατος ὡς λογιζόμεθα ἡ χολὴ φλέγματος καὶ αἵματος πλησθεῖσα, διαρρήγνυται· καὶ ὅταν διαρραγῇ, τάχιστα μαίνεται, καὶ ἀναΐσσει,[5]
244 καὶ διαλέγεται ἀσύ|νετα. καὶ ὑλακτέει ὡς κύων, καὶ οἱ ὄνυχες φοινίκεοί εἰσιν αὐτοῦ, καὶ τοῖς ὀφθαλμοῖς οὐ δύναται ἀνορᾶν,[6] καὶ αἱ τρίχες αἱ ἐν τῇ κεφαλῇ ὀρθαὶ ἵστανται, καὶ πυρετὸς ὀξὺς ἐπιλαμβάνει.

Τούτῳ χρὴ προσφέρειν τὰ αὐτὰ ἃ καὶ τοῖσι πρόσθεν· οἱ δὲ πολλοὶ ἀποθνῄσκουσιν ἐν τῇσιν ἕνδεκα ἡμέρῃσι· παῦροι δ' ἐκφυγγάνουσιν.

30. Σπληνὸς ἡ πρώτη[7] γίνεται δὲ διὰ θερμασίην τοῦ ἡλίου, χολῆς κινηθείσης, ὅταν ἑλκύσῃ ὁ σπλὴν ἐφ' ἑωυτὸν χολήν. πάσχει τάδε· πυρετὸς

[1] εὖ om. M. [2] ἢ om. M. [3] ὑγιὴς . . . χρόνῳ Θ: λοιπὸν ὑγιὴς μὴ γενόμενος, φθειρόμενος M. [4] τοῖσι δὲ Θ: τῇσι M. [5] Potter: ἀν ἐς σει Θ: ἀγανακτεῖ M. [6] Potter: ἂν ὁρᾶν Θ: ὁρῆν M. [7] Potter: τῆς πρώτης ΘM (sc. περὶ).

largest and most protuberant, with boxwood spindles; dip these in boiling oil, and apply them until you think you have accomplished what you wanted and the cautery is adequate; or burn eight eschars with mushrooms. For, if your cautery succeeds, you will make the patient well, and he will pass the time from then on more easily. But if he is neither cauterized successfully nor brought to health by any of the other treatments, he wastes away after that, and in time dies.

29. Another disease of the liver: generally this patient suffers the same things as the preceding one, except that his colour is dark, and the hepatic bile, as we infer, becomes filled with phlegm and blood, and breaks out; when this bile breaks out, the patient very soon rages, casts himself about, talks nonsense, and howls like a dog; his nails become red, he cannot look up with his eyes, the hairs of his head stand on end, and a sharp fever supervenes.

To this patient you must administer the same things as to the preceding ones; most die in eleven days; few escape.

30. First disease of the spleen: this disease arises from the heat of the sun, when bile is set in motion and the spleen draws it to itself. The patient suffers the following: sharp fevers set in at

ὀξὺς ἐπιγίνεται κατ᾽ ἀρχὰς· προϊούσης δὲ τῆς νούσου ἀφίησι, πλὴν κατ᾽ αὐτὸν τὸν σπλῆνα· ταύτῃ δὲ αἰεὶ θέρμη ἔχει. καὶ ὀδύνη ἄλλοτε καὶ ἄλλοτε ἐμπίπτει ὀξέη καὶ ἐς τὴν λαπάρην καὶ ἐς τὴν κοιλίην. τὰ δὲ σιτία κατ᾽ ἀρχὰς προσίεται μέν, διαχωρέει δὲ οὐ μάλα· προϊούσης δὲ τῆς νούσου, ἥ τε χροιὴ ὠχρὴ γίνεται, καὶ ὀδύνη ἰσχυρὴ ἐπιπίπτει, καὶ αἱ κληῖδες λεπτύνονται, καὶ τὰ σιτία οὐχ ὁμοίως[1] προσίεται ὥσπερ κατ᾽ ἀρχάς, καὶ ἀπὸ ὀλίγου πίμπλαται. ὁ δὲ σπλὴν μέγας ἄλλοτε αὐτῆς τῆς ἡμέρης, ἄλλοτ᾽ ἐλάσσων γίνεται.

Τοῦτον, ὅταν οὕτως ἔχῃ, πῖσαι ἐλλέβορον, κάτω δ᾽ ὑποκαθῆραι Κνιδίῳ κόκκῳ· ἐς ἑσπέρην δὲ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον δοῦναι[2] ὀξυτέρης, καὶ τευτλίων τρυβλίον λιπαρῶν, ἅλφιτα περιπάσας. τῇ δ᾽ ὑστεραίῃ καὶ τῇ τρίτῃ ἄρτον σμικρὸν δοῦναι· ὄψῳ δὲ φακῇ χρήσθω καὶ οἷος κρέῃ[3] ἐν τῇ φακῇ ἑφθῷ τετρυμένῳ· οἶνον δὲ πινέτω αὐστηρόν, μέλανα, ἀκρητέστερον κατ᾽ ὀλίγον, καὶ ἡσυχίην ἐχέτω ταύτας τὰς ἡμέρας, πλὴν ἔνδον ὀλίγα περιπατείτω ἐν σκιῇ. τὸν δὲ λοιπὸν χρόνον τάδε χρὴ προσφέρεσθαι· σίτων μὲν ἄρτον αὐτοπυρίτην, ὄψον δ᾽ ἐχέτω κρέας κυνὸς μέζονος
246 ἢ οἷος ἢ αἰγὸς[4] τετρυμένον καὶ τάριχον Γαδει|ρι-

[1] ὁμοίως ΘM: Galen seems to refer to this passage in his gloss on ἁμαλῶς (Kühn XIX. 77). [2] M adds ῥοφέειν. [3] Θ: ὗος κρέας M. [4] M: ὗος Θ.

the outset but, as the disease advances, these abate, except at the site of the spleen itself; there heat is always present; sharp pains also attack from time to time, in both the flank and the cavity. At the beginning, the patient accepts his food, but does not pass it through very well; as the disease progresses, his colour becomes pale-yellow, violent pain besets him, his collar-bones become lean, he no longer accepts his food as he did at the beginning, but now becomes full on a little; on one and the same day the spleen is at one time large, at another time smaller.

When the case is such, have the patient drink hellebore, and clean him downwards with Cnidian berry; towards evening after the cleaning, give a bowl of quite acid lentil-soup, and a bowl of beets boiled in grease, over which meal has been sprinkled. On the second and third days, give a small loaf of bread, and let the patient employ as main dish lentil-soup with boiled ground mutton in it; let him drink dark dry wine, quite unmixed with water, a little at a time, and rest on these days except for walking a little inside in the shade. From then on, the following must be administered: of cereals let the patient have whole-wheat bread, as main dish ground meat of an adult dog, sheep or goat, and Cadiz salt-fish or saperdes; administer all

κὸν ἢ σαπέρδην. καὶ τὰ ὀξέα καὶ τ' ἁλμυρὰ πάντα προσφερέσθω καὶ τὰ στρυφνά· πινέτω δὲ οἶνον Κῷον ὑπόστρυφνον ὡς μελάντατον. τῶν δὲ γλυκέων καὶ λιπαρῶν καὶ κνισωδέων ἀπεχέσθω, καὶ σίλφιον μὴ προσφερέσθω,[1] μηδὲ κρέας ὕειον,[2] μηδὲ κεστρέα μηδὲ ταρίχηρον μήτε νεαρόν, μήτε ἔγχελυν, μήτε λάχανον μηδὲν[3] ἄνευ ὄξους. τρωξίμων δέ ῥαφανῖδι χρήσθω καὶ σελίνῳ καὶ[4] ἐς ὄξος βάπτων· καὶ οἴνῳ ἁλφιτα φυρῶν ἐσθίειν, καὶ τοῦ οἴνου ἐπιρυφείτω ἄκρητον· ἢν δὲ βούληται, καὶ τὸν ἄρτον ἐς τὸν οἶνον ἐνθρυπτόμενον ἐσθιέτω θερμόν· διδόναι δὲ καὶ ἰχθύων σκορπίον, κόκκυγα, κωβιόν, δράκοντα, καλλιώνυμον, τούτους ἐφθοὺς καὶ ψυχρούς.

Διδόναι δὲ καὶ ἃ μέλλει τὸν σπλῆνα ἰσχναίνειν[5] ἑκάστης ἡμέρης, ἀσφοδέλου τὸν καρπόν, ἢ κισσοῦ[6] τὰ φύλλα, ἢ αἰγὸς κέρας, ἢ ἄγνου καρπόν, ἢ πήγανον, ἢ διδυμαίου ῥίζαν· τούτων τρίβων ὅ τι ἂν βούλῃ, διδόναι ἐν οἴνου κοτύλῃ αὐστηροῦ νήστει. ἢν δὲ δυνατὸς ᾖ, ἀνάγκα[7] αὐτὸν πρίειν ξύλα τριήκοντα ἡμέρας· καὶ ἀπ' ἄκρων τῶν ὤμων παλαιέτω, καὶ περιπατείτω δι' ἡμέρης, καὶ ὄψιος εὐδέτω, πρωΐος δ' ἐγειρέσθω, καὶ εὐωχείσθω τὰ προειρημένα. ἢν δὲ μὴ ὑπὸ τούτων

[1] M adds *μηδὲ σκόροδα.* [2] Θ: *χοίρειον* M. [3] M adds *ἐφθὸν.* [4] *καὶ* om. M. [5] Θ: *λεπτύνειν* M. [6] Θ: *ἰξοῦ* M. [7] Θ: *ἀναγκάζειν* M.

the acid and salty foods, and also the sour ones. Let the patient drink very dark sour Coan wine. Have him abstain from foods that are sweet, fat, and that steam like roasted meat, and do not administer silphium, pork, grey mullet either salted or fresh, eel, or any vegetable without vinegar. Of raw vegetables let the patient employ radishes and celery, dipping them in vinegar; also let him eat meal mixed with wine, and afterwards drink pure wine; if he wishes, let him eat bread warm, crumbled into wine; of fish give scorpion fish, piper, goby, weever, and star-gazer, these boiled and cold.

Give medications to strengthen the spleen daily: asphodel seeds, ivy leaves, goat's horn, chaste-tree seed, rue, or orchis root: grind whichever of these you wish, and give it in a cotyle of wine to the fasting patient. If he is able, he must saw wood for thirty days; let him also wrestle with the tips of his shoulders, take walks all through the day, go to sleep late, be awakened early, and be well fed on the things mentioned above. If the person does not

ῥαΐζῃ, καῦσαι τὸν σπλῆνα μύκησι δέκα ἐσχάρας μεγάλας,[1] ὅταν μέγιστος ᾖ ὁ σπλὴν καὶ ἐξηρμένος μάλιστα· ἦν γὰρ τύχῃς καύσας,[2] ὑγιᾶ ποιήσεις[3] ἐν τάχει.

Ἡ δὲ νοῦσος δεῖται θεραπείης· χαλεπὴ γὰρ καὶ χρόνιος, ἢν μὴ παραχρῆμα μελετηθῇ.

31. Ἄλλη σπληνός· γίνεται μὲν ἀπὸ τῶν αὐτῶν ὧν καὶ ἡ πρόσθεν· πάσχει δὲ ὑπὸ τούτου τοῦ
248 νοσήματος τάδε. ἡ γα|στὴρ φυσᾶται μεγάλη,[4] καὶ ὁ σπλὴν οἰδέει καὶ σκληρός ἐστι, καὶ ὀδύναι ὀξεῖαι ἐμπίπτουσιν ἐς τὸν σπλῆνα. ἡ δὲ χροιὴ τρέπεται[5] —μέλας, ἔπωχρος, σιδιοειδής—καὶ ἐκ τοῦ ὠτὸς κακὸν ὄζει, καὶ τὰ οὖλα ἀφίσταται ἀπὸ τῶν ὀδόντων καὶ κακὸν ὄζει· καὶ ἐκ τῶν κνημέων ἕλκεα ἐκρήγνυται, οἷά περ ἐπινυκτίδες· τὰ δὲ[6] γυῖα λεπτύνεται, καὶ ἡ κόπρος οὐ διαχωρέει.

Τοῦτον, ὅταν οὕτως ἔχῃ, μελετᾶν τοῖσιν αὐτοῖσι καὶ φαρμάκοισι καὶ ἐδέσμασι καὶ ποτῷ καὶ ταλαιπωρίῃσι καὶ τοῖσιν ἄλλοισι πᾶσι· καὶ κλύζειν, ὅταν μὴ θέλῃ ἡ κόπρος διαχωρέειν, τοῖσδε· μέλιτος ἡμικοτύλιον καὶ λίτρου Αἰγυπτίου ὅσον ἀστράγαλον οἰός· ταῦτα τρίψας διεῖναι ἀπὸ σεύτλων ἑφθῶν ὕδατι τέσσερσι κοτύλῃσιν· εἶτα τούτῳ κλύζειν. ἢ δὲ μὴ ὑπὸ τούτων ἡ νοῦσος καθίστηται, καῦσαι αὐτὸν τὸν σπλῆνα ὡς τὸν

[1] μεγάλας om. Θ. [2] M adds ὡς δεῖ. [3] M adds πλὴν οὐκ. [4] Θ: μετὰ δὲ M. [5] M adds γίνεται. [6] M: τότε Θ.

improve with these measures, cauterize his spleen with fungi, making ten large eschars when the spleen is largest and most raised; for, if you succeed in your cautery, you will quickly make him well.

The disease requires attention, for it lasts a long time and is severe if not cared for at once.

31. Another disease of the spleen: this one arises from the same things as the preceding one, but in it the patient suffers the following: his belly is puffed up large, his spleen swells and is hard, and sharp pains occupy it. His colour is altered, becoming dark and yellowish like pomegranate-peel, he smells foully from the ear, and the gums separate from his teeth and smell foully; ulcers very like epinyctides break out on his legs below the knees. The limbs become lean, and stools do not pass off.

When the case is such, treat the patient with the same medications, foods, drinks, exercises and all the rest. In addition, when stools refuse to pass off, apply the following enema: a half-cotyle of honey, and Egyptian soda to the amount of a sheep's vertebra; grind these, and mix them in four cotylai of juice boiled from beets; then administer as a enema. If the disease does not go away with these measures, cauterize the spleen itself, as in the

πρόσθεν· καὶ ἢν τύχῃς καύσας, ὑγιᾶ ποιήσεις.

32. Ἄλλη σπληνός· γίνεται μὲν τοῦ ἔτεος θέρεος[1] ὥρῃ μάλιστα· ἡ δὲ νοῦσος γίνεται ἀπὸ αἵματος, ὅταν ὁ σπλὴν ἐμπλησθῇ[2] αἵματος, ἐκρήγνυται ἐς τὴν κοιλίην. καὶ ὀδύναι ὀξέαι ἐς τὸν σπλῆνα ἐμπίπτουσι καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν κληῖδα καὶ ἐς τὸν ὦμον καὶ ὑπὸ τὴν ὠμοπλάτην. ἡ δὲ χροιὴ τούτου[3] μολυβδοειδής, καὶ ἀμυχὰς ἐν τῇσι κνήμῃσι λαμβάνει, καὶ ἕλκεα μεγάλα γίνεται ἐξ αὐτῶν· καὶ τὰ κάτω ὑποχωρέοντα ἅμα τῇ κόπρῳ[4] αἱματώδεα καὶ οἰνώδεα[5] ὑπέρχεται. ἡ δὲ γαστὴρ σκληρή, καὶ ὁ σπλὴν ὥσπερ λίθος. οὗτος τῶν πρόσθεν θανατωδέστερος, καὶ ἐξ αὐτοῦ παῦροι ἐκφυγγάνουσι.

Τοῦτον, ὅταν οὕτως ἔχῃ, τοῖς αὐτοῖς οἷσι καὶ τοὺς πρόσθεν ἰᾶσθαι,[6] πλὴν ἄνω φάρμακον μὴ
250 δῶς· κάτω δὲ τοῦ Κνιδίου κόκκου δοῦ|ναι. τῆς δὲ ὑστεραίης ὀνείου ἢ[7] ἱππείου γάλακτος δοῦναι ἑφθοῦ ὀκτὼ κοτύλας, μέλι παραχέας· εἰ δὲ μή, αἰγείῳ ἢ βοείῳ ἑφθῷ δύο χοεῦσι μέλι παραχέων παρὰ τὴν ἑτέρην κύλικα, ἐναλλὰξ δὲ πίνειν[8] ἐς ἑσπέρην δὲ διδόναι μετὰ τὴν κάθαρσιν ταὐτὰ ᾗ

[1] Θ: ἔαρος M. [2] M adds μάλιστα. [3] Θ: τοῦ γυίου M. [4] Mercurialis (*Hippocratis Coi Opera quae extant*, Venice, 1588): τὸ πρωΐ Θ: τῷ πρώτῳ M. [5] Θ: ἰώδεα M. [6] οἷσι . . . ἰᾶσθαι Θ: θεράπευε οἷσι καὶ τὸν ἔμπροσθεν M. [7] τῆς δὲ . . . ἢ Θ: τῇ ὑστεραίῃ οἴνου M. [8] M adds χρή.

preceding case; if your cautery succeeds, you will bring about recovery.

32. Another disease of the spleen: this one occurs mainly in summer; it arises from the blood, when the spleen becomes filled with blood, and it breaks out into the cavity. Sharp pains befall the spleen, nipple, collar-bone, shoulder, and the region beneath the shoulder-blade. This patient's colour is leaden, and on his legs below the knees he has scratches from which large ulcers develop; what is evacuated with the stools passes off bloody and wine-coloured. The belly is hard, and the spleen is like a stone. Such a spleen is more often mortal than the preceding ones, and few patients survive it.

When the case is such, treat this patient with the same things administered to the ones above, except do not give any medication to act upwards; to act downwards give Cnidian berry. On the next day, give eight cotylai of boiled ass's or mare's milk with honey; if not that, then add honey to one of two cups containing two choes of goat's or cow's milk, and have the patient drink from these alternately; towards evening, after the cleaning, give

καὶ τῷ πρόσθεν μετὰ τὸ φάρμακον· καὶ ἢν δοκέῃ, τοῦ αἵματος ἀφελεῖν ἀπὸ τοῦ ἀγκῶνος τοῦ ἀριστεροῦ τῆς ἐντὸς φλεβός. τὰς δὲ λοιπὰς τῶν ἡμερέων διδόναι νήστει ἑκάστης ἡμέρης βοείου γάλακτος τέσσερας κοτύλας, τρίτον μέρος ἅλμης παραμίσγων. σιτίοισι δὲ καὶ ποτοῖσι καὶ τοῖσιν ἄλλοισι τοῖς αὐτοῖσι θεραπεύειν οἷσι καὶ τοὺς πρόσθεν. ἀπέχεσθαι δὲ λαγνείης καὶ οἰνοφλυγίης καὶ τοῦτον καὶ τὸν πρόσθεν. καὶ ἢν σοι δοκέῃ, καῦσαι ὅταν παχύτατος ᾖ καὶ μέγιστος ὁ σπλὴν καὶ ἢν τύχῃς καύσας κατὰ καιρόν,[1] ὑγιᾶ ποιήσεις· ἢν δὲ μὴ ὑπὸ ταύτης τῆς ἰήσιος ὑγιὴς γένηται, φθειρόμενος χρόνῳ θνήσκει· ἡ γὰρ νοῦσος χαλεπή.

33. Ἄλλη σπληνός· προσπίπτει ἡ νοῦσος μάλιστα ἦρος[2] ὅταν φλέγμα ἀναλάβῃ ὁ σπλὴν ἐς ἑωυτόν, μέγας παραχρῆμα γίνεται καὶ σκληρός· εἶτα αὖτις καθίσταται· καὶ ὅταν μὲν ἐξηρμένος ᾖ, ὀδύναι ὀξέαι ἐμπίπτουσιν· ὅταν δὲ λαπαρὸς ᾖ, ἀνώδυνός ἐστι. καὶ ὅταν χρόνος ἐγγένηται τῇ νούσῳ, ἀμαυροτέρη ἡ νοῦσος, καὶ χρόνῳ[3] ἐπανίσταται, καὶ ταχέως καθίσταται. οὗτος, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς τοῦ νοσήματος τὰ σιτία οὐ δύναται προσίεσθαι, καὶ καταλεπτύνεται ταχέως, καὶ ἀκρασίην ἔχει πολλὴν τὸ σῶμα. τὸ δὲ νόσημα, ἢν μὴ παραχρῆμα θεραπευθῇ, αὐτόματον δὲ[4]

[1] κ. κ. Θ: τοῦ καιροῦ M. [2] μ. ἦ. Θ: καὶ αὕτη ἔαρος μ. M. [3] χρόνῳ om. M. [4] Θ: ἢ αὐτόματον M.

the same things you gave to the preceding patient after his medication; if it seems advisable, draw blood from the inner vessel of the bend of the left arm. On the days that follow, give daily to the fasting patient four cotylai of cow's milk to which one third part of brine has been added. Treat with the same foods, drinks, and other measures used for the patients above. Both this patient and the preceding one must abstain from venery and drunkenness. If you think it advisable, cauterize when the spleen is thickest and largest. If you succeed in cauterizing at the opportune moment, you will bring about recovery; but, if the patient does not recover with this treatment, he wastes away, and in time dies; for the disease is severe.

33. Another disease of the spleen: this one attacks mainly in spring. When the spleen takes up phlegm into itself, it immediately becomes large and hard; then it goes down again. When it is raised, sharp pains are present, but when the swelling is gone, it is free of pain. As time passes, the disease becomes less pronounced, and after a while the spleen comes to swell and subside again quickly. When the case is such, at the beginning of the disease the patient cannot accept his food; he rapidly becomes lean, and he suffers great weakness in his body. The disease, if not treated at

καταστῇ, διαλιπὸν πέντε μῆνας ἐξαῦτις[1] ἐπανίσταται· διαλαμβάνει[2] δὲ μάλιστα τὸν χειμῶνα.

Τοῦτον ἢν λάβῃς κατ' ἀρχάς, καῦσον δέκα | 252 ἐσχάρας ἐς τὸν σπλῆνα, καὶ εὐθὺς ὑγιᾶ ποιήσεις. ἢν δὲ μὴ καύσῃς, τοῖς αὐτοῖσι φαρμάκοισιν ἰᾶσθαι οἷσι καὶ τοὺς πρόσθεν, καὶ ἐδέσμασι καὶ ποτοῖσι καὶ ταλαιπωρίῃσιν· οὕτω γὰρ ἂν τάχιστα ὑγιέα ποιήσειας. τούτου ἡ χροιὴ γίνεται ἔκλευκος, ἄρτι ὕπωχρος, ἄρτι[3] αὐχμηρή.

34. Ἄλλη σπληνός· γίνεται μὲν μετοπώρου μάλιστα ἀπὸ χολῆς μελαίνης· γίνεται δὲ ἀπὸ λαχανοφαγίης τρωξίμων πολλῶν καὶ ἀπὸ ὑδροποσίης. πάσχει οὖν τάδε· ὅταν τὸ νόσημα λάβῃ, ἀλγέει τὸν σπλῆνα σφόδρα, καὶ ῥῖγος καὶ πυρετὸς ἐπιλαμβάνει, καὶ ἀσιτίη ἔχει αὐτόν, τό τε γυῖον συμπίπτει ταχέως. ὁ δὲ σπλὴν μέγας μὲν οὐ πάνυ γίνεται, σκληρὸς δέ, καὶ προσπίπτει πρὸς[4] τὰ σπλάγχνα καὶ μύζει προσκείμενος.

Τοῦτον, ὅταν οὕτως ἔχῃ, τοῖσιν αὐτοῖσιν ἰᾶσθαι καὶ φαρμάκοισι καὶ βρωτοῖσι καὶ ποτοῖσι καὶ ταλαιπωρίῃσιν, ὡς τοὺς πρόσθεν, καὶ ἢν σοι παράσχῃ, καῦσαι τὸν αὐτὸν τρόπον ὅνπερ καὶ τοὺς ἄλλους. αὕτη ἡ νοῦσος τοῖς πολλοῖσιν, ἢν παραχρῆμα μελετηθῇ, ἐξέρχεται ἐν τάχει.

[1] Θ: ἢ ἐξ αὐτις M. [2] Θ: -λιμπάνει M. [3] Θ: καὶ M.
[4] Θ: παρα- παρὰ M.

once, remits spontaneously, but, after a break of five months, recurs; the intermission occurs especially in winter.

If you take on this patient at the beginning, burn ten eschars over his spleen, and you will quickly make him well. If, however, you do not cauterize, treat with the same medications, foods, drinks and exercises used for the patients above; for with these you will most quickly bring about recovery. The patient's skin becomes quite white, sometimes slightly yellowish, sometimes parched.

34. Another disease of the spleen: this one occurs mainly in autumn from dark bile; it arises from eating many raw vegetables and from drinking water. The patient suffers the following: when the disease sets in, he has great pain in his spleen, he is subject to chills and fever, he loses his appetite, and his body rapidly becomes emaciated. The spleen does not become very large, but it is hard, and it falls against the inward parts, and rumbles as it lies there.

When the case is such, treat this patient with the same medications, foods, drinks, and exercises used for the preceding ones and, if you are able, cauterize him as you did the others. This disease passes off quickly in most patients, if they are treated immediately.

35. Ἴκτεροι τέσσερες· ὅδε μὲν τοῦ θέρεος μάλιστα ἐπιλαμβάνει χολῆς κινηθείσης· ἵσταται δὲ[1] ἡ χολὴ ὑπὸ τῷ δέρματι καὶ ἐν τῇ κεφαλῇ, ὥστε εὐθέως ἀλλοτροπέει[2] τὸ σῶμα καὶ γίνεται ὠχρὸν οἷόν περ σίδιον· καὶ οἱ[3] ὀφθαλμοὶ ὠχροί, καὶ ἐν τῇ κεφαλῇ ὑπὸ τὰς τρίχας οἷον χνοῦς ὕπεστι, καὶ ῥῖγος καὶ πυρετὸς ἐπιλαμβάνει· καὶ οὐρέει ὠχρὸν τὸ οὖρον, καὶ ὑφίσταται ὑπ' αὐτῷ[4] παχὺ ὕπωχρον. καὶ ἔωθεν, ἔστ' ἂν νῆστις ᾖ, ἐς τὴν καρδίην καὶ τὰ σπλάγχνα μύζει, καὶ ὅταν τις αὐτὸν προσφθέγγηται ἢ[5] ἐρωτᾷ, ἀσᾶταί τε καὶ λυπεῖται, καὶ οὐκ ἀνέχεται ἀκροώμενος. ὁ δὲ ἀπόπατος προϊὼν
254 ὠχρὸς[6] | καὶ κάκοδμος. οὗτος, ὅταν οὕτως ἔχῃ, θνήσκει μάλιστα ἐν τεσσερεσκαίδεκα ἡμέρῃσιν· ἢν δὲ ταύτας ἐκφύγῃ, ὑγιαίνεται.

Μελετᾶν δὲ αὐτὸν τόνδε χρὴ τὸν τρόπον[7] ὅταν ὁ πυρετὸς ἀνῇ λούειν αὐτὸν[8] πολλῷ καὶ θερμῷ· πίνειν δὲ διδόναι μελίκρητον, καὶ ῥυφήμασι διαχρήσθω πτισάνης χυλῷ, μέλι παραχέων—καὶ μὴ συνεψεῖν τὸ μέλι—ἕως ἂν αἱ τεσσερεσκαίδεκα ἡμέραι παρέλθωσιν· αὗται γὰρ κρίνουσι[9] θανασίμους ἢ οὔ. μετὰ δὲ ταῦτα λούσθω δὶς τῆς ἡμέρης, καὶ εὐωχέειν τὸ πρῶτον ὀλίγοις ἄσσα ἂν

[1] Θ: οὖν M. [2] Θ: ἀλλοχροέει M. [3] οἱ om. Θ. [4] M: -ῶν Θ. [5] ἢ om. Θ. [6] Θ: ὠχρόλευκος M. [7] αὐτὸν . . . τρόπον Θ: χρὴ αὐτὸν ὧδε M. [8] Θ: χρὴ M. [9] M adds ἢν.

35. Four jaundices: the first one occurs mainly in summer when bile is set in motion; for the bile comes to rest under the skin and in the head, so that the body rapidly changes colour and becomes yellow like pomegranate-peel. The eyes are pale-yellow, a kind of incrustation is laid down on the scalp under the hair, and chills and fever set in; the urine passed is pale-yellow, and a thick very pale-yellow sediment precipitates from it. In the early morning, before the patient has eaten, there is rumbling in his cardia and inward parts, and, when anyone addresses him or asks him a question, he is vexed and grieved, and cannot bear to listen. The stools pass off yellow and foul-smelling. When the case is such, the patient usually dies in fourteen days; if he survives that long, he recovers.

You must treat this patient as follows: when his fever remits, wash him in copious hot water, give him melicrat to drink, and have him take barley-water gruel with honey—do not boil the honey in the barley-water—until the fourteen days have passed, for this is the critical period that decides whether or not patients will die. From then on, let the patient bathe twice a day, and feed him well,

μάλιστα προσίηται, ἔπειτα μέντοι καὶ πλείω διδόναι· πινέτω δὲ καὶ οἶνον λευκὸν ὡς πλεῖστον δι' ἡμέρης. καὶ ἢν σοι δοκέῃ προϊόντος τοῦ χρόνου ὠχρὸς εἶναι καὶ ἀσθενής, ἔμετον αὐτὸν[1] κελεύειν ποιέεσθαι ἀπὸ τῶν σιτίων, ὡς ἐν τῇσι νούσοισι τῇσιν ἄνω ἔχει.

Καὶ ἢν μὲν ὑπὸ τούτων παύηται, ἅλις· εἰ δὲ μή, ἐλλέβορον πῖσαι. μετὰ δὲ τὴν κάθαρσιν ἐσπέρης[2] φαγέτω μᾶζαν μαλθακὴν ἢ ἄρτου τὸ ἐντός· ὄψον δ' ἐχέτω[3] νεοσσὸν ἀλεκτορίδος δίεφθον ἐζωμευμένον κρομμύῳ καὶ κοριάννῳ καὶ τυρῷ καὶ ἁλὶ καὶ σησάμῳ καὶ σταφίδι λευκῇ· οἶνον δὲ πινέτω λευκόν, αὐστηρόν, ὡς παλαιότατον. τὴν δὲ κάτω κοιλίην ὑποκαθῆραι, τῇ δ' ὑστεραίῃ, χυλῷ ἀπὸ ἐρεβίνθων λευκῶν· μέλι δὲ χρὴ τῷ χυλῷ παραχέαι, ἐκπιέτω δὲ δύο χοέας[4] τοῦ χυλοῦ.

Τῇ δὲ τρίτῃ ἀρξάμενος, ἑκάστης ἡμέρης πινέτω ὕδωρ ἀπὸ τῶνδε ἑψήσας· μορῶν[5] ῥίζας λεπτὰς πλῆθος ὅσον τοῖσι τρισὶ δακτύλοισι περιλαβεῖν, δραχμίδα· ταύτας ἑψεῖν ἐν τρισὶ[6] χοεῦσιν ὕδατος, ἑψεῖν δὲ ἕως ἂν λειφθῇ τὸ ἥμισυ· ἑψεῖν δὲ[7] καὶ ἐρεβίνθων λευκῶν χοίνικα ἐν δυσὶ χοεῦσι, καὶ τούτου λειπέτω[8] τὸ ἥμισυ· ταῦτα ὅταν λειφθῇ, διη-

[1] αὐτὸν om. M. [2] Θ: ἐς ἑσπέρην M. [3] Θ: ἐσθιέτω M.
[4] Θ: κοτύλας M. [5] Θ: μαράθου M. [6] Θ: δύο M.
[7] ἑψεῖν δὲ om. M. [8] Θ: δὲ πιέτω M.

first on small amounts of whatever he is most willing to accept, and then, of course, give him more; let him also drink white wine in large amounts, all through the day. If, after a time has passed, you find he is pale-yellow and weak, order him to provoke vomiting by means of foods, as was done in the diseases above.

If, with these measures, the disease goes away, fine; if not, have the patient drink hellebore. After the cleaning, in the evening let him eat soft barley-cake or the inner part of a loaf of bread, have as main dish chicken well-boiled into a soup with onion, coriander, cheese, salt, sesame and white raisins, and drink a very old dry white wine. On the following day, clean the lower cavity downwards with juice from white chick-peas; you must add honey to the juice, and let the patient drink two choes of it.

Beginning on the third day, let the patient each day drink water boiled from the following: boil a pinch (the amount you take with three fingers) of peeled roots of mulberry trees in three choes of water until half is left; also boil a choenix of white chick-peas in two choes of water until half is left; when these amounts remain, strain, expose them

θήσας ἐξαιθριάσαι, καὶ[1] ἀμφότερα μίξας, τούτῳ
256 τῷ ὕδατι καὶ τὸν οἶνον κιρνὰς πινέτω | καὶ αὐτὸ
τὸ ὕδωρ ψιλόν, ἢν βούληται, πινέτω ὡς πλεῖ-
στον, καὶ ἄλλο ὕδωρ μὴ πινέτω. ἢν δὲ τοῦτο μὲν
τὸ ποτὸν μὴ προσίηται, τόδε αὐτῷ σκευάσας δι-
δόναι· λευκῶν ἰσχάδων χοίνικα ἑψήσας ἐν δυσὶ
χοεῦσι διηθῆσαι καὶ ἐξαιθριάσαι· ἔπειτα τοῦτο τὸ
ὕδωρ πινέτω, ἢν τε αὐτὸ ψιλὸν βούληται, ἢν τε
σὺν τῷ οἴνῳ κιρνάς· πινέτω δὲ μὴ πολὺ μηδὲ
ἀθρόον, ἀλλὰ κατὰ ἡμικοτύλιον, ὅπως ἂν μὴ
διάρροια ἐπιγένηται·[2] καὶ διαλιπὼν χρόνον ὀλίγον
πινέτω. ἀγαθὰ δὲ καὶ τάδε διδόναι πίνειν νήστει
ἑκάστης ἡμέρης· τρίβοντα λεῖα καὶ διέντα κοτύ-
λην οἴνου παλαιοῦ λευκοῦ, σελίνου καρπόν, σικύου
σπέρμα, μαράθου καρπόν, Αἰθιοπικὸν κύμινον,
ἀδίαντον, κόριν τὴν ποίην, ἀσταφίδα τὴν λευκήν·
ταῦτα πίνων καὶ ἐκεῖνα, τάχιστα ὑγιὴς ἔσται.

36. Ἄλλος ἵκτερος· ἐπιλαμβάνει χειμῶνος
ὥρῃ[3] ἐκ μέθης καὶ ῥίγεος· ἄρχεται δὲ πρῶτον μὲν
τὸ ῥῖγος ἐπιλαμβάνειν, εἶτα ὁ πυρετός· τὸ δὲ
ὑγρὸν ἐν τῷ σώματι τὸ ὑπὸ τῷ δέρματι πήγνυται
ἅμα τῷ αἵματι·[4] τοῖσδε δὲ ἀποδηλοῖ ὡς οὕτως
ἔχει· πελιδνόν ἐστιν αὐτοῦ τὸ σῶμα καὶ ὑπόσκλη-
ρον, καὶ αἱ φλέβες διὰ τοῦ σώματος τέτανται
ὠχραὶ καὶ[5] μείζονες ἢ πρόσθεν καὶ παχύτεραι·

[1] καὶ om. Θ. [2] M adds αὐτῷ. [3] Θ: -ην M. [4] Θ: σώμ- M.
[5] M adds εἰσὶ.

to the open air, mix them together, and let the patient mix his wine with this water, and drink it; also let him drink just the water alone, if he wishes, in copious amounts, but no other water. If he will not accept this beverage, prepare the following one, and give it to him: boil a choenix of dried white figs in two choes of water, strain, and expose to the open air; then let the patient drink this water, either just by itself, or mixed with his wine, whichever he prefers. Let him drink neither a large amount, nor too quickly, but a half-cotyle at a time, in order that diarrhoea does not come on; then, leaving a short space of time, let him drink again. The following is also good to give to the fasting patient to drink each day: grind fine and soak in a cotyle of old white wine: celery seed, cucumber seed, fennel seed, Ethiopian cummin, maiden-hair, hypericum herb, and white raisins. If the patient drinks this and the beverages mentioned above, he will recover very quickly.

36. Another jaundice: this one comes on in winter from drunkenness and chills. At the beginning, first chills set in, then fever. The subcutaneous moisture in the patient's body congeals with the blood, as is clear from the following: the body is livid and somewhat hard, and the vessels through it are stretched, pale-yellow, larger than they were

τέτανται δὲ καὶ[1] ὑπομελάντεραι[2] ἄλλαι φλέβες. καὶ ἢν τάμῃς τινὰ αὐτῶν, ῥεύσεται τὸ αἷμα ὠχρόν, ἢν ὠχραὶ ὦσιν αἱ φλέβες· ἢν δὲ μέλαιναι ὦσι, μέλαν τὸ αἷμα ῥεύσεται. καὶ τὸ ἱμάτιον πρὸς τῷ χρωτὶ κείμενον οὐκ ἀνέχεται ὑπὸ τοῦ
258 κνησμοῦ· οὗτος πρόθυμος | περιφοιτᾶν,[3] ἀλλ' ὑπὸ τῆς ἀσθενείης αὐτοῦ τὰ σκέλεα ὑποφέρεται· καὶ διψῇ σφόδρα. αὕτη ἡ νοῦσος ἧσσον τῆς προτέρης θανασίμη· προέρχεται δὲ πλείω χρόνον, ἢν μὴ ἐν τῇσιν ἑπτὰ ἡμέρῃσιν ὑγιὴς γένηται. ἢν δὲ ἡ νοῦσος ἀπομηκύνηται καὶ γένηται ὄγδοος ἢ ἔνατος μείς, πίπτει[4] ἐς κλίνην,[5] καὶ ἡ νοῦσος καὶ ἡ ἀλγηδὼν πιέζει μᾶλλον, καὶ ἀνίστασθαι οὐ δύναται, καὶ οἱ πολλοὶ ἐν τούτῳ τῷ χρόνῳ παραχρῆμα διαφθείρονται.

Τοῦτον, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς μὲν τῇ νούσῳ[6] ἢν παραγένῃ, ὅταν αἱ ἑπτὰ ἡμέραι παρέλθωσιν, ἐλλέβορον πῖσαι, τὴν δὲ κάτω κοιλίην χυλῷ ὑποκαθῆραι, ὡς ἐν τῇ πρόσθεν· καὶ τἆλλα τὰ αὐτὰ διδόναι φάρμακα. διδόναι δὲ καὶ κανθαρίδας, ἄνευ τῶν πτερῶν καὶ τῆς κεφαλῆς, τέσσερας τρίβων καὶ διεὶς οἴνου[7] ἡμικοτυλίῳ λευκοῦ,[8] ἤδη καὶ μέλι παραχέαι ὀλίγον, εἶτα οὕτως

[1] δὲ καὶ Θ: τε M. [2] M adds καὶ. [3] Θ: πρὸς τὸ φοιτῆν M. [4] μ. π. Θ: συμπίπτει M. [5] Θ: νοῦσον M. [6] Θ: τῆς νούσου M. [7] Θ: -ῳ M. [8] Potter: -ῷ ΘM.

before, and wider; other vessels are stretched and more darkish; if you incise one of the vessels, pale-yellow blood will flow out if the vessel was pale-yellow; if it was dark, dark blood will flow out. The patient will not tolerate a blanket lying against his skin, for the itching; he is eager to walk about but, because of his weakness, his legs collapse under him; he is very thirsty. This disease is less often mortal than the preceding one but, unless the patient recovers in seven days, it goes on for a longer time. If the disease becomes prolonged, and the eighth or ninth month arrives, the patient falls into bed, the disease and the pain press him more intensely, and he is unable to get up; many suddenly perish at this time.

When the case is such, if you attend the disease at its beginning, after seven days have passed have the patient drink hellebore, and clean out his lower cavity with juice as in the preceding diseases; give the rest of the same medications. Give blister-beetles, too, with their wings and heads removed: grind four, dissolve in a half-cotyle of white wine, immediately add a little honey, and give thus to

διδόναι πιεῖν· τοῦτο πινέτω δὶς ἢ τρὶς τῆς ἡμέρης. προϊούσης δὲ τῆς νούσου λουτροῖσι καὶ πυριήμασι θεραπεύειν. ἐσθιέτω δὲ ἅσσα ἂν προσίηται· οἶνον δὲ πινέτω λευκόν, αὐστηρόν· καὶ τἆλλα τὰ αὐτὰ προσφέρειν ἃ καὶ τῷ πρόσθεν. αὕτη ἡ νοῦσος χρονίη καὶ χαλεπή, ἢν κατ' ἀρχὰς μὴ μελετηθῇ.

37. Ἄλλος ἴκτερος· ἐπιδήμιος καλέεται, διότι πᾶσαν ὥρην ἐπιλαμβάνει· γίνεται δὲ ἀπὸ πλησμονῆς μάλιστα καὶ μέθης ἐπειδὰν ῥιγώσῃ. εὐθὺς οὖν τὸ σῶμα ἀλλοιοτροπέει καὶ γίνεται ὠχρόν, καὶ οἱ ὀφθαλμοὶ σφόδρα ὠχροί, καὶ ὑπὸ τὰς τρίχας καὶ ὑπὸ τοὺς ὄνυχας ἡ νοῦσος προέρχεται.[1] καὶ ῥῖγος καὶ πυρετὸς βληχρὸς ἔχει, καὶ ἀσθενέει[2] τὸ σῶμα, καὶ ἐν τῇ κεφαλῇ[3] ὀδύνη ἔχει, καὶ οὐρέει ὠχρὸν καὶ παχύ. οὗτος ὁ ἴκτερος ἧσσον θανατώδης τῶν πρόσθεν, καὶ ἐξέρχεται μελετώμενος ἐν τάχει.

Τοῦτον, ὅταν οὕτως ἔχῃ, σχάζειν αὐτοῦ τοὺς ἀγκῶνας καὶ ἀφαιρέειν τοῦ αἵματος, ἔπειτα
260 πυ|ριάσας πῖσαι ἐλατήριον· κάτω δὲ αὖτις ὑποκαθῆραι τῇ τρίτῃ ὀνείῳ γάλακτι· τὰ δ' ἄλλα ῥυφήματα καὶ ποτὰ καὶ ἐδέσματα ταὐτὰ διδόναι ἃ καὶ τῷ πρόσθεν, καὶ καθαίρειν τὴν κεφαλὴν αὐτοῦ θαμινά. καὶ ἀπὸ χαραδριοῦ[4] πίνειν, καὶ λούειν

[1] Θ: ἐπ- M. [2] Later mss: -νείη ΘM. [3] Θ adds ἡ.
[4] Θ: χαλαρίου M.

drink; let the patient drink this potion two or three times a day. As the disease progresses, treat with baths and vapour-baths. Let the patient eat whatever he will accept, and drink dry white wine; otherwise administer the same things as to the preceding patient. This disease lasts a long time and is severe if it is not cared for at the beginning.

37. Another jaundice: this one is called "common", because it occurs in every season; it arises mainly from fullness or drunkenness, when a person has a chill. At once, then, the body changes colour and becomes yellow, the eyes intensely so, and the disease invades beneath the hair and nails. Chills and mild fever are present, the body is weak, there is pain in the head, and the patient passes thick pale-yellow urine. This jaundice is less mortal than the preceding ones and, if treated promptly, it passes off.

When the case is such, incise the bends of the patient's arms, and draw blood; then apply a vapour-bath, and have him drink squirting-cucumber juice; clean him downwards again on the third day with ass's milk; otherwise give the same gruels, drinks and foods as to the preceding patient, and clean out the head frequently. Have the patient drink soup made from plover, and wash

αὐτὸν πολλῷ καὶ θερμῷ, καὶ ξύων τοῦ χαραδριοῦ[1] τὴν σάρκα ἐν οἴνῳ λευκῷ διδόναι· καὶ ἐς τὰ ἄλλα πάντα αὐτῷ χρήσθω, καὶ ἐν τάχει ὑγιὴς ἔσται.

38. Ἄλλος ἴκτερος· γίνεται μὲν ἀπὸ φλέγματος, τῆς δὲ ὥρης χειμῶνος μάλιστα ἐπιλαμβάνει. καὶ ἡ χροιὴ αὐτοῦ λευκή, καὶ τὰ στήθη αὐτοῦ πλήρη γίνεται φλέγματος· καὶ ἀποπτύει τὸ σίελον πολύ,[2] καὶ ὅταν ἀποχρέμψηται, λυγμὸς αὐτῷ ἐμπίπτει[3] καὶ οὐρέει λευκὸν καὶ παχύ, καὶ ἐπ' αὐτῷ ἐφίσταται[4] οἷον ἄλευρον. οὗτος ὁ ἴκτερος ἥκιστα θανάσιμος καὶ ἐν τάχει ὑγιαίνεται.

Τοῦτον, ὅταν οὕτως ἔχῃ, πῖσαι Κνίδιον κόκκον, καὶ μετὰ τὴν κάθαρσιν πτισάνης χυλῷ μέλι παραχέας, δοῦναι ἐκρυφεῖν τέσσερας κοτύλας. τὴν δὲ ἄνω κοιλίην ἐμετοποιεύμενος καθαρὴν[5] παρεχέτω ὡς ἐν τοῖσι πρόσθεν· οὕτως γὰρ ἂν ῥᾷστα τὸ φλέγμα ἀνάγοι ἀπὸ[6] τοῦ πλεύμονος καὶ τῶν ἀρτηρίων. καὶ ἀναγαργαρισμὸν δὲ αὐτῷ σκευάζειν θαμινά. οὗτος ἐνίοτε καὶ πυρεταίνει πυρετῷ βληχρῷ, καὶ φρίκη λεπτὴ ἐπιγίνεται. καὶ τἆλλα μελετᾶν τοῖσιν αὐτοῖσιν οἷσι καὶ τοὺς πρώτους[7] ἰκτέρους, καὶ φαρμάκοισι καὶ πυρίῃσι καὶ λουτροῖσι καὶ ἐδέσμασι καὶ ποτοῖσι καὶ ῥυφήμασιν· οὕτω γὰρ ἂν τάχιστα[8] ὑγιέα ποιήσειας.

[1] ξ. τ. χ. Mack: χυωνίου χαραδριοῦ Θ: ξύων M. [2] πολύ om. M. [3] Θ: γίνεται M. [4] Θ: ὑπ' α. ὑφ- M. [5] Θ: -αρσιν M. [6] Θ: ἀπαγάγοι M. [7] Θ: πρόσθεν M. [8] Θ: μάλιστα M.

him in copious hot water; also shred plover fresh into white wine, and give this. For the rest, let the patient follow the same regimen; he will soon recover.

38. Another jaundice: this one arises from phlegm and occurs mainly in winter. The patient's colour becomes white, and his chest fills up with phlegm; he expectorates copious sputum and, as he is coughing it up, he suffers from an attack of hiccups; he passes thick white urine, and material like meal rises to its surface. This jaundice is not very often mortal, and the patient recovers quickly.

When the case is such, have the patient drink Cnidian berry; after the cleaning, give him four cotylai of barley-water gruel with honey, to drink off. Let him clean out his upper cavity by provoking vomiting as in the preceding cases; for thus will he most easily bring up the phlegm from his lung and bronchial tubes. Prepare frequent gargles for him. This patient is sometimes mildly feverish and subject to light shivering. For the rest, treat with the same things used in the former jaundices: medications, vapour-baths, baths, foods, drinks and gruels; in this way you will very quickly make the patient well.

39. Τῖφος· τὸ νόσημα ἐπιλαμβάνει θέρεος ὥρῃ, ὅταν ὁ κύων τὸ ἄστρον ἐπιτέλλῃ, χολῆς κινη-
262 θείσης κατὰ τὸ σῶμα. εὐθέως οὖν πυρε|τοὶ ἔχουσιν ἰσχυροὶ καὶ καῦμα ὀξύ, καὶ ὑπὸ τοῦ βάρεος ἀσθενείη καὶ ἀκρησίη τῶν μελέων,[1] καὶ ἐκ τῶν χειρῶν ἄχρειος[2] γίνεται μάλιστα. καὶ ἡ γαστὴρ ταράσσεται, καὶ τὰ ὑποχωρεῦντα δυσώδεα, καὶ ἰσχυρὸς στρόφος γίνεται. ταῦτά τε πάσχει, καὶ ἤν τις ἀνιστῇ αὐτόν, οὐ δύναται ὀρθοῦσθαι· οὐδὲ τοῖσιν ὀφθαλμοῖσιν ἀνορᾶν δύναται ὑπὸ τοῦ καύματος· καὶ ἤν τις αὐτὸν ἐρωτᾷ τι,[3] ὑπὸ τοῦ πόνου ἀκούων οὐ δύναται ὑποκρίνεσθαι. ὅταν δὲ μέλλῃ ἀποθανεῖσθαι ὀξύ[4] τε ὁρᾷ καὶ φθέγγεται θαρσαλέως, καὶ πιεῖν καὶ φαγεῖν αἰτέει· καὶ ἤν δῷ τις καὶ φάγῃ, ἐν τάχει ἀφῆκε[5] τὴν ψυχὴν ἤν μὴ ἀπεμέσῃ. τούτῳ ἡ νοῦσος κρίνεται ἐν ἑπτὰ ἡμέρῃσιν ἢ τεσσερεσκαίδεκα· πολλοὶ δὲ διαφεύγουσι καὶ ἐς τὰς τέσσερας καὶ εἴκοσιν· ἤν οὖν ταύτας ἐκφύγῃ, ὑγιής ἐστιν, ἐν γὰρ ταύτῃσι τῇσιν ἡμέρῃσι διαδηλοῖ εἰ θανάσιμος ἢ οὔ.

Τοῦτον, ὅταν οὕτως ἔχῃ, ὧδε ἰᾶσθαι· ἐν τῇσι πρώτῃσι τῶν ἡμερέων λουτροῦ μὲν ἀπέχειν, ἀλείφειν δὲ οἴνῳ καὶ ἐλαίῳ χλιήνας ἐς κοίτην. καὶ σιτίων ἀπέχειν, ῥυφήματα δὲ λεπτὰ ἀποψύ-

[1] Θ: *σκελέων* M. [2] *ἐκ . . . ἄχρειος* Θ: *τῶν χ. ἀχρεῖα γὰρ* M. [3] *τι* om. M. [4] Θ: *ὀξύτερά* M. [5] Θ: *μεθῇ καὶ* M.

39. Typhus: this disease comes on in summer, when the Dog Star rises,[1] because of bile being set in motion through the body. At once, then, sharp burning heat and powerful fevers set in; there are weakness and loss of control in the limbs because of heaviness, and the patient becomes especially helpless in his arms. The belly is set in motion, the stools are foul-smelling, and there is violent colic. The patient also suffers the following: if anyone makes him stand up, he is not able to stand straight; nor can he look up with his eyes, on account of the burning heat; if anyone asks him a question, although he hears, on account of his distress he cannot reply. When the patient is on the verge of death, he sees keenly, talks confidently, and demands something to drink and eat; if anyone gives it to him, and he eats it, he soon gives up the ghost, unless he vomits. The disease reaches its crisis in this patient in seven or fourteen days, but many patients survive for twenty-four days; now, if they live beyond those, they have recovered, for that is the critical period within which a patient shows whether or not he will die.

When the case is such, treat the patient as follows: on the first days do not allow him to bathe, but anoint him at bedtime with warm wine and oil. Keep him away from food, but give thin chilled

[1] High summer.

χων διδόναι· πινέτω δὲ οἶνον μέλανα, αὐστηρόν, ἢν ξυμφέρῃ· ἢν δὲ μή,[1] λευκόν, αὐστηρόν, ὑδαρέστερον. ἢν δὲ ἡ δίψα πιέζῃ ἰσχυρή, τοῦ ὕδατος ἀθρόον διδοὺς πιεῖν, κέλευε ἐξεμέειν· ταῦτα δὶς ἢ τρὶς ἐφεξῆς ποιῆσαι. καὶ ὅταν τὸ καῦμα ἔχῃ, ῥάκεα βάπτων ὕδατι ψυχρῷ προστιθέναι, ἦ ἂν[2] μάλιστα δοκῇ[3] καίεσθαι· ἢν δὲ φρίξῃ τὸ σῶμα, ἀνιέναι τὰ ψύγματα. οὗτος ὅταν μάλιστα πονέῃ, ὑπὸ τῆς ὀδύνης κινδυνεύσει τότε ἀφεῖναι τὴν ψυχήν· 264 ἀλλὰ διδόναι[4] αὐτῷ τῆς ὀδύνης τὰ | φάρμακα ταὐτὰ ἃ καὶ τῷ ὑπὸ τῆς πλευρίτιδος ἐχομένῳ. ὅταν δὲ ἐξαναστῇ, ἀνακομίζειν σίτῳ καὶ ποτῷ καὶ λουτροῖσιν ὡς τάχιστα· ἡ γὰρ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγγάνουσιν.

40. Ἄλλος τῖφος· ἐπιλαμβάνει μὲν τὸ νόσημα πᾶσαν ὥρην· γίνεται δὲ δι' ὑγρασίην τοῦ σώματος, ὅταν τὰ σιτία ὑγρὰ ἐόντα καὶ τὸ ποτὸν πολὺ αἱ σάρκες ἀναπίωσι καὶ θαλεραὶ[5] γένωνται· ἀπὸ τούτων μάλιστα τὸ νόσημα γίνεται. ἄρχεται οὖν πυρετὸς τριταῖος ἢ τεταρταῖος κατ' ἀρχὰς γινόμενος· καὶ πόνος ἰσχυρὸς ἐν τῇ κεφαλῇ ἐνέστηκεν, ἐνίοτε δὲ καὶ ἐν τῷ σώματι καὶ διαλείπει.[6] καὶ ἐμέει σίαλα, καὶ ἐρεύγεται πυκινά, καὶ τὰς χώρας τῶν ὀφθαλμῶν ἀλγέει· καὶ τὸ πρόσωπον

[1] M adds ἀλλὰ. [2] ᾗ ἄν Cornarius: ἐπὴν Θ: ἢν M. [3] Θ: φῇ M. [4] M adds χρὴ. [5] Θ: πλαδαραὶ M. [6] καὶ δ. Θ: διαλείπων M.

gruels; let him drink dry dark wine, if it benefits him; if this wine does not benefit him, let him drink very dilute dry white. If a violent thirst presses the patient, give him water to drink frequently, and order him to vomit it up; do this two or three times in a row. When burning heat is present, dip rags in cold water and apply them wherever the burning seems to be most intense; if the body shivers, though, remove the cold compresses. When this patient is suffering most severely, he will be in danger of dying from the pain; in order to prevent this, give him the same medications against pain as to a patient with pleurisy. Once the patient has got up, strengthen him very quickly with food, drink and baths; for the disease is severe, and few escape it.

40. Another typhus: this disease occurs in every season; it arises from moistness of the body, when the tissues soak up foods that are moist and drink that is excessive, and become stout; it is from these things that the condition usually arises. Fever begins, then, as a tertian or a quartan; intense pain establishes itself in the head, and is sometimes also present intermittently in the body. The patient vomits sputa, belches frequently, and has pain in the sockets of his eyes; his face becomes white, and

ἀφύει, καὶ ἐς τοὺς πόδας οἴδημα κατέρχεται· ἐνίοτε δὲ καὶ τὸ σῶμα ὅλον ἐποιδέει. καὶ ἐς τὰ στήθεα καὶ ἐς τὸ μετάφρενον ἡ ὀδύνη ἔχει· ἐνίοτε δὲ[1] καὶ ἡ γαστὴρ τετάρακται. καὶ τοῖσιν ὀφθαλμοῖσιν ἐξορᾷ ἰσχυρῶς· καὶ τὸ σίαλον ἀποπτύει πολὺ καὶ ἀφρῶδες, καὶ ἐν τῇ φάρυγγι δοκέει τι[2] ἐνέχεσθαι καὶ κέρχνειν αὐτήν, πολλάκις δὲ καὶ φλεγμαίνει ὁ φάρυγξ. τοῦτον ὅταν οὕτως[3] ὁ πόνος πιέζῃ, ἔστι δ' ὅτε καὶ ὀρθοπνοίη ἰσχυρὴ ἐπιπίπτει, καὶ πολλάκις ἐξαπίνης ὑπὸ τοῦ πόνου τὴν ψυχὴν ἀφῆκεν ἐν ἑπτὰ ἡμέρῃσιν ἢ τεσσερεσκαίδεκα· πολλοὶ δὲ διαφεύγουσι[4] καὶ ἐς τὰς εἰκοσιτέσσερας. πολλάκις δὲ ἐξαπίνης ἡ νοῦσος ἀφῆκε,[5] καὶ δοκέει ὑγιὴς εἶναι· ἀλλὰ φυλάσσεσθαι χρή, ἕως ἂν τέσσερες καὶ εἴκοσιν ἡμέραι παρέλθωσιν· ἢν δὲ ταύτας φύγῃ, οὐ μάλα θνῄσκει.

Τοῦτον, ὅταν οὕτως ἔχῃ, ἐν τῇσι πρώτῃσι τῶν
266 ἡμερέων | ῥύφημα διδόναι ἄλευρον[6] κάθεφθον λεπτόν, μέλι παραχέων· πίνειν δὲ διδόναι μέλανα οἶνον κατ' ὀλίγον, ὅπως ἂν βούληται κεκρημένον· σιτία δὲ μὴ προσφερέσθω,[7] πρὶν ἂν αἱ[8] ἡμέραι παρέλθωσι· πουλύποδας δὲ ἑφθοὺς διδόναι ἐν οἴνῳ ἐσθίειν, καὶ τὸν ζωμὸν ῥυφάνειν· καὶ ῥαφανῖδας τρωγέτω[9] πολλάς. καὶ καρδάμου καρπὸν φώξας,

[1] ἡ ὀδύνη . . . δὲ Θ: ἐνίοτε δὲ καὶ ἡ ὀδύνη ἔχει M. [2] τι om. M. [3] Θ adds ἔχῃ. [4] Θ: -φέρουσι M. [5] Θ: ἀν- M. [6] Θ: ἄλητον M. [7] Θ: -φέρειν M. [8] αἱ om. Θ. [9] Θ: -ειν M.

his feet swell up; sometimes his whole body swells up, too. Pain occupies the chest and back; sometimes the belly is set in motion. The patient protrudes his eyes greatly; he coughs up copious frothy sputum, something seems to be caught in his throat and to make it hoarse, and often his throat swells up, too. When pain is pressing the patient like this, sometimes severe orthopnoea comes on, and often, under the strain, a patient has suddenly given up the ghost in seven or fourteen days; but many survive for twenty-four. Often the disease suddenly resolves, and the patient seems to have recovered; still, he must take care until twenty-four days have passed; if he escapes those, death is rare.

When the case is such, in the first days give the patient as gruel thin boiled-down meal with honey; to drink give him dark wine, a little at a time, mixed however he wishes; let him not take cereals until the critical days have passed, but give him polyp boiled in wine to eat, and the sauce to drink; let him eat many radishes. Also, roast cress seed,

ἀλέσαι καὶ σῆσαι λεπτά· ἔπειτα ἐπ'[1] οἶνον ἐπιβαλὼν μέλανα στρυφνὸν καὶ ἄλφιτα λεπτὰ ὀλίγα, διδόναι πίνειν ἔωθεν. λουτροῦ δὲ ἀπεχέσθω μέχρι ἂν αἱ ἡμέραι παρέλθωσιν· οἴνῳ δὲ καὶ ἐλαίῳ χλιήνας ἀλείφειν ἐς κοίτην, καὶ ἐκμάσσειν. καὶ γλυκυσίδης καρποῦ δέκα κόκκους ἑψῶν ἐν οἴνῳ μέλανι, διδόναι πίνειν· καὶ γογγυλίδας διέφθους ποιέων ῥυφανέτω[2] ἀρτύσας τυρῷ ἀνάλτῳ καὶ μήκωνι καὶ ἐλαίῳ καὶ ἁλὶ καὶ σιλφίῳ καὶ ὄξει. ἢν δὲ βούλῃ πῖσαι φάρμακον, τοῦ Κνιδίου κόκκου πῖσαι· καὶ μετὰ τὴν κάθαρσιν ἀλεύρου ἑφθοῦ καὶ λιπαροῦ δοῦναι δύο τρυβλία ἐκρυφεῖν· οἶνον δὲ πινέτω τὸν αὐτόν. τούτων[3] τῶν φαρμάκων καὶ ῥυφημάτων καὶ ποτῶν ὅ τι ἂν διδῷς ὀνήσεις, ἢν τε κατὰ ἓν ἤν τε καὶ[4] πλείω προσφέρῃς, καὶ τάχιστα ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγγάνουσι.

41. Ἄλλος τῖφος· γίνεται μὲν διὰ τάδε· ὅταν ἡ χολὴ σαπεῖσα μιγῇ τῷ αἵματι ἀνὰ τὰς φλέβας καὶ τὰ ἄρθρα, καὶ[5] ὅταν στῇ, οἴδημα ἀνίσταται[6] μάλιστα μὲν ἐν τοῖσιν ἄρθροισι καὶ[7] καταστηρίζει, ἐνίοτε δὲ[8] καὶ ἐς τὸ ἄλλο σῶμα. καὶ ὀδύνας παρέχει ὀξείας, καὶ οἱ πολλοὶ ἐκ ταύτης τῆς νούσου χωλοὶ γίνονται ὅταν ἀποληφθεῖσα ἐν τοῖσιν

[1] ἐπ' Θ: πινέτω M. [2] M adds τοῦ χυμοῦ. [3] Littré: -ῳ Θ: καὶ M. [4] Θ: κατὰ M. [5] καὶ om. M. [6] Θ: τὸ αἷμα ἐνίσταται M. [7] καὶ om. M. [8] Θ: δ. ἐ. M.

grind and sift it fine, sprinkle it over sour dark wine along with a little fine meal, and give to drink early in the morning. Let the patient abstain from the bath until the critical days have passed, but anoint him with warm wine and oil at bedtime, and wipe this off. Boil ten grains of peony seed in dark wine, and give to drink; boil turnips well, and have the patient drink their juice, after seasoning it with unsalted cheese, poppy, oil, salt, silphium and vinegar. If you wish to have the patient drink a medication, let him drink Cnidian berry; after the cleaning, give him two bowls of rich boiled meal to drink off; let him drink the same wine. Whichever of these medications, gruels, and drinks you give, you will do good, whether you administer one alone or more, and you will very quickly make the patient well. Still, the disease is severe, and few escape it.

41. Another typhus: this one arises from the following: when bile that has become putrid mixes with the blood in the vessels and joints, and when this stands, swelling comes up and becomes established, mainly in the joints, but sometimes also in the rest of the body. This produces sharp pains, and most patients become lame from the disease,

ἄρθροισιν ἡ χολὴ πωρωθῇ· ἡ δ' ὀδύνη διαλείπουσα ἐπιλαμβάνει καὶ διὰ τριῶν ἡμερέων καὶ διὰ τεσσάρων.

268 Τοῦτον, ὅταν οὕτως ἔχῃ, ὧδε μελετᾶν· ὅταν μὲν ἡ ὀδύνη ἔχῃ ἐν τῷ σώματι, χλιάσματα προστιθέναι ἐλαίῳ ὑπαλείψας. ὅταν δὲ ἀνῇ, δοῦναι αὐτῷ ἐλλέβορον πυριάσας πρόσθεν ἅπαν τὸ σῶμα. τῇ δ' ὑστεραίῃ ὀρὸν αἰγὸς ἑψήσας, δοῦναι πιεῖν δύο χοέας, μέλι παραχέας παρὰ τὸν ἕτερον χοέα, παρὰ δὲ τὸν ἕτερον ἅλας παραβάλλων· εἶτα κύλικα παρὰ κύλικα ἐναλλάσσων[1] πινέτω ἕως ἂν ἐκπίῃ ἅπαν. ἐς ἑσπέρην δὲ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον ῥυφείτω, καὶ σεύτλων τρυβλίον[2] λιπαρῶν ἄλφιτα παραπάσας ἐκφαγέτω,[3] καὶ νεοσσοῦ ἀλεκτορίδος κρέας ἢ πελειάδος ἢ τρυγόνος ἢ οἰὸς ἢ ὑὸς πίονος.[4] τὸν δὲ ἐλλέβορον δι' ἕκτης ἡμέρας διδόναι.

Καὶ ἤν που τῶν ἄρθρων ἀποιδίσκηται καὶ μὴ θέλῃ[5] καθίστασθαι, σικύην προσβάλλων ἀφαιρέειν τοῦ αἵματος· καὶ κέντρῳ ἀκίδος τριγώνου[6] ἐς τὰ γούνατα κεντέειν,[7] ἢν ἐν τοῖσι γούνασιν ἐνῇ τὸ οἴδημα, τῶν δὲ ἄλλων ἄρθρων μηδὲν κεντρώσῃς.

Τὰς δὲ μεταξὺ τῶν ἡμερέων σιτίον προσφερέσθω ἄρτον μὲν ὡς ὀπτότατον, μᾶζαν δὲ ψαιστὴν

[1] Θ: παρ- M. [2] τρυβλίον om. Θ. [3] Θ: -πιέτω M. [4] Θ: πῖον M. [5] μὴ θ. M: **σος δὴ Θ. [6] καὶ κ. ἀ. τ. Potter: ηκετρωακιδος τριγώνου Θ: κατακεντῶν ἀκίδι τριγώνῳ M. [7] κεντέειν om. M.

inasmuch as bile is cut off in their joints, and congeals. Intermittent pains are present every third or fourth day.

When the case is such, treat the patient as follows: when pains are present in the body, anoint with oil, and apply fomentations; when the pains go away, first apply a vapour-bath to the whole body and then give hellebore. On the next day, boil goat's whey, and give two choes to drink, pouring honey into one chous, and sprinkling salt over the other one; let the patient drink these alternately, cup for cup, until he has drunk everything off. Towards evening after the cleaning, let him drink a bowl of lentil-soup, and eat a bowl of beets boiled in grease and with meal sprinkled over them; also let him eat flesh of chicken, pigeon, turtle-dove, sheep, or fat swine; give the hellebore every sixth day.

If the patient swells up in the joints somewhere, and the swelling does not want to go down, apply a cupping instrument, and draw blood; if the swelling is in the knees, pierce into the knees with the point of a triangular needle, but do not pierce any of the other joints.

On the days between medications, as cereal let the patient take very well-done bread, and

ὡς μάλιστα· ὄψον δὲ ἐχέτω μάλιστα μὲν ὄρνιθα ὀπτὴν ἄναλτον· εἰ δὲ μή, καὶ ἐφθήν, ἐζωμευμένην, ἄνευ τυροῦ καὶ σησάμου καὶ ἁλός. ἰχθύσι δὲ χρήσθω τοῖσι σαρκωδεστάτοισιν, ὀπτῶν[1] τὸν αὐτὸν τρόπον τοῖσι κρέασιν, ἢ[2] ἑψῶν, ὀριγάνου πάσας, ἐλαίῳ[3] ὑποχρίσας· οἶνον δὲ πινέτω κεκραμένον, ἢν ξυμφέρῃ· εἰ δὲ μή, μέλανα. καὶ περιόδοισι ταλαιπωρείτω δι' ἡμέρης καὶ μετὰ δεῖπνον καὶ ὄρθριος. ὀρὸν δὲ καὶ[4] γάλα τὴν ὥρην αἰεὶ πινέτω· ἢν δὲ δοκέῃ, καὶ ὄνειον διδόναι ἀφεψήσας.

Καὶ ἢν ὑγιὴς γένηται, ἐν φυλακῇ αὐτὸν | ἔχειν τοῦ ψύχεος καὶ τοῦ πνίγεος, καὶ τῶν σιτίων μὴ λίην πιμπλάσθω· κίνδυνος γὰρ αὖθις ὑποτροπάσαι τὴν νοῦσον. αὕτη ἡ νοῦσος οὕτω θεραπευομένη, ἐν ἓξ μησὶν ὑγιὴς γίνεται· οὗτοι γὰρ κρίνουσιν εἰ θανάσιμος ἢ οὔ, ἢν παραχρῆμα θεραπεύηται· ἡ γὰρ νοῦσος χαλεπή, καὶ τοῖσι πλείστοισι συναποθνῄσκει.

42. Ἄλλος τῖφος· γίνεται μὲν τὸ νόσημα ὁπώρης μάλιστα, ὅταν πλησθῇ παντοίης ὁπώρης. πολλοῖσι δὲ καὶ ἀπὸ τῶνδε ἐγένετο τὸ νόσημα· φαγοῦσι[5] πλακοῦντα καὶ σησαμῆν[6] καὶ τῶν ἄλλων τῶν μελιτοέντων· τὸ γὰρ μέλι τὸ ἐφθὸν καυματῶδές ἐστι καὶ προσπλάσσεται ἐπὶ τὴν

[1] M: ὀπτοῖσι Θ. [2] ἢ om. Θ. [3] Θ: παστὰ ἐλαίου M. [4] καὶ om. M. [5] Θ: -όντες M. [6] Θ: -ος καὶ -ῆς M.

especially ground barley-cake; as main dish let him best have broiled fowl without salt; if not broiled, then boiled and made into a soup without cheese, sesame or salt. Of fish let him have the fleshiest, broiling them in the same way as the meats; or boil them, sprinkle on marjoram, and coat them with oil. Let the patient drink white wine, if it benefits him; if not, then dark wine. Have him exercise by walking every day, both after dinner and early in the morning. Let him always drink whey and milk in season; if it seems advisable, also give boiled-down ass's milk.

If a patient recovers, guard him from both cold and stifling heat, and let him not overfill himself with food; for there is a danger that the disease will recur. Treated thus, the disease goes away in six months; for that is the critical period that decides whether or not the patient will die, if he is treated at once. The disease is severe, and stays with most patients until they die.

42. Another typhus: this disease arises mainly in late summer, when a person stuffs himself on all sorts of the season's fruits; in many, it has also arisen from eating flat-cake, sesame-seed cake, and some of the others sweetened with honey, for boiled honey is burning-hot, and adheres to the cavity.

κοιλίην.[1] ἔπειτα ὅταν καθεψηθῇ ἐν τῇ κοιλίῃ διαχεῖται,[2] καὶ ἐξαπίνης ἡ γαστὴρ αἴρεται καὶ πίμπραται, καὶ δοκέει διαρραγήσεσθαι, καὶ[3] ἐξαπίνης διάρροια ἐγένετο· καὶ ὅταν ἅπαξ ἄρξηται χωρέειν, πολλὰς ἡμέρας καθαίρεται. καὶ πολλοὶ μετὰ ταύτην τὴν κάθαρσιν ὑγιέες ἐγένοντο.

Ὅταν οὖν παύσηται αὐτόματος καθαιρόμενος, φακῶν χυλοῦ ἀναγκάσαι αὐτὸν ἐκπιεῖν τρία ἡμίχοα, ἅλας παραβάλλων. μετὰ δὲ τὴν κάθαρσιν τὴν ἐκ τοῦ χυλοῦ, ἐς ἑσπέρην φακῆς τρυβλίον ῥυφείτω ψυχρῆς ἀνάλτου, σίλφιον δ' ἐπιξύσθω[4] πολύ· καὶ σεύτλου τρυβλίον ἀνηδύντου λιπαροῦ, ἄλφιτα παραπάσας φαγέτω·[5] οἶνον δὲ πινέτω μέλανα αὐστηρὸν κατ' ὀλίγον. τὸν δὲ λοιπὸν χρόνον ταὐτά τε ποιείτω, καὶ σιτία προσφερέσθω ἄρτον ἔξοπτον, μᾶζαν δὲ ψαιστὴν ὡς μάλιστα· τὰς δὲ πρώτας τῶν ἡμερέων ἄλευρον ῥυφανέτω[6] κάθεφθον ἀποψύχων, μέλι παραχέων, οἶνον δὲ
272 πινέτω μέλανα στρυφνόν· ἕως ἂν κα|ταστῇ ἡ νοῦσος, ταῦτα προσφερέσθω.

Ὁ δὲ ὑπὸ τῆς ὀπώρης ληφθεὶς τῇ νούσῳ φῦσαν παρέχει καὶ στρόφον καὶ ὀδύνην· ἡ ὀπώρη[7] καὶ τὰ σιτία οὐκ ἐθέλει διαχωρέειν· καὶ ἡ γαστὴρ

[1] ἐπὶ τὴν κ. Θ: τῇ κοιλίῃ M. [2] Θ: ἀναζέεται M. [3] M adds ἔπειτα. [4] Littré: ἐπεξύσθω Θ: ἐπεξέσθω M. [5] φαγέτω om. M. [6] Θ: φαγέτω M. [7] ἡ ὀπώρη om. M.

When these foods have been boiled-down in the cavity, they are dispersed, and all at once the belly becomes raised and distended, and seems about to burst; diarrhoea suddenly comes on, and when this once begins to flow, the person is cleaned for many days; after the cleaning, many patients have recovered.

Now, when the spontaneous cleaning has come to an end, compel the person to drink off three half-choes of lentil-juice with salt. After the cleaning brought on by the juice, towards evening let him drink a bowl of cold lentil-soup without salt, but with much silphium grated over it; also, have him eat a bowl of unseasoned beets boiled in grease and with meal sprinkled over them, and drink dry dark wine, a little at a time. From then on, let the patient continue to do the same, and as cereal take well-baked bread and especially ground barley-cake; on the first days, let him take boiled-down meal, cooled and with honey, and drink sour dark wine; until the disease subsides, these are the things he should take.

The patient that has the disease as the result of eating late summer fruits has flatulence, colic and pain; the fruits and foods do not want to pass off,

μεγάλη καὶ σκληρὴ αὐτοῦ ἐστι, καὶ ῥῖγος καὶ πυρετὸς ἔχει. τούτῳ ἢν μὲν αὐτομάτη ταραχθῇ ἡ κοιλίη, ἐν εἴκοσι δὲ ἡμέρῃσι τὸ ἐλάχιστον καθαίρεται, καὶ ὅταν παύσηται καθαιρόμενος, ὑγιὴς παραχρῆμά ἐστιν. ἢν δὲ μὴ αὐτομάτη ταραχθῇ,[1] καθαίρειν αὐτὸν τῷ τοῦ ἱππόφεω ὀπῷ ἢ τῷ Κνιδίῳ κόκκῳ. ἐς ἑσπέρην δὲ ταὐτὰ διδόναι ἃ καὶ τῷ αὐτομάτῳ καθαιρομένῳ· τῇ δ' ὑστεραίῃ, ἢν μὲν πυρετὸς ἔχῃ, ἡσυχίην ἐχέτω, διδόναι δὲ αὐτῷ πίνειν τοῦ αὐτοῦ οἴνου ὡς ἐν ψυχροτάτῳ ὕδατι. ἢν δὲ μὴ ἔχῃ πυρετός, διαιτάσθω δίαιταν μὴ ὑγρὴν ἀλλὰ ἰσχυροτέρην, καὶ περιπατείτω πρὸς τὰ σιτία τεκμαιρόμενος.

Ὑπὸ τούτου νοσήματος πολλοῖς ἤδη ὕδερος ἐγένετο· καὶ ἢν δοκέῃ σοι κλύζειν, τοῖσιν αὐτοῖσιν[2] οἷσι καὶ τὸν ὑδερῶντα. ἢν δὲ βούλῃ, τοισίδε κλύζειν· ἐς μελικρήτου[3] κοτύλην ποίην[4] θαψίης ἐγξύσαι, εἶτα οὕτως ἐγκλύσαι. οὗτος οὕτω θεραπευόμενος τάχιστα ὑγιὴς ἔσται.

43. Ἄλλος τῖφος· γίνεται μὲν τὸ νόσημα, ὅταν τὸ ὑγρὸν τὸ ἐν τῷ σώματι συμπαγῇ[5] καὶ ἀναξηρανθῇ μᾶλλον τοῦ καιροῦ. γίνεται δὲ τὴν ἰδέην, ὅταν τῷ νοσήματι ἔχηται, δίυγρος, ὑπω-

[1] α. τ. Θ: καθαρθῇ M. [2] M adds κλύσον. [3] M: -ον Θ.
[4] A later ms., Cornarius: ποσὶ Θ: ποιεῖν M. [5] Θ: σαπῇ M.

the patient's belly is large and hard, and chills and fever are present. If the cavity is set in motion spontaneously, the person is cleaned out in twenty days, at the soonest, and, when the cleaning stops, he is at once well. If the cavity is not set in motion spontaneously, clean it out with hippopheos juice or Cnidian berry; towards evening, give the same things as to a patient cleaned spontaneously. On the following day, if fever is present, keep the patient quiet, and give him some of the same wine to drink, in very cold water; if fever is not present, let him employ a regimen that is not moist but quite strong, and take walks, determining their distance according to his foods. (In many cases, dropsy has developed out of this disease.) If it seems advisable to you to apply an enema, use the same kind as for a patient with dropsy. If you wish, make the following one: into a cotyle of melicrat shred thapsia herb; then inject. If he is treated in this way, the patient will very quickly recover.

43. Another typhus: this disease arises when the moisture in the body congeals and dries up more than it should. When a person is attacked by it, he takes on a watery yellowish translucent

χρος,[1] διαφανής, κύστει πλήρει ἐοικὼς[2] οὔρου, οὐκ οἰδέει δέ,[3] ἀλλὰ λεπτὸς καὶ σκελιφρός ἐστι καὶ ἀσθενής· μάλιστα δὲ τοῦ σώματος λεπτύνεται τὰς κληῖδας· καὶ τὸ πρόσωπον ἰσχυρῶς κάτισχνος, καὶ οἱ ὀφθαλμοὶ ἔγκοιλοι σφόδρα. ταῦτα μὲν ὑπὸ τοῦ νοσήματος πάσχει. ἔστι δ' ὅτε ἡ[4] χροιὴ τοῦ σώματος μέλαινα,[5] τάδε δὲ αἰτιά ἐστιν· ἐς τὰ φλέβια καὶ ὑπὸ[6] τὸ δέρμα ὅταν χολὴ μέλαι-
274 να ὑπέλθῃ, καὶ ἐπὶ τούτοι|σιν ὅταν θέρμη ἐπιγένηται, ἀνάγκη οὖν ὑπὸ τοῦ θερμοῦ συγκαίεσθαι καὶ ἀναξηραίνεσθαι τὰ φλέβια, ὥστε[7] τὸ αἷμα μὴ χωρέειν[8] κατὰ τὰ φλέβια. τάδε οὖν πάσχει οὗτος πρὸς ἐκείνοις·[9] λεπτὸς γίνεται ἰσχυρῶς,[10] καὶ τοῖσιν ὀφθαλμοῖσιν ἀραιὰ καρδαμύσσει, καὶ τὰς μυίας ἀπὸ τοῦ ἱματίου θηρεύει, καὶ βορὸς τῶν σιτίων μᾶλλόν[11] ἐστιν ἢ ὑγιαίνων, καὶ λύχνου ἀπεσβεσμένου τῇ ὀδμῇ ἥδεται, καὶ ἐξονειρώσσει θαμινά· πολλάκις δὲ καὶ βαδίζοντι αὐτῷ προέρχεται ἡ γονή.

Τοῦτον, ὅταν οὕτως ἔχῃ, καθαίρειν τὴν κοιλίην τὴν μὲν ἄνω[12] ἐλλεβόρῳ, τὴν δὲ κάτω ὀπῷ σκαμωνίης. μετὰ δὲ τὴν κάθαρσιν ταὐτὰ διδόναι

[1] Θ: ἔπ- M. [2] π. ἐ. Θ: ἔοικε M. [3] Θ: πλὴν οὐκ οἰδέει M. [4] ἔστι . . . ἡ Θ: ἡ δὲ M. [5] M adds ᾗ. [6] Θ: ἐς M. [7] M: ὅταν Θ. [8] Littré: μὴ χωρέῃ Θ: ἐκχωρέειν M. [9] πρὸς ἐκείνοις om. M. [10] ἰ. Θ: καὶ κάτισχνος καὶ ἰσχυρός M. [11] μᾶλλόν om. M. [12] τὴν μὲν ἄνω Θ: τῷ μέλανι M.

appearance, like a bladder filled with urine; however, he does not swell up, but is lean, parched and weak; the part of his body in which he becomes leanest are the collar-bones; his face is very emaciated, and his eyes are very sunken; this is what a person generally suffers in the disease. Sometimes the body also becomes dark in colour, and for the following reason: when dark bile finds its way into the small vessels and under the skin, and when heat follows in these parts, the vessels necessarily become over-heated and dried up, so that the blood cannot move through them. Such a patient suffers the following, in addition: he becomes very lean, he seldom blinks his eyes, he chases flies away from his blanket, he has a greater hunger than when he was healthy, he takes pleasure in the smell of the extinguished lamp, and he has frequent nocturnal emissions; often semen even passes when he is walking.

When the case is such, clean out the upper cavity with hellebore, and the lower one with scammony juice. After the cleaning, give the same

ἃ καὶ τοῖσιν ἄλλοισι· καὶ ὀρόν καὶ γάλα βοὸς ἢ αἰγὸς διδόναι τὴν ὥρην· διδόναι δὲ καὶ ὄνειον γάλα[1] ἐς ὑποκάθαρσιν. οὗτος οὕτω μελετώμενος μάλιστα ἐν δυσὶν ἔτεσιν ὑγιὴς γίνεται. σιτία δὲ ἃ βούλεται προσφερέσθω· εὐωχείσθω δ' ὡς μάλιστα, καὶ περιπατείτω πρὸς τὰ σιτία τεκμαιρόμενος. αὕτη ἡ νοῦσος[2] λαμβάνει πρεσβύτερον εἰκοσαετοῦς· ὅταν δὲ λάβῃ, ἢν μὴ κατ' ἀρχὰς τοῦ νοσήματος τούτου μελετηθῇ, οὐκ ἐκλείπει, πρὶν ἂν[3] εἴκοσιν ἕτεα ἄλλα[4] παρέλθῃ, ἀλλὰ προσίσχει· ἔπειτα ἐνίοισι μελετωμένη ἐξέρχεται. ἡ δὲ νοῦσος χαλεπή.

44. Εἰλεοὶ δὲ τάδε νοσήματα καλέονται. γίνονται[5] δὲ ἀπὸ τῶνδε μάλιστα· ἢν τοῦ χειμῶνος θερμῇ τῇ διαίτῃ καὶ ὑγρῇ χρῆται καὶ μηδὲ περιόδοισι ταλαιπωρέῃ πρὸς τὰ σιτία τεκμαιρόμενος, πιμπλάμενος δὲ εὕδῃ, εἶτα ἐξαπίνης ἀναγκασθῇ βαδίσαι μακρὴν ὁδόν, ψύχεος ἐόντος, εἶτα ῥιγώσῃ ὑπὸ τὰ ὀστέα, τάδε οὖν πάσχει. φῦσα ἐγγίνεται ἐν τῷ σώματι παντί, καὶ ἡ χροιὴ αὐτοῦ γίνεται μολυβδοειδής, καὶ ῥιγοῖ αἰεί, ὥστε οἱ θερμοῦ κατα-
276 χεομένου[6] οὐ | δοκέει θερμὸν εἶναι. τὸ δὲ σῶμα λουομένου αὐτοῦ λεπίζεται ὑπὸ τοῦ θερμοῦ, μάλιστα

[1] M adds ἀφεψῶν. [2] Θ adds οὐ. [3] πρὶν ἂν Θ: εἰ μὴ M. [4] ἄλλα om. M. [5] Θ: -εται M. [6] οἱ θ. κ. Θ: θερμὸν καὶ καταχεομένῳ M.

things as to the other patients; in season give cow's or goat's whey and milk, and also ass's milk, to clean downwards. If treated in such a way, this patient usually recovers in two years. Let him eat whichever foods he prefers and in as large amounts as possible, and take walks, determining their distance according to his foods. This disease attacks persons over twenty years of age; when it does, if they are not cared for at the beginning, it continues and does not go away before another twenty years have passed; then, in some, if treated, it passes off. The disease is severe.

44. The following diseases are called ileuses. They arise, in most cases, from the following: if, in winter, a person employs a hot, moist diet and does not exercise by taking walks in accordance with his food but goes to bed in a full state, and is then suddenly obliged to walk a long distance when it is cold, and then gets chilled to the bone, he suffers the following: tympanites develop in his whole body, his colour becomes leaden, and he has a perpetual chill, so that even when hot water is poured over him he does not think it is hot. When he is bathed, his body is excoriated by the hot water,

δὲ ἡ ὄρχεα[1] καὶ ἦν τῷ δακτύλῳ τοῦ σώματός που πιέζῃς,[2] ἐνθλάσεις, ἐκεῖ ἐκμάσσεταί[3] σοι ὥσπερ ἐν σταιτί·[4] μάλιστα δ' ἐν τοῖσι ποσὶν ἐνθλᾶται. τὰ δὲ σκέλεα βαρέα αὐτοῦ, καὶ ἦν περιφοιτέῃ, τρέμει· καὶ ἦν πρὸς αἶπος βαδίζῃ, πνευστιᾷ σφόδρα. καὶ αἱ ὠλέναι δοκέουσιν ἀποκρέμασθαι, καὶ τὴν κεφαλὴν ἀλγέει, καὶ αἱ ὀφρύες δοκέουσιν ἀποκρέμασθαι,[5] καὶ δίψα ἔχει τὰς νύκτας, τὰ δὲ σιτία ὠμὰ διαχωρέει, ἄσσ' ἂν φάγῃ.

Τοῦτον, ὅταν οὕτως ἔχῃ, πυριήσας αὐτὸν τοῦ κνεώρου δοῦναι πιεῖν ἢ τοῦ ἱππόφεω[6] ἢ τοῦ Κνιδίου κόκκου. μετὰ δὲ τὴν κάθαρσιν ταὐτὰ διδόναι ἃ καὶ τοῖσι πρόσθεν. τῇ δ' ὑστεραίῃ ὀνείου γάλακτος ἑφθοῦ χοέα δοῦναι δὶς ἐκπιεῖν ἄλας παραβάλλων. ἐς ἑσπέρην δὲ δειπνείτω ἄρτον, ὄψον δ' ἐχέτω οἰὸς κρέα ἑφθὰ καὶ πουλύποδας ἑφθοὺς ἐν οἴνῳ μέλανι ἡψημένους·[7] καὶ τὸν ζωμὸν ῥυφείτω. καὶ φακὴν ἐχέτω ὧδε ἐσκευασμένην· κοτύλην φακῶν ἑψήσας, τρίψας λείην, ἔπειτα ἄλευρον μίξας[8] καὶ σίλφιον ξέσας[9] ἅλας ἐμβαλεῖν, καὶ ὄξος ἐπιχέαι, καὶ σκόροδα συνεψεῖν χρή· ἐπὶ ταῦτα[10] ὕδωρ ἐπιχέας ζέσαι δὶς ἢ τρίς, καὶ τορυνᾶν ἅμα. ἔπει-

[1] Θ: ὄσχη M. [2] π. π. Θ: ὑποπιέζῃς M. [3] ἐ. ἐ. Potter: καὶ ἐκμανεῖταί Θ: καὶ σημαινέεταί M. [4] ἐν σ. M: Θ has a blank space of suitable length. [5] καὶ τὴν ... ἀποκρέμασθαι om. M. [6] M adds ὀποῦ. [7] ἡψημένους om. M. [8] Θ: παραμῖξαι M. [9] Θ: ἐπιξέσαι, καὶ M. [10] Θ: ἔπειτα M.

especially his scrotum. If you press his body at any point with your finger, indenting it, it receives your impression there as if in dough; it is most indented in the feet. The patient's legs are heavy; if he walks about, he trembles; if he walks up a grade, he pants violently. His forearms seem to hang down, he has a headache, his eyebrows seem to overhang, thirst is present during the nights, and his food passes off undigested, just as he ate it.

When the case is such, apply vapour-baths to the patient, and give him spurge-flax, hippopheos, or Cnidian berry to drink. After the cleaning, give the same things as to the preceding patients. On the following day, twice give a chous of boiled ass's milk with salt, for the patient to drink off, and towards evening have him eat for dinner bread and, as main dish, boiled mutton and polyp boiled in dark wine, and drink the sauce too; also let him have lentil-soup prepared thus: boil a cotyle of lentils and mash them fine; then mix in meal, shred in silphium, and add salt; add vinegar, and boil in garlic; over this pour water, bring to a boil two or three times, and stir together; then let the patient

τα ἀφελὼν ὀψάσθω[1] ἔστω δὲ μὴ λίην παχέη· ἐμβεβλήσθω δὲ καὶ γλήχων ἐψομένη τῆς εὐωδίης εἵνεκα. τὰς δὲ μεταξὺ τῶν ἡμερέων ἐμέτους ποιείσθω δι' ἕκτης ἡμέρης· πυριᾶσθαι δὲ χρὴ ἄλλοτε καὶ ἄλλοτε πρὸ τοῦ ἐμέτου καὶ τῆς φαρμακοπωσίης. καὶ διὰ τρίτης ἡμέρης λούσθω, ἢν συμφέρῃ· εἰ δὲ μή, ἀλειφέσθω, καὶ περιπατείτω ἢν δυνατὸς ᾖ, πρὸς τὰ σιτία τεκμαιρόμενος. καὶ ἀκτῆς φύλλα καὶ κονύζης τῆς αἰεὶ ἁπαλῆς ἐψῶν διδόναι πίνειν.[2]

278 Οὕτω γὰρ | μελετώμενος ῥᾷστ' ἂν διάγοι, καὶ ἡ νοῦσος ἐκλείποι ἂν ἐνιαυσίη. πολλοῖσι δὲ ἤδη ὑγιέσι γενομένοισι διὰ δύο ἐτέων πάλιν[3] ἡ νοῦσος ὑπετρόπασεν· ἀλλὰ χρή, ἢν ὑποτροπάσῃ, τὴν αὐτὴν ἴησιν ἰᾶσθαι. ἢν δὲ τὸ τρίτον ὑποτροπάσῃ, οἴδημα μὲν οὐκ ἐγγίνεται, λεπτὸς δὲ γίνεται καὶ κάτισχνος· ἄρχεται δὲ λεπτύνεσθαι ἀπὸ τοῦ προσώπου, καὶ τὴν χροιὴν ἔκλευκος γίνεται μᾶλλον ἢ τὸ πρόσθεν. τούτῳ ἐνίοτε ὕδερος ἐγγίνεται ἐν τῇ κοιλίῃ· ἢν οὖν ἐγγένηται, τάμνειν μὲν οὐ χρή· ἀποθανεῖται γάρ· θεραπεύειν δὲ τοῖς αὐτοῖς οἷσι καὶ τὸν ἀπὸ τοῦ σπληνὸς ὑδεριῶντα. τοῦτον μάλιστα μὲν κατ' ἀρχὰς βούλεσθαι λαβὼν ἰᾶσθαι,[4] ταχὺ γὰρ ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος δεῖται μελέτης· χαλεπὴ γάρ.

[1] Θ: ἐψήσθω M: *frigefacito* Cornarius, implying ἐψύχθω.
[2] Θ: ἐσθίειν M. [3] πάλιν om. M. [4] λ. ἰ. Θ: ἢν μή, καὶ οὕτω M.

take this and eat it as a main dish; it should not be too thick; also add boiled penny-royal, for the aroma. On the days between medications, let the patient induce vomiting every sixth day. You must apply vapour-baths, now and then, before the patient vomits and before he drinks his medication. Every third day, let him bathe, if it helps; if not, let him be anointed; also let him take walks, if he is able, determining their distance in accordance with his food. Boil leaves of the elder tree and of the fleabane that is always tender, and give these to the patient to drink.

Treated in this way, the patient will fare best, and the disease will go away in a year. In many who had already recovered, the disease has recurred after two years; if it does recur, you must employ the same treatment. If it recurs a third time, swelling is not present, but the patient becomes lean and emaciated; he begins by losing flesh from his face, and his colour becomes very white, even whiter than before; sometimes dropsy develops in the cavity; if it does, you must not make an incision; for, if you do, the patient will die; instead, treat with the measures used in a dropsy arising from the spleen. Much prefer to take this patient for treatment at the beginning of the disease, for then you will quickly make him well. The disease requires care, for it is severe.

45. Ἄλλος εἰλεός· ἐπιλαμβάνει μὲν μάλιστα θέρεος ὥρῃ[1] ἐν ἑλώδεσι χωρίοισι,[2] μάλιστα δ' ἐπιλαμβάνει ἀφ' ὑδροποσίης· πολλοὶ δὲ ἤδη καὶ πρὸς τὸν ἥλιον εὐνασθέντες[3] τὸ νόσημα ἔλαβον, τὴν κεφαλὴν ἀλγήσαντες. τὰ δ' ἄλλα παραπλήσια τῷ πρόσθεν πάσχουσι, πλὴν τῆς χροιῆς. οὗτος γὰρ ὠχρὸς γίνεται οἷόν περ σίδιον· καὶ οἱ ὀφθαλμοὶ ἔστιν ὅτε ἰκτέρου πίμπλανται.

Τοῦτον ὅταν οὕτως ἔχῃ, θεραπεύειν τοῖς αὐτοῖς οἷσι καὶ τὸν πρόσθεν· διδόναι δὲ καὶ ἀπὸ ἐρεβίνθων λευκῶν ἑψῶν τὸ ὕδωρ πίνειν, καὶ ἐν τῷ οἴνῳ κιρνὰς διδόναι· καὶ τὴν κεφαλὴν αὐτοῦ καθαίρειν τῷ τετραγώνῳ. οὗτος ἧσσον τοῦ πρόσθεν θανατώδης· καλέεται δὲ εἰλεὸς ἰκτεριώδης.

280 46. Ἄλλος ὅδε[4] εἰλεός· τὰ μὲν ἄλλα πάσχει πλῆθος ταὐτὰ τοῖσι πρόσθεν, ἄρχεται δὲ μετοπώρου γίνεσθαι τὸ νόσημα, τάδε δ' ἐν τῷ νοσήματι τούτῳ[5] προσγίνεται· ἐκ τοῦ στόματος κακὸν ὄζει, καὶ ἀπὸ τῶν ὀδόντων τὰ οὖλα ἀφίσταται, καὶ ἐκ τῶν ῥινῶν αἷμα ῥεῖ. ἐνίοτε δὲ καὶ ἐκ τῶν σκελέων ἕλκεα ἐκφυεῖ,[6] καὶ τὰ μὲν ὑγιαίνεται τὰ δ' ἄλλα παραγίνεται,[7] καὶ ἡ χροιὴ μέλαινα, καὶ λεπτόδερμος· περιφοιτᾶν δὲ καὶ ταλαιπωρέειν πρόθυμος.

[1] Θ: ὥρην M. [2] M adds οὗτος. [3] Θ: εἰληθέντες M.
[4] ὅδε om. M. [5] τούτῳ om. M. [6] Θ: ἐκφλυνδάνει M.
[7] Θ: προσ- M.

45. Another ileus: this one occurs mainly in summer, in swampy areas; in most cases, it comes on as the result of drinking water, but many persons have also taken the disease from sleeping exposed to the sun when they had a headache. In this disease the patient suffers the same things as in the preceding one in everything else except his colour; for he becomes yellow like pomegranate-peel, and his eyes, too, are sometimes filled with jaundice.

When the case is such, treat this patient with the same things used for the preceding one; in addition, give water boiled from white chick-peas to drink, this also mixed with wine; clean out the head with square-berry. This disease is less often mortal than the preceding one. It is called icteric ileus.

46. Another ileus: generally this patient suffers the same things as the preceding ones, except that the disease begins in late autumn, and includes the following things in addition: the patient smells foully from the mouth, the gums separate from his teeth, and blood flows from his nostrils. Sometimes also ulcers break out on his legs—and while some heal, others develop—his colour is dark, and his skin is thin; the patient is eager to walk about and to exert himself.

Τοῦτον, ὅταν οὕτως ἔχῃ, τοῖσιν αὐτοῖσιν[1] ἰᾶσθαι οἷσι καὶ τοὺς πρόσθεν· καὶ κλύζειν τοῖσδε· σικύου τοῦ ἀγρίου πέντε φύλλα τρῖψαι λεῖα, καὶ παραμῖξαι μέλιτος ἡμικοτύλιον, καὶ ἁλῶν δραξάμενος τῇ μιῇ χειρί, καὶ ἐλαίου ἡμικοτύλιον, καὶ ἀπὸ σεύτλων ἑφθῶν τοῦ χυλοῦ τέσσερας κοτύλας· διδόναι δὲ ἐς ὑποκάθαρσιν ὀνείου γάλακτος ἑφθοῦ ὀκτὼ κοτύλας μέλι παραχέας. πινέτω δὲ καὶ βόειον τὴν ὥρην, τεσσεράκοντα πέντε[2] ἡμέρας· πινέτω δὲ [καὶ][3] ἕωθεν τοῦ βοείου γάλακτος δύο κοτύλας, τρίτον μελικρήτου παραμίσγων τὰς μεταξὺ τῶν ἡμερέων. αὕτη ἡ νοῦσος δεῖται πολλῆς ἰήσιος· εἰ δὲ μή, οὐκ ἐξέρχεται, ἀλλὰ συναποθνῄσκει· καλέεται δὲ εἰλεὸς αἱματίτης.

47. Παχέα δὲ τάδε τὰ νοσήματα καλέεται· τάδε δὲ ἀπὸ τῶνδε μάλιστα γίνεται.

Ὅταν φλέγμα καὶ χολὴ μιχθῇ κατὰ τὸ σῶμα, συρρεῖ ἐς τὴν κοιλίην, καὶ ὅταν ἁλισθῇ,[4] τὴν κοιλίην ἀείρει,[5] καὶ ἄνω τε καὶ κάτω ἔρχεται ὥσπερ κῦμα. καὶ ῥῖγος καὶ πυρετὸς ἐπιλαμβάνει, καὶ ἐν τῇ κεφαλῇ ὀδύνη καθέστηκε· καὶ ὅταν πρὸς τὰ σπλάγχνα ἡ ὀδύνη καταστῇ, πνῖγμα παρέχει· |
282 καὶ εὐθὺς[6] ἐμέει λάμπην ὀξέην, ἐνίοτε ἁλμυρήν, καὶ ὅταν ἀπεμέσῃ, πικρὸν τὸ στόμα δοκέει αὐτῷ

[1] τ. α. Θ: *τούτοισι* M. [2] *πέντε* om. M. [3] Del. Potter, following Calvus. [4] M adds *ἐς*. [5] Potter: *ἀεὶ ῥεῖ* Θ: *ἀείρεται* M. [6] Θ: *ἐνίοτε* M.

When the case is such, treat this patient with the same things used for the preceding ones. Administer an enema composed of the following: grind fine five leaves of squirting-cucumber, and add a half-cotyle of honey, a handful of salt, a half-cotyle of oil, and four cotylai of juice boiled from beets. Also give eight cotylai of boiled ass's milk with honey, to clean downwards. In season let the patient drink cow's milk for forty-five days: let him drink[1] two cotylai of cow's milk with one third-cotyle of melicrat early in the morning on the days between medications. This disease requires much attention; otherwise, it does not go away, but clings to the person until he dies. It is called sanguinous ileus.

47. The following diseases are called the "thick ones"; they arise mainly from the following: when phlegm and bile mix with one another through the body, they are inclined to collect in the cavity, and, when they collect there, they raise the cavity up, and fluctuate both upwards and downwards. Chills and fever come on, and pain establishes itself in the head; when pain enters the inward parts, it produces choking; at once the patient vomits up a sharp or sometimes salty scum, and after he has

[1] Calvus' translation (*per anni tempus idoneum et lac bubulum quadraginta dies potato, mane duo acetabula cotulasue cum tertia mulsi parte . . .*) makes better sense than Littré's (*Dans la saison le malade boira du lait de vache pendant quarante jours. Il boira* aussi, *le matin, deux cotyles de lait de vache, avec mélange d'un tiers de mélicrat . . .*).

εἶναι. ἐν δὲ τῇσι πλευρῇσιν ἐρυθήματα κατάκειται[1] ἅτε γὰρ τοῦ φλέγματος ἐν τῇ κοιλίῃ ἐνόντος, τὸ δ' αἷμα ὑπὸ τῆς θερμασίης ἁλισθὲν προσέπεσε πρὸς τὰς πλευρὰς καὶ ἐρυθήματα παρέχει ἐν τῇσι πλευρῇσι· καὶ δηγμὸς[2] καὶ θερμασίη ἔχει μάλιστα τὰς πλευράς. καὶ τὸ μετάφρενον ἔγκυρτον αὐτοῦ γίνεται· καὶ ὅταν πονέῃ μάλιστα, οὐκ ἀνέχεται ψαυομένου[3] τοῦ σώματος· ἀλγέει γὰρ ὥσπερ ἕλκος. καὶ αἱ σάρκες πάλλονται ὑπὸ τῆς ἀλγηδόνος, καὶ οἱ ὄρχιες ἑλκοῦνται,[4] καὶ ἐς τὴν καθέδρην καὶ ἐς τὴν κύστιν θέρμη[5] καὶ ὀδύνη ἐμπίπτει. καὶ οὐρέει παχὺ οἷόν περ ὕδρωπα, καὶ αἱ τρίχες ἐκ τῆς κεφαλῆς ἐκρέουσι, καὶ τὰ σκέλεα καὶ οἱ πόδες αἰεὶ ψυχροί, καὶ ὀδύνη πιέζει μάλιστα τὰς πλευρὰς καὶ τὸ μετάφρενον καὶ τὸν τράχηλον· πρὸς δὲ τῷ δέρματί οἱ δοκεῖ τι προσέρπειν. ἡ δὲ νοῦσος τότε μὲν πιέζει, τότε δὲ ἀνίησι· προϊοῦσα δὲ ἡ νοῦσος[6] συνεχέστερον πιέζει· καὶ τῆς κεφαλῆς τὸ δέρμα παχὺ καὶ ἐρυθρὸν γίνεται. οὗτος μέχρι μὲν ἓξ ἐτέων τοιαῦτα πάσχων διατελέει· ἔπειτα ἱδρώς τε πολὺς καταχεῖται καὶ κάκοδμος. πολλάκις δὲ καὶ ἐν τῷ ὕπνῳ τὸ λάγνευμα ὕφαιμον προέρχεται ὑποπέλιδνον. τοῦτο τὸ

[1] Θ: ἐρυθήματι κατέχεται M. [2] καὶ δηγμὸς om. M. [3] Θ: -ος M.
[4] Θ: -ονται M. [5] M adds τις. [6] Θ: -σης δὲ τῆς -ου M.

vomited his mouth has a pungent taste. In the sides, red patches appear; for, inasmuch as phlegm is present in the cavity, blood attracted by the heat of the phlegm falls against the sides and produces red patches in them; itching and heat are also present, particularly in the sides. The patient's back becomes crooked, and, when his suffering is most severe, he will not tolerate his body being touched, for he feels pain as if in an ulcer. His muscles quiver from pain, his testicles become ulcerated,[1] and heat and pain attack the posteriors and bladder. The patient passes thick urine similar to dropsy fluid, hair falls out of his head, his legs and feet are perpetually cold, and pain presses most intensely in his sides, back and neck; he imagines that something is crawling over his skin. At one time the disease presses more intensely, at another it relents; however, as it progresses, it tends to press more and more continuously. The skin of the head becomes thick and red. Such a patient goes on suffering in this way until the sixth year; then copious foul-smelling sweat pours down. Also, in his sleep he often passes somewhat livid semen charged with blood. This disease arises

[1] Variant text: "are drawn up."

νόσημα γίνεται διὰ θερμασίην τοῦ ἡλίου καὶ ὑδροπωσίην.[1]

Τοῦτον ὅταν οὕτως ἔχῃ, τοῦ κνεώρου διδοὺς ὑποκαθαίρειν ἢ τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφεω. δίδου δὲ καὶ γάλα ὄνειον, ἑψήσας πίνειν ὀκτὼ κοτύλας, μέλι παραχέας· τῇ δ' ὑστεραίῃ μετὰ τὴν κάθαρσιν ταὐτὰ προσφέρειν ἃ καὶ τοῖσιν
284 ἄλλοισι. τὰς δὲ πρώτας | ἡμέρας εὐωχεέσθω τὰ αὐτὰ ἃ[2] καὶ ὅς[3] ὑπὸ τοῦ ὑδέρου ἑάλωκε· πονείτω καὶ[4] περιόδοισιν, ἢν δυνατὸς ᾖ· ἢν δ' ἀδύνατος ᾖ ὑπὸ τῶν πυρετῶν καὶ ἐσθίειν μὴ δύνηται τὰ σιτία, χρήσθω ῥυφήματι φακῇ· ποτῷ δὲ οἴνῳ μέλανι[5] αὐστηροτάτῳ. αὕτη ἡ νοῦσος ἐπιλαμβάνει μάλιστα μετοπώρου καὶ[6] ὀπώρης ἐούσης. οὗτος ἢν μὴ[7] ἰηθῇ ἐν τοῖσιν ἔξ ἔτεσι, προσίσχει ἡ νοῦσος[8] καὶ ἄχρι ἐτέων[9] δέκα· πολλοῖσι δὲ καὶ συναποθνῄσκει, ἢν μὴ παραχρῆμα μελετηθῇ.

48. Ἄλλο[10] παχύ· γίνεται μὲν ἀπὸ χολῆς, ὅταν χολὴ[11] ἐπὶ τὸ ἧπαρ ἐπιρρυῇ καὶ ἐς τὴν κεφαλὴν καταστῇ. τάδε οὖν πασχει· τὸ ἧπαρ οἰδέει, καὶ ἀναπτύσσεται πρὸς τὰς φρένας ὑπὸ τοῦ οἰδήματος, καὶ εὐθὺς ἐς τὴν κεφαλὴν ὀδύνη ἐμ-

[1] τοῦτο ... ὑδροπωσίην om. Θ. [2] τὰς ... ἃ om. Θ. [3] Θ: ὅστις Μ. [4] Θ: ἑάλω καὶ πονεέτω Μ. [5] Μ adds ὡς. [6] καὶ om. Θ. [7] Θ: μὲν Μ. [8] π. ἡ ν. Θ: εἰ δὲ μή, προσέχει Μ. [9] Θ: τῶν Μ. [10] Θ: Τάδε παχέα γίνεται τῶν νοσημάτων ἀπὸ χολῆς. ἀλλὰ Μ. [11] χολὴ om. Μ.

because of the heat of the sun, and from drinking water.

When the case is such, clean the patient downwards by giving spurge-flax, Cnidian berry or hippopheos. Also, give him eight cotylai of boiled ass's milk with honey to drink; on the day after the cleaning, give the same things as were given to the other patients. On the first days, let the patient be well fed on the same foods as a person with dropsy, and exert himself by taking walks, if he is able; if, on account of his fevers, he is not able to take walks, and if he cannot eat regular foods, let him employ lentil-soup as gruel, and drink dry dark wine. This disease has its accesses mainly in fall and later summer. If the patient is not treated during the six years, the disease continues until the tenth year; in many, it even clings to them until they die, if it has not been treated immediately.

48. Another "thick" disease: this one arises from bile, when bile collects in the liver, and also settles in the head. The patient suffers the following: his liver swells up and, by its swelling, expands against the diaphragm; pain immediately

πίπτει, μάλιστα δὲ ἐς τοὺς κροτάφους· καὶ τοῖσιν ὠσὶν οὐκ ὀξὺ ἀκούει, πολλάκις δὲ καὶ τοῖσιν ὀφθαλμοῖσιν οὐχ ὁρᾷ· καὶ φρίκη καὶ πυρετὸς ἐπιλαμβάνει. ταῦτα μὲν κατ' ἀρχὰς τοῦ νοσήματος αὐτῷ[1] γίνεται· γίνεται δὲ[2] διαλιμπάνοντα, τότε μὲν σφόδρα, τότε δὲ ἧσσον· ὅσῳ δ' ἂν ὁ χρόνος τῇ νούσῳ προΐῃ, ὅ τε πόνος πλείων ἐν τῷ σώματι. καὶ αἱ κόραι σκίδνανται τῶν ὀφθαλμῶν, καὶ σκιαυγέει, καὶ ἢν προσφέρῃς τὸν δάκτυλον πρὸς τοὺς ὀφθαλμούς, οὐκ αἰσθήσεται διὰ τὸ μὴ ὁρᾶν· τούτῳ δ' ἂν γνοίης ὅτι οὐχ ὁρᾷ, οὐ γὰρ[3] καρδαμύσσει προσφερομένου τοῦ δακτύλου. καὶ τὰς κροκύδας ἀφαιρέει τοῦ ἱματίου, ἢν περ ἴδῃ, δοκέων φθεῖρας εἶναι. καὶ ὅταν τὸ ἧπαρ μᾶλλον ἀναπτυγῇ πρὸς τὰς φρένας, παραφρονέει· καὶ προφαίνεσθαί οἱ δοκέει πρὸ τῶν ὀφθαλμῶν ἑρπε-
286 τὰ | καὶ ἄλλα παντοδαπὰ θηρία καὶ[4] ὁπλῖται μαχόμενοι, καὶ αὐτὸς ἐν αὐτοῖσι δοκέει μάχεσθαι· τοιαῦτα λέγει ὡς ὁρῶν καὶ ἐπέρχεται, καὶ ἀπειλεῖ, ἢν μή τις αὐτὸν ἐᾷ ἔξω ἐξιέναι· καὶ ἢν ἀναστῇ, οὐ δύναται αἴρειν τὰ σκέλεα, ἀλλὰ πίπτει. οἱ δὲ πόδες αἰεὶ ψυχροί· καὶ ὅταν καθεύδῃ, ἀναΐσσει ἐκ τοῦ ὕπνου[5] ὅταν ἐνύπνια ἴδῃ φοβερά. τῷδε δὲ γινώσκομεν, ὅτι ἀπὸ ἐνυπνίων ἀΐσσει καὶ

[1] M: αὐτοῦ τοῦ νοσήματος Θ. [2] γίνεται δὲ om. M. [3] γὰρ om. Θ. [4] καὶ om. Θ. [5] M adds καὶ φοβέεται.

attacks his head, especially the temples; he does not hear clearly, and often he cannot see, either; shivering and fever set in. These things affect the patient at the beginning of the disease; they occur intermittently, sometimes more intensely, sometimes less so. The longer the disease goes on, the more pain there is in the body. The pupils of the eyes are dilated, the patient sees dimly, and if you bring your finger up to his eyes, he does not perceive it, because he cannot see; this is how you can tell that he does not see: he does not blink when the finger is brought near. He removes pieces of wool from his blanket, if he does see them, believing they are lice. When his liver expands even more against the diaphragm, the patient becomes deranged; there seem to appear before his eyes reptiles and every other sort of beasts, and fighting soldiers, and he imagines himself to be fighting among them; he speaks out as if he is seeing such things, and he attacks and threatens, if someone will not allow him to go outside; if he does stand up, though, he cannot lift his legs, but falls. His feet are perpetually cold; when he goes to bed, he starts up out of his sleep on seeing fearful dreams. We know that his starting up and fear are due to dreams,

φοβεῖται· ὅταν ἔννοος γένηται, ἀφηγεῖται τὰ ἐνύπνια τοιαῦτα ὁρᾶν[1] ὁποῖα καὶ τῷ σώματι ἐποίει καὶ τῇ γλώσσῃ ἔλεγε. ταῦτα μὲν οὕτω πάσχει. ἔστι δ' ὅτε καὶ κεῖται ἄφωνος ὅλην τὴν ἡμέρην καὶ τὴν νύκτα ἀναπνέων ἀθρόον πολὺ τὸ πνεῦμα. ὅταν δὲ παύσηται παραφρονέων, εὐθὺς [παραχρῆμα][2] ἔννοος γίνεται, καὶ ἤν ἐρωτᾷ τις αὐτόν, ὀρθῶς[3] ἀποκρίνεται, καὶ γινώσκει πάντα τὰ λεγόμενα. εἶτα αὖθις ὀλίγον ὕστερον ἐν τοῖς αὐτοῖσιν ἄλγεσι κεῖται. αὕτη ἡ νοῦσος προσπίπτει μάλιστα ἐν ἀλλοδημίῃ καὶ ἤν που ἐρήμην ὁδὸν βαδίσῃ καὶ φόβος αὐτὸν λάβῃ· λαμβάνει δὲ καὶ ἄλλως.

Τοῦτον οὖν,[4] ὅταν οὕτως ἔχῃ, πῖσαι τοῦ μέλανος ἐλλεβόρου πέντε ὀβολοὺς στήσας, διδόναι δ' ἐν[5] γλυκεῖ οἴνῳ· ἢ κλύζειν αὐτὸν τοῖσδε· λίτρου Αἰγυπτίου ὅσον ἀστράγαλον οἰός, τοῦτο τρῖψαι λεῖον, καὶ παραμῖξαι μέλιτος ὡς[6] καλλίστου ἡμικοτύλιον δ' ἑψήσας, ἐν θυίῃ,[7] καὶ ἡμικοτύλιον ἐλαίου καὶ ἀπὸ σεύτλων ἑφθῶν ὕδατος τέσσερας κοτύλας ἐξαιθριάσας· ἢν δὲ βούλῃ, ἀντὶ σεύτλου ὄνειον γάλα ἑψήσας παραμῖξαι. ταῦτα τρίψας[8] κλύζειν, ἤν τε ὁ πυρετὸς ἐπῇ ἤν τε μή. ῥυφήμασι δὲ χρήσθω πτισάνῃ καθέφθῳ, μέλι παραχέων·

[1] *τοιαῦτα ὁρᾶν* om. M. [2] Del. Vander Linden. [3] Θ: *εὐθὺς* M. [4] *οὖν* om. M. [5] *ἐν* om. Θ. [6] *ὡς* om. M. [7] Θ: *θυμίῃ* M. [8] Θ: *μίξας* M.

from the following: when he comes to his senses, he reports having had dreams that correspond to the way he moved his body and spoke with his tongue. These things he suffers as described. Sometimes, he may also lie speechless the whole day and night, taking frequent deep breaths. When his derangement ceases, he immediately regains his senses, and, if someone questions him, he answers correctly and understands everything that is said. But then, a little later, he labours again under the same distress. This disease usually attacks abroad, if a person is travelling a lonely road somewhere, and fear seizes him, although it does also occur under other circumstances.

When the case is such, then, give the patient five obols weight of black hellebore to drink in sweet wine. Or administer an enema as follows: Egyptian soda to the amount of a sheep's vertebra, grind this fine; mix it together in a mortar with a half-cotyle of the finest honey you have, boiled, a half-cotyle of oil, and four cotylai of juice boiled from beets and exposed to the open air; if you wish, instead of the beet juice add boiled ass's milk; mash these together, and administer as an enema, whether fever is present or not. As gruel let the patient take boiled-down barley-water with honey;

πινέτω δὲ μέλι καὶ ὕδωρ καὶ ὄξος συγκεράσας,
288 ἕως ἂν κριθῇ ἡ νοῦσος· κρίνεται δ' ἐν τεσ|σεράκοντα[1] ἡμέρῃσι τὸ μακρότατον, εἰ θανάσιμος ἢ οὔ. πολλοῖσι δὲ ἤδη τοῦ νοσήματος πεπαυμένου πάλιν ἡ νοῦσος ὑπετρόπασεν· ἢν οὖν ὑποτροπάσῃ, κίνδυνος αὐτὸν διαφθαρῆναι· κρίνεται δ' ἡ νοῦσος ἐν ἑπτὰ ἡμέρῃσιν, ἢν ὑποτροπάσῃ, εἰ[2] θανάσιμος ἢ οὔ. ἢν δὲ ταύτας ἐκφύγῃ, οὐ μάλα θνήσκει, ἀλλὰ τοῖσι πολλοῖσι μελεδαινομένη ἐξέρχεται. ὅταν δὲ παύσηται ἡ νοῦσος, διαίτῃ χρήσθω, ἡσύχως προσάγων ὁπόσον ἂν ἡ κοιλίη προσδέξηται ὡς[3] μὴ συγκαυθῇ, μήτε διάρροια ἐπιγένηται· ἀμφότερα γὰρ δοκέει κινδυνώδεα εἶναι. καὶ λούσθω δὲ ἑκάστης ἡμέρης, καὶ περιπατείτω ὀλίγα μετὰ σιτία· καὶ ἐσθῆτα κούφην ἐχέτω καὶ μαλθακήν· καὶ γαλακτοποτείτω τὴν ὥρην καὶ ὀροποτείτω πέντε καὶ τεσσεράκοντα ἡμέρας. ταῦτα ἢν ποιέῃ, τάχιστα ὑγιὴς ἔσται. ἡ δὲ νοῦσος χαλεπὴ καὶ δεῖται μελέτης πολλῆς.

49. Ἄλλο παχύ· γίνεται μὲν ἀπὸ φλέγματος σαπέντος· τῷδε <δὲ>[4] δῆλον γίνεται, ὅτι σαπρόν ἐστιν· ἐρεύγεται ἀπ' αὐτοῦ τὴν ὀδμὴν ἔχον, οἷόν περ ῥαφανῖδας φαγόντος. τὸ δὲ νόσημα ἄρχεται ἀπὸ τῶν σκελέων γινόμενον, εἶτα ἀνέρχεται ἐκ τῶν σκελέων ἐς τὴν κοιλίην, καὶ ὅταν ἐν τῇ κοι-

[1] Θ: δεκατέσσαρσι M. [2] ἢν . . . εἰ Θ: ἢ M. [3] Potter: -έχηται ὡς Θ: -δέξηται καὶ M. [4] Cornarius: τῷδε Θ: τόδε M.

let him drink a mixture of honey, water and vinegar until the disease reaches its crisis, which is in forty days at the longest, these deciding whether or not the patient will die. In many, the disease has recurred after it had gone away; now, if it does recur, there is a danger that the patient will perish. If it recurs, the disease has its crisis in seven days, which decide whether or not the patient will die. If he escapes these, he is not likely to die, but in most cases, if treated, the disease goes away. When the disease is over, let the patient follow the regimen of cautiously increasing his intake as much as his cavity is able to accept without becoming burnt up or without diarrhoea coming on, for these are both held to be dangerous. Let him bathe each day, and walk about a little after his meals; let him have foods that are light and mild, and drink milk and whey in season for forty-five days. If he does these things, he will very quickly become well. The disease is severe and requires much care.

49. Another "thick" disease: this one arises from putrefied phlegm; the following shows that the phlegm is putrid: the patient's belches have an odour, from the phlegm, like those of a person that has eaten radishes. This disease begins from the legs, then migrates from the legs into the cavity,

λίῃ εἴῃ,[1] αὖτις ἀνέρχεται πρὸς τὰ σπλάγχνα, καὶ ὅταν στῇ πρὸς τοῖσι σπλάγχνοισι, μύζει καὶ ἔμετον ἄγει, ἅμα καὶ λάπην ὀξέην ὑπόσαπρον· καὶ ὅταν ἀπεμέσῃ, οὐκ ἔχει ἑωυτόν. ἔπειτα ἀπορίαι πρὸς τοῖσι σπλάγχνοισιν, ἐνίοτε δὲ καὶ ἐς τὴν κεφαλὴν ἐξαπίνης ὀδύνη στηρίζει ὀξέη, ὥστε οὔτε
290 τοῖσιν ὀφθαλμοῖσιν | ἀνορᾶν οὔτε τοῖσιν ὠσὶν ἀκούειν δύναται ἀπὸ τοῦ βάρεος. ἱδρώς τε πολὺς καταχεῖται καὶ κάκοδμος, μάλιστα μὲν ἢν ἡ ὀδύνη ἔχῃ, καταχεῖται δὲ καὶ ὅταν[2] ἡ ὀδύνη λωφᾷ, καὶ τῆς νυκτὸς[3] μάλιστα. ἡ δὲ χροιὴ αὐτοῦ μάλιστα[4] ἰκτερώδης γίνεται. αὕτη ἡ νοῦσος τῆς προτέρης ἧσσον θανατώδης.

Τοῦτον, ὅταν οὕτως ἔχῃ, καθαίρειν τὴν κοιλίην, κάτω μὲν τῷ ἱππόφεῳ, ἄνω δὲ ἑλλεβόρῳ· καὶ τὴν κεφαλὴν κάθαιρε τῷ τετραγώνῳ. καὶ ὅταν ὑπὸ τοῦ ἑλλεβόρου κεκαθαρμένος ᾖ, τῇ ὑστεραίῃ ὀνείῳ γάλακτι ἐφθῷ ὑποκαθῆραι, τῇ δὲ τρίτῃ αἰγείῳ ἐφθῷ, καὶ τῇ τετάρτῃ καὶ τῇ πέμπτῃ ἄλλας δ'[5] εἴκοσιν ὠμὸν βόειον ἢ αἴγειον γάλα διδόναι, τρίτον μέρος μελικρήτου παραχέων, πινέτω δὲ τοῦ γάλακτος χοέα. μετὰ δὲ τὴν κάθαρσιν[6] τῶν φαρμάκων ταὐτὰ προσφερέσθω ὅσα καὶ ὁ[7] ὑπὸ τοῦ ὑδέρου ἐχόμενος·[8] τὸν δὲ λοιπὸν

[1] Θ: *στῇ* M. [2] Θ: *ἢν* M. [3] *λωφᾷ . . . νυκτὸς* Θ: *τε καὶ λωφᾷ τῆς νούσου* M. [4] *μάλιστα* om. M. [5] δ' om. Θ. [6] M adds *τὴν κάτω*. [7] Potter: *καὶ ὅσα θ'* Θ: *ἃ καὶ ὅς* M. [8] Θ: *ἔχεται* M.

and, when it has arrived in the cavity, it migrates again to the inward parts; when it has settled in the inward parts, it rumbles and provokes vomiting, and with it a sharp somewhat putrid scum: after he vomits, the patient is no longer himself. There is distress in the inward parts, and sometimes sharp pain also suddenly fixes itself in the head, so that the patient can neither look up with his eyes, nor hear with his ears, from its gravity. Sweat pours down copious and foul-smelling, especially if the pain is present, though also when it abates, and particularly at night. The patient's colour becomes very jaundiced. This disease is less mortal than the preceding one.

When the case is such, clean the patient's cavity downwards with hippopheos, and upwards with hellebore; clean out his head with square-berry. When he has been cleaned with the hellebore, the next day clean him downwards with boiled ass's milk, the third day with boiled goat's milk, and also the fourth and fifth; for twenty more days give raw cow's or goat's milk, adding one third part of melicrat; let him drink a chous of this milk. After the cleaning, let the patient receive the same medications as a patient with dropsy; from then on, let

χρόνον, τὸ γάλα πίνειν,[1] δειπνείτω δὲ ἄρτον ἔξοπον, ὄψον δ' ἐχέτω σκορπίον ἢ καλλιώνυμον ἢ κόκκυγα ἢ ῥίνης τέμαχος ἑφθὸν ἐν ἀρτύμασι· κρέα δὲ οἰὸς ἢ ἀλεκτρυόνος νεοσσοῦ ταῦτα ἑφθά· οἶνον δὲ πινέτω λευκόν, ἢν ξυμφέρῃ· εἰ δὲ μή, ἄλλον μέλανα αὐστηρόν. εἶτα[2] περιπατείτω ὀλίγα[3] μετὰ τὸ δεῖπνον, φυλασσόμενος ὅπως ἂν[4] μὴ ῥιγώσῃ. τούτῳ ἢν ξυμφέρῃ, τὰ σιτία διδόναι, ἢν δὲ μὴ συμφέρῃ τὰ σιτία,[5] ῥύφημα διδόναι πτισάνης ἢ κέγχρου. ταύτῃ τῇ νούσῳ ἢν τριήκοντα ἡμέραι παρέλθωσιν, ὑγιαίνεται ὥνθρωπος· αὗται γὰρ κρίνουσιν εἰ θανάσιμος ἢ οὔ. ἡ δὲ νοῦσος χαλεπή.

292 50. Ἄλλο παχύ· γίνεται τὸ νόσημα ἀπὸ φλέγματος λευκοῦ· ξυνίσταται δὲ ἐν τῇ κοιλίῃ, ὅταν πυρετοὶ πολυχρόνιοι κατάσχωσι τὸ σῶμα. ἄρχεται δὲ τὸ νόσημα ἐκ τοῦ προσώπου γινόμενον, καὶ οἴδημα ἐγγίνεται· εἶτα κατέρχεται ἐς τὴν κοιλίην, καὶ ὅταν ἐν τῇ κοιλίῃ στῇ, ἀείρει μεγάλην τὴν γαστέρα· καὶ τὸ σῶμα κοπιᾷ ὡς ὑπὸ ταλαιπωρίης· καὶ ἐν τῇ κοιλίῃ βάρος ἴσχει[6] καὶ πόνος ἰσχυρός· καὶ οἱ πόδες οἰδέουσι. καὶ ὅταν ὕσῃ τῆς γῆς καὶ τῆς κονίας οὐκ ἀνέχεται ὀδμώμενος· ἢν δ' ἑστηκὼς τύχῃ ἐν τῷ ὑσμένῳ[7] καὶ ὀδμήσηται[8] τῆς γῆς, ἐξαπίνης πίπτει.

[1] Θ: *ὁκόταν τὸ γάλα πίνῃ* M. [2] M: *εἰ δὲ μὴ* Θ. [3] *ὀλίγα* om. M. [4] *φ. ὅ. ἂν* Θ: *ὅκως* M. [5] *τὰ σιτία . . . τὰ σιτία* om. Θ. [6] Θ: *ἐς τὴν -ίην β. ἐνῇ* M. [7] Θ: *ὑετῷ* M. [8] Θ: *ὀδμηθῇ* M.

him drink milk, have for dinner well-baked bread and, as main dish, scorpion fish, star-gazer, piper, or a slice of angel-fish boiled in seasonings, or boiled meat of sheep or chicken; let him drink white wine, if it benefits him; if not, then a different sort of dry dark wine. Then let him go for short walks after dinner, taking care not to have a chill. If it benefits this patient, give him food, but if food does not benefit him, give barley-water or millet gruel. In this disease, if thirty days pass, the person recovers, for this is the critical period that decides whether or not he will die. The disease is severe.

50. Another "thick" disease: this one arises from white phlegm, which congeals in the cavity when longstanding fevers beset the body. The disease begins with a swelling of the face; then it moves down to the cavity and, on becoming established there, raises the belly up large; the body suffers weariness, as if from exertion; in the cavity there is heaviness and a violent ache; the feet swell. When it rains, this patient cannot stand to smell the earth and the dust; if he happens to be standing in the rain, and he smells the earth, he immediately falls down.

Αὕτη ἡ νοῦσος καὶ διαπαύουσα τῆς προτέρης πλείω χρόνον ἐπιλαμβάνει καὶ χρονιωτέρη ἀπαλλάσσεται. μελετᾶν δὲ χρὴ τοῖσιν αὐτοῖς οἷσι καὶ τὸν ὑδεριῶντα, πυρίῃσι καὶ φαρμάκοισι καὶ ἐδέσμασι καὶ ταλαιπωρίῃσιν. αὕτη ἡ νοῦσος προσίσχει μάλιστα ἓξ ἔτεα, εἶτα ἐξέρχεται μελετωμένη ἐν χρόνῳ, ἢν μὴ κατ' ἀρχὰς ἰηθῇ· ἡ γὰρ νοῦσος χαλεπὴ καὶ μελέτης δεῖται πολλῆς.

51. Ἰσχιὰς δὲ ἀπὸ τῶνδε μάλιστα γίνεται τοῖσι πολλοῖσιν· ἢν εἰληθῇ[1] ἐν ἡλίῳ πολὺν χρόνον καὶ τὰ ἰσχία διαθερμανθῇ καὶ τὸ ὑγρὸν ἀναξηρανθῇ ὑπὸ τοῦ καύματος τὸ ἐνεὸν ἐν τοῖσιν ἄρθροισιν. ὡς δὲ ἀναξηραίνεται καὶ πήγνυται, τόδε μοι τεκμήριον· ὁ γὰρ νοσέων στρέφεσθαι καὶ κινέειν τὰ ἄρθρα οὐ δύναται ὑπὸ τῆς ἀλγηδόνος τῶν ἄρθρων καὶ τοῦ ξυμπεπηγέναι τοὺς σφονδύλους. ἀλγέει δὲ μάλιστα τὴν ὀσφῦν καὶ τοὺς σφονδύλους[2] τοὺς ἐκ πλαγίων τῶν ἰσχίων καὶ τὰ γούνατα. ἵσταται δὲ ἡ ὀδύνη πλεῖστον χρόνον ἐν τοῖσι
294 | βουβῶσιν ἅμα καὶ τοῖσιν ἰσχίοις ὀξέη καὶ καυματώδης· καὶ ἤν τις αὐτὸν ἀνιστῇ ἢ μετακινέῃ, οἰμώζει ὑπὸ τῆς ἀλγηδόνος ὅσον ἂν μέγιστον δύνηται. ἐνίοτε δὲ καὶ ὁ σπασμὸς ἐπιγίνεται καὶ ῥῖγος καὶ πυρετός. γίνεται δὲ τὸ νόσημα[3] ἀπὸ

[1] Coray, Littré: ἔλθῃ ΘΜ. [2] ἀλγέει . . . σφονδύλους om. Θ. [3] τὸ ν. Θ: καὶ Μ.

This disease, even though intermittent, attacks for a longer time than the preceding one, and is relieved later. You must treat with the same things prescribed for a patient with dropsy: vapour-baths, medications, foods and exercises. The disease usually continues for six years; then, if cared for, it gradually goes away, even if at first it was not treated; the disease is severe, and requires much care.

51. Sciatica generally arises from the following, in the majority of cases: if a person is exposed to the sun for a long time, and his hip-joints become heated, and the moisture present in them is dried up by the burning heat. My proof that the moisture is dried up and congealed is this: the patient cannot turn and move his joints, because of the pain in them, and because the vertebrae have become fixed. He has pain especially in the loins, in the vertebrae that grow out of the oblique part of the hip-bone, and in the knees. Sharp burning pain persists longest in the groins, and also in the hip-joints; if someone stands the patient up, or shifts him, he cries out at the top of his voice from the pain. Also, sometimes a convulsion supervenes, or chills and fever. The disease can arise from bile, but also

χολῆς· γίνεται δὲ καὶ ἀπὸ φλέγματος[1] καὶ ἀπὸ αἵματος· καὶ ὀδύναι παραπλήσιαι ἀπὸ πάντων τούτων[2] τῶν νοσημάτων· καὶ ῥῖγος καὶ πυρετὸς ἐνίοτε ἐπιλαμβάνει βληχρός.

Ἀλλὰ χρὴ ὧδε μελετᾶν τὸν ἀπὸ τοῦ ἡλίου νοσέοντα. ὑγραίνειν αὐτοῦ τὸ σῶμα τῇ πυριήσει καὶ ἀπὸ τῶν σιτίων καὶ ἀπὸ τῶν[3] ποτῶν καὶ ἀπὸ τῶν ἄλλων τῶν διδομένων· διδόναι δὲ χλιαρὰ καὶ ὑγρά, ταῦτα δὲ πάντα ἑφθά. σίτῳ δὲ χρήσθω μάζῃ μαλθακῇ ἀτρίπτῳ· οἶνον δὲ πινέτω λευκὸν ὑδαρέα. καὶ τῷ σώματι ἡσυχίην ἐχέτω· ἢν δὲ καὶ δυνατὸς[4] ᾖ ἀνίστασθαι,[5] ὀλίγα περιπατείτω καὶ μὴ ῥιγούτω· καὶ ἑκάστης ἡμέρης[6] λούσθω μὴ πολλῷ. καὶ ὅταν σοι δοκέῃ καλῶς ἔχειν καὶ ὑγρὸς εἶναι τὸ σῶμα, πυράσαι σφόδρα βληχρῇ τῇ πυρίῃ· μᾶλλον γὰρ ἀνήσει καὶ ὑγρανεῖ τὸ συμπεπηγὸς ἐκ τῶν ἄρθρων. εἶτα τῇ ὑστεραίῃ πῖσαι τοῦ Κνιδίου κόκκου. ἢν δὲ μὴ ὠφελήσῃ αὐτόν,[7] κλύσαι τοῖσδε χρὴ αὐτόν· τρίβειν κυμίνου ἡμικοτύλιον, σικύην ἄτμητον τῶν σμικρῶν καὶ στρογγύλων συγκόψας ἐν τῷ ὅλμῳ, καὶ σήσας ὡς λεπτότατα λίτρου ἐρυθροῦ Αἰγυπτίου τεταρτημόριον μνᾶς, ὀπτήσας, τρίψας λεῖον, ταῦτα μίξας[8]

[1] γ. δὲ κ. ἀ. φ. Θ: καὶ φλέγματος γίνεται δὲ M. [2] ἀπὸ π. τ. Θ: ὡς καὶ ὑπὸ πάντων M. [3] ἀπὸ τῶν om. M. [4] Θ: ἀδύνατος M. [5] M adds πλὴν. [6] ἑ. ἡ. after περιπατείτω in M. [7] αὐτόν om. M. [8] μίξας om. M.

from phlegm and blood; the pains from all of these diseases are similar; sometimes mild chills and fever are present.

You must treat the patient whose illness is from the sun thus: moisten his body with a vapour-bath, and by means of foods, drinks and other things you give; give these warm and moist, all of them boiled. As cereal let him employ soft unkneaded barley-cake, and drink white wine well mixed with water. Let him rest his body; if he is able to stand up, let him take short walks, but avoid having a chill; let him bathe each day with very little water. When the patient seems to you to be in a good state, and moist of body, apply a very gentle vapour-bath; for that will be effective in moistening and resolving the congealed matter from his joints. Then on the next day have him drink Cnidian berry. If this does not help, you must clean him with the following enema: grind a half-cotyle of cummin, bray an uncut bottle-gourd of the small round kind in a mortar, sift the fourth part of a mina of red Egyptian soda as fine as possible, roast, grind fine, mix

ἐμβάλλειν ἐς χυτρίδα, καὶ ἐπιχέαι ἐλαίου κοτύλην, μέλιτος ἡμικοτύλιον, οἴνου λευκοῦ γλυκέος[1] κοτύλην, σεύτλου δύο κοτύλας·[2] ταῦτα ἕψειν, ἕως ἂν δοκέῃ σοι καλῶς ἔχειν τοῦ πάχεος· εἶτα διηθήσας δι' ὀθονίου, παραμῖξαι αὐτοῖσι μέλιτος Ἀττι-
296 κοῦ | κοτύλην, ἢν μὴ βούλῃ συνεψεῖν τὸ μέλι ἢν δὲ μὴ ἔχῃς Ἀττικόν, κοτύλην τοῦ καλλίστου παραμίξας δ' ἑψῆσαι ἐν θυΐῃ· ἢν δὲ τὸ κλύσμα παχύτερον ᾖ, οἴνου τοῦ αὐτοῦ παραχεῖ πρὸς τὸ πάχος τεκμαιρόμενος· τούτῳ κλύζειν. εἶτα ἐᾶν χρὴ μέχρι τριῶν ἡμερέων καθαίρεσθαι· ἢν δὲ πλέονας ἡμέρας καθαίρηται, βοείου ἢ αἰγείου κοτύλας τρεῖς γάλακτος δοῦναι ἐκπιεῖν. εἶτα σεῦτλα λιπαρά, περιπάσαντα,[3] δοῦναι ἐσθίειν ἄναλτα. ἐκ ταύτης τῆς νούσου πολλοὶ ἤδη χωλοὶ ἐγένοντο.

Ἢν δὲ ἀπὸ χολῆς ἡ νοῦσος γένηται, πῖσαι αὐτὸν ἑλλέβορον κάτω ἢ ὀπὸν σκαμωνίης· μετὰ δὲ τὴν κάθαρσιν πτισάνης, μέλι παραχέας, δύο τρυβλία δοῦναι ἐκρυφεῖν. τῇ δ' ὑστεραίῃ ἢ τῇ τρίτῃ πυριάσας γάλακτι ὀνείῳ ἑφθῷ ὑποκαθῆραι· ἐς ἑσπέρην δὲ σεύτλων ἑφθῶν λιπαρῶν τρία[4] τρυβλία ἐκφαγέτω ἄλφιτα περιπάσας· οἶνον δὲ πινέτω λευκόν, ὑδαρέα, γλυκὺν[5] καὶ νῦν καὶ μετὰ τοῦ φαρμάκου τὴν δόσιν.[6]

[1] γλυκέος om. M. [2] δ. κ. Θ: χυλοῦ M. [3] Θ: -παστα M.
[4] σεύτλων . . . τ. Θ: τεύτλου λιπαροῦ δύο M. [5] γλυκὺν om. Θ.
[6] Θ: κάθαρσιν M.

these together, and pour into a pot; add a cotyle of oil, a half-cotyle of honey, a cotyle of sweet white wine, and two cotylai of beets; boil these until you think they have the proper consistency; then strain through a linen cloth, and add a cotyle of Attic honey to them, if you do not wish to boil the honey together with them; if you do not have Attic honey, mix in a cotyle of the best kind you have, and boil in a mortar; if the fluid is too thick, pour in some of the same wine, judging according to the thickness; administer as an enema. Allow the patient to be cleaned out for three days; however, if the cleaning goes on for longer, give him three cotylai of cow's or goat's milk to drink off. Then give him beets boiled in grease to eat, without salt, but generously sprinkled with meal. From this disease many persons have become lame.

If the disease has arisen from bile, have the patient drink hellebore to clean downwards, or scammony juice; after the cleaning, as gruel give him two bowls of barley-water with honey, to drink off. On the next day, or the day after that, administer a vapour-bath, and clean downwards with boiled ass's milk; towards evening, let the patient eat three bowls of beets boiled in grease and sprinkled with meal; let him drink a sweet white wine diluted with water, both now and after the medication has been given.

Ἢν δὲ ἀπὸ φλέγματος νοσήσῃ, πῖσαι αὐτὸν τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφεω πυριάσας· μετὰ δὲ τὴν κάθαρσιν ταὐτὰ προσφέρειν καὶ ῥυφήματα καὶ ποτὰ καὶ γαλακτοπωσίην. τὰς δὲ μεταξὺ τῶν ἡμερέων διαίτῃ χρήσθω ὡς κουφοτάτῃ. καὶ ἢν μὲν ὑπὸ τούτων ὠφελῆται, ἅλις· ἢν δὲ μή, καῦσαι αὐτόν, τὰ μὲν ὀστώδεα μύκησι, τὰ δὲ σαρκώδεα σιδηρίοισι πολλὰς ἐσχάρας καὶ βαθείας.

Ἢν δὲ ὑφ' αἵματος νοσέῃ, πυριήσας σικύην προσβάλλειν, καὶ φλεβοτομέειν τὰς ἐν τῇσιν ἰγνύῃσι φλέβας· ἢν δὲ δοκέῃ, καὶ τοῦ Κνιδίου κόκκου πῖσαι αὐτόν. διαίτῃ δὲ χρήσθω ὡς ξηροτάτῃ· οἶνον δὲ μᾶλλον μὲν μὴ πινέτω· ἢν δ' ἄρα καὶ πίνῃ, ὡς ἐλάχιστον καὶ ὑδαρέστατον. καὶ περιπατεῖν κελεύειν, ἢν δυναταὸς ᾖ, ὡς πλεῖστα
298 συμφέρει δὲ καὶ τῷ | ἀπὸ τοῦ φλέγματος νοσέοντι ταὐτὰ ποιέειν. ἢν δὲ μὴ δύνηται ἵστασθαι, ἐν τῇ κλίνῃ χρὴ περιστρέφειν[1] ὡς πυκνότατα—ἀφ' οὗ ἂν νοσέῃ, πάντας[2] ὁμοίως—ὅπως ἂν ἐντὸς μὴ ξυμφυῇ ὁ χόνδρος· ἢν δὲ ξυμφυῇ καὶ τὰ ἄρθρα συμπαγῇ, πᾶσα ἀνάγκη χωλὸν ἐστι γενέσθαι.[3] καὶ ἢν κλύσαι βούλῃ τὸν ἀπὸ τοῦ αἵματος νοσέοντα, ὥστε αἷμα ἀπάγειν καὶ φλέγμα ἀπὸ τῶν ἰσχίων, τοῖσδε χρὴ κλύζειν· ἁλὸς δραχμίδα τρίψας, παραμῖξαι ἐλαίου κοτύλην καὶ ἀπὸ κριθέων

[1] Θ: -φέρειν M. [2] Θ: καὶ ἅπαντα M. [3] M adds τὸν ἄνθρωπον.

If the patient's illness is caused by phlegm, administer a vapour-bath, and have him drink Cnidian berry or hippopheos; after the cleaning, administer the same gruels, potions and milk-drinks. On the days between, let him follow as light a regimen as possible. If he is benefited by these things, fine; if not, cauterize him, the osseous parts with fungi, the fleshy ones with irons, making many deep eschars.

If the patient's illness is caused by blood, after a vapour-bath apply a cupping instrument and phlebotomize the vessels in the ham; if it seems advisable, also have him drink Cnidian berry. Let him follow a very dry regimen; wine he had better not drink, but if he does drink it, let it be very little and very dilute. Order him to take walks, if he is able, and as many as possible; it also benefits the person ailing because of phlegm to do the same. If this patient cannot stand up, you must turn him over in bed very frequently—all patients alike, whatever the source of their sickness—in order that the cartilage within does not grow together; if it does grow together, and the joints become fixed, the patient will inevitably become lame. If you wish to administer an enema to the patient whose disease is caused by blood, in order to draw blood and phelgm out of his hip-joints, you must employ the following one: grind a handful of salt, mix together with it

ὀπτῶν τρεῖς[1] κοτύλας, εἶτα οὕτω κλύζειν τοῦτον. οὕτω μελετῶν τάχιστα ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος[2] χρονίη.

52. Τέτανοι τρεῖς· ἢν μὲν ἐπὶ τρώματι γένηται, πάσχει τάδε· αἱ γέννες πήγνυνται, καὶ τὸ στόμα διαίρειν οὐ δύναται· καὶ οἱ ὀφθαλμοὶ δακρύουσι καὶ ἕλκονται, καὶ τὸ μετάφρενον πέπηγε, καὶ τὰ σκέλεα οὐ δύναται ξυγκάμπτειν, οὐδὲ τὰς χεῖρας καὶ[3] τὴν ῥάχιν. ὅταν δὲ θανατώδης ᾖ, καὶ τὸ ποτὸν καὶ τὰ βρώματα, ἃ πρότερον ἐβεβρώκει, ἀνὰ τὰς ῥῖνας ἀνέρχεται ἐνίοτε.

Τοῦτον, ὅταν οὕτως ἔχῃ, πυριᾶν, καὶ ἀλείψαντα λιπαρῶς, πρὸς πῦρ ἕκαθεν[4] θάλπειν· καὶ χλιάσματα προστιθέναι ὑπαλείψας τὸ σῶμα. καὶ[5] ἀψίνθιον ἢ φύλλα δάφνης ἢ τοῦ ὑοσκυάμου τὸν καρπὸν τρίψας καὶ λιβανωτόν, εἶτα οἴνῳ λευκῷ διεὶς ἐγχέαι εἰς χυτρίδα καινήν· εἶτα ἐπιχέαι ἔλαιον ἴσον τῷ οἴνῳ, καὶ θερμήνας ἀλεῖψαι τὸ σῶμα θερμῷ πολλῷ[6] καὶ τὴν κεφαλήν. εἶτα κατακλίνας †ἐν σκάφῃ[7] ἄνω τὴν σάρκα ποιῆσαι,[8] † καὶ ἀμφιέσαι ἱμάτια μαλθακὰ καὶ καθαρά, ὅπως
300 ἂν ἐξιδρώσῃ σφόδρα. καὶ μελί|κρητον χλιαρὸν δοῦναι, ἢν μὲν δύνηται, κατὰ τὸ στόμα, εἰ δὲ μή, κατὰ τὰς ῥῖνας ἐγχεῖν· διδόναι δὲ καὶ οἶνον λευκὸν

[1] ὀ. τ. Θ: ἑφθῶν δύο M. [2] M adds χαλεπὴ καί. [3] Θ: οὐδὲ M.
[4] M: πυραναφθεν Θ. [5] M: ἤ Θ. [6] πολλῷ om. Θ.
[7] Potter: ἐν βάπτει Θ: ἐμβατῃ M. [8] Θ: -αντα M.

a cotyle of oil and three cotylai of juice from parched barley; then apply this to the patient. If you treat in this way, you will very quickly make the patient well. The disease lasts a long time.

52. Three tetanuses: if tetanus follows a wound, the patient suffers the following: his jaws are fixed, and he is unable to open his mouth; his eyes shed tears and look awry; his back becomes rigid; he cannot bend his legs, nor his arms and spine. When he is near death, sometimes both the drink and the food that he has taken earlier come up through his nostrils.

When the case is such, treat the patient with vapour-baths, anoint him generously with oil, and warm him in firelight from a distance; anoint his body, and apply fomentations. Grind wormwood, bay leaves, or henbane seed with frankincense; soak this in white wine, and pour it into a new pot; add an amount of oil equal to the wine, warm, and anoint the patient's body copiously with the warm fluid, and also his head. Then, laying him down in a basin, make his tissue . . . ,[1] and clothe him in clean soft blankets, in order that he will perspire profusely. Give him warm melicrat, if he is able to take it, through the mouth; if he is not able, pour it into his nostrils; also give him very sweet white

[1] The sense of this passage is lost.

κὸν ὡς ἥδιστον πίνειν καὶ πλεῖστον. ταῦτα χρὴ ποιέειν ἑκάστης ἡμέρης, ἕως ἂν ὑγιὴς γένηται. ἡ δὲ νοῦσος χαλεπὴ καὶ δεῖται μελέτης παραχρῆμα.

53. Ὁ δὲ ὀπισθότονος τὰ μεν ἄλλα πάσχει πλῆθος τὰ αὐτά· γίνεται δὲ ὅταν τοὺς ἐν τῷ αὐχένι τένοντας τοὺς ὄπισθεν νοσήσῃ· νοσέει δὲ ὑπὸ κυνάγχης ἢ σταφυλῆς ἢ τῶν ἀμφιβραγχίων ἐμπύων γενομένων· ἐνίοισι[1] δὲ καὶ ἀπὸ τῆς κεφαλῆς πυρετῶν ἐπιγενομένων σπασμὸς ἐπιγίνεται· ἤδη δὲ καὶ ὑπὸ τρωμάτων. οὗτος ἕλκεται ἐς τοὔπισθεν, καὶ ὑπὸ τῆς ὀδύνης τὸ μετάφρενον καὶ τὰ στήθεα οἰμώζει· καὶ οὕτω[2] σπᾶται σφοδρῶς, ὥστε μόγις αὐτὸν κατέχουσιν οἱ παρεόντες, ὥστε[3] μὴ ἐκ τῆς κλίνης ἐκπίπτειν. οὗτος πολλάκις μὲν τῆς ἡμέρης πονέει, πολλάκις δὲ κουφότερον διάγει.

Τούτῳ τὰ αὐτὰ προσφέρειν, ἃ καὶ τῷ πρόσθεν. ἡ δὲ νοῦσος προσίσχει ἡμέρας τεσσεράκοντα τὸ μακρότατον· ἢν δὲ ταύτας διαφύγῃ, ὑγιαίνεται.

54. Ὅδε δὲ ὁ[4] τέτανος ἧσσον θανατώδης ἢ ὁ πρόσθεν, γίνεται δὲ ἀπὸ τῶν αὐτῶν. πολλοὶ δὲ καὶ πεσόντες ἐς τοὔπισθεν ἔλαβον τὸ νόσημα. πάσχει οὖν τάδε· σπᾶται ὁμοίως πᾶν[5] τὸ σῶμα· ἐνίοτε δὲ καὶ ὅπῃ ἂν τύχῃ τοῦ σώματος σπᾶται. καὶ περιφοιτᾷ μὲν τὸ πρῶτον· ἔπειτα προϊόντος τοῦ χρόνου ἐς τὴν κλίνην πίπτει· καὶ αὖτις

[1] Θ: ἐνίοτε Μ. [2] κ. ο. Θ: οὗτος Μ. [3] Θ: ὡς Μ.
[4] Θ: Ὁ δὲ Μ. [5] ὁ. π. Θ: ὅλον Μ.

wine to drink, in large quantities. You must do these things each day until the patient recovers. The disease is severe, and requires immediate attention.

53. The patient with opisthotonus suffers, on the whole, the same, but the disease arises when he is affected in the posterior tendons of the neck; his illness arises from angina, from staphylitis, or from a suppuration occurring in the parts about the tonsils; also, in some cases, such a convulsion originates from the head, when there are fevers; occasionally it also follows wounds. This patient is drawn backwards, and cries aloud from the pain in his back and chest; he is drawn so forcefully that the attendants can hardly prevent him from falling out of bed. In the course of one day, he often suffers severely, but at other times goes along more easily.

Administer to this patient the same things as to the preceding one. The disease continues for forty days, at the longest; if the patient survives these, he recovers.

54. The following tetanus is less often mortal than the preceding one, but it arises from the same things; many people have also taken it by falling backward. Now the patient suffers the following: he has a convulsion equally through his whole body; sometimes, though, the convulsion is just in some random part of the body. At first, he walks about; then, after a time, he falls into bed; then the

ἀνῆκεν ὁ πόνος καὶ ὁ σπασμός. καὶ ἀναστὰς ἦν
περιέλθῃ ὀλίγας ἡμέρας, ἔπειτα αὖτις ἐν τοῖσιν
302 αὐτοῖσιν ἄλγεσιν κεῖται. ταῦτα | πάσχει καὶ
μεταβάλλει συχνὸν χρόνον. καὶ ἤν τι φάγῃ, οὐ
διαχωρέει κάτω, εἰ μὴ μόγις, καὶ ταῦτα συγκε-
καυμένα· ἀλλ' ἐν τοῖσι στήθεσιν ἔχει[1] τὸ σιτίον
καὶ πνῖγμα παρέχει.

Τοῦτον τοῖς αὐτοῖσι θεραπεύειν, οἷσι καὶ τοὺς
πρόσθεν, καὶ τάχιστα ὑγιᾶ ποιήσεις· κλύζειν
πτισάνῃ ἑφθῇ λεπτῇ καὶ μέλιτι.

[1] Θ: ἄρχεται M.

pain and convulsions remit again; then, if he gets up and goes about for a few days, he labours once more under the same pains. This is the nature of his symptoms and how they continually change. If the patient eats anything, it does not pass off below or, if it does, only a little, and that burnt up; more likely, he retains his food in his chest, and it provokes choking.

Treat this patient with the same things as the preceding ones, and you will very quickly make him well. As enema, employ thin boiled barley-water and honey.